

The ordinary load for a camel is from nine to ten hundred pounds.

The double minded are but half witted.

A WOMAN'S ORDEAL

DREADS DOCTOR'S QUESTIONS

Thousands Write to Mrs. Pinkham, Lynn, Mass., and Receive Valuable Advice Absolutely Confidential and Free

There can be no more terrible ordeal to a delicate, sensitive, refined woman than to be obliged to answer certain questions in regard to her private life, even when those questions are asked by her family physician, and many



continue to suffer rather than submit to examinations which so many physicians propose in order to intelligently treat the disease; and this is the reason why so many physicians fail to cure female disease.

This is also the reason why thousands upon thousands of women are corresponding with Mrs. Pinkham, at Lynn, Mass., to her they can confide every detail of their illness, and from her great knowledge, obtained from years of experience in treating female ills, Mrs. Pinkham can advise women more wisely than the local physician.

Read how Mrs. Pinkham helped Mrs. T. C. Willadsen, of Manning, Ia. She writes: Dear Mrs. Pinkham:— "I can truly say that you have saved my life, and I cannot express my gratitude in words. Before I wrote to you telling you how I felt, I had doctored for over two years steady, and spent lots of money in medicines besides, but it all failed to do me any good. I had female trouble and would daily have fainting spells, backache, bearing-down pains, and my monthly periods were very irregular and finally ceased. I wrote to you for your advice and received a letter full of instructions just what to do, and also commenced to take Lydia E. Pinkham's Vegetable Compound, and I have been restored to perfect health. Had it not been for you I would have been in my grave to-day."

Mountains of proof establish the fact that no medicine in the world equals Lydia E. Pinkham's Vegetable Compound for restoring women's health.

PIMPLES BLACKHEADS



Cuticura SOAP

To treat Pimples and Blackheads, Red, Rough, Oily Complexions, gently smear the face with Cuticura Ointment, the great Skin Cure, but do not rub. Wash off the Ointment in five minutes with Cuticura Soap and hot water, and bathe freely for some minutes. Repeat morning and evening. At other times use Cuticura Soap for bathing the face as often as agreeable. No other Skin Soap so pure, so sweet, so speedily effective.

Cuticura Soap contains delicate medicinal and emollient properties derived from Cuticura, the great Skin Cure, with the purest of cleansing ingredients and the most penetrating of solvents. The Soap is made of purest materials, and is free from any irritating or poisonous ingredients. It is sold in 5-cent boxes, 25-cent boxes, and 50-cent boxes. Retail Price, 25-cent boxes, 50-cent boxes, 50-cent boxes.

Ask Your Dealer for Allen's Foot-Ease A powder. It rests the feet. Cures Swollen, Sore, Hot, Callous, Aching, Sweating Feet and Ingrowing Nails. At all Druggists and Shoe Stores, 25 cents. Accept no substitutes. Sample mailed FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

If a man will stand for being petted his wife has no earthly use for any other pet animal.

When Your Grocer Says he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

Many fatal blunders are due to the belief that friendly advice was not entirely disinterested.

Over one million acres of land in the Utah Indian reservation will be thrown open for settlement August 28th. Registration begins August 1st, at Grand Junction, Colorado, continuing till August 12. From Denver, Colorado Springs or Pueblo, the Colorado Midland is the shortest route to Grand Junction or reservation points. Write C. H. Speers, G. E. Denver, for booklet, giving information regarding land, rates, etc.

The world isn't any worse than it was when you were young. You've merely got onto it.

\$86.00 per M. Lewis' "Single Binder," straight 50 cigar, costs the dealer some more than other 50 cigars, but the higher price enables this factory to use higher grade tobacco. Lewis' Factory, Peoria, Ill.

Buy what you have no need of and ere long thou shalt sell thy necessities.—Franklin.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. TINA ROBERTS, Map's Street, Norwich, N. Y., Feb. 17, 1900.

It is wonderful what a comfortable doctrine the survival of the fittest is to those who survive.

