

500,000 Rheumatic Agents Wanted Quick.

Millions Have Rheumatism and All
Can be Cured—Write To-day if
You Have Rheumatism or
Want to Act as Agent.

50c. Box
Mailed Free.

It is now possible to be quickly cured of any form of rheumatism without having your stomach turned up side down or being half choked to death and made to vomit, and every sufferer from rheumatism should welcome this new and marvelous discovery with open arms and give it an honest trial. John A. Smith, Milwaukee, Wis., while apparently hopelessly sick with rheumatism, hit upon a combination of drugs and is generous enough to send a 50 cent box free to every sufferer who writes at once. It is a home treatment and will not keep you from your work.

As you know if you've tried them, every so-called rheumatic remedy on the market to-day, except this genuine cure, will cause you violent stomach pains and vomiting, and some of them are so dangerous they will cause heart trouble. And the worst of it is they never cure. When a person has rheumatism the constitution is so run down that he should be very careful what he puts into his stomach.

It therefore gives me pleasure to present a remedy that will cure every form and variety of rheumatism without one single unpleasant feeling. That remedy is

"GLORIA TONIC."

Before I decided to tell the world about the discovery of "Gloria Tonic" I had it tried on hospital and sanitarium patients with perfect success. But some people never will believe anything until they know it from experience, so the best and quickest way is for you to write me that you want to be cured and I will send you a trial box of "Gloria Tonic" free of cost. No matter what your form of rheumatism is—acute, chronic, muscular, inflammatory, deforming, sciatic, neuralgic, gout, lumbago, etc., "Gloria Tonic" will surely cure you. Do not mind if other remedies have failed you, nor mind if doctors say you are incurable. Mind no one but write to me to-day sure. "Gloria Tonic" will stop those aches and pains, those inflammations and deformities, and cure you so that life will again be worth living. This offer is not for curiosity seekers but is made to rheumatics only. To them I will send "Gloria Tonic" free.

Never before has a remedy been so highly endorsed as "Gloria Tonic." Among the eminent people who recommend its properties and say it will positively cure rheumatism is

DR. QUINTERO, of the University of Venezuela, whose endorsement of Gloria Tonic bears the official seal of the United States Consulate.

THE HEALTH DEPARTMENT of London, England, prior to sending it into that country made a thorough investigation of its ingredients with the result that it is admitted without any restriction, thus it cannot contain poisons or worthless drugs.

A MEDICAL JOURNAL writes: Gloria Tonic possesses all the qualities desired by Dr. Haig to alter the uric acid and thus create a new epoch in the practice of medicine, hence Gloria Tonic should receive recognition from the medical profession and health journals throughout the United States.

If you are a sufferer send your name to-day and by return mail you will receive a regular 50 cent box of "Gloria Tonic" and also the most elaborate book ever gotten up on the subject of Rheumatism, absolutely free. It will tell you all about your case. You get a 50 cent box of "Gloria Tonic" and this wonderful book at the same time, both free, so let me hear from you at once and soon you will be cured.

Address, JOHN A. SMITH, 2611 Germania Bldg., Milwaukee, Wis., U. S. A.

Agents Wanted.

Men and women are making thousands of dollars and doing a world of good introducing this marvelous remedy throughout the country. Don't fail to write Mr. Smith to-day whether you have rheumatism or not for a free 50 cent box and full particulars.

"Winks and Smiles."

The new books of recitations for girls and boys by The Children's Poet. Surpass all others published. Contents all NEW, bright, inspiring, and SURE to PLEASE parents, teachers and children. Cloth bound, 50c each, prepaid. Ask your book dealer for them, or address the author and publisher, Alice Lewis Richards, Cuyahoga, Falls, O.

The Home Department.

(Continued from Page Eight.)

bulk for bulk. Equal weights of the two foods do not cost as much in each case.

"Being chiefly starch, the potato is valuable as a source of muscular energy and does not serve to build or repair the body tissue, except in a very small degree. This explains why potatoes are generally served with foods rich in tissue-making properties, such as meats, and why it is that large numbers of the country population of Ireland and Germany are so poorly nourished. Potatoes alone are a very one-sided diet.

