# FACTS IN NATURE.

### Not Only Do We Get Inspiration From Nature, But Health as Well.

For people who are run-down and nerv-ous, who suffer from indigestion or dys-pepsia, headache, biliousness, or torpid liver, coated tongue with bitter taste in the morning and poor appetite, it be-comes necessary to turn to some tonic or strengthener which will assist Nature and help them to get on their feet and put the body into its proper condition. It is becoming more and more apparent that Nature's most valuable health -giving agents are to be found in forest plants and roots. exterminated.

nd roots. Nearly forty years ago, Dr. R.V. Pierce. Nearly forty years ago, Dr. R.V. Pierce, now consulting physician to the Invalids' Hotel and Surgical Institute, at Buffalo, N.Y., discovered that by scientifically extracting and combining certain medici-nal principles from native roots, taken from our American forests, he could pro-duce a medicine which was marvelously efficient in curing cases of blood disorder and liver and stomach trouble as well as many other chronic, or lingering all-ments. This concentrated extract of Nature's vitality he named "Golden Med-ical Discovery." It purifies the blood by putting the stomach and liver into

Nature's vitality he named "Golden Med-ical Discovery." It purifies the blood by putting the stomach and liver into healthy condition, thereby helping the digestion and assimilation of food which feeds the blood. Thereby it cures weak stomach, indigestion, torpid liver, or bil-iousness, and kindred derangements. If you have coated tongue, with bitter or bad taste in the morning, frequent headaches, feel weak, easily tired, stitches or pain in side, back gives out easily and

or pain in side, back gives out easily and aches, belching of gas, constipation, or aches, belching of gas, constipation, or irregular boweis, feel flashes of heat alternating with chilly sensations or kin-dred symptoms, they point to derange-ment of your stomach, liver and kidneys, which the "Golden Medical Discovery" which the "Golden Medical Discovery" will correct more speedily and perma-nently than any other known agent. Con-tains no alcohol or habit-forming drugs. All its ingredients printed in plain Eng-lish on wrapper.

The sole motive for substitution is to permit the dealer to make a little more profit. He gains; you lose. Accept no sub stitute for "Golden Medical Discovery."

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. One a laxative: two or three are cathartic.

### Deity and the Coinage.

The word "God" never appeared in any government act until the year 1864, when, at the suggestion of the director of the mint former Governor Pollock of Pennsylvania, "In God We Trust" was stamped on the copper 2cent piece. Before that time "E Pluribus Unum" had been the motto. Strange to relate, "E Pluribus Unum" on coins never was authorized by law.

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 %-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 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 package ance of the iron sticking. Defiance never sticks.

A Quorum.

A quorum is a sufficient number of the members of an association to legally transact business. Unless a quorum is present no business is in order, except to adjourn. A majority of the members constitutes a natural quorum, but the by-laws of an association may prescribe a smaller num-

women in the United States, the same Just the Counsel Fond Lover Was proportion prevailing in almost every other country. The only exception is "The late Bishop Thomas Frederick in Paraguay, where there are more than twice as many women as men. This is due to the fact that some years ago, in a political revolution and a war with Brazil and the Argentine Republic, the men were almost

More Men Than Women.

There are 1.840.280 more men than

# Furnace Ventilation in Mines.

The furnace as a means of ventilation is said to be more economical in deep mines than in shallow ones, as it acts by heating a column of air; the higher that column the greater will be the difference in the weight of air in the uncast and downcast shafts. and consequently the greater the motive power.

# Africa's "Sneeze-Wood" Tree.

One of the natural curiosities of South Africa is the "sneeze-wood" tree, which is so-called because one cannot cut it with a saw without sneezing, as the fine-rust has exactly the effect of snuff. No insect or worm will touch it; it is very bitter to the taste, and when placed in water it

### New Species of Bird.

sinks.

Dr. E. A. Mears, an authority on ornithology, recently discovered several new species on the summit of Apo, a volcanic mountain of the island of Mindanao, in the Philippine group.

Highest Active Volcano. There are no fewer than twenty lofty voicanic peaks clustered about the city of Quito, the capital of Ecuador. One of these, Catopaxi, is the highest active volcano in the world.

