

HE WENT ON CRUTCHES

All Medicines Failed Until Dr. Williams' Pink Pills Cured His Rheumatism.

"Some years ago," says Mr. W. H. Clark, a printer, living at 612 Buchanan street, Topeka, Kans., "I had a bad attack of rheumatism and could not seem to get over it. All sorts of medicines failed to do me any good and my trouble kept getting worse. My feet were so swollen that I could not wear shoes and I had to go on crutches. The pain was terrible.

"One day I was setting the type of an article for the paper telling what Dr. Williams' Pink Pills had done for a man afflicted as I was and I was so impressed with it that I determined to give the medicine a trial. For a year my rheumatism had been growing worse, but after taking Dr. Williams' Pink Pills I began to improve. The pain and swelling all disappeared and I can truthfully say that I haven't felt better in the past twenty years than I do right now. I could name, off hand, a half-dozen people who have used Dr. Williams' Pink Pills as my surgeon and who have received good results from them."

Dr. Williams' Pink Pills are guaranteed to be safe and harmless to the most delicate constitution. They contain no morphine, opiate, narcotic, nor anything to cause a drug habit. They do not act on the bowels but they actually make new blood and strengthen the nerves.

Dr. Williams' Pink Pills cure rheumatism because they make rich, red blood and no man or woman can have healthy blood and rheumatism at the same time. They have also cured many cases of anemia, neuralgia, sciatica, partial paralysis, locomotor ataxia and other diseases that have not yielded to ordinary treatment.

All druggists sell Dr. Williams' Pink Pills or they will be sent by mail, post-paid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Co., Schenectady, N. Y.

If a political candidate wants his campaign to be a hummer, he shouldn't start out with a hammer.

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 *Chas. H. Fletcher*
In Use For Over 30 Years.
The Kind You Have Always Bought.

He Wasn't Certain.
At Fortress Monroe, Va., one day about a year ago, a man, accompanied by two ladies, approached a soldier who, with a gun on his shoulder, was pacing to and fro near the entrance. The warrior's appearance indicated that he was new to the service.

"Can you tell us," asked one of the visitors, addressing the recruit, "where Jeff Davis was imprisoned here?"
"Yonder's the ga-a-r-d house," he replied, jerking a thumb over his shoulder, "but I dunno whether they've still got him shut up or not."
—Chicago Record-Herald.

Deduction by Analogy.
"Mamma, I've got a stomach ache," said Nelly Bly, six years old.
"That's because you've been without lunch. It's because your stomach is empty. You would feel better if you had something in it."

That afternoon the pastor called, and in the course of conversation, remarked that he had been suffering all day with a very severe headache.
"That's because it is empty," said Nelly. "You'd feel much better if you had something in it."
—American Spectator.

Followed Instructions.
A lady going from home for the day, says a writer in the New York World, locked everything up carefully, and for the grocer's benefit left a card on the back door.
"All out. Don't leave anything," it read.

On her return she found her home ransacked and all her choicest possessions gone. To the card on the door was added: "Thanks. We haven't left much."

Second in Command.
Stranger (sarcastically)—Are you the boss here?
Office Boy—No; there's another of fice boy above me.—N. Y. Press.

An Alibi.
"Do you believe that riches bring trouble?"
"They never brought me any."
—Houston Post.

BREAD DYSPEPSIA.
The Digesting Element Left Out.
Bread dyspepsia is common. It affects the bowels because white bread is nearly all starch, and starch is digested in the intestines, not in the stomach proper.

Up under the shell of the wheat berry nature has provided a curious deposit which is turned into diastase when it is subjected to the saliva and to the pancreatic juices in the human intestines. This diastase is absolutely necessary to digest starch and turn it into grape-sugar, which is the next form; but that part of the wheat berry makes dark flour, and the modern miller cannot readily sell dark flour so nature's valuable digester is thrown out and the human system must handle the starch as best it can, without the help that nature intended.

Small wonder that appendicitis, peritonitis, constipation and all sorts of trouble exist when we go so contrary to nature's law. The food experts that perfected Grape-Nuts Food, knowing these facts, made use in their experiments of the entire wheat and barley, including all the parts, and subjected them to moisture and long continued warmth, which allows time and the proper conditions for developing the diastase, outside of the human body.

In this way the starchy part is transformed into grape-sugar in a perfectly natural manner, without the use of chemicals or any outside ingredients. The little sparkling crystals of grape-sugar can be seen on the pieces of Grape-Nuts. This food therefore is naturally pre-digested and its use in place of bread will quickly correct the troubles that have been brought about by the too free use of starch in the food, and that is very common in the human race to-day.

