

Much more time is wasted in assailing the reputation of successful men than would be required for the creation of memorials to perpetuate the memory of their good deeds.—Frank B. Welch, in The Sunday Magazine.

THE RETRACTION WAS WORSE.

Second Statement "Piled Up the Agony" on Rival Editor.

District Attorney Heney of San Francisco, a short time after his wounding, discussed with a reporter at his bedside one of his statements about the San Francisco hoodlums.

"They expect me to retract that statement, do they?" he said, grimly. "Well, if I did retract it, my retraction would be like the Tombstone editor's. 'He, you know, printed a story to the effect that a rival editor's father had served 37 years in jail. Pressure was brought to bear on him, and finally he agreed to retract that statement. In his retraction he said:

"We find that we were mistaken when we said in last week's issue that the Clarion editor's papa had passed 37 summers in the penitentiary. All efforts of friends to have his sentence commuted to life imprisonment failed, and the old man, as a matter of fact, was hung."

AND THEY'VE GOT IT!



"How do you like the new styles in neckwear, dear?"

"A little ruff around the neck, love."

Laundry work at home would be much more satisfactory if the right starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Comparisons Necessary.

"We find repeatedly how imperfectly figures convey to the ordinary mind the magnitude of objects," says the Welt Spiegel, "and how much more readily they are comprehended by comparison." To substantiate the assertion a picture is produced of the cathedral at Cologne, which is 150 meters in height, and next to it is placed a picture of the Zeppelin airship, standing on end, reaching away beyond the middle of the highest section of the steeple, and to within 26 meters of the apex. The picture also shows the Triumphal column at Berlin, 61 meters in height, and next to it the airship Parsifal, 50 meters high, as it stands on end.

Would Bar the Judiciary.

Young ministers sometimes say some very irreverent things when first they get in harness, but seldom are so broadly condemnatory as the young clergyman who was called upon to act as chaplain at the opening of a recent term of court down in Maine. After covering everything he could think of as appropriate to say from religion to law, he closed his prayer with the supplication: "And, finally, may we all be gathered in the happy land where there are no courts, no lawyers and no judges." Then they changed chaplains.

The Sneeze That Failed.

A little maid of three has been taught to say "Excuse me" when she sneezes. The other day her mother had her attention attracted by a queer gasping noise, and, looking up quickly, saw the face of the little maid wrinkled up in a very distressing way. "You didn't say it," said the mother. "I didn't do it," responded the little maid.

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FRANTZ H. WRAY, M. D.

306 Bee Building, OMAHA

DIET AND HEALTH

By DR. J. T. ALLEN
Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health," Etc.

ECONOMICS OF EATING

Desire is the stimulus that nature uses to lead to obedience to her commands. And so long as the desire is gratified naturally there is harmony, health and growth. But when the desire becomes depraved and its satisfaction abnormal, there is disharmony, unhappiness, disease and death. "Eat what you like," is, therefore, as we have already concluded, the best rule, in spite of pure-food law, food reformer and prohibitionist—so long, that is, as you like what is good for you.

Certainly the average man eats what he likes, without considering whether it is good for him or whether he is getting the most for his money. Now is this wise? Would it not be very much better to have a system of eating—for at present we have none, especially in America, where we eat anything, any time, any way, almost. I was trying to show the members of a woman's club awhile ago that the Chinese system, living on rice (entire rice) almost exclusively, is better than ours, because it furnishes better nourishment, avoids sickness and saves dish-washing. To which one woman replied when the time came for questions and criticism: "I suppose they live in that poverty-stricken way in that poverty-stricken country because they have to. For my part, I'm glad I don't have to live on rice all the time. And if it is true that a man is what his food makes him, I think China is a good warning to the rest of the world."

I have not advised living on rice, not even on unboiled rice which differs from the rice we use, as whole wheat differs from fine white flour. Rice is a one-sided diet. The system of the Japanese, who eat also fresh fish and beans, is much better, because it supplies, besides heat and energy, an adequate proportion of flesh and nerve food. But the point is, the Chinese, like the Japanese, and most other nations, have a system, and any system is better than none, especially in eating. The Chinese is the opposite of our extreme, but I hesitate not to say that the average Chinaman is better fed than the average American, so far at least as the laborer, who needs the least brain food, is concerned.