### LOST 72 POUNDS.

# Was Fast Drifting Into the Fatal Stages of Kidney Sickness.

Dr. Melvin M. Page, Page Optical Co., Erie, Pa., writes: "Taking too many iced drinks in New York in 1895 sent me home with a terrible attack of kidney trouble. I had acute



ing Doan's Kidney Pills an abscess was forming on my right kidney. The trouble was quickly checked, however, and the treatment cured me, so that I have been well since 1896 and weigh 188 pounds."

Sold by all dealers. 50 cents a box. much time and money and the annoy- Foster-Milburn Co., Buffalo, N. Y.

### A Heavyweight.

They say a Greenland whale weighs as much as 88 elephants or 440 bears.

BARY COVERED WITH SORES.

less Hands Were Tied-"Would Have Died But for Cuticura."

"My little son, when about a year and a half old, began to have sores

and a half of suffering he grew so bad

I had to tie his hands in cloths at

night to keep him from scratching the

sores and tearing the flesh. He got to

he a mere skeleton, and was hardly

able to walk. My aunt advised me to

try Cuticura Soap and Ointment. I

your most wonderful remedies my

precious child would have died from

those terrible sores. Mrs. Egbert

Sheldon, R. F. D. No. 1, Woodville,

Quarrelsome people are always sat-

5 Tons Grass Hay Free.

Everybody loves lots and lots of fodde. or hogs, cows, sheep and swine.

SALZER'S BARGAIN SEED BOOK.

SEND THIS NOTICE TO-DAT.

This is brin full of bargain seeds at bar-

In shaping his career a young man

shouldn't depend entirely on his tailor

Worth Knowing

-that Alloock's are the original and only

The tipping evil extends even to the

porous plasters are imitations.

Conn., April 22, 1905."

gain prices.

# WINTER WEAKNESS TOOK OLD GENTLEMAN'S ADVICE

Looking For.

ing his rectorship of St. Peter's.

"'Well,' said the head, 'marry her.

"'Well, maybe he wasn't when he

and a good name. You are a fair

'Yes. She will be at your dance

"'Well, see here,' said the head.

"'By Jove,' said the clerk, 'I'll do

Is she-do I

match for any girl,' said the other.

Your salary is big enough.

for one moment."

asked excitedly.

know her?'

"'Certainly, I do.

at Devon to-morrow night.'

with a clergyman for you."

all would be forgiven."

and her father is a millionaire."

high regard.

love.

her.'

Dr. Williams' Pink Pills the Tonic That Most People Need for Blood and Nerves.

Davies of Detroit," said a Detroit In winter the air of the close rooms in man, "once told me an interesting" which we spend so much of the time story of an elopement. He figured in does not furnish enough oxygen to the this elopement as the officiating clerlangs to burn out the foul matter in the gyman. It was in Philadelphia, durblood. In the cold season we do not exercise as much and the skin and kidneys do not throw off the waste matter as freely "It seems that the proprietor of one as usual. The system becomes overloaded of the largest dry goods houses in with poisonous matter, and too feeble Philadelphia had noticed for some to throw it off. Relief can be had only months the melancholy of his head through the use of a remedy that will clerk, a young man whom he held in promptly and thoroughly purify and strengthen the blood, and the one best "The clerk's pallor and increasing adapted for this purpose is the great leanness, his frequent sighs and blood tonic known as Dr. Williams' Pink absent-mindedness worried the mil-

Pills lionaire proprietor. He questioned the "They acted like magic in my case, young man daily. And finally the said Mrs. Clara L. Wilde, of No. 377 clerk admitted to him that he was in Farnsworth avenue, Detroit, Mich. "I was weak and thin and could not sleep. My stomach and nerves were out of order. I can't describe how miserable I really was. I dragged through six months of feebleness, growing weaker all the time until I finally hadn't strength "'Ah,' said the clerk sadly, 'you do not understand. She belongs to one of the first families of Philadelphia enough to leave my bed.