The effect of eating Grape-Nuts ten days or two weeks and the discontinuance of ordinary white bread is very marked. The user will gain rapidly in strength and physical and mental health.

TO THE AMATEUR NURSE.

Some Excellent Bits of Advice That Will Might Be Followed by Professionals as Well.

Never trouble a patient with questions about food; the effort of making a decision is a strain upon an invalid. The aim should be to provide some small surprise at meal times, if possible, to stimulate the appetite.

It is always unwise to allow a patient to get into the habit of inquiring what the clinical thermometer registers each time it is used. A rise in temperature may make a nervous person very uneasy and thereby increase the fever considerably.

If possible, choose a room facing south or southwest for a sick person, provided it is quiet and away from street noises. A northern aspect should be avoided. Do not allow the bed to face the light, as this is tiring to both brain and eyes.

The bed should not be too broad. Three feet six inches is wide enough, as it is then an easy matter to lift and turn the patient from either side.

The floor of the sick room should be wiped over every day with a cloth wrung out in water and some good disinfectant.

A nurse should take special pains to be scrupulously clean and neat in her dress. Trifling details which may pass unnoticed in ordinary life loom large on the patient's limited horizon.

Remember, too, that unending tact and patience must be exercised with a sick person, for weariness and irritability are the accompaniments of illness, especially in the early stages of convalescence.

When talking to a patient a nurse should always stand or sit where the former has not to strain the eyes in order to see clearly, few things being more irritating than to have to lie in a twisted position with the head at an uncomfortable angle, so as to follow what is said.

In cases of long illness, the nurse should spare herself as much as possible, husbanding her strength not only for the time when her powers of endurance may be tried to the utmost, but for the period of convalescence, when, perhaps, her untiring service is most in demand by the invalid.

Rest is very important to the amateur nurse, and four hours unbroken sleep are worth much more to her than a whole night of disturbed anxious slumber. It is much better to divide the night into watches if there is more than one member of the family available, than to try to be more or less on the qui vive the whole night through.

Nothing is more annoying to a sick person than to be discussed in her presence by one or more of her amateur nurses, and questions as to when the medicine was given, how much stimulant was last administered, and so on, should be settled out of earshot of the invalid.—Brooklyn Eagle.

SOCIAL POWER OF WOMEN.
In Every Community There Are Lonely People Who Need The Help of Social Intercourse.

I wonder whether women are making the most of social opportunities. The elevating of social life is one of the greatest problems in our land to-day and this ennobling work is pre-eminently that of the average woman in every community who loves her fellowmen and women enough to try to serve them in a humble service in that little corner of the great world into which her lot has been cast.

Could women not do something in the time that they now take for whist-playing, which with many women has become a debauch, crowding out all noble inspirations and belittling life, usurping public spirit and civic duty, might they not more wisely spend that time in providing entertainment for the people of moderate means who live in your community?

Could they not arrange to get the people together in some unused church or perhaps in their own parlors and by friendly intercourse, led on by some invited speaker, develop a better citizenship in their community?

Social life is in the hands of women and the higher the social position and the larger the wealth the greater the need that something should be done to broaden culture and bring sunshine to the lives of those who have so little to amuse them.—Chicago Inter Ocean.

MUSHROOM PROVENCALE.
A Very Delicate Way of Serving This Delicious and Nutritious Vegetable.

Take about two pounds of large fresh mushrooms, pare the stalks and wash them in acidulated water, so as to keep them as white as possible, drain on a cloth, cut the heads in several pieces, and drop the stalks, beat a gill of sweet oil in a frying pan, add the sliced heads, fry a light brown, then add a tablespoonful and a half of chopped shallots, two bruised cloves of garlic (if liked) and the chopped stalks; fry again until the moisture has evaporated; drain almost all of the oil off, moisten with a large spoonful of tomato sauce and a little melted beef extract; season with salt, white pepper and a dash of cayenne; boil two minutes; mix well by tossing the mushrooms; finish with lemon juice and chopped parsley.

Pour into a vegetable dish, surround with heart-shaped croutons fried in oil and serve hot.—Elizabeth Pyewell.

Pique Coats.
I think the pique coats with wide shoulder caps are the most attractive for a little child. The caps are scalloped and worked in the buttonhole stitch, and the small turnover collars are finished in the same manner. Large polka dots, embroidered above the scallops in the solid satin stitch, have a charming effect. The prettiest hat to wear with this coat is one of pique, scalloped around brim and crown, and having the crown buttoned to the brim. You can work a little wreath in the solid or eyelet embroidery on the brim, or put a row of polka dots to match the coat.