"But why," I am asked, "if the Chinese monodiet, is so good, has China been for centuries a by-word for unprogressiveness?" The resources of the Chinese are not yet understood by the rest of the world. Food, moreover, is but the material factor in life; the mind is the fundamental factor, as I have endeavored constantly to show. The Chinese have had, from time immemorial, a mind-dwelling system of education that has effectually retarded their progress, but all that is being changed, which with the gradual abolition of the death-dealing opium habit will bring in a new China, another light of Asia.

In the course of an investigation into the relation between food and health, a few years ago, I discovered two interesting general facts, from the statistics of the state boards of health: Death from cancer, which, according to the late Dr. Nicholas Senn and other good authority, is a disease caused by indulgence in eating (especially, I think, in meat), increases rapidly among Germans and Irish immigrants and their descendants, the two races who most quickly adopt our habits of eating, while there is little increase among Italian, Greeks, Bohemians and others who continue, in the second generation, to live largely on their native simple diet. The average foreigner naturally thinks that the chief benefit of higher wages is not better schooling but greater variety of food, including meat every day, a thing possible only for the rich in his own country. Surely good is not always unmixed with evil!

Herbert Spencer says that the most valuable knowledge is that which is needed for self-preservation, which surely includes knowledge of food, its first essential. We have already considered the constituents of various foods and the uses of each. Let us now consider some of the leading articles of food not already dealt with and their comparative values.

Apples contain but a small amount of solid matter, chiefly sugar, but their minerals, being perfectly assimilable, and their malic acid being beneficial in most cases, they are to be regarded as a most valuable food. In a few peculiar conditions of the liver and in excessive acidity they may be injurious, but they are especially beneficial in torpidity of the liver and excessive alkaline conditions (the opposite of acid). The peach differs little from the apple, but it spoils easily while the apple keeps good for months. There is more or less danger in spoiled or unripe fruit, and a bad speck indicates that the entire fruit is spoiling. Boiling of course counteracts fermentation, but if perfectly sound an apple is best uncooked. Apples are best eaten in the morning, with other fruits, not with cereals, vegetables or meat.

Beans contain 25 per cent. protoid

for flesh building and 50 per cent. starch for muscular energy and heat. They are richer than any other food in minerals, except a few of the nuts, though the excessive roasting, to which they are usually submitted to make them palatable and to make their starch digestible, largely precipitates the mineral elements and coagulates the albumen in them. It would hardly be possible to find a better diet for hard physical or mental work than beans. Few other foods, except brown bread, are compatible with them, and especially not fruit, milk or eggs. The addition of fat is an advantage, but olive or peanut oil would be better than pork.

Peas, beans and lentils, contain every element of food necessary for vigorous physical and mental life. It is no mere coincidence that they are used, commonly, as a staple in the logging camp and have come to be associated with the name of the Athens of America. The bean is especially rich in potash and phosphorus, two leading brain foods, besides having a larger percentage of iron than milk. I have had an opportunity to watch the physical and mental effects of an exclusive 60-days' diet of beans, which clearly proved them a most complete and substantial diet for physical or mental worker, even though they are not included in the ideal dietary.

Bean starch is much more easily digestible than wheat starch and is far less likely to cause such bowel troubles as appendicitis. An exclusive diet of beans, long continued is, however, liable to cause rheumatism and kidney troubles, owing to the excess of albumen they contain. Peas and lentils differ little from beans, the former being the richest of this class of foods. A few slices of toast or acid fruits only in the morning and uncooked cabbage, lettuce, cucumbers, etc., alternating with prunes, dates or figs, for the evening meal, would be an ideal dietary for a laborer eating beans with coarse bread for the principal meal, at noon.