"Then a glad day came, the day when I began to take Dr. Williams' Pink Pills. They made me feel strong right away. My appetite came back, I took on flesh married. You have a good position and the color returned to my checks. People wondered that these pills did for me what the doctors couldn't do. I took "'It's no use,' sighed the clerk. 'Her parents would not listen to me only six boxes and then I was perfectly well. If I had not found this wonderful "'Then,' said the other, 'elope with remedy I snrely think that I must have wasted to death. Believing firmly that these pills saved my life by the strength which they gave me at a critical mo-ment, I unhesitatingly recommend them "'Do you advise that?' the clerk to others." Dr. Williams' Pink Pills contain no

stimulant but give strength that lasts. They may be obtained at any drug store.

'I'll have my coachman out in front When a man confesses it is generof my gate at 9:30. Rush the girl off ally safe to assume that he thought he was going to be found out. into town and marry her. "I'll arrange

### Shake Into Your Shoes

Allen's Foot-Ease, a powder. It cures painful, smarting, nervous feet and ingrowing "And he did. The next night Dr. nails. It's the greatest comfort discovery Davies performed the ceremony and of the age. Makes new shoes easy. A an hour or two later the millionaire certain cure for sweating feet. Sold by all Druggists, 25c. Trial package FREE. found his daughter missing and was Address A. S. Olmsted, Le Roy, N. Y. elegraphing in every direction to the the young couple to come home and

It is hard to work up much confi- friend indeed. dence in a man who wears a ring on his middle finger.

A GUARANTEED CURE, FOR PILES. gists are anthorized to refund money if PAZO OINTMENT fails to cure in 6 to 14 days. 50c.

The hennecked man has to do all his crowing away from home.

Mrs. Winslow's Soothing Syrup. Midren teething, softens the gunas, reduces 'D natio 1, allays pain, cures wind colfo. 25c a botte.

Taste of Feod in Fish. Some fish, like the carp and catfish, are able to taste food with the skin on the outside of their body or even with their fins or tails as well as in the mouth. The carp, for instance, is able to detect food with the scales anywhere on the outs'de of its body.

> Parisian Fish from Africa. It having been proved by experiment that fish can be brought in refrigerator in god condition from Africa to Paris, a regular steamship company is to be inaugurated for supplying the capital with fish, lobster, etc., from the western African coast.

### Reptiles in Winter.

### Frogs and toads can stand freezing and thawing a few times, though the experience seems to be "wearing,' as most of them succumb after repeated trials. Just how snakes pass the winter we do not know. Two or three speciments of the common striped snake which we have dug from stone heaps in the winter appeared to be frozen stiff, though a natural repugnance to the reptiles prevented close observation .- Exchange.

### Swinging in Middle Ages.

In the middle ages swings were hung by an ingenius pully device. The rope was passed over a groved wheel that was fastened to the ceiling by a bracket. The one who was swinging was not only pushed from behind by one of his fellows, but was also helped from the front by striking with his fot the outstretched foot of another comrade. This sport was a favorite pastime of pages.

### Forest Area of Siberia.

Siberia has the biggest forest area of any country on earth, yet the timber for the construction of the eastof la grippe, I took Peruna and found ern end of the trans-Siberian railway came from the United States. It was brought from Oregon, being shipped across to Vladivostok, thence transported by rail to the banks of a tributary of the Amur and loaded into barges to be towed to its destination.

The world's yearly use of postcards is enormous. Germany uses 1,161,000,-000, the United States 770,500,000, for la grippe.' Great Britain 613,000,000. As to letters, however, the United States is far ahead of all other countries. The total number of letters posted here was soon able to do my work." during 1903 was 4 109,000,000.

### Insist on Getting It.

Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 oz. in a package, which they won't be able to sell first, because Defiance contains 16 oz. for the same money.

Do you want 16 oz. instead of 12 oz. Then buy Defiance for same money? Starch. Requires no cooking.

A friend in word is not always a

# All Up-to-Date Housekeepers

use Defiance Cold Water Starch, be-cause it is better, and 4 oz. more of it for same money.

The trouble with taking a day off is that you can't put it back.

**A TRULY IDEAL WIFE** HER HUSBAND'S BEST HELPER

Vigorous Health is the Great Source of Power to Inspire and Encourage-All Women Should Seek It.