FARMS FOR RENT OR SALE ON CROP payments. J. MULHALL, Sioux City, Ia.

It pays to be good; if you get in the penitentiary it shortens your term.

Dr. David Kennedy's Favorite Remedy is adapted to both sexes and all ages. Cures Kidney and Liver complaint, and purifies the blood. It is druggists.

Gliding the wagon does not ease the springs.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

The man who successfully acts like a fool frequently is following his natural bent.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it is

Bears the Signature of *Chas. H. Fletcher*

In Use For 30 Years. The Kind You Have Always Bought.

Many great souls have been lost by little sins.

EXACT SIZE

SPECIAL OFFER

The name and address of your shoe dealer and 15c to cover cost of mailing, etc., will secure one of the handsome rolled gold pins illustrated above. Enameled in colors and will wear for years. These pins were secured by thousands of World's Fair visitors. Only a few hundred left. Write Quick.

ROBERTS, JOHNSON & RAND SHOE CO. ST. LOUIS

MANUFACTURERS OF "STAR BRAND SHOES"

With Men of Prominence

In Laurence Hutton's "Talks in a Library" he tells of a dinner he gave to Sir Henry Irving: "An unexpected guest at that dinner was Mr. Clemens. He would certainly have been invited had his presence in the city been known. He had arrived from Hartford late in the afternoon, had discovered from the gossip at the club that the Huttons were having a rather unusual dinner party," was told, who were to be present, and decided that it was too good a thing to lose. So he dressed hurriedly, walked in without ceremony just as the feast began, drew up a chair by the side of his hostess, helped himself to her oysters and for the rest of the evening was the life of the party, one enthusiastic admirer of his confessing, over the coffee and cigars, that he would give half he possessed if he were intimate enough with Mark Twain to have him drop in at his house in the same delightfully original and Mark Twain manner."

Hutton and Edwin Booth were the closest of friends. Hutton possessed one of the best collections in existence of death masks, and it was while Booth was examining this that a most impressive incident occurred. Says Hutton: "I shall never forget the first time he saw the Lincoln mask. He asked, innocently enough, whose it was. And when I told him, my heart for a moment ceasing to beat, he rose

from his seat, took it in his hands and looked at it for a long time without a word. What it meant to him we can imagine. The whole awful, awful business came back to him. The mad dead brother; the martyred, murdered president. Still, without a word, he put it back in its place, and it seemed to me as he did so that he kissed it with his fingers. I have seen him in that room look at it silently over his pipe many and many a time. But he never touched it or spoke of it again, even to me. What he thought of it heaven only knows."

Hutton tells as follows of meeting Rudyard Kipling at a luncheon given to the latter by Richard Watson Gilder: "Another engagement made me late, and I entered the room as the party was breaking up. I was introduced to Mr. Kipling, with whom I exchanged the traditional few formal words, and we drifted apart; but a moment or two afterward he placed himself on the arm of a chair in which I was sitting and said: 'I didn't realize, Hutton, when I met you a moment ago who you were. Dear old Wolcott Balestier, your friend and mine, tried so hard and so many times to bring us together in London and elsewhere, and now he is gone, and I can't understand it all. He died so suddenly and so far away; we had so much to say to each other, and now I have got to wait so long before I can say it.'"

Customs of the Basques

Of the strange scenes and customs of the Basque country a traveler writes: "I was struck by the way the women walked and carried themselves. A fat old woman with a huge tray on her head walked along at a swifling pace, shouting her wares meanwhile at the top of her voice. I saw a woman carrying on her head first of all a large tray of fruit (its size can be imagined when I tell you that it was afterward her stall); on the top of this was a basket of washing and a big umbrella to be used to cover the stall. Then, in her left hand, she carried a supplementary stall and by the other she led a little child which could just reach the mother's hand by holding its own up as high as it could stretch. I was waiting once at a little wayside inn in the village of Ascaïn when I saw an old lady followed by two great fat white pigs. They all three waddled over to the village pump and then, procuring some water in a pail, the old lady proceeded to wash her

charges. She cleaned them most assiduously—eyes, ears, tail, back, hind quarters and feet.

