

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

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

Your other organs may need attention-but your kidneys most, of any kind, in such a position that because they do most and need attention first.

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

the best proof of this is a trial.

53 COTTAGE ST., MELROSE, MASS. ; JAN. 11th, 1904. DEAR SIR "Ever since I was in the Army, I had more or less kidney trouble, and within the past year it became so severe and complicated that I suffered everything and was much alarmed-my strength and power was fast leaving me. I saw an advertisement of Swamp-Root and wrote asking for adthact that your kidneys and bladder need imme-

decided improvement after taking Swamp-Root only a short time.

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

I know that your Swamp Root is purely vegeta-le and does not contain any harmful drugs. Thanking you for my complete recovery and recommending Swamp-Root to all sufferers, I am, Very truly yours.
1. C. RICHARDSON."

You may have a sample bottle of this famous kidney remedy, Swamp-Root, sent test its virtues for such disorders as kidney, name, Swamp-Root, Dr. Kilmer's bladder and uric acid diseases, poor diges- Swamp-Root, and the address, Bingtion, being obliged to pass your water hamton, N. Y., on every bottle.

EDITORIAL NOTICE.—If you

The mild and immediate effect of Dr. | frequently night and day, smarting or Kilmer's Swamp-Root, the great kidney irritation in passing, brickdust or sediment and bladder remedy, is soon realized. It in the urine, headache, backache, lame stands the highest for its wonderful cures | back, dizziness, sleeplessness, nervousness, If the most distressing cases. Swamp- heart disturbance due to bad kidney trou-Root will set your whole system right, and ble, skin eruptions from bad blood, neuralgia, rheumatism, diabetes, bloating, irritability, wornout feeling, lack of ambition, loss of flesh, sallow complexion, or Bright's disease. If your water, when allowed to remain

> four hours, forms a sediment or settling or diate attention. Swamp-Root is the great discovery of Dr. Kilmer, the eminent kidney and blad-

undisturbed in a glass or bottle for twenty-

der specialist. Hospitals use it with wonderful success in both slight and severe cases. Doctors recommend it to their patients and use it in their own families, because they recognize in Swamp-Root the

greatest and most successful remedy. Swamp-Root is pleasant to take and is for sale at drug stores the world over in bottles of two sizes and two prices-fifty free by mail, postpaid, by which you may cents and one dollar. Remember the

have the slightest symptoms of kidney or bladder trouble, or if there is a trace of it in your family history, send at once to Dr. Kilmer & Co., Binghamton, N. Y., who will gladly send you by mail, immediately, without cost to you, a sample bottle of Swamp-Root and a book containing many of the thousands upon thousands of testimonial letters received from men and women cured.

Some men lose their hair by butting in at the wrong time.

In writing, be sure to say that you read

this generous offer in this paper.

ONE DOLLAR WHEAT.

Western Canada's Wheat Fields Produce It-Magnificent Yields-Free Grants of Land to Settlers.

The returns of the Interior Department show that the movement of American farmers northward to Canada is each month affecting larger areas of the United States. Time was, says the Winnipeg Free Press, when the Dakotas, Minnesota and Iowa furnished the Dominion with the main bulk of its American contingent. Last year, however, forty-four states and districts were represented in the of- full pound) to the package. You get ficial statement as to the former residence of Americans who had homesteaded in Canada. The Dakotas still head the list, with 4,006 entries, Minnesota being a close second with 3,887, but with the exception of Alabama and Mississippi and Delaware every state in the Union supplied settlers who, in order to secure farms in the side "Dearest," he said, looking up fertile prairie country of Canada, be- into her eyes, for he was smaller, so came citizens of and took the oath of allegiance to, the Dominion. Last year no less than 11,841 Americans entered for homestead lands in Can-

