

HELPFUL ADVICE



You won't tell your family doctor the whole story about your private illness—you are too modest. You need not be afraid to tell Mrs. Pinkham, at Lynn, Mass., the things you could not explain to the doctor. Your letter will be held in the strictest confidence. From her vast correspondence with sick women during the past thirty years she may have gained the very knowledge that will help your case. Such letters as the following, from grateful women, establish beyond a doubt the power of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

to conquer all female diseases. Mrs. Norman R. Barndt, of Allentown, Pa., writes:

"Ever since I was sixteen years of age I had suffered from an organic derangement and female weakness; in consequence I had dreadful headaches and was extremely nervous. My physician said I must go through an operation to get well. A friend told me about Lydia E. Pinkham's Vegetable Compound, and I took it and wrote you for advice, following your directions carefully, and thanks to you I am today a well woman, and I am telling all my friends of my experience."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

Dispenser of Kisses.

A Frenchman, who apparently has been amusing himself by reckoning up the number of kisses he has given his wife during the first 20 years of his married life.

He finds that in the first year he dispensed about 100 kisses a day, or, say, allowing for birthdays and legal and church holidays, about 36,700 in the year.

In the second year this number was reduced by half, and in the third year to ten a day, while in the fifth year his better half had to be content with two a day, one in the morning and one in the evening.

What happened after the fifth year is "wrapped in mystery," but at the same rate of "progression" he probably arrived eventually at one kiss on the first of January every leap year.—Chicago American.

Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Wm. C. Little* In Use For Over 30 Years. The Kind You Have Always Bought.

Youth the Time to Build Wisely.

Youth is the best time for the building of character and the forming of principle, and the future depends on the decisions and actions of the present.—Rev. G. Denton

Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

People never help a man blow his horn because they like the music.

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

Gentleness is invincible.—Marcus Aurelius.

HUMANITY NOW LONGER LIVED.

Statistics Do Not Bear Out Statement That Man is Deteriorating.

A German scientist, Dr. Emil Konig, has lately undertaken to prove that in highly civilized countries man has abused his constitutional strength, and consequently is more susceptible to disease than he was in earlier times. There is obviously something to be said for this averment, but, considered as a whole, the facts do not bear it out.

It is unquestionably true that as civilization advances human life becomes more complex, and the pressure upon a man's physical resources tends to become more intense. It is also true that certain forms of disease, such, for instance, as cancer and heart weakness, appear to be more prevalent than they were a century ago—we say "appear," because only in a comparatively recent period have the statistics of mortality and its causes been trustworthy and exhaustive.

The official records of Geneva, which have been kept carefully for a long period, prove that the average duration of human life is materially greater than it was 150 or 100 years ago. Not only the average length of human existence, but the retention of physical and intellectual vigor, or what is called the prime of life, tends to be prolonged. The age limit of usefulness has in practice been pushed forward.

The fruitful activity of men over 60, and even 70, years of age is a phenomenon far more frequently observed to-day than it was 100 years ago. Napoleon's career was over at 46; Von Moltke's can scarcely be said to have begun, so far as great achievements were concerned, till he was nearly 70.

What is true of war is true of diplomacy, of law, of medicine, of every field of work in which mental and physical energy is indispensable. When, in a word, we examine impartially all the data, weighing accurately all the evidence pro and con, we seem justified in taking an optimistic rather than Dr. Konig's pessimistic view of the effect of civilization on the bodily well-being and longevity of man.

Some Fast-Day Superstitions.

In Armenia, fasts, both of necessity and of choice, are very general, and strictly observed. The most common length of time for abstinence from food is seven days.

Throughout this long period the Armenians, imbued with religious fever, partake of no food. Only in the case of the young unmarried woman is any concession allowed.

The young men, on the seventh day of their fast, are allowed, by old and sacred custom, to eat a little cake, freely mixed with salt.

By this means dreams of pure, sparkling, fresh water will be certain to visit the young man.

A strange superstition is connected with these visions. The dreamer will see a maiden approach the stream, and she will carry him a jug, filled to the brim with sparkling water.

The dream maiden will be the girl whom Fate has decreed he shall marry.

This strange superstition is found in Armenia wherever the habit of fasting is observed, and it is believed in with the utmost faith by the unmarried men.

Drink from Spring in House.

A spring bubbles up through the cement floor in the basement of the new home of Hook and Ladder 35 in West Sixty-third street. The contractor who put up the building could not control the spring. He did the next best thing and built a basin for it in the basement of the building with an overflow pipe leading to the sewer. Now the members of the truck company have good spring water for drinking purposes and if they feel like it they can get it in the old country way of lying flat on their stomachs and sticking their faces into the bubbling water.—New York Sun.

Education in India.

Education as now understood in India is an exotic and arouses nowhere any real enthusiasm. The Indian trader, banker or money lender has accumulated his wealth without any very obvious aid from English education, and he probably therefore does not see why he should help others to what he has himself dispensed with.—Calcutta Englishman.

Solace for the Many.

"What a misfortune it is that the public encourages so much trashy literature!" remarked the man with black-rimmed eye-glasses.

"It isn't a misfortune," answered the practical person. "It is a blessing. It enables people whose books won't sell to imagine they have written classics."

Not Altogether.

"So your wife made a sharp retort when you took her to task, did she?"

"I don't know that you could call it a sharp retort exactly."

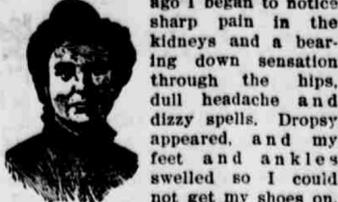
"What was it?"

"A flat iron."

A KENTUCKY CASE.

That Will Interest All Suffering Women.