Bananas are the most nourishing of fruits, except raisins and currants. Properly ripened they are easily digested. But as we ordinarily find them in our northern market they are difficult to digest and likely to cause constipation. Banana flour is superior to superfine wheat flour and could be produced more cheaply, if transportation facilities were adequate. The ripened banana, with the peanut, form a perfect ration, on which the population of the world could be fed by the product of Texas and the other Gulf states and the tropics. Only a suitable method of preserving the banana and an inexpensive method of transportation being necessary, to solve the food problem.

Bacon is almost pure fat and is, therefore, a good source of heat, muscular energy and fat, but it is inferior to olive or peanut oil, which are purer and more easily assimilated. It should be eaten only in winter, in cold climates, if at all. Pork products, in general, are the most objectionable of the flesh foods. The flesh of wild animals, the goat, sheep and fresh water fish, fresh are the best of animal foods. Fish spoils quickly and may become more poisonous than meat. Vegetable-cooking oils are preferable to lard.

Oysters (the edible portion, I mean, for it is not necessary to clean oysters as chicken or fish), are comparatively nutritious raw, but fried they are indigestible. They contain nothing that cannot be obtained from vegetable foods, eggs or fish. Often they are dangerous, causing serious bowel trouble and even typhoid and typhus fever.

Eggs, eaten in their natural state or only slightly cooked in water, not fried in fat, are very nutritious and easily digested. They are, however, stimulating and undesirable unless eaten sparingly. A whipped egg with zwickback is a suitable meal for an invalid; but the curative use of foods will be dealt with in subsequent articles.

Figs, dates and prunes are the most substantial of the fruits, next to the banana. Either of these, or all, makes a suitable evening meal. The chief objection to them is, they are very liable to be spoiled, by fermentation and worms. Prunes can be obtained in cans free from contamination or the objectionable chemicals used in the dried fruit, and as they are chiefly sugar the injury done by cooking is immaterial, as compared with the danger in fermentation in the spoiled fruits.

Cocoa is less objectionable than tea or coffee, being only slightly stimulating. It contains considerable fat, more than chocolate. Cereal coffee is harmless.

Grapes are, next to the apple, for all general purposes, the best fruit. There should be a grape arbor in every garden. Unfermented grape juice is a delicious and highly-nutritious drink, of which we shall have more to say in treating of the curative values of foods.

Pine apple is a true fruit medicine, very valuable in some digestive disorders. Potatoes are chiefly water and starch, but are rich in the mineral elements of food. They are best baked slowly, at a low temperature; they should not be fried in fat or beiled slowly. If they must be boiled, they should be dropped in boiling water and when cooked allowed to dry on a hot fire after having the water drained off.

Cheese, if fresh, is a rich protoid food, and an aid to digestion, but old cheese is dangerous and it should not be tasted. Cheese, like milk, is extremely incompatible with the small fruits, blackberries, strawberries, raspberries, etc., which need not be eaten at all, except alone, in the morning, fresh, in summer. It is also incompatible with nuts. Full cream

cheese, fresh, would make a better combination with beans than pork. With bread it is especially compatible. Brain work requires more fresh, easily assimilated protoids than manual labor, but in either case the less craft made upon the stomach for digestion the more vitality will be left for work, of whatever kind. This is the physiological side of the economy of eating, not forgetting the relative digestibility of foods and the great difficulty of excreting the waste of albuminous foods as compared with sugars, starches and fats.

Weston's recent great walking feat, known to every newspaper reader, is a good example of the requirements of physical endurance. Mr. Weston's diet was far from ideal, but the one great lesson, constantly taught was, that if a man is to do his best work he must eat only enough to furnish heat, energy and bodily waste. If he is to win in a contest, he must eat protoids sparingly and lose in weight. Digestion and elimination are work of the severest kind, and the more he gives in that department, the more he will have to spend in muscular and mental work.

A few months ago I published in one of the medical journals the result of some experiments made in "A Tramp's Diet," showing that the best walking was done when only enough food was taken to prevent actual hunger and that a gradual elimination of meat was found to steadily increase the mileage walked. This corresponds exactly with the results of the endurance tests made by Prof. Chittenden and Fisher of Yale and with all the results in the great walking contests in Germany, England and America.