From the Gulf to the Boundary, and from ocean to ocean, the trek to the Dominion goes on. Not only the wheatgrowers of the central Mississippi valley, but the ranchers of Texas and New Mexico, and the cultivators of the comparatively virgin soil of Oklahoma, are pouring towards the productive vacant lands of the Canalian Northwest. It is no tentative, half-hearted departure for an alien all other brands. Others say they country that is manifested in this cannot sell any other starch. exodus; it has become almost a rush to secure possession of land which it ts feared by those imperfectly acquainted with the vast area of Can- men in distributing mail last year. with it. ada's vacant lands may all be acquir- The cost, distributed among 1,400 ed before they arrive. There is no lines, was \$63,594,000. In 373 acci- I saw that in its occasional pauses element of speculation or experiment dents to mail cars eighteen clerks the hornet itself seemed to have an In the migration. The settlers have were killed and seventy-eight seriously idea as to what held the fly, for it full information respecting the soil, injured. vealth, the farming methods, the Aws, taxation and system of government of the country to which they are moving, and they realize that the opportunities offered in Canada are in every respect better and greater than those they have enjoyed in the land they are leaving.

strong man never makes much head-Canada can well afford to welcome cordially every American farmer com- way. ing to the Dominion. There is no make the most desirable settlers obtainable for the development of the prairie portion of the Dominion. Full question but that these immigrants information can be had from any authorized Canadian government agent whose address will be found else- is apt to miss some good things of the where in this paper.

No man was ever discontented with the world if he did his duty in it. | leap year in her business.

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

Mention this paper.

free to Twenty-Five Ladies.

25 ladies a round trip ticket to the

St. Louis Exposition, to five ladies

in each of the following states: Illi-

nois, Iowa, Nebraska, Kansas and

Missouri who will send in the largest

number of trade marks cut from a ten

cent, 16-ounce package of Defiance

cold water laundry starch. This

means from your own home, any-

where in the above named states.

These trade marks must be mailed to

and received by the Defiance Starch

Co., Omaha, Nebr., before September

1st, 1904. October and November

will be the best months to visit the

Exposition. Remember that Defiance

is the only starch put up 16 oz. (a

one-third more starch for the same

money than of any other kind, and

Defiance never sticks to the iron.

The tickets to the Exposition will be

sent by registered mail September

She Was Kissed.

that he really and truly looked up and

"Yes, love," she responded in soft,

"If I had known that tunnel was

"Didn't you kiss me?" she asked

"Well, somebody did."-Cleveland

Hundreds of dealers say the extra

quantity and superior quality of De-

fiance Starch is fast taking place of

Some Postal Figures

Sensible Housekeepers

will have Defiance Starch, not alone

because they get one-third more for

the same money, but also because of

Economy in Threshing.

The man who looks too far ahead

The right kind of a girl doesn't need

superior quality.

that long I would have kissed you."

into her eyes.

Leader.

frightened mouse tones

with much surprise.

"No," he replied.

The bride and groom sat side by

5th. Starch for sale by all dealers.

(calves). The Defiance Starch Co. will give

mals (hares). A fine stag (hart).

(lashes). Some weapons of warfare (arms). A number of weathercocks (vanes).

A political meeting on the verge of shown to give it a spring. decision (ayes and noes).

Two students (pupils).

A big wooden box (chest). Two fine buildings (temples). Product of camphor trees (gums). A piece of English money (crown).

An article used by artists (palette). A boat used in racing (skull). A means of crosing a river (bridge of nose). A pair of blades without handles

(scapulas). Twelfth letter of the alphabet finished with bows (L-bows).

Instruments used in church music (organs).

Would not Leave its Dinner. Dan Beard tells this curious yarn about a hornet:

One day while we were eating dinner in our log house in the woods of Pike county, Pa., we were entertained by a number of white-faced hornets which were busy catching the flies that hovered over the table. They even caught the flies from the back of my hand and lifted them gently from the bald spot on my head. One hornet pounced upon a fly

which was busy rubbing its two front legs together, as it clung with the other four to the fringe of the table-cloth. Buzz as the hornet would, it could not carry away that fly. It had gathered up some fibres of cloth along with its prey and was The United States employed 10,555 unable to pull the table-cloth along

As I sat laughing at its futile efforts would nip off a fibre here and there and try again. At length, in despair, it ceased its efforts and devoured the

fly then and there. Afterwards it caught another fly from the butter dish, and with his last victim in its claws and its first in its stomach, flew triumphantly out It may seem strange, but a head- of the window.