"The accompanying table shows at a glance how the potato is proportioned as regards its food value:

	per cent.
Water	78.3
Starch, or energy-producing material	18.4
Nitrogens, or tissue-producing material	2.2
Fats01
Mineral matter, chiefly potash salts	1.00

"It is often asserted that the potato is unwholesome, but there is no scientific basis for it. Eaten alone potatoes, of course, would form a very badly balanced diet.

"A word of warning. Potatoes that have been stored for a long time and which have begun to sprout, should not be eaten, as they are apt to contain an undue amount of solanin, or poisonous substance. Numerous cases of poisoning are on record resulting from this cause."—Philadelphia Record.

'Hullo'

W'en you see a man in woe,
Walk right up and say, "Hullo!"
Say, "Hullo!" "How d' ye do!"
"How's the world a-usin' you?"
Slap the fellow on his back,
Bring yer han' down with a whack!
Waltz right up an' don't go slow,
Grin an' shake, an' say "Hullo!"
Is he clothed in rags? O sho!
Walk right up an' say "Hullo!"
Rags is but a cotton roll
Jes' for wrappin' up a soul;
An' a soul is worth a true,
Hale, an' hearty "Hód d'ye do!"
Don't wait for the crowd to go,
Walk right up an' say "Hullo!"
W'en big vessels meet, they say,
They saloot an' sail away.
Jest the same as you an' me—
Lonesome ships upon a sea;
Each one sailing his own jog
For a port beyond the fog.
Let yer speakin'-trumpet blow
Lift yer horn an' cry, "Hullo!"
Say "Hullo!" an' "How d'ye do,"
Other folks are good as you.
W'en yer leave yer house of clay,
Wanderin' in the far-away,
W'en you travel through the strange
Country t' other side the range,
Then the souls you've cheered will
know
Who you be, an' say "Hullo!"
—S. W. Foss, in Bulls Eye.

Nineteen Commandments.

Sir James Sawyer, when lecturing a short time since in England, said that the secret of longevity was "the paying attention to the small details," and he gave forth nineteen commandments to read and perform if you wish to live a hundred years or more. Here is the lesson which would-be centenarians should take care to follow:

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. No cold tub in the morning, but

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box, 25c.

SECURE A YEAR'S

SUBSCRIPTION FREE



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Believing that every one of our readers should have at least one good agricultural and family journal, we have perfected arrangements whereby we can send that practical and instructive journal, Farm and Home, on remarkably liberal terms, as given below. Lack of space forbids but a brief description of the contents of Farm and Home, which is unequalled for variety and excellence. Prominent among its many departments may be mentioned the—

Farm and Garden	The Apiary	The Poultry Yard
Market Reports	Talks with a Lawyer	The Question Box.
Fruit Culture	Around the Globe	Plants and Flowers
Plans and Inventions	Live Stock and Dairy	The Veterinary
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The Commoner

Lincoln, Nebraska.

a bath at the temperature of the body.

7. Exercise well before breakfast.
8. Eat but little meat and see that it is well cooked.
9. Adults should drink no milk.
10. Eat plenty of fat, to feed the cells which destroy disease germs.
11. Avoid intoxicants, which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three D's—drinking water, damp and drains.
16. Have change of occupation.
17. Take frequent and short holidays.
18. Limit your ambition; and
19. Keep your temper.

Where "Peace" Reigns.

There is no longer at the war office any studied concealment of the necessity for strengthening federal military power in the Philippine archipelago, and the earlier estimate of 25,000 troops as a sufficient permanent garrison has been relegated to the lumber room of optimistic devices outworn.

General Chaffee has already directed official attention to the imminent depletion of his military force by reason of expiration of short-term enlistments. He now has less than 40,000 effective soldiers; and within two months about 4,000 of this number will have been discharged from the service. The season for active operations is approaching, and it would be unwise and unsafe to allow the island garrisons to undergo a process of declamation due to the return of troops no longer held to duty. At least 50,000 soldiers—perhaps 60,000—must be ready at all times for active service under the federal military commander stationed at Manila.—Philadelphia Record.

The Result.

A two billion dollar steel trust and one billion dollar steel trust may fight a little at first, but a three billion dollar steel trust would seem to be the final arithmetical result.—Minneapolis Times.

Druggists and dentists occupy one entire street in the city of Canton, China. Queerly enough the Chinese name of this street is equivalent to the English word "physic."