"There is a dignity of carriage about all the women in this country. I fancied it might be due to the fact that formerly, before the 'Code Napoleon' came into operation, the law obliged the first-born, whether boy or girl, to inherit the patrimony and continue the head of the family, the husband taking the wife's name when the inheritor was a woman, thus giving the woman a perfect equality from her birth. The matrons are not less beautiful than the younger women."

"Quite unlike any other language in that of the Basques. Although when hearing the people talk a Spanish sound seems to be occasionally emitted, it is not really at all like Spanish. I was amused to find that 'no' is 'ess' in Basque and when I asked what 'yes' was I thought at first the answer was 'na,' which would have been very curious, but it turned out to be 'ba,' with the 'b' softly pronounced."

Immortal John Paul Jones

As thistledown, light and impotent. Compared with our navy now. The wind tossed Ranges, with John Paul Jones. The soul of her, helm to bow. Drifting o'er ocean's meadows green. Skimming its hills so high— "But we will blossom," swore Jones. I ween, "Into thistles, by and by!" (Pause and ponder—twas John Paul Jones Planned the seed that grew) Into the very knives that mowed His downlike canvas few. See at Whitehaven the flames leap red; At Belfast Lough the Drake's men dead; The Bon Homme Richard off Flamborough Head. "Have you struck?" they cry from the Serapis. From a sinking vessel made to foe Was ever a braver retort than this: "Surrendered," Jones thundered. "Surrendered? No! I am just beginning to fight!" Brave deeds were done that night! But seed of sea or earth To bloom and grow Must be laid low. To rise to greater worth. The Ranges, long ceased to roar. The Bon Homme Richard fights no more. The brain

That ruled the main Became dust again In an unmarked grave Beyond the wave: As a field of thistles ne'er Feared to do or dare, It slept not there. But rose in our navy everywhere! His prophecy Fulfilled we see. Behold our virile ships, Armored, bristling bright, As a field of thistles from thistledown Grown terrible in might! And to-day, From far away Out of the past, With home bound pennant from the mast Flung to the gales, The hero sails. Mid the flame leap and the smoke cloud rolled, From saluting cannon manifold Ancient vessels we behold; From England's coasts They sail as ghosts. From France's shore They glide come more— Friend and foe Of the long ago— In honor and glory Appearing on the sea. He sails thus, after many a year, To prove his prophecy. —Howard Clinton Dickinson, in New York Sun.

Lamentable Want of Tact

Mrs. Calliper looked aggrieved as she seated herself opposite her husband at the dinner table, and knowing what was expected of him, he inquired if she had enjoyed the afternoon. "No, I can't say I have," Mrs. Calliper admitted in a weary tone, "and all for the want of a little tact. Now, I'll tell you what happened. The dressmaker wasn't ready for me when I got there, wouldn't be for nearly an hour, so I happened to remember that Mrs. James, on whom I've never called, though she's often asked me in times past, lived two blocks away. I said I'd go there and return. "Well, it was a little early for a call perhaps, only about half past 1, but I explained the whole thing to her. I said, 'Here I was, Mrs. James, with an hour on my hands and so near you, and how much better than to make an extra trip for the call.' "Well, of course, any one with a

particle of tact would have pretended to be glad to see me whether it was perfectly convenient or not, but do you know, she just said, 'I'm sorry, Mrs. Calliper, but it is just the hour of the children's luncheon, and I shall have to ask you to excuse me, though I'd be very glad to have you rest here.' "As if I needed any rest! I rose immediately, of course, and started away, but I did say with a great deal of dignity that I couldn't tell when I should be able to come again. I gave her another chance, but all she said was that she was 'sorry it happened so.' "All the way home I've been thinking how few people there are who have had the benefit of such home training as I had as a girl, and I've been trying to make allowance for that woman; but when I think of the hour I spent in the dressmaker's stuffy waiting room, it certainly is hard work."—Youth's Companion.