> Music in Japan. Japanese girls of the upper and middle classes learn to play the "koto," while those of the lower the ordinary posture, and when she round head screw, connect the two other.

touches the strings she often sings outside wires by a copper burr and A delightful game for a party of a soft accompaniment.

Divided Quotations.

Then fasten these pieces to cur-

When the children arrive tell them

to find all the complete quotations

The game goes on until all the slips

are gone. The boy or girl who has

found the greatest number of com-

A Strong Egg.

The writer once saw a magician

hold up before his audience an egg

and a cannon ball, and after talking

a few minutes about the strength of an

arch, and still more of a perfect dome

-as represented by the shape of the

egg-he remarked that few persons

"In proof of that," he said, "I will

no one can break it with the cannon

How did he do it? Simply by put-

ting the egg on the floor close in one

corner of the room where the project-

ing walls gave it perfect protection,

for the cannon ball, when rolled at it.

How the Egg is Placed.

struck the two walls and could not

You may perform this trick with a

The Bishop's Trunk.

The Bishop of Oxford originated

Two musical instruments (vocal

A great number of articles which we

I always have about me two good

Two established measures (feet).

touch the egg.

cords).

fish (soles).

(muscles).

large ball of any kind.

this very ingenious riddle:

It has two lids (eyelids).

And two caps (knee caps).

I have a trunk (body).

cannot do without (nails).

Two lofty trees (palms).

Some fine flowers (tulips).

plete quotations receives the prize.

tains, furniture, picture frames,

boys and girls is this:

ecreens and cushions.

tion contained on it.

The "samisen" is a kind of banjo, Let the little host or hostess, with and is often played during theatrical mother's help write a lot of quotaperformances and recitations. It tions on long strips of paper-quotagives forth dull and monotonous tones. I tions from the "Visit of St. Nicho- The teaching of these two popular screwed, as shown in Fig. 4. Bend las," "Mother Goose," "Alice in musical instruments is said to be Wonderland," etc.—and cut these largely in the hands of blind men and the brass strip is 5x1/4 inches. strips up into two or three pieces. women.

> Two Little Dimpies. Two little dimples went out to look For snug little places to hide. They thought they never could find a

they can. When they have taken a nook. slip of paper they must scurry Till dear Minny Apples they spied! around to find the rest of the quota-Then down those two Little dimples flew,

Till each was lodged in a cheek, And for years they've tried But they cannot hide. For when Minny laughs out they

A Pair of Odd Owls.

Two of the funniest looking owls maginable were found by two boys in Churchhill county, Cal. On that backs of his hands. day the lads went up into the belfry of the schoolhouse. "Whist!" said one of them, and as the other glanced in the direction indicated he saw two tight. objects that looked like spots of fire now place the egg, without covering | bell. Half-frightened the boys struck a match, and by the light that followed they saw the two owls perched upon one of the rafters. The boys descended, got a lightwood knot, and thus provided with a torch, returned to the charge. The owls were so blinded by the torch that they were easily caught. The body of one was speckled like that of a trout, and the fine feathers of the other were yellow, so that the latter was probably not more than half grown.

In the End.

The road is rough and the day is cold.

And the landscape's sour and bare.

And the milestones, once such charming Half hearted welcomes wear.

There's trouble before and trouble be-And the road goes up, and the road goes But it all comes right in the end.

The heart is sick and the heart is sore For a heart to call its own; And we scramble hard for the precious Amongst the heaps of stone.

