

"The Blood is The Life."

Science has never gone beyond the above simple statement of scripture. But it has illuminated that statement and given it a meaning ever broadening with the increasing breadth of knowledge. When the blood is "bad" or impure it is not alone the body which suffers through disease. The brain is also clouded, the mind and judgement are affected, and many an evil deed or impure thought may be directly traced to the impurity of the blood. Foul, impure blood can be made pure by the use of Dr. Pierce's Golden Medical Discovery. It purifies and purifies the blood, thereby curing, pimples, blotches, eruptions and other cutaneous affections, as eczema, tetter, or salt-rheum, hives and other manifestations of impure blood.

In the cure of scrofulous swellings, enlarged glands, open eating ulcers, or old sores, the "Golden Medical Discovery" has performed the most marvelous cures. In cases of old sores, or open eating ulcers, it is well to apply to the open sores Dr. Pierce's All-Healing Salve, which possesses wonderful healing potency when used as an application to the sores in conjunction with the use of "Golden Medical Discovery" as a blood cleansing constitutional treatment. If your druggist don't happen to have the "All-Healing Salve" in stock, you can easily procure it by enclosing fifty-four cents in postage stamps to Dr. R. V. Pierce, 633 Main St., Buffalo, N. Y., and it will come to you by return post. Most druggists keep it as well as the "Golden Medical Discovery."

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovery," which is a medicine of known composition, having a complete list of ingredients in plain English on its bottle-wrapper, the same being attested as correct under oath. Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels.

The Handy Doctor in Your Vest Pocket

IT'S a thin, round-cornered little Enamel Box—When carried in your vest pocket it means Health-Insurance. It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver. It will not purge, sicken, nor upset the stomach. Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters. Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels. Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles. They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten. They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future. This is why, with Cascarets, the dose may be lessened each succeeding time. Instead of increased, as it must be with all other Cathartics and Laxatives.

Cascarets act like exercise. If carried in your vest pocket, (or carried in My Lady's Purse,) and eaten just when you suspect you need one, you will never know a sick day from the ordinary Ills of life. Because these Ills begin in the Bowels, and pave the way for all other diseases. "Vest Pocket" box 10 cents. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

ULTIMATE FATE OF FISH.

They Never Die a Natural Death, Says an Observant Fisherman. "Fish never die a natural death," said an old fisherman who has observed as he fished. "If they did bodies of dead fish would be floating on the surface of the water about all the while, because such bodies if unmolested would have to float. I mean, of course, fish in nature never die a natural death, not fish in captivity. And perhaps it should not be called natural death that induces mortality. Their environment induces mortality that fish in their native habitat would escape, and these causes might be properly classed as among the accidents that carry the captive fish off. "If fish in their native element were never molested I believe they would never die if they had sufficient food, which would be impossible if they no longer preyed on one another, there would be no reason for their dying. It was to prevent such uninterrupted tenure of life that all fish were made directly predatory, if not remorselessly cannibalistic, as many kinds are. "A fish's life is a constantly strenuous one and one entirely selfish. A fish lives only to eat and to avoid being eaten."

You Can Get Allen's Foot-Ease FREE Write today to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Druggists and Shoe Stores sell it. 25c.

The Minister Helped the Boy. From the New York Weekly. A little boy was trying to ring a doorbell but could not reach it. A minister, passing by, walked up to the lad and said: "Here, my boy, let me ring that bell for you." "All right; will you, mister?" said the small boy, his face all a grin. The minister rang the bell. "Now, run like the devil, mister," said the boy as he took to his heels.

Mrs. Winslow's SOOTHING SYRUP for Children teaches softens the gums, reduces inflammation, allays pain, cures wind colic. 10 cent a bottle.

Vengeance. First Clubman—Why did you blackball Goodman? You don't even know him. Second Clubman—No, I never spoke to him in my life, but I hate him and his whole family. They live in the flat below us, and they have corned beef and cabbage three days a week.

FITS

Dr. H. H. KLINE, L.D., 501 Arch Street, Philadelphia, Pa. Cutting Down Expenses. "At a meeting of Oregon Short Line directors," said a Chicago broker, "E. H. Harriman made a fine speech on economy in railway management. At the end he told an appropriate story. "He said that a keen business man bought at a low price a theater that had long been unprofitable, and by economical management put it immediately on a paying basis. "But he was very economical. He watched the expenses with the sharpest eye. "The first month's expense account contained the item: "Meat for eight cats—to protect the scenery and properties from the rats' ravages, \$2." "The proprietor struck this item out, writing on the margin: "If the cats eat the rats, wherefore the meat? If they don't wherefore the cats?"

68, BUT PERFECTLY WELL.

