

When Work Is Hard

That kidney troubles are so common is due to the strain put upon the kidneys in so many occupations, such as: Jarring and jolting on railroads, etc. Cramp and strain as in barbering, moulding, heavy lifting, etc. Exposure to changes of temperature in iron furnaces, refrigerators, etc. Dampness as in tanneries, quarries, mines, etc. Inhaling poisonous fumes in painting, printing and chemical shops. Doan's Kidney Pills are fine for strengthening weak kidneys.

A Nebraska Case M. Liebert, shoe-maker, Seward, Neb., says: "I suffered from pains through the small of my back, together with headaches and dizzy spells. I could hardly stoop and mornings I got up tired and worn out. The kidney secretions were highly colored and very painful in passage. Doan's Kidney Pills made my kidneys normal and corrected all the other ailments. I seldom have need of a kidney medicine now."

Constipation Vanishes Forever

Prompt Relief—Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Women Once Invalids

Now in Good Health Through Use of Lydia E. Pinkham's Vegetable Compound. Say it is Household Necessity. Doctor Called it a Miracle.

All women ought to know the wonderful effects of taking Lydia E. Pinkham's Vegetable Compound even on those who seem hopelessly ill. Here are three actual cases:

Harrisburg, Penn.—"When I was single I suffered a great deal from female weakness because my work compelled me to stand all day. I took Lydia E. Pinkham's Vegetable Compound for that and was made stronger by its use. After I was married I took the Compound again for a female trouble and after three months I passed what the doctor called a growth. He said it was a miracle that it came away as one generally goes under the knife to have them removed. I never want to go without your Compound in the house."—Mrs. FRANK KNOBL, 1642 Fulton St., Harrisburg, Penn.

Hardly Able to Move. Albert Lea, Minn.—"For about a year I had sharp pains across my back and hips and was hardly able to move around the house. My head would ache and I was dizzy and had no appetite. After taking Lydia E. Pinkham's Vegetable Compound and Liver Pills, I am feeling stronger than for years. I have a little boy eight months old and am doing my work all alone. I would not be without your remedies in the house as there are none like them."—Mrs. F. E. Yost, 611 Water St., Albert Lea, Minn.

Three Doctors Gave Her Up. Pittsburg, Penn.—"Your medicine has helped me wonderfully. When I was a girl 18 years old I was always sickly and delicate and suffered from irregularities. Three doctors gave me up and said I would go into consumption. I took Lydia E. Pinkham's Vegetable Compound and with the third bottle began to feel better. I soon became regular and I got strong and shortly after I was married. Now I have two nice stout healthy children and am able to work hard every day."—Mrs. CLARENCE DERRING, 34 Gardner St., Troy Hill, Pittsburg, Penn.

Out Comes the Truth. "I suppose," said Singleton, "that you were deeply touched when your wife presented you with this easy chair on your birthday anniversary." "I sure was," replied Wedderly, sadly. "I was touched for fifty dollars to pay for it."

The fermenting power of brewers' yeast has been increased by five minutes' exposure to ozone. Train service between Chile and Bolivia has been increased and improved.

DRUGGISTS HIGHLY RECOMMEND DR. KILMER'S SWAMP-ROOT

Satisfied With Results Customers Speak Favorably I have been selling Dr. Kilmer's Swamp-Root for six and one-half years and my customers are always satisfied with the results obtained from the use of the medicine and speak favorably regarding it. I have used it for "pain in the back" and a bottle or two put me in good shape and made me feel fine again. I believe Dr. Kilmer's Swamp-Root will cure any cases for which it is recommended if they are not of too long standing.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

Hiding Her Light. "I notice that your initials are A. B. But why do you always restrict your signature to your initials?" "My name is rather conspicuous," faltered the girl. "And what is your first name?" "Aurora."

TENDER SKINNED BABIES

With Rashes and Irritations Find Comfort in Cuticura. Trial Free. Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when baby's skin is irritated and rashy.

Black Snakes Beneficial. In Burlington county, New Jersey, the farmers who, in the erroneous belief that they are a pest, have been killing black snakes, are being urged to conserve them as enemies of the rattlers, which have been unpleasantly numerous this year.

In the School. Teacher—What expands with cold and contracts with heat. Class—Ice.

STEER-FEEDING LESSONS FROM MISSOURI



SCENE ON A WESTERN CATTLE RANCH.

great deal of nourishment and were very likely to have at least occasional large quantities of good nutritious feed while the steers in the test were kept regularly on small quantities of food for long periods so that they seemed to lose the capacity to eat and digest as large quantities as they must handle to make the most profitable gains.

Thrifty yearlings put on feed that is not sufficient, even to keep up the body weight they already have, continue to grow in height and frame-work even when made to lose half a pound a day.

Economical Beef. The most economical choice beef resulted from the use of a feeder weighing about 750 pounds so fed as to make a gain of 500 pounds. Such a steer will probably not quite top the market but he should make the greatest possible profit to the feeder and furnish an economical carcass for the butcher and housewife.

Most Profitable Gains. Steers fed for long periods such as three years and a half on feed insufficient for the greatest growth, did not seem to be able to digest their feed and to make good gains when later put on full feed.

PORK PRODUCTION ON GRAIN AND PASTURE

When corn is high priced and pasture plentiful, it will pay to feed less than a full feed of grain to hogs, says W. L. Robison in the Monthly Bulletin of the Ohio Experiment station. When corn alone is fed, a limited ration is much cheaper because green feed takes the place of much of the high-priced grain.

PAINT METAL ROOFS WITH THIN RED LEAD

Paint will not stick very well to a new galvanized roof because of the oily surface and gloss. Let it weather awhile, then if still too glossy give it a brushing with a wire brush.