For a love's love, and a man's man, Our gold's gold would we spend: And the heart goes up, and the heart goes down. But it all comes right in the end. The road goes up, and the road goes

down To a desolate depth below, And there's never a shred of the meanest On the naked ones to go.

And a Father who will fend-And life goes up, and life goes down— But it all comes right in the end. —Westminster Gaeztte.

Telegraph Outfit.

To make a telegraph sounder procure a board for the base, 7x41/2x7/8 A great number of small shellfish inches; the back A (Fig. 1) is 7x41/2 x1/2 inches; it is nailed to B. The piece D is 4x%x% inches; it is nailed to A. C is a wooden piece, 1/2 x 3/4 x 3/4 Two playful domestic animals inches; it is nailed to A, and in its top is a screw, E, which is used as a A great number of small wild ani- regulating screw to keep the armature, L, from touching the poles.

The armature, L, is shown in Fig. 2. A number of whips without handles | Secure a strip of spring brass % inch wide and about 6 inches long and wrap three or four thicknesses of tin around it, as shown. Bend it as

For the electro-magnet procure two machine bolts 5-16x21/2 inches; make A number of Spanish grandees (ten- four paper washers out of heavy cardboard. Use No. 24 or 25 cotton-covered copper wire, wrap a piece of wax paper around each core to insulate the core. Now wind on the wire until it is about 34 of an inch thick, leaving about 6 inches of wire at each

You can get a yoke at a carriage shop to hold your magnets, a piece of iron 21/2x1 inches, have two holes

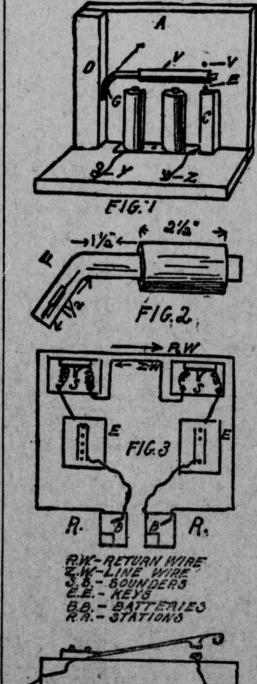


Fig. 3 shows how to connect two

stations. For the key, a board 6x21/2x1/2 inches, has a strip of spring brass the strip of brass, as shown in cut;

a screw-eye, as shown in Fig. 1.

Enchanted String.

head without any trouble, and another furious with pain. loop—a tiny one—at the other end. the right size to hold a pencil.

Place a pencil in the smaller loop,

be like the firing of numerous guns. | der-hearted. Fresh horses and postil-

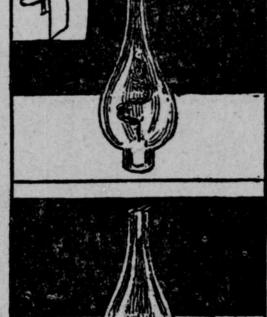
flick will sound like the booming of a to the empress' ears. She was Marie heavy gun.

Keeping the pencil held in one hand once been very beautiful. and pulling the string tight, now fold waves on the beach.

cutter-it will give your friend the from within. impression of heavy thunder.

Two Currents in a Chimney. You know that chimneys, both lamp

chimneys and stove chimneys, are



Candle Out and Burning.

used to produce a draught of air and so to make the lamps or the fires burn more brightly. You know, too, how a lamp smokes when the chimney is taken off. So, if you light a candle and put it inside of a lamp without the chimney. But it will not fancy any that he saw. burn better unless the chimney is slab of marble and surround it with a Daniel: lamp chimney, the bottom of which rests on the marble and is perfectly smooth and even, the candle will burn.

Orange Shoe Blacking.

The oranges grown in America are more than ornamental. They are very good to eat, as we all know.

The oranges grown in the Rivieraa beautiful district in the south of France-are so sour that some people is of wire, strengthened by a steel teeth on edge.