Mrs. Della Meanes, 328 E. Front St., Maysville, Ky., says: "Seven years ago I began to notice sharp pain in the kidneys and a bearing down sensation through the hips, dull headache and dizzy spells. Dropsy appeared, and my feet and ankles swelled so I could not get my shoes on."



I was in misery, and had despaired of ever getting cured when I decided to try Doan's Kidney Pills. One box helped me so much that I kept on until entirely cured."

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

LEAP YEAR, AGAIN.



Heavy Lady—Algy, for four years I have waited for this chance. Be mine, and have all the comforts of a home.

BAD ITCHING HUMOR.

Limbs Below the Knees Were Raw—Feet Swollen—Sleep Broken—Cured in 2 Days by Cuticura.

"Some two months ago I had a humor break out on my limbs below my knees. They came to look like raw beefsteak, all red, and no one knows how they itched and burned. They were so swollen that I could not get my shoes on for a week or more. I used five or six different remedies and got no help, only when applying them the burning was worse and the itching less. For two or three weeks the suffering was intense and during that time I did not sleep an hour at a time. Then one morning I tried a bit of Cuticura. From the moment it touched me the itching was gone and I have not felt a bit of it since. The swelling went down and in two days I had my shoes on and was about as usual. George B. Farley, 50 South State St., Concord, N. H., May 14, 1907."

How He Got It.

"Had comp'ny fo' dinnah yisti'dy. Mah husban' stopped at Mr. Green's store Satur'dy ebenin' an' done got a fine spring chicken."

"Yaas?" replied the jealous neighbor. "Dat Mistah Green sho' is de mos' keerless, onuspectin' man!"—Philadelphia Press.

It takes a conceited man to make a continuous hit—with himself.

That Woman's Fault.

"That woman next door is really dreadful, John," said a young married woman to her husband. "She does nothing but talk the whole day long. She cannot get any work done, I'm sure."

"Oh," remarked the husband. "I thought she was a chatterbox. And to whom does she talk?"

"Why, my dear, to me, of course," was the reply. "She talks to me over the fence."

THE LAND OF OPPORTUNITY.

Send for FREE copy of big illustrated Magazine telling about the Great West, its fine climate, cheap lands, bountiful and never-falling crops. 3 Months for 10 cents. Address WESTERN WORLD, 526 E. & C. Bldg., Denver, Colo.

Spikes in It.

Tommy Rott—Hub, it's all right for you to laugh when I get spanked, but your ma doesn't use a barrel stave.

Eddie Fye—Well, it's just as bad. She uses pa's shoe, and he's a baseball player.

Chocolate Pie is Healthful.

Chocolate is healthful and nutritious and chocolate pies are becoming very popular. They are easy to make if you use "OUR-PIE," Chocolate flavor. Directions on package. Contains all ingredients ready for use. "Put up by D-Zerta Co., Rochester, N.Y."

The Highest Reward.

The praises of men, and all that gold can give, are not worthy to be named against right living and calm contentment.—Tupper.

It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

The winner is he who gives himself to his work, body and mind—Chas. Buxton.

Lewis' Single Binder straight 5c. You pay 10c for cigars not so good. Your dealer or Lewis' Factory, Peoria, Ill.

As a rule the world doesn't pay much attention to a man whose wife claims to have made him what he is.

FTS. St. Vitus Dance and Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 631 Arch Street, Philadelphia, Pa.

A pretty woman's smile often wrinkles a man's purse.

A Poor System.

Eustace Miles, the noted English athlete and food expert, said at a recent vegetarian dinner in Chicago:

"They who, with rich sauces and exciting meats, weaken their digestion in the effort to strengthen their bodies, practice a very poor system indeed."

"Such people are like the embarrassed motorist who pawned his automobile in order to raise \$250 for a new set of tires."

Syrup of Figs and Elixir of Senna

Cleanses the System Effectually. Disperses Colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.

Best for Men, Women and Children—Young and Old.

To get its Beneficial Effects Always buy the Genuine which has the full name of the Company

CALIFORNIA FIG SYRUP CO.

by whom it is manufactured, printed on the front of every package. SOLD BY ALL LEADING DRUGGISTS. one size only, regular price 50¢ per bottle.

SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Heartily Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER.

They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature
Wm. C. Little
REFUSE SUBSTITUTES.

You Can Order

Excelsior Springs Mineral Water

IN 3 and 5 gallon jugs, and in 10, 20, 25 and 50 gallon barrels. We ship in bulk Regent, Siloam, Soda, Diamond Lithia, Sulphurine and Relief Waters. Price, 15 cents per gallon, f. o. b. Excelsior and 10 cents per gallon for jug and same will be allowed if returned f. o. b. Excelsior. Send your orders to the

EMPIRE MINERAL WATER COMPANY
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Roof your home—church—store—factory—any building—once for all with Heppes No-Tar Roofing. This is the roof that is made of long fibre wool felt, water-proofed with the best grade of asphalt and flint coated. It is water-tight, wind-tight, fire-resisting—proof against sun, sleet, hail, snow—everything that rots or eats a roof. It outwears by years any wooden, iron or steel roof made—and it costs only half the price of shingles. Buildings covered with Heppes No-Tar are insured at a reduction of 25 per cent from the usual rates

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The cost of roofing any building, or buildings, no matter what the size, will be figured for you without charge. Heppes No-Tar can be laid right over a wooden roof by any man who can use a hammer. You won't need skilled labor. Special nails, caps and cement are furnished free with each roll. We furnish you a free roof book that shows you all about laying it. Take home samples and test them any way you please. Heppes No-Tar saves at the start and keeps on saving. Come in and judge for yourself.

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FOR ALL DISEASES OF THE KIDNEYS