One of the most noted, successful and richest men of this century, in a recent article, has said, "Whatever I am and free to every settler 160 acres of such land. whatever success I have attained in this world I owe all to my wife. From to \$10 per acre from railroad and other corpor the day I first knew her she has been stions. an inspiration, and the greatest helpmate of my life."



# CAUGHT BY THE GRIP ---RELEASED BY PE-RU-NA

# Pneumonia Followed La Grippe-Pe-ru-na the Remedy That Brought Relief. Mr. T. Barnecott, West Aylmer, On-

tario, Can., writes: "Last winter I was ill with pneumo-

nia after having la grippe. I took Peruna for two months, when I became quite well, and I can say that any one can be cured by it in a reasonable time and at little expense.' Systemic Catarrh, the Result of La

Grippe. Pe-ru-na Receives Credit for Present Good Health.

Mrs. Jennie W. Gilmore, Box 44, White Oak, Ind. Ter., writes: "Six years ago I had la grippe, which was followed by systemic ca tarrh. The only thing I used was Peruna and Manalin, and I have been in better health the last three years than for years before. I give Peruna all

the credit for my good health.' Pe-ru-na-A Tonic After La Grippe. Mrs. Chas. E. Wells, Sr., Delaware, Ohio, writes: "After a severe attack

**TWENTY-FIVE BUSHELS OF** 

WHEAT TO THE ACRE

Means a pro-ductive ca-pacity in dol-lars of over \$16 per acre.

This on land which has cost the farmer noth-

ing but the price of tilling it, tells its own

The Canadian Government gives absolutely

Lands adjoining can be purchased at from \$6

Already 175.000 farmers from the United

For pamphlet "Twentieth Century Canada"

and all information apply to Supt. of Immigra-

tion, Ottawa, Canada, or to following authorized

Canadian Government Agent-W, V, Bennett,

801 New York Life Building, Omaha, Nebraska.

(Mention this paper.)

States have made their homes in Canada,

St., Topeka, Kas., member of Knights it a very good tonic." and Ladies of Security, writes: "Most Effective Medicine Ever Tried "Twelve years ago I had a severe

attack of la grippe and I never really for La Grippe." Robt. L. Madison, A. M., Principal of Cullowhee High School, Painter, N. C., recovered my health and strength ---

but grew weaker every year until I chairman of the Jackson County was unable to work. Board of Education. Mr. Madison says: "I am hardly ever without Pe-"Two years ago I began using Peruna and it built up my strength so runa in my home. It is the most effecthat in a couple of months I was able tive medicine that I have ever tried

to go to work again. "This winter I had another attack Mrs. Jane Gift, Athens, O., writes: of la grippe, but Peruna soon drove it "I had la grippe very bad. My husband bought Peruna for me. In a very out of my system. short time I saw improvement and "My wife and I consider Peruna a

tousehold remedy."

Suffered Twelve Years From Alter-

Effects of La Grippe.

Mr. Victor Patneaude, 328 Madison

WINCHESTER "NEW RIVAL" BLACK POWDER SHELLS The most successful hunters shoot Winchester "New Rival" Factory Loaded Shotgun Shells, blue in color, because they can kill more game with them. Try them and you will find that they are sure fire, give good pattern and penetration and are satisfactory in every way. Order Factory Loaded "New Rival" Shells. Don't accept any substitute. ALL DEALERS SELL THEM

> You Will Prosper in the Great outhwest

> In Okiahoma, Indian Territory and Texas are vast areas of unimproved land-land not now yielding the crops of which it is capable. The same conditions apply to the towns. Few lines of business are adequately represented. There are openings of all sorts-for mills and factories, for small stores, for banks, newspapers and lumber vards. You have only to get on the ground prove this. To enable you to do so the Missouri, Kansas & Texas R'y offers

Rates Cheaper Than Ever February 20th and March 6th and 20th

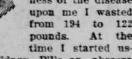
ponderance of evidence"?"

A German entered and this phrase

was put to him: "It will be the task of the defense to show mitigating circumstances, if such exist." Hopelessstumbling followed, one thought chasing the other with the dignity of Germanized English, which takes a long time to pass any one given point.

