

TRUE SOUTHERN CHIVALRY

Kentucky Colonel Didn't Apologize, But He Came Very Near Doing It.

Many stories have been told of southern chivalry, but the palm appears to go to a story told by a former governor of Kentucky while visiting Philadelphia recently.

According to the narrator, a genuine Kentucky colonel boarded a street car which was very crowded, and somehow he stepped on the foot of a very pretty woman. Of course, the woman expected the colonel to apologize, just as did everybody else who heard her give a mouse-like squeal when the colonel's foot came down.

And she looked as though she expected an apology, but the colonel, diving her thought, doffed his hat and said: "No, madam, I'm not going to apologize. When the good Lord was so gracious as to make women so beautiful and charming and with such wonderfully small feet that a man has to tramp on them to find them, then I don't think that an apology is in order."

The compliment was too graceful for the woman to resist, and all that followed was a smiling acknowledgment of the colonel's gallant speech.

Complexion bad? Tongue coated? Liver deranged? Take Garfield Tea.

Lots of us bow to the inevitable without a formal introduction.

W. L. DOUGLAS

\$3.50 & \$3.00 SHOES FOR MEN
W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.



W. L. DOUGLAS MAKES & SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD.

It would take you into my three large factories at Brockton, Mass. and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas \$3.50 shoes cost more to make than any other shoe. They fit better, wear longer, and are of greater intrinsic value than any other shoe.

W. L. Douglas Street Made Shoes for Men, \$3.50, \$2.00, Boys' School & Dress Shoes, \$2.00, \$1.75, \$1.50.

CAUTION—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brass.

Write for Illustrated Catalog.

W. L. DOUGLAS, Brockton, Mass.

"The Wonder City"

Eldorado Springs

Hidden away in the foothills of the Northern Rockies, lies Eldorado Springs, Mo., an ideal health and pleasure resort. Since the discovery of its now famous Springs, thousands have received benefits from the healing waters, and have gone away contented, testimonials of their curative properties.

During the summer season, excursion tickets will be sold to Eldorado Springs at

Exceptionally Low Rates

To those seeking a quiet, ideal place in which to spend a summer vacation at a minimum expense, Eldorado Springs offers many attractions.

Booklets and full particulars as to train service, etc., may be had of any M. K. & T. Agent, or by addressing

W. S. ST. GEORGE
General Passenger and Ticket Agent
ST. LOUIS, MO.

G. A. McINTYRE,
Blossom House, Kansas City, Mo.

THE MKT

TWENTY-FIVE BUSHELS OF WHEAT TO THE ACRE

Means a productive capacity in dollars of over \$16 per acre.

This land which has cost the farmer nothing but the price of tilling it, tells its own story.

The Canadian Government gives absolutely free to every settler 160 acres of such land.

Lands adjoining can be purchased at from \$5 to \$10 per acre from railroad and other corporations.

Already 175,000 farmers from the United States have made their homes in Canada.

For pamphlet "Twentieth Century Canada" and all information apply to Supt. of Immigration, Ottawa, Canada, or to following authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Nebraska. (Mention this paper)

Yeast That Raises

Every woman likes quick yeast that will make light, good tasting bread. On Time Yeast is made fresh every day and guaranteed to your grocer to give you satisfaction or money refunded.

On Time Yeast

is put up in Ten Cakes in a package, instead of seven, and sells at Five Cents. Two packages of On Time Yeast that will cost you Ten Cents will weigh more than three packages of any other yeast that costs you Fifteen Cents. Why submit to be robbed out of Five Cents? Use On Time Yeast and get the most good yeast for your money.

Ask Your Grocer for On Time Yeast.

ON COST OF LIVING

EVEN THE POET MUST PAY HIS COAL BILLS.

Practically All People Live on the Fruits of Day Labor—Rent Shoud Not Cost More Than One-Fifth of Annual Income—Mistaken Pride as to External Appearances Deprives Some People of the Real Joy of Living—Only Millionaires Can "Afford" to Dress as Poor as Poverty—Buy Clothes at End of a Season—Willful Waste the Crying Sin of American Housekeeping.

By MARGARET E. SANGSTER.