JUDGING POULTRY IS NOT DIFFICULT TASK

Judging poultry is said to be a finer art than the selection of other farm animals, says an Ohio Agricultural college expert, but the man or woman who picks pullets with a fine head, alert eyes and comb, face and wattles of fine texture, has taken the first step toward increased egg production.

FALL PLOWING FOR CONTROL OF INSECTS

Fall plowing will be particularly advantageous this fall, as it will destroy large numbers of insects that do damage to crops. Cut worms, corn ear-worms, grasshoppers and army worms will be greatly reduced in numbers by fall plowing.

COOKING UTENSILS OF GLASS

Baking Dishes Made of New Material Have Been Found Very Satisfactory and Almost Unbreakable. A new material now on the market for cooking utensils is glass. A great variety of cooking dishes are made, but the baking dishes or casseroles, would probably appeal most to the home-keeper.

TO ECONOMIZE DIGESTION

The Eating of Vegetables Without Mastication Is Productive of Gastric Rebellion. Indigestion is often attributed to hasty eating, and people are reproved and rightly so, for bolting their food; but it is interesting to observe that while the bolting of meat is always severely censured, one never hears any blame attached to those who swallow fruit by the mouthful, and devour uncooked vegetables without any attempt at mastication.

There is a well-known saying which avers that digestion waits upon appetite, and there is no doubt that of all the helps to digestion a keen desire for food is the most powerful and important. But appetite itself often depends upon conditions which are independent of the body's absolute necessities.

COOKING UTENSILS OF GLASS

Baking Dishes Made of New Material Have Been Found Very Satisfactory and Almost Unbreakable. A great variety of dishes have been cooked in the glass casserole with splendid results. The material is spoiled uniformly throughout the dish, due to the conductivity of glass and the results have been just as good with a soufflé as with a meat pie.

WHITE PINE IS IN PERIL

Blister Rust in the East Has Caused Heavy Ravages in Timber. The present is a gloomy hour for the forestry enthusiasts, especially in the eastern states, where so much reliance is being placed upon the white pine as the tree par excellence for quickly rehabilitating our shabby woodlands.

Pepper Meat Cups.

Take as many large peppers as you need, either green or red, but of the sweet variety, and as round as you can get them. Cut off the tops, take out the seeds, pour boiling water over them and cook gently for five minutes.

Brine for Pickles.

It is the custom with vegetables such as tomatoes and cucumbers to soak them in brine before putting them through the regular pickling process. The brine is probably used because it withdraws moisture from the tissue of the vegetable and makes it possible to obtain a firmer result.

Chocolate Hearts.

Two ounces of butter, two ounces of cornstarch, two ounces of grated chocolate, a tablespoonful of milk, two eggs, one-quarter tablespoonful of baking powder, three ounces of powdered sugar.

Correcting Soil Acidity.

Slaked lime, if it can be had at less cost than ground limestone, and if in condition to spread well, is very satisfactory for correcting acidity in sour soils.

Watch for Lice on Chickens.

WRIGLEY'S THE PERFECT GUM

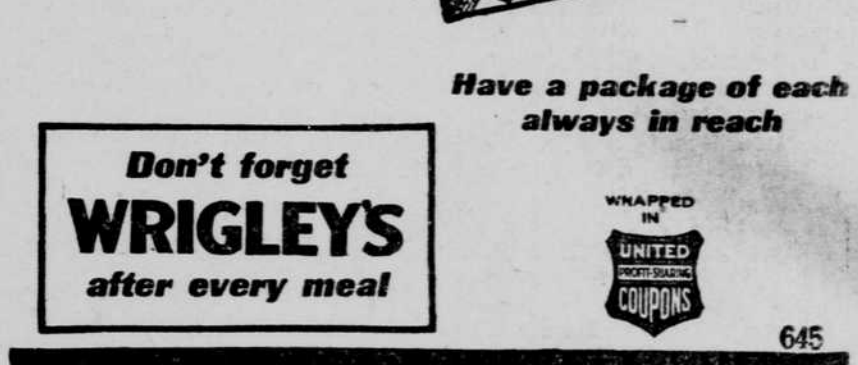
Let us make you acquainted with the new, luscious flavor—



It's all that the name suggests!

Wrigley quality—made where chewing gum making is a science.

Now three flavors:



Have a package of each always in reach

Don't forget WRIGLEY'S after every meal

WRIGLEY'S THE PERFECT GUM. The Formula Failed. Willie had disobeyed again, and his mother had sent for a switch, declaring that she meant to "wear him out."

Couldn't Fool Hiram. "Look here, Hiram," said Si, "when are you going to pay me that eight dollars for pasturin' your heifer? I've had her now for about ten weeks."

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI. 36 Page Recipe Book Free. SKINNER MFG. CO., OMAHA, ILL. LARGEST SPAGHETTI FACTORY IN AMERICA.

Longest wearing rubber over-shoes made—20,000,000 pairs have proved it!

Made of rubber as tough almost as rawhide, they won't kick through at the heels or wear through on the soles like others do. Light in weight, "classy" in looks and snug as a glove in fit.

"STRAIGHT-LINE" RUBBERS

Made like Goodrich Auto Tires—outwear all others. New auto tire tread rubber—tough as nails—in them. Made into ONE SOLID WEAR-RESISTING PIECE, same as Goodrich Auto Tires. Look for the RED LINE "ROUND THE TOP"—it marks the genuine. Ask for "HIPRESS"



THE ORIGINAL BROWN RUBBER BOOTS AND HEAVY SHOES. The B. F. Goodrich Co., Akron, Ohio. Makers, also of TEXAN—the Goodrich Sole, that outwears leather on leather shoes.