The Happy Experience of a New Castle, Pa., Woman. Mrs. John Mansell, 614 South Jefferson street, New Castle, Pa., says: "For years I was running down with kidney trouble without knowing what it was, and finally got so bad I was given up. The urinary passages were painful, sometimes scanty and again very profuse. My limbs, feet and ankles bloated dreadfully, and sometimes my whole body. My heart palpitated and I had smothering spells. A week's treatment with Doan's Kidney Pills helped me and a few boxes cured me. At 68 I am strong and well."

Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y. Evasive. From It Rises. A young man went up for an examination and was "blacked." He sent the following telegram to his anxious family: "Examination splendid. Professors enthusiastic. They demand an encore."

AFRAID OF PARALYSIS

A NERVOUS SUFFERER CURED BY DR. WILLIAMS' PINK PILLS.

The Medicine That Makes Rich, Red Blood and Performs Wonders as a Tonic for the Nerves.

Why are nervous people invariably pale people? The answer to that question explains why a remedy that acts on the blood can cure nervous troubles. It explains why Dr. Williams' Pink Pills for Pale People are also for nervous people.

It is because of the intimate relation between the red corpuscles in the blood and the health of the nerves. The nervous system receives its nourishment through the blood. Let the blood become thin, weak and colorless and the nerves are starved—the victim is started on the road that leads to nervous wreck. Nervous people are pale people—but the pallor comes first. Enrich the blood and the nerves are stimulated and toned up to do their part of the work of the body. Dr. Williams' Pink Pills make red blood and transform nervous, irritable, ailing people into strong, energetic, forceful men and women.

Mrs. Harriet E. Porter, of 20 Liberty avenue, South Medford, Mass., says: "I had never been well from childhood and a few years ago I began to have dizzy spells. At such times I could not walk straight. I was afraid of paralysis and was on the verge of nervous prostration. Then neuralgia set in and affected the side of my face. The pains in my forehead were excruciating and my heart pained me so that my doctor feared neuralgia of the heart. I tried several different kinds of treatment but they did me no good. "One day my son brought me some of Dr. Williams' Pink Pills and I found that they strengthened my nerves. I took several boxes and felt better in every way. There were no more dizzy attacks, the neuralgia left me and I have been a well woman ever since."

Dr. Williams' Pink Pills are invaluable in the anemia, rheumatism, after-effects of the grip and fevers and in sick headaches, nervousness, neuralgia, and even partial paralysis and locomotor ataxia. Your booklet "Nervous Disorders, a Method of Home Treatment" will be sent free on request to anyone interested. Write for it today. Dr. Williams' Pink Pills are sold by all druggists, or will be sent, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

Atchison Globe Sights.

Not even a woman ever liked all her kin. The trouble with the average watch dog is he sees entirely too much. Some people would be very nice if they could get over one or two bad habits. You can't reasonably expect to lose your reputation and keep your friends. Occasionally you meet a man so unpopular he might as well become dog catcher. How a woman with luxuriant hair likes to tell about other women's switches. A man has to be pretty slick to admit that a doctor knows more about it than himself. Some men with good old-fashioned notions permit their sons to ruin them with "modern ideas." What has become of the old-fashioned man who insisted on kissing all the women who called at his house? There are so many peculiar people in the world that finally it occurs to a man that maybe he is peculiar himself. Some people are always going to school entertainments and then complaining because they didn't have a good time. Some men imagine they have executive ability because they had rather make some one else work than work themselves. Half the people don't get much done because they are looking around for some one to whom they can tell their troubles. Incidentally, the man who talks a great deal can always find time to say something about women "never giving their tongues a rest." "Ah," a girl sighs to herself when a new friend encourages her to tell her troubles, "at last I have found a friend who understands me."

ATCHISON GLOBE SIGHTS.

We are all happier for a lot of things we don't see.

Aid is never satisfactory; the best way is not to need it.

Along about 45, look around for bargains, in spectacles.

We are all inclined to waste powder when the enemy is not in sight.

The man who is standing up for you soon gets tired and sits down.

While a man is watching his enemies, his friends get away with him.

If you are fond of advice, be a doctor, or lawyer, and get pay for it.

You can't trust other people; and you can't always trust yourself.

No man looks very dignified when seated on a lunch counter stool.

As soon as a good thing develops look out for tiresome imitations.

What a fool a man can make of himself when he tries his best to be wise.

One of the most difficult things in the world is to learn to take a hint readily.

If the men would tell their exact thoughts, the women would run from them.

About the only satisfaction married women have is that they are not old maids.

A woman always thinks it is due to carelessness when anyone else breaks a dish.

A man without visible means of support just can't keep out of trouble.

An American's idea of chivalry is to protect women from every man, except himself.

A woman's innocence is greatly cherished and admired, but that kind of a man isn't.

If a man promises to do better than men have done in the past, do not believe him.

It is all right to vote for the country's prosperity, but you must work for your own.

You never hear a great deal of a criminal after bloodhounds are put on his trail.

