

THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT



To Prove what Swamp-Root, the Great Kidney Remedy, Will Do for YOU, Every Reader of this paper May Have a Sample Bottle Sent Free by Mail.

Weak and unhealthy kidneys are responsible for more sickness and suffering than any other disease, therefore, when through neglect or other causes, kidney trouble is permitted to continue, fatal results are sure to follow.

Your other organs may need attention—but your kidneys most, because they do most and need attention first.

If you are sick or "feel badly," begin taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because as soon as your kidneys begin to get better they will help all the other organs to health. A trial will convince anyone.

The mild and immediate effect of Dr. Kilmer's Swamp-Root, the great kidney and bladder remedy, is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root will set your whole system right, and the best proof of this is a trial.

53 COTTAGE ST., MELROSE, MASS.
JAN. 11th, 1904.

DEAR SIR:
"Ever since I was in the Army, I had more or less kidney trouble, and within the past year it became so severe and complicated that I suffered everything and was much alarmed—my strength and power was fast leaving me. I saw an advertisement of Swamp-Root and wrote asking for advice. I began the use of the medicine and noted a decided improvement after taking Swamp-Root only a short time.

I continued its use and am thankful to say that I am entirely cured and strong. In order to be very sure about this, I had a doctor examine some of my water to-day and he pronounced it all right and in splendid condition.

I know that your Swamp-Root is purely vegetable and does not contain any harmful drugs. Thanking you for my complete recovery and recommending Swamp-Root to all sufferers, I am,

Very truly yours,
I. C. RICHARDSON."

You may have a sample bottle of this famous kidney remedy, Swamp-Root, sent free by mail, postpaid, by which you may test its virtues for such disorders as kidney, bladder and uric acid diseases, poor digestion, being obliged to pass your water

frequently night and day, smarting or irritation in passing, brickdust or sediment in the urine, headache, backache, lame back, dizziness, sleeplessness, nervousness, heart disturbance due to bad kidney trouble, skin eruptions from bad blood, neuralgia, rheumatism, diabetes, bloating, irritability, wornout feeling, lack of ambition, loss of flesh, sallow complexion, or Bright's disease.

If your water, when allowed to remain undisturbed in a glass or bottle for twenty-four hours, forms a sediment or settling or has a cloudy appearance, it is evidence that your kidneys and bladder need immediate attention.

Swamp-Root is the great discovery of Dr. Kilmer, the eminent kidney and bladder specialist. Hospitals use it with wonderful success in both slight and severe cases. Doctors recommend it to their patients and use it in their own families, because they recognize in Swamp-Root the greatest and most successful remedy.

Swamp-Root is pleasant to take and is for sale at drug stores the world over in bottles of two sizes and two prices—fifty cents and one dollar. Remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

COUPON.

Please write or fill in this coupon with your name and address and Dr. Kilmer & Co. will send you a Free Sample Bottle of Swamp-Root the Great Kidney Remedy.

Name

St. and No.

City or Town

State

Mention this paper.

EDITORIAL NOTICE.—If you have the slightest symptoms of kidney or bladder trouble, or if there is a trace of it in your family history, send at once to Dr. Kilmer & Co., Binghamton, N. Y., who will gladly send you by mail, immediately, without cost to you, a sample bottle of Swamp-Root and a book containing many of the thousands upon thousands of testimonial letters received from men and women cured. In writing, be sure to say that you read this generous offer in this paper.

It may seem strange, but a headstrong man never makes much headway.

Economy in Threshing.

A great deal of grain is wasted by using old style Threshing Machines. This waste can be entirely eliminated if you use the new and improved machine made by Nichols & Shepard Co., Battle Creek, Mich.

Women may not be seekers after praise, but they want a fair share of it.

A man deliberately lies, while a woman merely suppresses the truth.

Lewis' "Single Binder" straight 5c cigar, made of extra quality tobacco. You pay 10c for cigars not so good. Lewis' Factory Peoria, Ill.

When a man is well dressed he feels he is entitled to attention.

If you want creamery prices do as the creameries do, use JUNE TINT BUTTER COLOR.

