

OWES HER LIFE TO

Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier I am to-day a well woman."—Mrs. WILLIAM ATKINS, 958 W. 21st St., Chicago, Ill.



Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

NATURAL MISTAKE.



The Girl—It isn't fair for you to keep on your mask after I have taken off mine.
The Boy—I didn't wear any.

Premature Repentance.
The sick man seized his wife's hand in his feeble grasp.
"Please tell me the whole, awful truth at once," he begged, gaspingly.
"Oh, William!" cried his wife, "it's all right, at last. The crisis is past and the doctor assures us that you will recover!"
"Is he absolutely sure of that, my dear?"
"Perfectly."
"Well, then, darling, please do this for me at once. Run and telephone to my partner that I didn't mean what I said yesterday about not foreclosing that mortgage. He'll understand that I must have been out of my head."

Marrying for Money.
"Her father doesn't approve of my suit."
"You ought to show him one with a larger check in it."

A GOOD CHANGE
A Change of Food Works Wonders.

The wrong food and drink causes a lot of trouble in this world. To change the food is the first duty of every person that is ill, particularly from stomach and nervous troubles. As an illustration: A lady in Mo. has, with her husband, been brought around to health again by leaving off coffee and some articles of food that did not agree with them. They began using Postum and Grape-Nuts food. She says:
"For a number of years I suffered with stomach and bowel trouble which kept getting worse until I was very ill most of the time. About four years ago I left off coffee and began taking Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me."
"Then I changed my food and began using Grape-Nuts in addition to Postum. I lived on these two principally for about four months. Day by day I gained in flesh and strength until now the nervous trouble has entirely disappeared and I feel that I owe my life and health to Postum and Grape-Nuts."

"Husband is 73 years old and he was troubled for a long time with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. He had stood out for a long time, but after he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He was satisfied and has never gone back to coffee."
"I have a brother in California who has been using Postum for several years; his whole family use it also because they have had such good results from it."

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

QUEENS BAR CORSET

Three in Crusade Against Compressing Their Bodies.

Helena of Italy, Alexandra of England, and Elizabeth of Roumania Take Action Which May Spread to America.

New York.—A corset strike may engage the attention of the women after they have finished with the meat strike, for it is now considered "queenly" to go without the expensive and uncomfortable adornments, according to information received here.

Besides, stylish corsets are getting so long it is unpleasant to walk in them. Any girl will tell you that. And the longer they make them the more they cost. Any married man can tell you that the high cost of corsets has kept pace with the high cost of living.

But the main thing just now is that Queen Elizabeth of Roumania has concluded a triple alliance against the corsets. Three queens are hard to beat. In addition to Queen Elizabeth, there are Queen Alexandra of England and Queen Helena of Italy. All are bona fide queens who can wear what they please and afford to pay for it and have a vast burden of court etiquette to manage.

Queen Elizabeth told her court all about it a day or two ago. She received a letter from Queen Alexandra saying the latter had decided that a woman's dress should follow her natural lines. Even if these lines are inartistic that is no reason why a



Queen Helena of Italy.

woman should endanger her health and posterity, says the queen.

The corset, opines Queen Alexandra, does not carry out the idea of natural lines in dress. On the other hand, it thwarts such an idea and gives the body a sort of a non de plume. It is a fraud, often a snare and delusion, and Queen Alexandra was anxious that her disapproval be published to the world.

It was this attitude of Queen Alexandra, according to Queen Elizabeth, that caused the former to invent the princess idea of dress, for which many shapely women are so thankful.

"Her majesty of England," went on Queen Elizabeth to her courtiers, "despises blouses, maintaining that the subdivision of the female body by the blouse and skirt is unbecoming if not a downright sacrilege."

So Queen Elizabeth endorsed Queen Alexandra and then proclaimed some views of her own.

"The corset," she declared, "is an invention of man, not of woman. Most men judge a woman's beauty according to the standard of an expensive corsetmaker."