Visiting Grave of "Elia"

Hutton's "Literary Landmarks of London" was largely a labor of love, and was the result of years of hard work. Mr. Hutton gives this example of the difficulties that stood in his way: "Another Sunday afternoon I devoted to pious pilgrimage to the grave of Charles Lamb at Edmonton. As usual, nobody at Edmonton knew anything. The churchyard is not a small one, and it is entirely filled. The sexton and the grave digger and a few persons wandering about could give me no information. Most of them had never heard of Mr. Lamb; and I could not find the sacred spot. Naturally I applied to the sexton; and, as he left the vestry door after service, leaning on the arm of a pretty young woman, I approached him, raised my hat and asked, politely, if he could tell me where Charles and Mary Lamb were resting. Really, he could not say! And I, forgetting the day, the place

and his sacred office, cursed that rector for his criminal ignorance. "Great heavens!" I said. "You ought to be ashamed of yourself. In your care have been placed the ashes of one of the foremost men in the whole history of English letters. And you don't know where they are! They have made your churchyard and your parish distinguished all the world over. I have come 8,000 miles to visit Charles Lamb's grave, and you, the rector of the church, don't know where it is! You ought to be heartily ashamed of yourself." And I turned upon my heel and left him standing there, speechless and confounded." Half an hour after the above incident occurred, and while Hutton was groping around the graveyard in the twilight, the rector came to him, hat in hand, apologized most humbly for his ignorance (which he had corrected in the meantime) and conducted him to the grave of the immortal Elia.

Countess Castellane's Jewels. In Paris Countess Boni De Castellane (one of Jay Gould's daughters), who continues to lavish money on all possible objects, is said to display more jewels than the old noble families approve. At a soiree she wore for the first time a collar of pearls so large and so beautiful as to make universal comment, as it was thought to be in bad taste.

Educators Poorly Paid. The low salaries paid to educators, especially in the south, is illustrated by the announcement in a Florida newspaper that Dr. Andrew Siedel has been chosen president of the University of Florida by the state board of control at a salary of \$2,500 a year. Prof. A. A. Murphee goes in as head of the state female college at the same salary.

"Shoddy." "Shoddy" is a term that may mean several things. A piece of goods has shoddy in it when the material used is scrap material from the best tailor shop, pulled to pieces twisted anew into a new yarn and woven into a new cloth. Also a piece of goods is shoddy when it is made from the poorest of old woollens plucked to fibers and made over into a cloth that will hardly hold together.

Keep Out of Ruts. Don't get into a rut. Look to the right and the left, and always upward. Grow upward to the light, like the plants and flowers. You stand a plant in a dark corner, and what does it do? It stretches out its leaves and tendrils to God's beautiful light. The flowers turn their faces to the sun; always looking upward! It is progress. Don't sit in darkness. Come up and out, and join the children of light.

Perfect Sanitary System. We may find an excellent objection in the value of our sanitary system in the case of the recent outbreak of plague at Leith, says a writer in the Illustrated London News. Instant and vigorous action on the part of the authorities checked the spread of the disorder. Patients were at once conveyed to hospital; those in contact with them were quarantined, cleansing methods were adopted, and the disease was snuffed out.

The State of Love. It is all a mistake that you can't understand girls, because it is very simple. For example, like this: If she thinks you love her enough to die for her, she won't be satisfied until she is satisfied, as she hates to see you buried when she loves you, but it can't be helped; and if she thinks you must give her a black eye to show her that you are in love with her, then you must—Exchange.

Bishop on Sunday Relaxation. Discussing Sunday games, the bishop of Ipswich asks: "Would any one say his prayers less well because he has made a dice drive to the off?" The London Globe, however, remarks that that is hardly the point. It is the moral welfare of the man who makes a bad play that has to be looked after.