Buttons Fashionable.
Elaborate buttons are much used on coats and dresses.

THE POINT OF THE PROVERB

An old proverb advises the shoemaker to stick to his last. It means that a man always succeeds best at the business he knows. To the farmer it means, stick to your plow; to the blacksmith, stick to your forge; to the painter, stick to your brush.

When we make experiments out of our line they are likely to prove expensive failures.

It is amusing, however, to remark how every one of us secretly thinks he could do some other fellow's work better than the other fellow himself. The painter imagines he can make paint better than the paint manufacturer; the farmer thinks he can do a job of painting better, or at least cheaper than the painter, and so on.

A farm hand in one of Octave Thanet's stories tells the Walking Delegate of the Painters' Union, "Anybody can slather paint," and the old line painter tells the paint salesman, "None of your ready made mixtures for me; I reckon I ought to know how to mix paint."

The farm hand is wrong and the painter is wrong: "Shoemaker, stick to your last." The "fancy farmer" can farm, of course, but it is an expensive amusement. If it strikes him as pleasant to grow strawberries at fifty cents apiece, or to produce eggs that cost him five dollars a dozen, it is a form of amusement, to be sure, if he can afford it, but it's not farming. If the farmer likes to slosh around with a paint brush and can afford the time and the expense of having a practical painter do the job right pretty soon afterward, it's a harmless form of amusement. If the painter's customers can afford to stand for paint that comes off in half the time it should, they have a perfect right to indulge his harmless vanity about his skill in paint making. But in none of these cases does the shoemaker stick to his last.

There is just one class of men in the world that knows how to make paint properly and have the facilities for doing it right; and that is the paint manufacturers—the makers of the standard brands of ready-prepared paints. The painter mixes paints; the paint manufacturer grinds them together. In a good ready-prepared pigment is forced to join hands with a particle of another kind and every bit of solid matter is forced, as it were, to open its mouth and drink in its share of linseed oil. That is the only way good paint can be made, and if the painter knew how to do it he has nothing at hand to do it with. A paint pot and a paddle are a poor substitute for power-mixers, buhr-mills and roller-mills.

The man who owns a building and neglects to paint it as often as it needs paint is only a degree more shortsighted than the one who tries to do his own painting or allows the painter to mix his paint for him.

CLOTHES AND CONDUCT.
Addison could not write his best unless he was well dressed.

Every man and every woman feels the influence of clothes and appearance upon conduct.

Indeed, in a millennium of free clothes of the latest fashion we shall all be archangels.

You have heard of the lonely man in the Australian bush who always put on evening dress for dinner, so that he might remember he was a gentleman.

Put a naughty girl into her best Sunday clothes, and she will behave quite nicely. Put a blackguard into khaki and he will be a hero. Put an omnibus conductor into uniform and he will live up to his clothes.

So Homelike.
Some one said to Brother Williams: "They have a balloon fad now, and you can go up and cool off in the clouds."

"Yes, sah," he replied. "En dar's so much thunder en lightning 'ud dar, I reckon lots er 'um will feel lak' dey wuz right at home—specially de married folks!"—Atlanta Constitution.

Shadow Embroidery.
Stamp your design on the wrong side of the material and work the flowers, leaves and large figures in a close fagoting or cat stitch on the wrong side. The small stitch, which will show on the right side, makes an outline and the center of the leaf or flower is prettily filled in with the fagoting stitch, which shows through the sheer material. The stems should be done in outline stitch. It is very easy work and quickly done. You can take a few lessons at any of the large department stores if you go to the art needlework department.

Quick Way to Make Buns.
When you are making bread, after adding enough flour to the mixing to make a thick batter, dip out two cups into a large bowl or pail and add one-fourth cup shortening, either butter or lard, three-fourths cup sugar, one-half cup currants and one heaping teaspoon cinnamon. Let it set over night and in the morning stir in enough flour to mold. Avoid getting too stiff. Let rise again and then form into buns. After rising in the tin brush over with a little sugar dissolved in milk and bake one-half hour.

An Old Silk Coat.
It is very hard to remove the shine from the back of a silk coat. Better use a fancy braid to outline the seams. That would make the wear come on the braid, and keep the silk from growing worse at last.

ON OUT-DOOR LIVING.

Eloquent Plea for Porch Life—Making the Porch Attractive with Vines and Flowers.

