

NOT YOUR HEART

If you think you have heart disease you are one of a countless number that are deceived by indigestion into believing the heart is affected.

Lane's Family Medicine

Tonic-laxative, will get your stomach back into good condition, and then the chances are ten to one that you will have no more symptoms of heart disease.

Sold by all dealers at 25c. and 50c.

SICK HEADACHE

Positively cured by these Little Pills.

CARTER'S LITTLE LIVER PILLS

Small Pill, Small Dose, Small Price.

Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

FARMS THAT GROW "NO. 1 HARD" WHEAT

WESTERN CANADIAN FARMERS

New Wheat Growing Territory

After Many Trials, Johnny had been fighting. His mother was telling him of the evils of resorting to violence to obtain redress for a wrong.

"I don't care," said Johnny, "he took my ball."

"Did you try to get it from him peacefully?"

"Yes'm."

"How many times did you try, Johnny?"

"I tried once, twice, thrice and four; and I didn't get the ball till the last trial."

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.

Name for Stetson's boat.

There are many good stories told of the late John Stetson, the theatrical manager. Here is one of them. He was having a yacht built, and a friend, meeting him on the street, asked him what he was going to name the boat.

"I haven't decided yet," replied John, "but it will be some name commencing with S, probably either 'Psyche' or 'Clinch.'"

Dick (looking at picture-book)—"I wonder what the Noahs did with themselves all day long in the Ark?" Mabel—"Fished, I should think." Bobbie—"They didn't fish for long." Dick and Mabel—"Why not?" Bobbie—"Well, you see, there were only two worms!"—Punch.

When a man is drifting with the stream he is likely to think that the stream has taken to flow.

MUCH DANGER IN DUST.

Why Clothes Should Not be Brushed in Living Rooms.

The use of the clothes brush in the living rooms of a house is emphatically denounced in the Lancet as a dangerous practice, likely to lead to disease and death. "The imagination does not require to be stretched very far to realize that the clothes brush might be easily responsible for the dissemination of disease," says the expert journal. "Dust is rarely, if ever, free from micro-organisms, and among them pathogenic entities have been recognized. Dust is in fact an enemy of the human race, a vehicle of disease, and should everywhere and on every occasion, however trifling, be prevented as far as means can be employed to that end. Clothes, of course must be brushed just as carpets must be beaten, but both processes create a nuisance which is different not in kind, but only in degree. Just, therefore, as there are grounds reserved for the beating of carpets, remote as they should be, from human habitation, so also ought there to be in a household conducted on hygienic lines a special room relegated to the brushing of clothes. The daily clothes have a large capacity and a singular affinity for dust which contain the seeds of a common cold or a sore throat, or even of blood poisoning and tetanus, so that the suggestion that the clothes brush should be handled in a less indiscriminate way than is usually the case can hardly be regarded as chimerical."

POLISH FOR THE FLOOR.

Mixture That is Guaranteed to Produce Good Results.

A good mixture for polishing a hardwood floor may be made from one-third raw linseed oil and two-thirds turpentine. It should be used sparingly or the polishing afterward will take a long time. In cleaning such a floor it is better to use a soft hair brush rather than a stiff one. After being well swept, the floor should be wiped with a dry, soft cloth, in order to take up all dust. If there are any spots they may be removed with a cloth wet with turpentine or they may be rubbed with a cloth wrung dry out of warm water.

This will take off the polish, but it may be restored by using a weighted brush. This brush has a long handle and is pushed back and forth till the polish is again restored. Woolen clothes may be used, but the work will take longer and the work will be tedious. The weighted brush, as well as others, should be thoroughly cleaned two or three times a year by washing in warm water, to which a few drops of ammonia have been added.

The Ideal Bedroom.

A cheerful bedroom is one of the essential points for an invalid or convalescent, and since it is difficult to find a house with all the bedrooms facing south, some one must be unsellish enough to give the sunniest rooms to the less robust members of the family.

Many people insist that the eastern exposure is the best for a sleeping room, because the early morning sun is healthful, but if the room must, perforce, face north, it should have a light, cheerful paper and the lightest possible draperies.