Nevertheless, the inhabitants of this region find many uses for the orange these is an exception to the latter rule, because it is a custom common to both countries. They pick the beautiful creamy blossoms and send them to ornament the bridal attire. The orange blossom is the bride's cwn

One odd custom among the English residents of the Riviera is to gather the toughest and most leathery oranges to be found and to use themfor what do you suppose? For cricket balls, although, never having been intended for such use, their day on the cricket field is a short one.

One Englishman, long a resident in this region, says that the oranges are turned to account in a manner still more strange. They cut the orange in | parent against child is, "He has such half, rub the juicy part on a kettle a temper!" This is not meant to that is covered with soct and then rub be a compliment and is not commonit on their shoes instead of blacking. Iv received as such. But isn't it? The result, after a short polishing with a soft brush, is said to be very very sweet and satisfactory to its

Lion's Provider.

instrument about five feet long, with hold it to the base. Try and have used in a figurative sense, and a man usually both.—Saturday Evening Post.

TRAITS OF THE RUSS

LITTLE TENDER-HEARTEDNESS For three years the steel magnate has IN HIS MAKE-UP.

'We Have to Learn to be Hard," Said an Empress Who Had Suffered-Brave Act of Czar Nicholas that Cowed a Savage Mob.

engaged in arranging the sunken and bring them back in the early mines off Port Arthur reminds us that evening. Trained nurses, guards and the Emperor Nicholas I. was very enprivate policemen will see that the thusiastic over this branch of the serv- visitors are properly cared for. In the ice. Lord Bloomfield accompanied him big pavilion every day a lunch will to watch experiments on many occa- be served, and the rest of the time sions. On one of them the whole will be spent mostly in bathing, wadafter the operations there was a drive of three or four hours, which his lordship relished as little as anybody.

A crowd collected, and Lord Castle- paratus. Another safeguard is an reagh happened to drive up. At length electrical contrivance to show if the Tell your friend to cover his ears the boy was lifted clear-not killed, ship's lights are burning properly. with his hands-held flat against but terribly hurt. He was put into Lord Castlereagh's caleche and sent Then pass the large loop over his on to the city, to the open astonishhead and draw it tight across the ment of a Russian officer who had

come up. "Why make that fuss?" he said. and turn it rather quickly around and "He's a Russian. He can ride yet. around while you hold the string Wake him up with a little whipcord, and let him do his work."

The effect on your friends ears will But the Englishmen were more ten-Then pluck the string with the fin- lons were obtained and St. Petersburg gers of your free hand. Just a little was reached at last. The story came of Prussia, a stately woman, who had

Her appearance was now marred a small piece of paper over the string by a nervous twitch of the features, and move it-not roughly-up and which came over her during the terridown the length of the string. This ble days that followed her husband's will sound to your friend like the accession. There had been an emeute and the roaring mob surrounded the healthy people. If next you scrape the string with winter palace, threatening death to anything hard-like a knife or paper the imperial pair, who were watching introduced into Utah a remedy for

Suddenly Nicholas took his 6months-old child in his arms and The name of this new remedy is stepped out on the balcony, facing the Dodd's Kidney Pills, and it has alcrowds which surged like a sea in the ready wrought some wonderful cures. vast palace square. He was very Right here in Frisco there is a case young, and a splendiu specimen of a of a Mr. Grace who had Rheumatism man, this Emperor Nicholas, in the so bad in his feet that he could hardly heyday of his magnificent strength.

He did not speak, but stood therethe baby in his arms. A silence fell him. on the mob, a silence almost more His wife says: "We both had Kidawful than its rage. Then came a tem- ney Trouble, and my husband had the pest of cheers and sobs. The dynasty Rheumatism so bad that he could

their emperor and his heir. But one tried many remedies, but none have shivering woman had been tried past | done us so much good as Dodd's Kidher strength-the Empress Marie car- ney Pills." ried with her the mark of that moment of anguish until her dying day.

when she was told of his care for a quered. postilion boy, but there were tears in her beautiful eyes. "His mother loves him," she said. "His mother

Little Scout Was a "Gift."