Only One Letter Wrong. "Business men should be careful," writes a correspondent of a London newspaper, "to read their typewritten correspondence before committing it to the post. I have received a typewritten letter from a gentleman of German extraction, who informs me that he is a 'wholesale tobacconist and cigar importer.'"

Majority of Men Immoral. A Boston scientist says that hypnotism can develop only natural instincts and that the best hypnotist in the world cannot make a really moral person do wrong. From experiments he has made he believes that 75 per cent of the human race, if unrestrained by family pride and other like considerations, would steal.

Sorrows of a Mother. Until her daughters are married off mother is satisfied, says the Ladies' Journal; before they have departed for the honeymoon she thinks how much better they ought to have done, and the rest of her life she spends lamenting her loneliness without them.

The Truth of It. Says a Georgia philosopher: "You can't outrun lightning, you can't grow as loud as thunder, and you can't make the sun stand still when the gas is out, so there's no sense at all in spending two-thirds of your life worrying about it."—Atlanta Constitution.

All Chips of One Block. Mr. S. Sparkes, who has just died at Uffculme, Devon, England, was manager of a local woolen factory for sixty years. His father and grandfather were with the same firm before him, and his son has now succeeded him.

While pursuing a mouse, Mme. de laour of Paris broke through the floor of her room and found in the hole a brass box containing gold coins of the value of \$1,000.

Technicalities are what the lawyers fight over when the evidence is limited.

Compound Interest

comes to life when the body feels the delicious glow of health, vigor and energy.

That Certain Sense

of vigor in the brain and easy poise of the nerves comes when the improper foods are cut out and pre digested

Grape-Nuts

take their place.

If it has taken you years to run down don't expect one mouthful of this great food to bring you back (for it is not a stimulant but a Rebuilder.) 10 days' trial shows such big results that one sticks to it.

Send postal for "Book of Presents"

Do you know the secret of the Wave Circle? Wonderful! Don't delay another day!

Send for KC right away. It's purer and more efficient than any Baking Powder that costs three times as much.

25 oz. for 25c. All grocers

Jaques Mfg. Co. Chicago

WINCHESTER

"LEADER" AND "REPEATER" SHOTGUN SHELLS Carefully inspected shells, the best of powder, shot and wadding, loaded by machines which give invariable results account for the superiority of Winchester "Leader" and "Repeater" Factory Loaded Smokeless Powder Shells. Reliability, velocity, pattern and penetration are determined by scientific apparatus and practical experiments. They are THE SHELLS THE CHAMPIONS SHOOT

Shirt Bosoms, Collars and Cuffs

lauded with

Defiance Starch

never crack nor become brittle. They last twice as long as those laundered with other starches and give the wearer much better satisfaction. If you want your husband, brother or son to look dresy, to feel comfortable and to be thoroughly happy use DEFIANC STARCH in the laundry. It is sold by all good grocers at 10c a package—16 ounces. Inferior starches sell at the same price per package but contain only 12 ounces. Note the difference. Ask your grocer for DEFIANC STARCH. Insist on getting it and you will never use any other brand.

Defiance Starch Company, Omaha, Neb.

Mull's Grape Tonic

(FREE) FOR Hot Weather Dangers CONSTIPATION STOMACH AND BOWEL TROUBLE

No one with regular bowels and healthy stomach can contract disease. A person with Constipation and Stomach Trouble is always the first to succumb to Sun Stroke, Head Debility and Prostration. Cholera, Colic and Diarrhea are more fatal in Hot Weather because vitality is lower—they are the direct result of Constipation. It is a mistake to suddenly check diarrhea, the danger is Blood Poison. A physis is also dangerous as it weakens the patient and reduces vitality. Treat the cause with Mull's Grape Tonic. Constipation and its attending ills are caused by decaying or dying bowels and intestines—Mull's Grape Tonic revives and strengthens the bowels so that they are enabled to act naturally and eject the poison from the system, everybody should take it during hot weather. It wards off disease, builds up the fever and purifies the blood. Typhoid fever and Appendicitis are unknown in families where Mull's Grape Tonic is employed. As a Stomach Tonic it is unequalled.