A young fellow just out of college met me one day and with a disgusted expression inquired whether I knew Mr. Blank, a poet whose verses were household words. I replied that I had that honor, adding that I appreciated very much the privilege of Mr. Blank's friendship. "Yesterday," said the lad, with a gloomy look on his handsome face, "I should have said the same thing, but I am disillusioned. Blank called at our house last evening and with a laugh told my father that he felt very happy. He had settled his coal bill with the price of a poem. Think of that! Think of bringing poetry down to the level of coal bills and furnaces!"

"Mr. Blank is most fortunate," I said. "It is not every poet who can defray the cost of living by poetic dross, nor is poetry often so remunerative that it can offset tons of coal."

We parted, the young fellow and I, unable to agree with one another, but I fancy a few years later when he shall have become a sober, piddling, professional man, with a family to support, he will understand the situation better. By some honest means coal and groceries must be paid for, and the cost of living must be taken into account whether people earn their money by one form of day labor or another. From the president in the White House to the Italian workman digging a trench, we all live, if we are decent and diligent, on the fruits of our labor. A small contingent, not to be envied, loaf about Europe and America, existing in idleness on the money hard-working fathers and grandfathers earned. But we do not take them into account, as they belong distinctly to the unproductive class. Most of us are producers, and as producers are directly interested in the cost of living.

The proposition resolves itself into several parts, the first of which is:

The Shelter of the Roof.

We cannot be exposed to the elements. We must have a refuge from winds, rain, cold, storm and sun. Whether we live in a splendid brownstone edifice or a tumble-down, unpainted cottage, or anywhere between these extremes, we must equally have protection from inclemency of the atmosphere, and asylum from friends and foes. The latter sentiment may need explanation, because everyone comprehends that enemies are better on the outside of the sheltering walls, while everybody who is not disposed to hermit life has a welcome for his friends. Yet there are days and nights when a home values seclusion, and does not even desire for the moment the presence of friends. Four walls and a roof are the shell of the home, let it be very simple or very stately. For this shelter we pay either in rent, if we hire, or in taxes and the cost of constant repairs, if we own the estate. At the basis of family living lies the cost of the shelter, and the first duty of a householder is to rightly adjust this item of expense in its relation to other necessary items. The house itself should not annually cost for shelter more than a fifth of the annual income.

Often people pay an undue price for shelter because they are determined to live on a fashionable street, or in a neighborhood where houses are held at a fancy valuation. They deny themselves a great part of the joy of living and are defrauded of comfort through a mistaken pride as to the external appearance and internal arrangements of that which is after all the least important item in the bill. What we demand of a house is that it shall have excellent sanitary conditions and perfect drainage, that it shall be tight and compact, without a leaking roof, or a damp cellar, and that there shall be in it sufficient room to accommodate the family.

These are the essentials. Other matters may take care of themselves.

The Item of Clothing.

A man who goes daily to business must be comfortably clothed for his work, well shod and provided with outer garments that enable him to appear thoroughly respectable among his associates. A good deal of success may depend on the appearance a man makes when going to and from the place of his work. A man whose dress is obviously shabby and threadbare is discounted unless being a millionaire he can afford to look as poor as poverty.

In ordinary circumstances the man of the house must be well dressed, but ready-made clothing of good quality even in our extravagant country may be purchased for cash at a fair price. Granted that a good cut and good material are selected and adequate care taken of the garments a man need not be troubled overmuch about the cost of his clothes. Wife and children are well dressed or badly dressed, not according to the amount of money spent, but according to the taste, skill and economy of the mistress of the house. It is rather amusing to compare notes on this subject. Mrs. A. will dress four children very comfortably on the same sum that Mrs. B. spends on two, but the first is a good manager, and the second has little foresight and management. Both would be gainers if they understood that cash customers always save more than those who keep running accounts in the shops, and if they likewise understood that there are times and seasons when a housewife may secure real bargains. By this I do not mean that women should shop merely on bargain days, so-called, but that

those who buy at the end of a season when goods are marked down often furnish their entire wardrobe for at least half it would have cost had they bought when the season opened.

The Cost of Food.