No fallacy in regard to diet is more erroneous or more unfortunate than the common argument that the working man needs meat. The contrary is true. Dr. Wiley of our federal bureau of chemistry, an acknowledged authority on food, says: "A Japanese coolie will carry you around town all day on a pound of rice; you cannot do that on a pound of meat." Mr. William Jennings Bryan says that the Japanese "riskishaw man will wheel a man 75 miles in a day; and his food is rice (unmilled, of course, corresponding to our whole wheat), and possibly beans and fish. The Bedouin and Arab, who will run all day by the side of a magnificent Arab horse, lives on dates and figs, never eating meat."

I have nothing to say of the ethical objections to meat-eating. I merely wish in dealing with the economic side of food, to impress, especially upon the working man, that the first step to economy in eating is to omit meat and fine white bread from the diet. The man who eats rye or whole wheat and a few nuts, needs no meat, no eggs, nor milk, though he will do well to drink a glass of buttermilk daily.

Sugar is the cheapest food for one doing heavy physical work, because it furnishes energy directly with little waste. Its best source is prunes, figs or dates. A spoonful or two of olive or peanut oil should be taken daily. Butter is an expensive food compared with vegetable oils.

What the physical worker needs most is, just like the engine, ready fuel and water. Its cheapest source is sugar and fat, rather than wheat, starch and meat, though rye is easily converted into glucose or cereal sugar. A tablespoonful or more of peanut oil may be taken with prunes, or separately. Fat interferes with the digestion of protoids in the stomach but not with sugar. A warm drink of weak cocoa or substitute coffee may follow a fruit meal, facilitating the passage to the intestine where such food is digested. The more liquid the sooner the stomach empties.

The most economical of foods is sugar, and yet much harm is done by cane sugar, as it is eaten in candies, especially by young women who have little exercise, and in tea and coffee by men and women of sedentary occupation. The evil effects of cane sugar, including ordinary candies as compared with the natural sugar foods, dates, figs, prunes, currants and raisins (and perfectly ripe bananas), might be compared to the difference between fine white and coarse bread.

Experiments made with men on a march showed that a quarter to three-quarters of a pound daily of cane sugar was utilized readily and caused no distress, but it is a well-known fact that such an amount of sugar eaten in the way it is ordinarily taken by one not making the fullest use of lungs and muscles, requiring the consumption of a large amount of available carbon—that sugar not quickly burned in the system for heat and energy causes catarrh of the stomach and bowels, unfitting them for natural digestion and at the same time overloading the liver and straining the kidneys. Similar results follow the excessive use of starch foods, especially in concentrated form.

As we have already seen, the essential food is albumen, a definite amount of which is necessary, under all circumstances, to support life, as well as to build new tissue in the growing child. But carbon, as sugar, starch or fat, can be much more quickly utilized for maintaining heat and energy. If a sufficient amount of carbon in these forms is not furnished, heat and energy will be sustained by the consumption of albumen, and as the waste products from the consumption of albumen, require many times more energy for elimination from the system through the kidneys, the consumption of more albumen than is necessary, is a serious error in vital economy. Rheumatism, Bright's disease, and other diseases result from the inability of the system to eliminate the excessive waste of albuminous foods.

STREET CARS IN SHANGHAI.

Drivers Have to Be Watchful Indeed in Chinese City.

No other city in the world presents such a conglomerate street traffic on a large scale as Shanghai, says Vice-Consul-General Frederick D. Cloud, in a report on the completion of the Shanghai electric street railway system. The main thoroughfare is choked with heavy handcarts, loaded with ten or more of merchandise, each drawn by ten or twelve coolies; wheelbarrows, heavily laden with freight or passengers, sometimes a dozen persons riding on a single wheelbarrow, these vehicles dodging hither and thither in an effort to avoid collision with faster vehicles; numerous rickshaws running pell-mell, bicycles and motorcycles with bells

AS TO THE PROPER CARE OF THE FLOCK

Lambing Time, Winter Shelter and the Dog Nuisance Must Be Considered—By Walter J. Quick, M. S., Ph. D., Animal Husbandry, Virginia.