SUFFERED ALL HIS LIFE. The endorsement of E. B. McCurdy of Troy, Ohio, proves that the severest forms of Constipation are promptly cured by Mull's Grape Tonic—He says: "I gave your Tonic a thorough trial. It is the only remedy that will cure constipation. I do not believe anyone suffered more therefrom than I, as I had been afflicted with it all my life. For days my bowels would not act and then only by the use of strong cathartics that were fast ruining my health. My Stomach and Liver were deranged and I suffered with inward piles, the pains of which would at times raise me off my chair. I spent much money with various doctors and medicines to no avail. "Soon after I started Mull's Grape Tonic my bowels began to move regularly—the pain left me and my general health built up rapidly. "I heartily recommend it as an absolute cure to which I am a living witness." "Until Mull's Grape Tonic was put on the American market there was no cure for Constipation. Let us send you a bottle free to-day to show you that it will do all we claim. Good for Ailing Children and Nursing Mothers.

FREE BOTTLE COUPON

Send this coupon with your name and address and your druggist's name, for a free bottle of Mull's Grape Tonic, Stomach Tonic, Constipation Cure and Blood Purifier, to MULL'S GRAPE TONIC CO., 148 Third Ave., New York, N. Y. Give full address and write plainly. The \$1.00 bottle contains nearly three times the 30c. size. At drug stores. The genuine has a date and number stamped on the label—take no other from your druggist.

Truths that Strike Home

Your grocer is honest and—if he cares to do so—can tell you that he knows very little about the bulk coffee he sells you. How can he know, where it originally came from, how it was blended—or with what—or when roasted? If you buy your coffee loose by the pound, how can you expect purity and uniform quality?



LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adulterated, or of coming in contact with dust, dirt, germs, or unclean hands.

In each package of LION COFFEE you get one full pound of Pure Coffee. Insist upon getting the genuine. (Lion head on every package.)

(Save the Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

Countess Castellane's Jewels. In Paris Countess Boni De Castellane (one of Jay Gould's daughters), who continues to lavish money on all possible objects, is said to display more jewels than the old noble families approve. At a soiree she wore for the first time a collar of pearls so large and so beautiful as to make universal comment, as it was thought to be in bad taste.

Follow the Flag! Very Low Round Trips

South and Southeast, one fare plus \$2.00	
Hot Springs, Ark., daily	\$23.00
St. Louis, Mo., daily	\$18.50
Detroit, Mich., August 12th and 14th	21.80
Pittsburg, Pa., Aug. 17th and 18th	25.25
Richmond, Va., Sept. 8th to 11th inclusive	33.75
Philadelphia, Pa., Sept. 14th to 16th, inclusive	32.75
Long limits, stopovers and other features offered in connection with the above rates.	

All Agents can sell you through tickets and route you Wash. All tickets reading over the Wash. from Chicago east are optional with passenger via Lake or Rail, either or both directions. Call at Wash. City office, 1601 Farmers or write and let me give you all information, maps, descriptive matter, folders, etc.

HARRY E. MOORES, G. A. P. D. Wash. R. R., Omaha, Neb.

W. N. U. Omaha. No. 32—1905.

PAXTINE TOILET ANTISEPTIC

FOR WOMEN

troubled with itching peculiar to their sex, used as a douche is marvellously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.

Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for use.

TOILET AND WOMEN'S SPECIAL USES

For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free. THE R. FALTON COMPANY, BOSTON, MASS.

MOLES and WARTS REMOVED

With ANTI-MOLE. No pain, no soreness or scab. GUARANTEED PERMANENT. \$1.00 per bottle by mail—Miller Manufacturing Co., Lincoln, Neb.

When Answering Advertisements Kindly Mention This Paper.

PISO'S CURE FOR CURS WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

Consumption

Washed with Thompson's Eye Water