No novel is sufficiently interesting to make the reader wait it stretched over two volumes.

The men who are bound for the front, do not wait until New Year to make a start.

What has become of the old-fashioned farmer who referred to town men as "town duffers?"

A prophet is only different from the ordinary liar in that he can make people believe him.

It is no fun to see a man make a fool of himself; it is too suggestive of what we are all liable to do.

One of the effects of higher civilization is the increased amount of talk required to start a quarrel.

Some men have never told a lie because they have never had a cow run over by a railroad train.

Women are great talkers, but most of their victories over men can be traced to tears or smiles.

When the man has anything to say about it, the preacher is about the only one invited to the wedding.

Sometimes a man wants a thing so much that he forgets the other fellow doesn't want to give it up.

The wickedest thing in the world is a lot of people in the same town engaged in knifing each other.

A Chicago woman waiting for a street car dropped dead. Perhaps she saw a vacant seat in the car.

There is nothing in telling fortunes by the use of playing cards, but fortunes have been lost that way.

Investigate the black sheep of a family, and you are apt to find that he was a great pet when a lamb.

New shoes are never satisfactory to a boy unless they squeak, while a girl demands that they hurt a little.

As a rule, a man doesn't care much for spiritualism, as long as he can keep real live people interested in him.

After a man becomes old, and is neglected by his friends, he usually takes up with spirits and fancies.

About the time a man reaches 50, he begins being insulted in the papers to the effect that he is an old man.

Men really have less admiration for the average girl's elbow than the waltzers of short sleeves seem to believe.

A straight-haired woman derives some pleasure from telling how curly her hair used to be before she had typhoid fever.

Compliments are like wine. It only takes a small dose to go to the head of some people, while others can stand a good deal.

People who believe anything do not know much. In these days, it is possible to pick out and brand most of the fool stories.

When we lay our head on the pillow at night, we are reminded that those most interested in us during the day had something to sell.

When a town's old mare has a colt that is threatened with speed, he is not fit for much else until some other horse owner takes the conceit out of him.

There should be more written contracts and fewer "understandings." Half the quarrels originate because people do not understand agreements alike.

We all need things we can plug along without.

People don't do as well as the country, you are all right.

People don't call you a liar every time they think so.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND



Is acknowledged to be the most successful remedy in the country for those painful ailments peculiar to women. For more than 30 years it has been curing Female Complaints, such as Inflammation, and Ulceration, Falling and Displacements, and consequent Spinal Weakness, Backache, and is peculiarly adapted to the Change of Life. Records show that it has cured more cases of Female Ills than any other one remedy known. Lydia E. Pinkham's Vegetable Compound dissolves and expels Tumors at an early stage of development, Dragging Sensations causing pain, weight, and headache are relieved and permanently cured by its use. It corrects Irregularities or Painful Functions, Weakness of the Stomach, Indigestion, Bloating, Nervous Prostration, Headache, General Debility; also, Dizziness, Faintness, Extreme Lassitude. "Don't care and want to be left alone" feeling, Irritability, Nervousness, Sleeplessness, Flatulency, Melancholia or the "Blues." These are sure indications of female weakness or some organic derangement. For Kidney Complaints of either sex Lydia E. Pinkham's Vegetable Compound is a most excellent remedy.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass. for advice. She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law Lydia E. Pinkham in advising. Thus she is well qualified to guide sick women back to health. Her advice is free and always helpful.



Keep Cool; Save Money

For cool cooking, less work and least fuel-expense use a NEW PERFECTION Wick Blue Flame Oil Cook-Stove—the ideal stove for summer. Does everything that any other kind of stove will do. Any degree of heat instantly. Made in three sizes and fully warranted. At your dealer's, or write our nearest agency for descriptive circular. The Rayo Lamp is the best lamp for all-round household use. Made of brass throughout and beautifully nickelled. Perfectly constructed; absolutely safe; unexcelled in light-giving power; an ornament to any room. Every lamp warranted. If not at your dealer's, write to our nearest agency. STANDARD OIL COMPANY (Incorporated)

MELBA ON BREATHING.

Even More Essential Than a Beautiful Voice for Perfect Singing. From "The Gift of Song" by Nellie Melba in the June Century. I cannot too forcibly insist that the mere possession of a lovely voice is only the basis of vocal art. Nature occasionally startles one by the prodigality of her gifts, but no student has any right to expect to sing by inspiration, any more than an athlete may expect to win a race because he is naturally fleet of foot. Methods of breathing, "attack" and the use of the registers, must all be perfectly understood by the successful singer, who should likewise be complete master of all details relating to the structure and use of those parts above the voice box, and be convinced of the necessity of a perfectly controlled chest expansion in the production of tone. For perfect singing, correct breathing, strange as it may sound, is even more essential than a beautiful voice. No matter how exquisite the vocal organ may be, its beauty cannot be adequately demonstrated without proper breath control. Here is one of the old Italian secrets which many singers of today wholly lack, because they are unwilling to give the necessary time for the full development of breathing power and control. Phrasing, tone, resonance, expression, all depend upon respiration, and in my opinion musical students, even when too young to be allowed the free use of the voice, should be thoroughly taught the principles of breathing.