Bohemians, Poles and





Would Scratch and Tear the Flesh Un-

come out on his face. I had a physi-

QUESTIONS HARD TO ANSWER. Prospective Jurors Greatly Puzzled By Legal Terms. Some of the strange makeshifts to which a man will resort to conceal his lack of knowledge on any particular line were graphically related by Attorney Ellight, who had hard work

in his share of the impaneling of the now famous Gilnooley jury. A tall Swede was brought in. He

gave his name, etc., and was then questioned by the attorney as to legal terms to be used in the case. "What do I mean when I say, 'It will devolve on the prosecution to produce the pre-

"Vell, what you say evolve, dissolve, I don't know." came the answer

### The All-Important Question.

If the mother of a home were to paint a green ring around her nose his arms, then on other parts of his and dye her hair blue, the first words of her husband and children on coming home would still be, "Is dinner ready?"-Atchison Globe.

### Why It is the Best

is because made by an entirely different process. Defiance Starch is un-like any other, better and one-third more for 10 cents

### Garibaldi's Gaiter.

sent to the drug store and got a cake According to La Tribuna di Roma, of the Soap and a box of the Ointone of the gatters worn by Baribaldi ment, and at the end of about two when he was wounded in the battle months the sores were all well. He of Aspromonte August 28, 1862, has has never had any sores of any kind been presented to the mayor of Rome. since. He is now strong and healthy. and I can sincerely say that only for

### Defiance Starch

should be in every household, none so good, besides 4 oz. more for 10 cents than any other brand of cold water

### Preparation the Main Thing.

Frequently the number of hours spent at work in the office are simple isfied with a fighting chance. inverse proportion to the months and years spent in preparation for the task .- John A. Howland.

Don't tell your intended that she is an angel unless you can keep up the bluff after you are married.

Every woman feels she knows jus how far to go in the matter of assisting nature with her face and figure

# THE BEST COUGH CURE

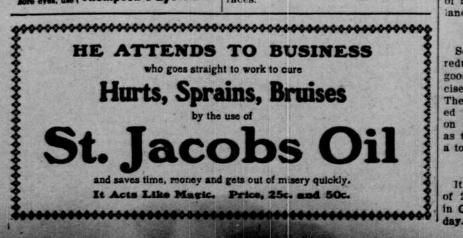
A well-known Rochester lady "I stayed in the Adirondacks, away from friends and home, two winters before I found that by taking

# **Kemp's Balsam**

I could subdue the cough that drove me away from home and seemed likely to never allow me to live there in winter." Kemp's Balsam will cure

cough that can be cured by any medicine. Sold by all dealers at 25c. and 5oc.

are over, use Thompson's Eyo Water



followed. From some of all these cian treat him, but the sores grew nationalities came intelligent anworse. Then they began to come on swers, but some who had never before met the words which now confronted body, and then one came on his chest. them in awe-inspiring array were worse than the others. Then I called hopelessly confused. another physician. Still he grew One day the best of the many origiworse. At the end of about a year

nal definitions was given by an Irishman. "What," said the lawyer, "is meant by this. 'The defense will show that there was adequate provocation'?" The whole phrase was too much, so the inquisitor said, "Well tell me in your own words the meaning of 'provocation.'" "It means," said the would-be juror.

"that a man has done something to me that makes me feel I must get busy with him."-Chicago Chronicle

Golf in Cactus Center. We was propped against the 'dobe of that joint o' Poker Bill's When a tenderfoot was spotted, actin' queer-like in the hills; He'd a hall of gutta percha, and was putth' in his licks Jest a-knockin' it to glory with a bunch o' crooked sticks.

Well, we went up there quite cur'ous, and we watched him paste the ball, Till a-ltchin' fer to try it seemed to get a-hoit of all. And at last Packsaddle Stevens asked to give the thing a swat. And we gathered round to see him show the stranger what was what.

Well, the golfer stuck the spheeroid on a weil, the golfer stuck the spheeroid on a little pile o' dirt
And Packsaddle swiped and swatted, but he didn't do no hurt;
He barked his shins terrific, and he broke his little stick.
And when he heard a snicker, his guns came out, too quick. The enormous crops of our Northern Grown Pedigmee Seeds on our seed farms the past year compel us to issue a spe-cial catalogue called

We dropped behind the cactus with some holes clipped in our clothes. While the golfer for the sky-line wagged his checker-boarded hose; And when we took home Stevens, and three others that was hurt. The golf ball still was settin' on its little pile o' dirt.