Queen Elizabeth forthwith wrote a pamphlet setting down her reflections on the subject and is having it circulated all over Roumania.

It was then that the queen of Italy became a part of the triple alliance. She gave away all her corsets—one for every gown—and wrote to Queen Elizabeth as follows:

"I am opposed to the corset on principle, because I think it unhygienic and directly injurious to women, particularly to mothers. Women who have studied the functions of the body will refuse to wear corsets. Only thoughtless mothers will imitate the habits of women still more giddy and allow their bodies to be squeezed tightly and their organs to be distorted."

Soul of British Empire.

The city of London proper, which lies in the heart of Greater London, has a living population of but 35,000 by night, although 300,000 people do business there by day, while all of the currents of British life pass through its portals. Here is the soul of the empire, with its population of 400,000,000, and of its area of 11,400,000 square miles, or more than one-fifth of the population and area of the globe.—Scribner's.

Well for Tourists to Remember.
Cuba is vigorously enforcing collection of duties on the personal effects of passengers landing at any port of the island. This is a pointer for tourists to Cuba.

Generally.
We have noticed that a man had rather brag on his kin than to board them.—Acheson (Kan.) Globe.

There are imitations, don't be fooled. Ask for Lewis' Single Binder cigar for 5c. Many a man has kicked himself out of a good job.



BURDENS LIFTED FROM BAD BACKS

Weary is the back that bears the burden of kidney ills. There's no rest nor peace for the man or woman who has a bad back. The distress begins in early morning. You feel lame and not refreshed. It's hard to get out of bed. It hurts to stoop to tie your shoes. All day the ache keeps up. Any sudden movement sends sharp twinges through the back. It is torture to stoop or straighten. At night the sufferer retires to toss and twist and groan. Backache is kidney ache—a throbbing, dull aching in the kidneys. Plasters or liniments won't do. You must get at the cause, inside.

DOAN'S KIDNEY PILLS CURE SICK KIDNEYS

TWICE-TOLD TESTIMONY

A Cure of Severe Kidney Disease Verified By Test of Time.

William M. Sears, 425 W. Cherry Street, Nevada, Mo., says: "I was convinced of the great value of Doan's Kidney Pills through personal experience. Four or five months ago I suffered a great deal from a pain across the small of my back, extending at times into my limbs and shoulders. When I stooped or did any work that brought a strain on the muscles of my back, my trouble was aggravated. I tried a number of remedies but without success. After a short time I could see that they were benefiting me, and the contents of two and one-half boxes cured me." (Statement given in May, 1909.)

RE-ENDORSEMENT
On Dec. 2nd, 1908, Mr. Sears said: "I still have great faith in Doan's Kidney Pills. I feel justified in re-endorsing this remedy, as it has done so much for me."

How To Tell When The Kidneys Are Disordered

PAINFUL SYMPTOMS

Backache, sideache, pains when stooping or lifting, sudden sharp twinges, rheumatic pains, neuralgia, painful, scanty or too frequent urination, dizzy spells, dropsy.

URINARY SYMPTOMS

Discolored or cloudy urine. Urine that contains sediment. Urine that stains the linen. Painful passages. Blood or shreds in the urine. Let a bottleful of the morning urine stand for 24 hours. If it shows a cloudy or fleecy settling, or a layer of fine grains, like brick-dust, the kidneys are disordered.

NEVER ANY RETURN

A Complete Cure of Kidney Trouble and Dropsy

Mrs. L. L. Babers, 1615 Terry St., Houston, Texas, says: "I hold a very high opinion of Doan's Kidney Pills and with good reason, for three years ago they cured me of kidney trouble that had clung to me for several years. There was a dropsical swelling of my feet and limbs in addition to other symptoms of kidney complaint, and although I used various remedies, I was not helped until I procured Doan's Kidney Pills. Two boxes of this preparation cured me and I have never had the slightest return of my trouble. I have recommended Doan's Kidney Pills to many people who have questioned me about them, and I know of several cases in which they have done the same good work."