The bed should not be placed so that the light from the window shines directly in the eyes of the sleeper; it may be conducive to early rising, but the effect upon the eyes is unpleasant and often harmful. If the bed must face the windows and the footboard is not high enough to shield the eyes a screen should be put across over night between the window and the bed.

Good Home-Made Paste.

A good paste which is yet inexpensive is a necessity in any home where there are children, since many a rainy day can be put in happily with a paste jar, a pair of scissors and an old magazine or two. Purchase five cents' worth of gum arabic and turn it into a wide-mouthed pint jar having a screw top. Fill the jar two-thirds full of cold water and set away over night. In the morning a smooth, transparent jelly will be the result, and this should be well stirred up from the bottom with a stick. Let it stand for three nights in this way, stirring it up each morning. Then add a few drops of wintergreen to scent it nicely, and it is ready for use. Turn into a small jelly tumbler for immediate use, keeping the large jar air-tight. This "paste" is not at all sticky and can be applied with the fingers, if necessary, without disagreeable results.

Lemon Souffle.

One pint boiling water, two table-spoonsful cornstarch, mixed in a little cold water; boil until as thick as a custard; add a little salt, also butter size of a nut; take from stove, add yolks of three eggs beaten with a cup of sugar, juice and rind of one large lemon; mix well; bake 15 minutes; take from oven, put on white of eggs; beat with three teaspoonfuls powdered sugar. Brown and serve cold.

Setting the Color.

Before a new print, sateen or gloria goes into the tub set the colors. Dissolve a handful of salt in a tub of cold water and soak about ten minutes. Some blacks are made fresher and faster color by putting strong black pepper tea in the first suds in which the garment is washed. Wash in lukewarm suds, using white, not yellow, soap. After rinsing, starch, then put through a clear rinsing water again. This prevents the starch from showing. If desired very stiff, repeat the starching a second time, followed by rinsing.

Laundry Hint.

In assorting clothes for washing, use cold water for stains such as perspiration. Stains that are from fruit or coffee must be treated with boiling water. Hours of rubbing will be saved by following these simple precautions.

To Remove Match Marks.

To remove match marks, rub with a piece of cut lemon and afterwards with a cloth dipped in clear water. The stain will entirely disappear.

DODDS' KIDNEY PILLS

FOR ALL KIDNEY TROUBLES

W. V. BENNETT, 501 New York Life Building, Omaha, Nebraska.

HE KNOWS THE KIND OF WATERPROOF OILED CLOTHING THAT STANDS THE HARDEST SERVICE

Do You Know?

MADE FOR ALL KINDS OF WET WORK OR SPORT

ALL TOWERS CO. BOSTON, U.S.A.

One of These Dishes in Every Family Package of Quaker Oats

The family that eats Quaker Oats knows there is no other brand of rolled oats quite as good as Quaker. The family that eats some other kind of rolled oats is missing the real genuine deliciousness, the appetizing flavor, wholesomeness and purity that is found alone in Quaker Oats.

In addition to this extra goodness that is always in Quaker Oats, you can get exquisitely decorated dishes in semi-porcelain china without additional cost, by ordering Quaker Oats in the large sized family package at 25c.

The quality of these dishes, like the quality of Quaker Oats, will give you satisfaction in the fullest degree. You will take pride in the dishes, and you will have pleasure in eating Quaker Oats.

The Quaker Oats Company

Quaker Best Cornmeal is the latest Quaker product. Ask your grocer for it. 3 pounds in a sealed package, only 10 cents.

NO MORE MUSTARD PASTERS TO BLISTER.

THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.

CAPISICUM VASELINE

EXTRACT OF THE CAPVENE PEPPER PLANT

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS. DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.

A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-appeasing and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headaches and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuritic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "it is the best of all my preparations." Accept no preparation of vasoline unless the same carries our label, as otherwise it is not genuine. SEND YOUR ADDRESS AND WE WILL MAIL OUR VASELINE PAMPHLET WHICH WILL INTEREST YOU.

CHESEBROUGH MFG. CO.