Those who have made an exhaustive study of the cost of food assure us that this item ranges about the same in the different markets of the country, although in some places one supply may cost more and another less than in a place hundreds of miles away. Those who have gardens of their own, or who are able to buy directly from the farm of a neighbor, with no intervening middle-man and no ascending scale of profit from producer to consumer, may live more cheaply than their friends who possess no such advantage.

In the country, for instance, the only money actually expended may be laid out for meat when the butcher makes his weekly round with his cart. Other articles of food are raised on the farm, and the thrifty housewife has the chance to barter her eggs and butter in the nearest town for other things that she needs. Country dwellers should live much better, all things considered, than their city cousins. The latter, however, need not go beyond their means if they purchase with discretion and suffer no waste in the household. In a great city a visit to the market, here or there, is a revelation of the commerce of the globe. Fruits, vegetables, dairy products, meat, everything in splendid variety shows how interdependent we are, and how swiftly trains ply and steamers race across the sea, that the world may be fed. Buyers have only to choose from an abundant and attractive bill of fare.

The crying sin of American housekeeping is willful waste. The amount of good food that is daily thrown away by people of limited means is positively shocking. One housekeeper in ten takes proper care of left-overs from the table, and suffers nothing to be lost through forgetfulness, or cast by a thriftless maid into the garbage pail. The average maid despises small economies, but this is no reason why she should not be taught to practice them. The cost of living in a thousand homes might annually be diminished by a tenth without a single person in the household incurring the slightest self-denial.

In a thousand homes, too, more careful buying and more careful saving would result in a gratifying sum in the bank at the end of each twelve-month. If the cost of living is higher than it once was, we must remember that the wage-rate is also higher and that the country is not in the least impoverished, but, on the contrary, exceedingly well-to-do. We may share its prosperity if as individuals we look out for waste.

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THE DIARY OF NERVY ETHEL.

Monday—My, but I'm lucky! Got another job to-day. And I think I'll like it better than the one I had last week. It's in a doctor's office, and looks to me like a snap. When I was out walking yesterday afternoon I met Mame Curtis and told her that I had given up my position in the millinery establishment, that I didn't like the work. The fellow that was with her said his doctor wanted a young lady to look after the office and that I might try for the position. I told him I had another place in mind, but I would go around and inquire. I wasn't going to let Mame Curtis think I was dead anxious. I hustled down there this morning and waited three-quarters of an hour before "his nibs" showed up. I had been studying up a string of gaff as to my being just the right sort, but he never gave me a chance to say my little spiel; but told me to take off my hat and get busy. He didn't say it just that way, but that's what he meant. It was all so sudden that I didn't even ask him what my salary would be, but meekly obeyed and asked him what to do. He seems to be awfully absent-minded and didn't know how to tell me to go at things—so I just started in on my own hook. Everything was in such a mess that I rolled up my sleeves and worked like a Turk. I'm too done up to-night to tell about my new job.

Tuesday—I've got a rise! The old codger came to this morning and told me that he would give me four dollars a week. That isn't half bad. Maybe I can cop out enough of this week's wages to get a new hat. My fur-trimmed turban is certainly called in. I feel like I ought to be wearing a bunch of holly instead of spring violets. The old man certainly treats me out of sight. There's no ringing in or ringing out business here. I stayed ten minutes over my time this noon and he didn't know the difference. I don't have to come down to the office until 8:30, and leave at 5, so the hours are a cinch. I have lots of spare time and can read or embroider when there's nothing else to do. I'm reading a dandy novel now and I could have choked one patient who came in this morning. She had a little girl with her and the doctor made me amuse the kid while he treated the mother. I was just in the most exciting part of the story and I could have seen them both in the bottom of the lake.

I met that old Miss Lewis in the restaurant to-day and I cut her dead. I wonder if her getting rid of me has helped her any with Clark? I'd like to see him again. Not that I care about it, but I'd just like to make her jealous.

Wednesday—Gee, but I got called down to-day! The old duffer just wiped up the earth with me. He told me that I had been loafing instead of washing up his instruments; that he hadn't had a real clean thing to use since I came. He surely did throw it into me. And here I've been thinking he was such a meek, mild old fogy! I was so surprised that I couldn't think of a word to say and stood there and took it all like a goose. Since then I've thought of a dozen sarcastic remarks that I might have made and yet been respectful. I won't stand for too much, though, and if he gets on his high horse again I'll quit. I scolded his old instruments of torture to-day till they just reeked with carbolic acid and other nasty-smelling stuff. I did want to finish my story to-day, but I couldn't find time.