A TRIAL FREE Test Doan's Kidney Pills Yourself

Cut out this coupon, mail it to Foster-Milburn Co., Buffalo, N. Y. A free trial package of Doan's Kidney Pills will be mailed you promptly. W.N.U.

DOAN'S KIDNEY PILLS

If the Pains There It's Your Kidneys

DOAN'S KIDNEY PILLS

Sold by all dealers. Price 50 cents. FOSTER-MILBURN Co., Buffalo, N. Y., Proprietors.

DOAN'S KIDNEY PILLS

If the Pains There It's Your Kidneys

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MORRIS DRUG CO., Quincy, Ill., Mo.

The Appetites of Kings.
The king of Spain makes up for his daily expenditure of activity by a tremendous appetite. I have observed, for that matter, that the majority of sovereigns are valiant trenchermen. Every morning of his life Alfonso XIII. has a good rump steak and potatoes for his first breakfast, often preceded by eggs and sometimes followed by salad and fruit.—From Recollections of M. Paoli in McClure's.

Any woman can make an impression on a man who has either a soft heart or a soft head.

Answer me quick, what help, what hand, do you stretch o'er destruction's brink?—Browning.

Look at the Lower Bearing!
Have it taken apart when you examine any separator you think of buying. Then compare it with the single ball lower bearing of the National. Impossible to get out of order—easy to adjust. The bowl of the

National Cream Separator
Lightest Running
Easiest Cleaned
Closest Skimmer

makes from 8,000 to 10,000 revolutions a minute. Think how perfect this bearing must be to stand such a whirl twice a day for over 12 years, as many Nationals have. Insist on your dealer demonstrating a National to you before buying a separator at any price. Illustrated Catalogue of full particulars free on request.

THE NATIONAL DAIRY MACHINE CO.
Cosheng, Ind.

WESTERN CANADA

What J. J. Hill, the Great Railroad Magnate, Says About His Wheat-Producing Power

"The greatest need of this country (United States) in another generation is wheat. The wheat of the West is the only wheat that is produced in sufficient quantities for the people of the United States. The days of our prominence as a wheat producing country are gone. Canada is to be the great wheat country."

This great railroad magnate notes in talking about the wheat of the West that the wheat of the West is the only wheat that is produced in sufficient quantities for the people of the United States. The days of our prominence as a wheat producing country are gone. Canada is to be the great wheat country."

Upwards of 125 Million Bushels of Wheat were harvested in 1909. Average of the three provinces of Alberta, Saskatchewan and Manitoba will be upwards of 23 bushels per acre. Five hundred acres of 100 acres, and adjoining, pre-emptions of 100 acres at \$3 per acre, are to be had in the above districts. Schools convenient, climate excellent, soil the very best. Railways are at hand, building lumber cheap, fuel easy to get and reasonable in price. Water easily procured; mixed farming a success. Write on to best place for settlement, settlers low railway rates, descriptive literature, etc. sent free on application, and other information, to J. J. Hill, Immigration Officer, Ottawa, Can., or to the Canadian Government Agent.

W. V. BENNETT
Room 4 Box 516. Omaha, Neb.
(Use address nearest you.)

900 DROPS

CASTORIA

ALCOHOL—3 PER CENT

CASTORIA

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

Recipe of Old Dr. SAMUEL PUTNAM

Pumpkin Seed -
Aloes -
Rhubarb -
Sulphur -
Castor Oil -
Syrup -
Ginger -
Cloves -
Mace -
Nutmeg -
Cinnamon -
Peppermint -
Sage -
Thyme -
Rosemary -
Lavender -
Sassafras -
Wintergreen -
Eucalyptus -
Peppercorn -
Cayenne -
Mustard -
Turmeric -
Saffron -
Vanilla -
Starch -
Sugar -
Water

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Each Similar Signature of

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