17 STATE STREET, NEW YORK CITY

AWFUL SUFFERING.

From Dreadful Pains from Wound on Foot—System All Run Down—Miraculous Cure by Cuticura.

"Words cannot speak highly enough for the Cuticura Remedies. I am now seventy-two years of age. My system had been all run down. My blood was so bad that blood poisoning had set in. I had several doctors attending me, so finally I went to the hospital where I was laid up for two months. My foot and ankle were almost beyond recognition. Dark blood flowed out of wounds in many places and I was so disheartened that I thought surely my last chance was slowly leaving me. As the foot did not improve, I can readily imagine how I felt. I was simply disgusted and tired of life. I stood this pain, which was dreadful, for six months, and during this time I was not able to wear a shoe and not able to work. Some one spoke to me about Cuticura. The consequences were I bought a set of the Cuticura Remedies of one of my friends who was a druggist, and the praise that I gave after the second application is beyond description; it seemed a miracle for the Cuticura Remedies took effect immediately. I washed the foot with the Cuticura Soap before applying the Ointment and I took the Resolvent at the same time. After two weeks' treatment my foot was healed completely. People who had seen my foot during my illness and who have seen it since the cure, can hardly believe their own eyes. Robert Schoenhauer, Newburg, N. Y., August 21, 1905."

Four-Footed Thieves.

In Winchester, England, a grocer began to miss money from his till, and set his wife to watch. After two weeks the wife was not able to detect the thief, though money was stolen almost every day. There were two clerks in the store and the grocer finally called them thieves and discharged them.

When two others had taken their places the money continued to disappear, and the case was given to the police. An officer who hid under the counter solved the problem. He found bits of paper representing about \$50 that the mice had made nests of. They had entered the till through a hole in the back and taken the bills one at a time.

The two clerks who had been discharged for dishonesty brought suit for damages, and the other day the grocer was compelled to pay them \$300 each.

A Well-Known Remedy.

One of the oldest, safest and most favorably known remedies in the world to-day is Brandreth's Pills—a blood purifier and laxative. Being purely vegetable, they can be used by old or young with perfect safety, and while other remedies require increased doses and finally cease acting altogether, with Brandreth's Pills the same dose always has the same effect, no matter how long they are taken. One or two pills taken each night for a while is the best thing known for any one troubled with constipation, indigestion, dyspepsia or any trouble arising from impurity of the blood.

Brandreth's Pills have been in use for over a century, and are for sale everywhere, plain or sugar-coated.

Cosmopolitan America.

Is there a type of "average American workman"? Dr. Arthur Shadwell, an Englishman, author of "Industrial Efficiency," tells how in one of the older towns of Massachusetts he witnessed a procession of cotton operatives on strike. "They were marshaled by nationalities with a curious effect. The different types, cheek by jowl, stood out in vivid contrast—the French, the familiar English, the Celtic, the Scandinavian, the Slav, the small Portuguese and the swarthy Greek. Such a sight can be seen nowhere else. It brought before my eyes in one living picture the amazing cosmopolitanism of American labor and made me think with a smile of that convenient abstraction but almost mythical person of whom we have heard so much—the 'average American workman.'"

Veteran Driver Has Record.

James H. Johnson of Washington, who drove the remaining members of the Davis family at the funeral of Mrs. Jefferson Davis, in Richmond, has driven the Davis carriage at the funerals of each of the members who have gone before. He drove at the funerals of Jefferson Davis and Miss Winnie Davis. He has never missed attending a Confederate reunion since the war.

Intricate Game of Chess.

Chess, as played by the Japanese, is the most intricate game in the world. The board has 81 squares, 20 pieces are used, and the pieces change their value when they arrive at a certain position on the board.

COFFEE IMPORTERS

Publish a Book About Coffee.

There has been much discussion as to Coffee and Postum lately, so much in fact that some of the coffee importers and roasters have taken to type to promote the sale of their wares and check if possible the rapid growth of the use of Postum Food Coffee.

In the coffee importers' book a chapter is headed "Coffee as a Medicine," and advocates its use as such.

Here is an admission of the truth, most important to all interested.