Thursday—Talk about your meat! Who should I meet on State street to-day but Mr. Clark! I had just come from lunch and was looking in the window at the new hats when somebody touched me on the shoulder. When I turned around I nearly fainted. I was so glad to see him, and I stuttered and spluttered like an idiot. He acted awfully nice and we walked up and down the street, and then he came back to the office with me. He gave me his card and asked me if he might call next Sunday. I told him I had a date with Walter Harris in the afternoon and he could come in the evening. You bet I won't ask Walter to stay to supper this week. His name is Charlie—Charlie Clark. That sounds pretty nice to me. I've simply got to have my hat before Sunday. We might go out walking and I want to look as well as the next one. Oh, won't Mame Curtis be wild when she knows I've got a new fellow? But I'm not going to introduce him to her in a hurry. She's so stingy with her beaux. The old man was in a good humor again to-day and was very agreeable. We had an emergency case and he let me help him. He said I showed a great deal of nerve. I've heard I had that before, but I don't believe he meant it in the way Miss Lewis did. Wouldn't I like to sail past her next Sunday when I'm with Mr. Clark! I know she'd turn green with envy.

Saturday—Fired again! And I don't know now how it all came about, except that I'm looking for another job. The old man got on his ear again this morning because I broke one of his glass graduates and he declared I had bent and nicked a few of his most valuable instruments, so he told me to skidoo.

What I feel worst about is that he didn't give me notice in time to go out and buy my hat and I'm sorry not to have it for to-morrow. But if I don't hurry up with a job I'll not have one at all. I hope luck will be with me next week, as it has been the last two. Just now, though, I'm thinking more of to-morrow night and Charlie Clark's visit than I am of jobs or spring clothes.—Chicago Chronicle.

"Third Incomprehensible."

Robert Barrett Browning, painter and son of the famous father of the same name, has been chosen president of the Browning settlement in London. When he was born Lord Granville is credited with having remarked: "A third incomprehensible has come into the world!"

Experiments with a "tele-phonographic typewriter" are being made. It is hoped that this instrument will make it possible to cause a spoken message to record itself in typewriting at the other end of the line.

BOILED EGG OF ENGLAND.

Athletic Triumph Achieved by College Men Who Trained on Hen Fruit.

Far more than a mere athletic triumph was Cambridge's victory recent ly. It was the demonstration of a great scientific principle that bids fair to subvert the gustatory traditions of a nation. Other crews have won on form or fortune; it remained for the light blue crew of 1906 to owe their laurels to the common farm yard egg, says the New York Times.

On eggs they were trained—raw eggs, poached eggs, eggs boiled soft and eggs as hard as rocks, scrambled eggs, fried eggs, beaten up in milk, and eggs turned into omelets. Every resource of the culinary artist was called into requisition, and in the strength of those eggs they rowed Oxford to a standstill.

When first people heard that every cantab polished off four eggs for breakfast they laughed; when they were told that five dozen eggs were consumed by the crew each day they sneered; but one or two sensational performances in practice made them sit up and take notice.

Then the historians of the turf declared that to eggs Birmingham owed in 1830 his victory in the St. Leger over Priam, the Derby winner, and the scientists came forward with uncanny calculations of how much albumen, proteids, and other things that people eat without knowing it an egg contains. The London restaurants began to feel the change. No one would take his breakfast, his luncheon, or his dinner without an egg, and egg flips, eggnoes and every other drink with an egg to its name became the rage.

The country was scoured in all directions for eggs. From Brittany, Denmark, and other countries came eggs in countless thousands. But still the demand is increasing, and with the victory of Cambridge it is confidently expected that "The Boiled Egg of Old England" is come to stay.

HIGH-CROWNED SAILOR.

A Rose Pink Hat Trimmed with Folds of Taffeta and a Wing in Shaded Pink.

High-crowned, narrow-brimmed sailers will be especially favored in the millinery world for spring and summer wear. Our model gives a fair idea



DECIDEDLY SMART.

of the style. In this case the hat is rose-pink straw, the crown encircled with folds of taffeta and a wing in shaded pink fastened to left side with rhinestone buckle. Loops of soft taffeta ribbon rest on the hair at back under brim.