"gift" horse.

After the deal for the seven head that I'm as mad as h-1 yet." put on in just the right way. If you had been closed, Young, pointing to light a short bit of candle, set it on a an under-sized colt, remarked to Mc-

> "There is a Lamplighter in which you may feel an interest, and his dam is a half-sister to Myrtle Harkness. "If you want him I will throw him in for good measure."

Gigantic Bird Cage.

Women will be interested in the gigantic bird cage at the world's fair, which is 325 feet long. The covering say the very thought of them sets the framework. A wooden platform surrounds the cage, and through the center runs a founteen-foot walk. In this aviary the feathered tribes will that are strange to us. The first of disport themselves under natural conditions.

> Noted Orangery for Fair. The British are planning to reproduce at St. Louis not only the noted Kensington Orangery, but the beauit, with its flower beds, lawns, shady alleys and lily-covered ponds, not forgetting its bowling green at one end.

Gets Honor from King. King Carlos of Portugal has conferred the degree of knight of the Order of St. Jacques upon Emile A. Bruguiere, a San Francisco composer.

A Hot Temper.

One of the common complaints of

A child without a temper may be parents, but it can hardly be a child of any great force of character. Whoever saw or heard of a person with The jackal has been called the lion's positive qualities, capable of being a provider because it was once thought strong influence, that did not have a that jackals hunted in troops to pro- high temper? A high temper gone vide the lion with prey. They feed | beyond control is an unruly servant on the lion's leavings and were sup- and a hard master, but there are few posed to serve the lion in much the more favorable abilities than the abilsame way as a dog serves a sports- ity to get intelligently angry for good

the belief was that the jackal yelled ly different matter. It proves that to indicate to the lion that prey was one has either a very small mind or

> American in Sultan's Navy. Capt. Buchanan, commander of the American-built Turkish cruiser Medtidieh, has accepted a commission in the navy of the sultan.

School Children's Benefactor.

Charles M. Schwab will soon see one of his cherished schemes realized. been planning a children's health and fun resort for New York. The resort is located on Staten Island and consists of an extensive park in which are all sorts of contrivances for ministering to the pleasure of little ones. A big boat will ply between here and the city, and the plan is to take about The disaster to the Russian ship 1000 children every day in summer

party were drenched to the skin, and ing and playing around in the sand. Electricity Prevents Collision. The Baltic is equipped with er On that drive back to St. Petersburg | electrical device for preventing col-Lord Bloomfield had four horses to his lisions with other vessels. The mo-They say you can do wonders with carriage, and was proceeding at the ment another ship enters the "magusual helter-skelter Russian gallop, netic field" of the Baltic the needle For instance, play you are a wizard, when the leading postilion's horse fell, of the indicating instrument points and tell some one you have an en- bringing down his companion and one in the direction of the vessel apchanted string that will act as a gun. of the wheelers, and the poor boy lay proaching of being overtaken, and the Take a strong string, about two under two of the plunging brutes. It steersman knows at once what course yards long, at one end make a loop was difficult to extricate the postilion, to take. Even the rhythmic beats of big enough to pass over a person's for the horses were cruelly hurt, and an unseen steamer's screws are registered by means of this delicate ap-

"Black Teeth."

Emigrants from southern Italy are, many of them, disfigured by what it known as "black teeth." The teeth of these persons are affected during the period of growth by some gaseous constituent of drinking water, probably from impregnation with volcanic vapors. The effect gives a sinister look to an otherwise handsome face, but fortunately does not, it seems, affect the strength or durability of

Rheumatism in Utah.