According to the reports collected, the most favorable time for lambs to drop, if intended for the June market, is between February 15 and March 1. In order to have lambs drop February 15, the ram should be turned with the ewes about September 15. Lambs dropped before this date suffer the hardships of the winter, and unless the ewes are very liberally fed, do not get sufficient milk to make them grow rapidly. These lambs become more or less stunted and have not a plump and attractive appearance when marketed. There is also a greater possibility for loss with these lambs, and a much longer season for heavy feeding with the ewes, making an additional expense without a corresponding increase in weight; while lambs dropped after February 15 are less liable to loss from the most severe winter weather.

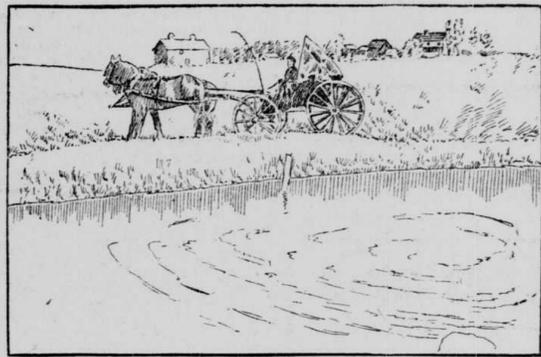
This tremendous loss would have been almost entirely prevented had precaution been taken at the proper time, as the lambs were apparently strong when born, but afterward perished from starvation. It is an exceptional case when a ewe has not sufficient milk to at least keep her lamb alive, if she has been properly fed a month previous to lambing. The feed need not be expensive—it is

frequently a lamb can be saved if an attendant is present at the proper time. The young ewes especially often require assistance in lambing. If a ewe does not drop her lamb within a reasonable length of time after labor pains are noticeable, there is a cause for the delay. Frequently a lamb is coming with its head bent back over its shoulder, or perhaps twins are coming together, or some other unnatural position. A little manipulation of the foetus will frequently straighten out the difficulty, thereby saving the life of the lamb, and not infrequently that of the ewe.

Some ewes refuse to own their lambs, and other ewes refuse to let the lambs nurse. Some ewes will accept strange lambs. When a ewe loses her lamb it is advisable to keep up her milk flow by milking, as she will frequently accept a strange lamb if it is given to her soon after lambing. Frequently a set of triplets or twins are dropped by a ewe and she has not sufficient milk to nourish all. If the ewe that has lost her own lamb is placed in a close pen and away from other sheep she will readily adopt one of the twins or triplets, thereby raising a good lamb instead of running idle and becoming too fat for breeding the following season. An orphan lamb

may often be given a ewe that has just lost a lamb, if the dead lamb is rubbed over the strange lamb while wet, or the skin of the dead lamb tied on the orphan, since the ewe's affections are directed by the odor of her lamb.

In many sections the dog nuisance is a great detriment to the sheep industry. The direct loss from severe chasing and worrying is often not so great as the loss that follows. Breeding ewes that have been badly worried and frightened rarely, if ever, entirely recover. The result is usually weak



Stagnant Pool—A Breeding Place for Parasites, Especially the Stomach Worm—Supply Running Water.

do not necessarily succulent, although that is of great advantage—but it should be rich in protein, palatable, digestible, and given in liberal amounts at regular intervals, twice a day. Clover, cowpea or soy bean hay, corn silage, turnips, sugar beets and some well-cured—not moldy—corn fodder may constitute the greater portion of the bulky ration, together with a grain ration of oats, corn, bran and a small per cent. of linseed oil meal or cottonseed meal. These grains are better mixed together; but in case it is desired to feed any one alone, oats are

most suitable. Corn alone is not very satisfactory, as it has a tendency to produce weakened lambs and a small milk flow. It is very important to have sufficient feeding room, as the danger from crowding and pushing when ewes are heavy in lamb is very great and likely to cause some cases of abortion.