PHONETIC PHENOMENON.

How the "O" Came to Be Left Out in the Modernized Spelling of "Phenix."

They were talking about spelling reform and the idiosyncrasies of English spelling in general, relates Success Magazine.

"There's that very word 'phenix,' said one of the men; 'that's a sample of English spelling. The reformers call their system the 'phonetic system,' and yet they have to spell 'phenix' with a 'ph' in order to let people know what it means. The very word that means 'spelled as pronounced' is as far from it as possible."

"Now, now!" drawled his friend, "you're too hard on the good old English speller. You ought to be proud of 'phenix.' Why, that word is so trimmed down, and saved off, and cut short, that it wouldn't know it was English if I met it alone on a blank page. You ought to thank the language for the word. It's a beautiful word. That 'ph' might have been spelled like 'dough' and the 'ne' like 'ette' in 'rosette,' and the 'ix' like the 'ix' in 'quixote' and 'phoenix'—though good old-style English would 'pho-netic'ly be coming! Look at that word 'phenix.' It is spelled 'phenix' everywhere now, and I remember it always used to be 'phenix.' The 'o' has gone. That shows—"

"Nothing!" said the objector. "What does it show? That the phenix is a bird. Well, that's the phenix a bird? Yes! Well, isn't that round thing you say was an 'o' was an egg. That's all. 'Twas just an egg, and the phenix laid the egg. That's all!"

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all his business transactions and financially able to carry out any obligations made by him.

WALTON, KINGS & MAYNARD, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

One on the Doctors.

The Boston Herald tells a story of a physician of Salem, Mass., who, talking to a group of friends, said: "I wanted to be a soldier, but my parents persuaded me to study medicine."

"Oh, well," rejoined one of the party, "such is life. Many a man with wholesale aspirations has to content himself with a retail business."

Each to His Taste.

"Did you see where the chaplain general of that aristocratic patriotic society prayed for all those who have not the same ancestry as themselves?"

"Well, that's a matter of taste. Maybe some people have their own reasons for accepting the Darwinian theory, but Adam and Eve are good enough for me."—Baltimore American.

One Kind of Investigation.

"You are taking a great deal of interest in this investigation."

"Yes," answered the statesman. "I have to give it close personal attention. I want to make sure it doesn't develop anything I don't care to have known."—Washington Star.

No one is himself when his nerve centers are exhausted, whether from excessive use or from lack of proper food. The quality of one's thought, ambition, energy, aims and ideals, is largely a matter of health.—Success Magazine.

Levis' Single Binder straight 5c cigar. Made of extra quality tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

It is all right to be in the punch, but you do not want to acknowledge that you have a pull.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Be patient; card houses are built in an hour—cathedrals take centuries.

Garfield Tea overcomes constipation, sick headache, liver and kidney diseases.

Genius is seldom bothered with book-keeping.—Life.

900 DROPS

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Keeps Old & Young Regular

Prepared by J. C. Ayer & Co., Lowell, Mass.

Fac-Simile Signature of J. C. Ayer & Co., Lowell, Mass.

40c BOTTLES. 35c PER DOZEN.

EXACT COPY OF WRAPPER.

Not So Stingy.

She—Did you ever hear the eagle scream? He—No. I never hang on to a dollar that tight.—Detroit Free Press.

In a Pinch, Use ALLEN'S FOOT-EASE

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

The man who fails to vote has no good ground for complaining about corruption in the administration.

You always Get full value in Lewis' Single Binder straight 5c cigar. Your dealer or Lewis' Factory, Peoria, Ill.

The moment a man perceives that he has been fleeced then he begins to feel sheepish, showing how strongly is the law of association of ideas.—Puck.

Write Garfield Tea Co., Brooklyn, N. Y., for package Garfield Tea, the herb cure.

Always be sure you are right, and you will make lots of enemies.