AN OLD EDITOR

Found \$2,000 Worth of Food. The editor of a paper out in Okla. said: "Yes, it is true when I got hold of Grape-Nuts food, it was worth more than a \$2000 doctor bill to me, for it made me a well man. I have gained 25 pounds in weight, my strength has returned tenfold, my brain power has been given back to me, and that is an absolute essential, for I am an editor and have been for 35 years. "My pen shall always be ready to speak a good word for this powerful nutritive food. I had of course often read the advertisements regarding Grape-Nuts, but never thought to apply the food to my own use, until, in my extremity and sickness the thought came to me that it might fit my case. The statements in regard to the food are absolutely correct, as I have proven in my own case. So very fortunate thing about the food is that while it is the most scientifically made and highly nourishing, concentrated food I have ever known, it has so delicious a taste that it wins and holds friends. "There's a Reason." Read "The Road to Wellville," in plga.

Canadian Government FREE FARMS

Over 200,000 American farmers who have settled in Canada during the past few years testify to the fact that Canada is, beyond question, the greatest farming land in the world. Over Ninety Million Bushels of wheat from the harvest of 1926, means good money to the farmers of Western Canada when the world has to be fed. Cattle raising, Dairying, Mixed farming are also profitable callings. Coal, wood, water in abundance; churches and schools convenient; markets easy of access. Taxes low. For advice and information address the Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government agent, W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 315 Jackson St., St. Paul, Minn.; J. M. MacLachlan, Box 116, Watertown, South Dakota, and W. V. Bennett, 601 New York Life Building, Omaha, Neb. Authorized Government Agents. Please say where you saw this advertisement.

Mica Axle Grease

Best lubricant for axles in the world—long wearing and very adhesive. Makes a heavy load draw like a light one. Saves half the wear on wagon and team, and increases the earning capacity of your outfit. Ask your dealer for Mica Axle Grease. STANDARD OIL CO. (Incorporated)

LADIES

Our monthly remedy never fails. "Wise Words With Women" and box free. Dr. F. Price Remedy Co. Box 662, Kansas City, Mo. Don't worry. Let me send you a Safe, Speedy monthly remedy, never fails. Reliable. Large box, 25c. Mrs. G. Miller, 2904 Woodland Ave., Kansas City, Mo. LEARN TO BE A BARBER. Learn at home during your leisure hours in three to five weeks by The Tonsor System, when qualified there is always a position open for you at from \$15 to \$25 per week. We teach you by mail and save you \$100 to \$200 besides loss of time. Address The Tonsor Co., 1111A Broadway, Kansas City, Mo.

SIoux CITY PT'G CO., 1,194-24, 1907

If afflicted with Thompson's Eye Water sore Eyes, use

900 DROPS CASTORIA ALCOHOL 3 PER CENT. Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN. Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. Recipe of Old Dr. J. C. WELLS, FITCHBURGH, MASS. Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. Fac-Simile Signature of Chas. H. Fitcher, NEW YORK. 15 Months Old 35 DROPS 35 CENTS Guaranteed under the Food and Drug Act. Exact Copy of Wrapper.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fitcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of *Chas. H. Fitcher*

The Kind You Have Always Bought

In Use For Over 30 Years THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Battledore and Shuttlescock. "That was a lovely Easter card you sent me, dear." "How did you know I sent it?" "It was the same one I sent you last year."

Even More Essential Than a Beautiful Voice for Perfect Singing. From "The Gift of Song" by Nellie Melba in the June Century. I cannot too forcibly insist that the mere possession of a lovely voice is only the basis of vocal art. Nature occasionally startles one by the prodigality of her gifts, but no student has any right to expect to sing by inspiration, any more than an athlete may expect to win a race because he is naturally fleet of foot. Methods of breathing, "attack" and the use of the registers, must all be perfectly understood by the successful singer, who should likewise be complete master of all details relating to the structure and use of those parts above the voice box, and be convinced of the necessity of a perfectly controlled chest expansion in the production of tone. For perfect singing, correct breathing, strange as it may sound, is even more essential than a beautiful voice. No matter how exquisite the vocal organ may be, its beauty cannot be adequately demonstrated without proper breath control. Here is one of the old Italian secrets which many singers of today wholly lack, because they are unwilling to give the necessary time for the full development of breathing power and control. Phrasing, tone, resonance, expression, all depend upon respiration, and in my opinion musical students, even when too young to be allowed the free use of the voice, should be thoroughly taught the principles of breathing.