All rams should be separated from the breeding ewes as soon as the breeding season is over, as abortions frequently occur from bunting by the ram at feeding time. Except in the extreme northern sections all that is necessary is sufficient shed room to accommodate the entire flock without crowding, and sheltering them from storms, winds and draughts. Too many have the idea that the wool of the sheep provides all the protection needed. In reality sheep are about the most tender of the various kinds of stock, and were it not for the liberal protection provided by nature more protection would be necessary than for any other stock. Sheep never thrive if confined to either draughts or close, badly ventilated buildings. A shed with good protection on the north, east and west, and an open southern exposure is most desirable, with an allowance of about 12 square feet of floor space per sheep. There should be a warmer arrangement for ewes when they drop in bad weather and each ewe should be separated from the flock when she lams. The location should be high and dry. The building should be liberally supplied with bedding to prevent dampness and insure cleanliness. A yard should be attached, having a dog-proof fence. Both shed and yard should be supplied with feeding troughs, allowing ample trough room for each sheep.

Cost of Materials.
Red cedar posts 12 1/2 cents each.
Woven wire fence 27 1/2 cents per rod.
Four-barbed wire 45 cents per rod.

Total 85 cents per rod.
The 2 1/2 centing costs about \$18 per thousand and adds about one cent per rod to cost of the fence.

HIS GOOD MONEY THROWN AWAY.

Why Old Man Potts Regretted Giving Bill College Education.

"Well," observed old man Potts, "I've spent a heap of money on my boy Bill's education, more'n \$900 just to see him through Yale. And I ain't through yet. It shorely makes me sore to think of the money I'm wastin' on a boy who ain't got as much sense now as he had before he went to college."

"What's the matter, father?" asked Mrs. Potts. "Melbe you're a little hard on Bill."

"No, I ain't, Mary," answered the old man. "Jest to show you—a little while ago I says to him I thinks it was going to rain to-morrow. What fool answer d'ye suppose he made me?" "I'm sure I don't know, father."

"He begged my pardon!"—Harper's Weekly.

Football vs. Prayer. Willie, aged five, was taken by his father to his first football game. The feature that caught his chief approval, however, did not become evident till he said his prayers that night. To the horror of his parents, Willie prayed with true football snap:

God bless papa,
God bless mamma,
God bless Willie,
Boom! Rah! Rah!
—Success Magazine.

Extent of His Knowledge. Singleton—What do they use to extract gold from quartz? Wedderly—I don't know; but women use tears to extract it from men's pockets.

PE-RU-NA TONIC FOR COUGHS, COLDS, CATARRH.



Peruna Drug Co., Columbus, Ohio. Gentlemen: I have used Peruna and find that it cannot be equaled as a tonic, as well as a cure for coughs, colds and catarrh. You are authorized to use my photo with testimonial in any publication. Joseph H. Chase, 804 Tenth St., Washington, D. C.

Cold and La Grippe. Mr. C. Happy, Hardin, Ray Co., Mo., writes: "I can safely recommend Peruna as a remedy that will cure all catarrhal troubles."

"It was of great benefit to me, as I cured me of catarrh of the throat, and I took a very bad cold and had la grippe last February. I settled in my throat and lungs. I took three bottles of Peruna and it cured me. I highly recommend it to all who are sick, and I am glad to add my endorsement to that of others."

Pe-ru-na for Colds. Mr. L. Clifford Figg, Jr., 2929 East Marshall St., Richmond, Va., writes that when he gets a cold he takes Peruna, and it soon drives it out of his system. For several years he was not entirely well, but Peruna completely cured him. People who object to liquid medicines can now secure Peruna tablets. For a free illustrated booklet entitled "The Truth About Peruna," address The Peruna Co., Columbus, Ohio Mailed postpaid.

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and if you get it you will have a remedy for coughs that will be satisfactory in every respect. If you accept something else we do not know what you get, but it will not be the Best Cough Cure. At all druggists', 25c., 50c. and \$1. Don't accept anything else.

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Beware of the Cough that hangs on persistently, breaking your night's rest and exhausting your vitality. A few doses of Piso's Cure will relieve wonderfully any cough, no matter how far advanced or serious. It soothes and heals irritated surfaces, clears the clogged air passages and the cough disappears. At all druggists', 25 cts.