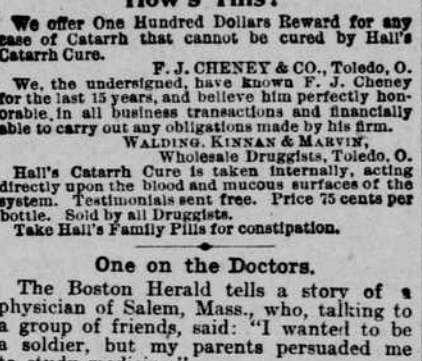
WASTED TO A SHADOW.

But Found a Cure After Fifteen Years of Suffering.

A. H. Stotts, messenger at the State Capitol, Columbus, O., says:

"For fifteen years I had kidney troubles, and though I doctored faithfully, could not find a cure. I had heavy backaches, dizzy headaches and terrible urinary disorders. One day I collapsed, fell insensible on the sidewalk, and then was wasted away in bed for ten weeks. After being given up, I began using Doan's Kidney Pills. In a couple of months I regained my old health, and now weigh 188 pounds. Twelve boxes did it, and I have been well two years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



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most fully protect an invention. Booklet and Desk Calendar FREE. Highest references. Communications confidential. Established 1861. Mason, Fenwick & Lawrence, Washington, D. C.

ELECTROTYPES

LIVE STOCK and MISCELLANEOUS. In great variety for sale at lowest prices by A. B. KELLOGG NEWSPAPER CO., 12 W. Adams St., Chicago.

W. N. U., OMAHA, NO. 20, 1906.

NO HUMAN HAND TOUCHES IT

Many of the so-called breakfast foods are improperly prepared—contain so large a quantity of sweetening substance that they become too carbonaceous and heating to have a well balanced food value, if not dangerous to life and health.

DR. PRICE'S WHEAT FLAKE CELERY FOOD

is prepared under the supervision of a physician and chemist with years of experience in the making of pure food products. It is composed of wheat, celery and salt—not a trace of any other substance. So cleanly and carefully prepared that no human hand touches it from its first process of manufacture until it reaches the consumer. In daily use it has a tonic as also a mild laxative effect.

Palatable—Nutritious—Easy of Digestion and Ready to Eat. Can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mush.

10c a package. For Sale by My Signature on every package as much nourishment as 25 leaves of bread.

Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder, Delicious Flavoring Extracts, Ice Cream Sugar and Jelly Desserts, has never been compelled, notwithstanding strenuous Food laws, to change any of his products. They have always conformed to their requirements. This is an absolute guarantee of their quality and purity.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I had it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boardman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CASTORIA COMPANY, 17 N. MURRAY STREET, NEW YORK CITY.

Cramps

cause women some of their most excruciatingly painful hours. Mrs. Lula Berry, of Farmington, Ark., writes: "I suffered with terrible cramps every month, and would sometimes lose consciousness for 4 to 9 hours. On a friend's advice I took

WINE OF CARDUI

WOMAN'S RELIEF

and as a result am now relieved of all my pains, and am doing all my housework." No matter what symptoms your female trouble may cause, the most reliable, scientific remedy for them, is Cardui. Try it.

At all Druggists

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Many of the so-called breakfast foods are improperly prepared—contain so large a quantity of sweetening substance that they become too carbonaceous and heating to have a well balanced food value, if not dangerous to life and health.

DR. PRICE'S WHEAT FLAKE CELERY FOOD

is prepared under the supervision of a physician and chemist with years of experience in the making of pure food products. It is composed of wheat, celery and salt—not a trace of any other substance. So cleanly and carefully prepared that no human hand touches it from its first process of manufacture until it reaches the consumer. In daily use it has a tonic as also a mild laxative effect.

Palatable—Nutritious—Easy of Digestion and Ready to Eat. Can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mush.

10c a package. For Sale by My Signature on every package as much nourishment as 25 leaves of bread.

Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder, Delicious Flavoring Extracts, Ice Cream Sugar and Jelly Desserts, has never been compelled, notwithstanding strenuous Food laws, to change any of his products. They have always conformed to their requirements. This is an absolute guarantee of their quality and purity.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I had it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boardman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

Cramps

cause women some of their most excruciatingly painful hours. Mrs. Lula Berry, of Farmington, Ark., writes: "I suffered with terrible cramps every month, and would sometimes lose consciousness for 4 to 9 hours. On a friend's advice I took

WINE OF CARDUI