Every physician knows, and every thoughtful person should know, that habitual use of any "medicine" of the drug-stimulant type of coffee or whisky quickly causes irritation of the tissues and organs stimulated and finally sets up disease in the great majority of cases if disregarded. It may show in any one of the many organs of the body and in the great majority of cases can be directly traced to coffee in a most unmistakable way by leaving off the active irritant—coffee—and using Postum Food Coffee for a matter of ten days. If the result is relief from nervous trouble, dyspepsia, bowel complaint, heart failure, weak eyes, or any other malady set up by a poisoned nervous system, you have your answer with the accuracy of a demonstration in mathematics.

What you do for an ungrateful man is thrown away—Latin saying.

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

Terminal facilities of wasps are not very large, but they are ample for their purpose.

Carpets can be colored on the floor with PUTNAM FADELESS DYES. Ask your druggist. 10c per package.

Revenge as contemplated may be sweet, but it is always more or less bitter when realized.

Lewis' Single Binder—the famous straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

Men are often capable of greater things than they perform. They are sent into the world with bills of credit and seldom draw to their full extent.—Walpole.

100 DROPS CASTORIA

FOR INFANTS AND CHILDREN

The Kind You Have Always Bought Bears the Signature of Dr. H. H. Stittchen.

In Use For Over Thirty Years

CASTORIA

Enameline

NO DUST, NO SMOKE, NO SOOT, NO SPILL, NO STAIN

STOVE POLISH

K C BAKING POWDER

25 ounces for 25 cents

A real power that raises and sustains the dough with absolute certainty. No failures. A cake made with K C cannot fail.

We insist upon refunding your money if a trial does not convince you.

FEARFUL PAINS

SUGGESTIONS HOW WOMEN MAY FIND RELIEF.

While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. This is a severe strain on a woman's vitality. When pain exists something is wrong which should be set right or it will lead to a serious derangement of the whole female organism.

Thousands of women have testified in grateful letters to Mrs. Pinkham's Vegetable Compound, which is a special pain and irregularity.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes, of 140 N. Division Street, Buffalo, N. Y., writes: Dear Mrs. Pinkham:—Your medicine is indeed a real medicine for women. I suffered many years with painful periods, headaches, and bearing-down pains. I consulted two different physicians but failed to get any relief. A friend from the east advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and no longer suffer as I did before. My periods are regular; every ache and pain is gone, and my general health is much improved. I advise all women who suffer to take Lydia E. Pinkham's Vegetable Compound.

Mrs. Tullie Hart, of Larimore, N. D., writes: Dear Mrs. Pinkham:—I might have been spared many months of suffering and pain had I only known of the efficacy of Lydia E. Pinkham's Vegetable Compound. Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

Dark

despair often assails women, who suffer continually from the diseases that afflict their sex. After trying doctors and medicines in vain, they feel like giving up. Better try

WINE OF CARDUI

WOMAN'S RELIEF

for it has relieved and cured thousands, who all else had failed. "My wife was given up to die ten years ago," writes J. F. Stone, of Lawrence, Kas., "but has taken Cardui ever since and is still alive and well." Try it.

At All Druggists

WRITE for Free Advice, stating age and describing your symptoms, to Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn.

W. L. DOUGLAS

3.50 & 3.00 Shoes

BEST IN THE WORLD

W. L. Douglas's \$4 Gilt Edge line cannot be equalled at any price.

W. L. Douglas's Jobbers' Board is the most complete in this country.

SHOES FOR EVERYBODY AT ALL PRICES. Men's Shoes, \$3 to \$5.00. Women's Shoes, \$4.00 to \$6.00. Children's Shoes, \$1.50 to \$3.00. W. L. Douglas's Women's, Misses' and Children's shoes; for style, fit and wear they equal other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against cheap and inferior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes and insist upon having them.

Write for Illustrated Catalog of Fall Styles.

W. L. DOUGLAS, Dept. 12, Brockton, Mass.

READERS

of this paper desiring to bring to my attention any columns should insist upon having what they ask for, refusing all substitutes or imitations.