Importance of Succulent Food

Every breeder and feeder of animals knows well the beneficial effect of green grass in spring. He has noted how quickly it causes the animal's skin to shine; how it removes the winter hair, opens the bowels and medicinally acts upon the liver and kidneys. That it stimulates is seen by the wonderful effect it has upon the lacteal glands in producing a great flow of milk which is nature's provision for the sustenance of the young. The laxative effect of grass seems absolutely necessary in spring following the somewhat heating effects of winter food. It enables the system to throw off effete matters which would prove detrimental during warm weather and in short helps to prepare the animal for the radical change in temperature entered upon in spring. While animals are eating green grass there is as a rule no tendency to constipation, and it is rare for diseases due to absorption of effete or deleterious substances to affect animals at this time. Recognizing the good effects of green grass we can argue correctly that a similar effect, if attainable during winter time, would be beneficial to animals at the first sign of costiveness. This would be especially true of pregnant animals and of the sow in particular. It is the experience of very many breeders that sows while in pig tend to become sluggish and fat and especially so where corn is the chief item of the ration. To offset this effect of corn feeding in the absence of a due amount of exercise during cold and stormy weather, certain succulent foods are used by a few breeders; but investigation shows that but few farmers comparatively make any provision of this sort. Few indeed seem to understand or appreciate the dangers associated with constipation and obesity in pregnant sows, hence they do not provide a succulent food, avoid heavy corn feeding or see to it that the sows are made to take abundant exercise out of doors in winter time. Even those who understand the benefit of feeding a succulent food, find it difficult to provide such a food. Roots take a lot of work, and help is so scarce that few have made it a practice to supply any great amount of turnips for stock feeding. Clover hay of good quality is useful for cattle, but hogs do not take enough of it to act as a laxative, so that most people have depended upon flaxseed meal and slop to move the bowels sufficiently. If some plan could be hit upon by which green grass could be supplied to sows in winter and early spring before the new grass comes in, there can be no doubt that there would be less loss of sows and pigs at farrowing time and immediately after. This is out of the question, however, but we see that a new and feasible scheme has been started. We refer to the drying and pulverizing of alfalfa hay to form a meal which keeps well and may be added to other foods with the idea of making them more laxative. Alfalfa is even more useful for this purpose than spring grass; for it not only opens the bowels, but is most nutritious as a food. Fed as an adjunct to the usual rations provided for farrowing sows, we are of the opinion that this alfalfa meal will do grand work. It will give the sows all the benefits of spring grass or clover pasture, and, by acting upon the excretory organs, should induce the best of health and condition for farrowing and milk production. This new food settles the difficulty at once. It does away with the necessity of root culture, which has always proved troublesome and expensive to the average farmer. It will prove better food than ordinary silage for sows, for there is no risk of it becoming moldy or sour, and sour or spoiled silage is quite dangerous as a food for stock generally and for pregnant ani-

mals in particular. Succulent food alone will not, however, put the sow in the best possible condition for farrowing. A succulent food is absolutely necessary where much corn is fed; but more than food of this sort exercise is imperative. This is so with every pregnant animal. The muscles must be kept in normal tone. Provided this is done, the act of parturition becomes easy and nondangerous, and, as a rule, the animal will recover quickly and have a good supply of milk for her offspring. Together exercise and succulent food lessen the dangers of the farrowing season.—A. S. Alexander, in Farmer's Review.

Some Temperance Items

In Illinois, where local option prevails and high license is the rule, the average savings bank deposit, per capita is \$20.75. In Maine, under prohibition, the average per capita of savings deposits is \$103.76. From these figures the prohibitionists argue that even from a purely monetary standpoint total abstinence pays.

In 1840 Robert Warner, a Quaker, applied to an English life insurance company for a policy, and was told that, as a total abstainer, he would have to pay an extra premium, the company holding that the moderate use of liquor tended to prolong life. Warner did not believe this theory and started an insurance company of his own. Warner's company divided the risks it took into two classes, one made up of total abstainers and the other of men who drank in moderation. In the thirty-three years from 1866 to 1898 the deaths in the list of moderate drinkers were 97 per cent of those expected; in the list of total abstainers the deaths were only 70 per cent of those expected. In other words, the death rate among moderate drinkers was nearly 40 per cent more than among total abstainers.

During the last thirty years there died in Europe alone of alcoholism a total of 7,500,000 people. That is more people than were killed in all the wars of the nineteenth century. The authority for these statements is Matti Helenius, a member of the faculty of the University of Denmark, who goes on to show that in Denmark one out of every seven men who die between the ages of 35 and 55 is a victim of alcoholism.

If a man buys \$100 worth of boots and shoes he pays \$20.71 of that amount for labor; if he buys \$100 worth of furniture he pays \$23.77 for labor; if he buys \$100 worth of woolen goods he pays \$12.86 for labor; if he buys \$100 worth of liquors he pays only \$1.23 for labor. Therefore, concludes the Year Book, liquor is labor's worst enemy.

The annual liquor bill of Great Britain is \$21.94 per capita.

The per capita consumption of beer in Great Britain is 4 per cent greater than in Germany, commonly supposed to be the great beer-drinking country in the world. On the other hand, Great Britain, France and Germany all consume more whisky and other ardent spirits per capita than does the United States.

In prohibition Kansas the annual consumption of liquors per capita is less than two gallons, as against nineteen in the country as a whole. Forty counties in the state of Kansas do not have a pauper. The jails in thirty-seven Kansas counties are without a single inmate. Prohibition in Kansas prohibits more than 95 per cent.

The strength of a man's virtue must not be measured by his extraordinary efforts, but his ordinary life.—Pascal.

If you can keep reason above passion, that and watchfulness will be your best defenders.—Newton.