SEND THIS NOTICE TO-DAT. and receive free sufficient sced to grow 5 tons of grass on your lot or farm this summer and our great Bargain Seed Book with its wonderful surprises and great bargains in seeds at bargain prices. Remit 4c and we add a package of Cos-mos, the most fashionable, serviceable, beautiful annual flower. John A. Salzer Seed Co., Lock Draw-er W., La Crosse, Wise So we ain't no new St. Andrew's, and we hope no golier thinks He can cut loss here in Cactus with a set of oattmeat links;

set of odtmeat links; We go in fer games that's quiet, and stir up no blood and fuss. And down in Cactus Center poker's good enough for us. —Denver Republican.

### Quit French Islands.

Owing to the emigration of 1,000 ersons during three months from St. Pierre and Miquelon-islands immediately south of Newfoundland-out of a total population of 6,500, the French authorities are beginning to genuine porous plasters; all other so-called fear that the colony is threatened with extinction. The rush of emigration is likely to continue. The poorer inhabitants advocate the transfer of St. Pierre by France to Newtoundland.

### Secretary Taft Rides Much.

Secretary Taft, who is hard at work educing his great weight, devotes a good deal of time to equestrian exercise, which he finds of much value. The horse he rides has been described "a large, souare Percheron, built on dry goods box lines and looking as though he might easily carry half a ton."

Salarize of Chio Teachers. It is said that last year the salaries of 24.000 elementary school teachers in Ohio averaged seventy-two cents a

### Cow Adopted Fawn.

Mrs. Lawson of Richmood, Va., owps a cow, and the cow owned a calf but this last was drowned in a swamp. Thereupon the bereaved mother adopted a fawn, first rescuing in from a hound which had chased it into the pasture.

# Art of Advertising.

The art of advertising consists not merely in attracting a reader, but in convincing him, and this can only be done by the sober statement of facts. Mere sensationalism cannot win in the end .- Milling.

# Varying Weight of Bushel.

A bushel of bituminous coal is different in different states. In Illinois, Iowa, Missouri and Kentucky its weight is eighty pounds; in Pennsylvania, seventy-six pounds, and in Indiana, seventy pounds.

# OVER SEA HABIT

Difference on This Side the Water.

The persistent effect upon the heart of caffeine in coffee cannot but result in the gravest conditions, in time, Each attack of the drug (and that

> means each cup of coffee) weakens the organ a little more, and the end is almost a matter of mathematical demonstration. A lady writes from a Western state:

a Western state: "I am of German descent and it was natural that I should learn at a very early age to drink coffee. Until I was 23 years old I drank scarcely I do for every sick and and and and woman. If you have symptoms you don't un-derstand write to Mrs. Pinkham, at Lynn, Mass. Her advice is free and always helpful. I was 23 years old I drank scarcely anything else at my meals.

"A few years ago I began to be affected by a steadily increasing nervousness, which eventually developed into a distressing heart trouble that made me very weak and miserable. Then, some three years ago, was added asthma in its worst form. My sufferings from these things can be better imagined than described.

"During all this time my husband realized more fully than I did that coffee was injurious to me, and made every effort to make me stop.

THE

Remedy

KILLS PAIN.

Dr. EARL S. SLOAN, Albany Street, Boston, M

W. N. U., Omaha.

"Finally it was decided a few months ago, to quit the use of coffee absolutely, and to adopt Postum Food Coffee as our hot table drink. I had but little idea that it would help, me, but consented to try it to please my husband. I prepared it very carefully, exactly according to directions, and was delighted with its delicious flavor and refreshing qualities.

"Just as soon as the poison from the coffee had time to get out of my system the nutritive properties of the Postum began to build me up, and I am now fully recovered from all my nervousness, heart trouble and asthma. I gladly acknowledge that now, for the first time in years, I enjoy perfect health, and that I owe it all to Postum." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville" in

Postum Food Coffee contains no drugs of any descriptio: whatsoever.