Frisco, Utah, May 2nd .- There is a great deal of Rheumatism in this and neighboring states, and this painful disease has crippled many a strong man and woman among an otherwise

Recently, however, there has been Rheumatism which bids fair to stamp out this awfully painful complaint. walk. He tried many remedies in vain, but Dodd's Kidney Pills cured

hardly walk. We used Dodd's Kid-The people were ready to die for new Pills with much benefit. We have

Similar reports come from all over the state, and it would seem as if She laughed at Lord Bloomfield Rheumatism had at last been con-

He Was Still Mad.

One day, during a lecture, a Harwill thank you. But we Russians have vard professor, with a peppery dispoto learn to be hard."-Chicago Jour- sition, grew furious because of some interruption, and slamming down his book with an exclamation of rage, rushed from the room. The boys It is not generally known that Lit- were very much distressed by his tle Scout, the gallant son of Lamp- action, but did not know what to do. lighter-Little Indian, a frequent win- In a few minutes, however, the proner on the tracks last summer, and fessor apparently came to the conthe king of 'em all at New Orleans | clusion that he had done a foolish during November and December, is a thing, for he returned and resumed his lecture without a word. Anxious When Turfman George C. Bennett to show their good will and to atone bought a lot of yearlings from Milton | if possible for their rudeness, the boys young, which included Abe Frank and | took advantage of a good point in the Ed Austin and five others, for which lecture to applaud tumultuously. "No, chimney, you would naturally expect a total of \$8,000 was paid, he wanted no, no!" exclaimed the professor, the candle to burn better than it did to get a Lamplighter, but did not holding up his hand with a gesture of protest, "I want you to understand

> Representative Clarence D Van Duzer says that a miner once told him of the red man's greed for whisky. "I was riding over the plains once," he said, "with a pint bottle sticking out of my breast pocket, when an Indian met me, and, seeing the whisky, wanted to buy it And do you know what that Indian offered me? Well, sir, he offered me his buckskin breeches, his shirt, his saddle, his blanket and his pony-all for a pint of whisky What do you think of that?" "And you did sell," asked Van Duzer" "No," said the miner, "I didn't -it was my last pint.

> > SOAKED IN COFFEE.

Until Too Stiff to Bend Over. "When I drank coffee I often had sick headaches, nervousness and biliousness much of the time but about tiful, old-fashioned garden in front of 2 years ago I went to visit a friend and got in the habit of drinking Pos-

> "I have never touched coffee since and the result has been that I have been entirely cured of all my stomach and nervous trouble.

"My mother was just the same way, we all drink Postum now and have never had any other coffee in the house for two years and we are all

"A neighbor of mine a great coffee drinker, was troubled with pains in her side for years and was an invalid. She was not able to do her work and could not even mend clothes or do anything at all where she would have to bend foward. If she tried to do a little hard work she would get such pains that she would have to lie down for the rest of the day.

"I persuaded her at last to stop drinking coffee and try Postum Food Coffee and she did so and she has used Postum ever since; the result has been that she can now do her work, can sit for a whole day and mend and can sew on the machine and she never feels the least bit of pain in her side, in fact she has got well and it shows coffee was the cause of the whole trouble.

"I could also tell you about several other neighbors who have been cured by quitting coffee and using Postum in its place." Name given by Postum Co., Battle Creek, Mich. Look in each pkg. for the famous

ittle book, "The Road to Wellville."

flower. F16.4 orders usually learn the "samisen." | bored through 1/4 inch from end, bore | The "koto" is a narrow, horizontal a hole in the center of the yoke to close by. This old tradition is still a very poor digestion; or both-

man. The trained dog lifts up his foot and just cause. to indicate that game is at hand, and | But to be ill natured—that's a vast-

a sounding board, upon which are the holes which are to hold the mag- who is a foil to another man's wit, a stretched strings supported by ivory | net threaded to fit the bolts, if pos- | humble friend who plays into anothbefore the instrument on the fleor in | magnets by a copper burr and a small | one who does dirty work for an-

bridges. It is played by means of sible; it makes a neater appearance. er's hand to show the latter to best ivory finger tips. The player sits | Connect the two inside wires of the advantage, is called a jackal; also