Porch life is a habit, and if you have not already acquired it, begin at once.

People do not begin to realize the importance of outside life, nor how comparatively easy a matter it is for the entire family to spend many hours of the day outside the walls of the house. If porch life were more systematically adhered to, there would be less necessity for that "month in the country with the children," which closes up so many pretty homes and leaves a desolated house for father to return to at night. Three months of porch life is none too much for a family that spends the other nine months in a furnace-heated house where upholstered furniture and rugs and hangings abound, and where, in spite of constant care, the air is filled with bacteria-laden dust.

Begin to plan in the spring. If the porch hitherto has been bare, vines, plant some of the quick-growing varieties that will bring the desired results this season, and later put in the roots of perennials. Clematis, woodbine, trumpet flower, ivies, and honeysuckles are all favorite perennials, while the mottled Japanese hop vine, the scarlet and pink flowering bean, and even the old-fashioned, humble morning glory are rapid growers, and in the course of a few weeks give the coveted privacy and shade. One of the charms of these latter varieties is watching their remarkably speedy growth.

On the family, about whose east porch had been planted a quantity of the scarlet creeping beans, look the pains to ascertain the growth during 12 hours of one of these vines. A string was tied to the tip of an ambulatory plant at seven o'clock one evening; at seven the following morning it had registered a growth of six and three-quarter inches. These beans are veritable magnets to the humming-birds, which hover about them all through the summer, their beautiful little bright-hued bodies a continual source of joy to the observing.

The boxes of flowers should be of the hardy varieties—the brilliant geraniums, salvia, many-colored petunias, combined with vines or plants of the climbing variety, such as nasturtiums and sweet alyssum, and with fringing ferns. If you are planning to have a general color scheme for your porch—and this is an easy matter and most pleasing in its results—be careful that the flowers do not form a jarring note to the general tone.—Good House.

SENSIBLE SUGGESTIONS.
Charcoal is said to strengthen and whiten the teeth, remove the tartar prevent toothache, and give the gums and lips an attractive character. About as much as can be placed on the point of a knife should be rubbed gently into the interstices of the teeth on going to bed, to be rinsed out thoroughly in the morning.

To improve your hands, use only soft soap for washing and a good toilet soap. Before drying rub on a few drops of pure glycerine, work into the skin thoroughly, and then dry carefully. Keep the pulp of a lemon on your washstand and with it rub your hands once or twice a day after washing.

Never wash the face just before going out of doors, or directly after coming in, if the skin is inclined to be sensitive.

Another thing to remember is that the face and hands must be thoroughly dried with the towel before using it. Neglect of this will be apt to make the skin tender, and perhaps unsightly.

The value of rain water. The purest water met with under ordinary circumstances is rain water, which is certainly a great luxury to those in towns for washing. If it were fully appreciated how valuable rain water really is, the dwellers in our large towns would see that it was not always lost. It is free from the hardness which characterizes spring water, feels soft to the hands, forms a beautiful lather, and agrees well with the skin.

Do not wash the wooden bread plate in hot water, and it will not turn black. Wash with soap and warm water and rinse in clear cold water.

Use a silver knife to peel apples, and the hands will not be blackened as when a steel knife is used. The acid of the fruit (acetic acid) acts on the iron in the latter case, but does not affect the silver.

If you are choked and cannot get relief, get down on all fours and cough until you remove the obstruction. The plan of holding a child upside down and shaking him is the best plan known for relieving a choking baby.—Chicago Tribune.

Are You Tired, Nervous and Sleepless?
Nervousness and sleeplessness are usually due to the fact that the nerves are not fed on properly nourishing blood; they are starved nerves. Dr. Pierce's Golden Medical Discovery makes pure, rich blood, and thereby the nerves are properly nourished and all the organs of the body are run as smoothly as machinery which runs on oil. In this way you feel clean, strong and strenuous—you are toned up and invigorated, and you are good for a whole lot of physical or mental work. Best of all, the strength and increase in vitality and health are lasting.

The trouble with most tonics and medicines which have a large, booming sale for a short time, is that they are largely composed of alcohol holding the drugs in solution. This alcohol shrinks up the red blood corpuscles, and in the long run greatly injures the system. One may feel exhilarated and better for the time being, yet in the end weakened and with vitality decreased. Dr. Pierce's Golden Medical Discovery contains no alcohol. Every bottle of it bears upon its wrapper *The Badge of Honesty*, in a full list of all its several ingredients. For the druggist to offer you something else, claiming it is "just as good" is to insult your intelligence.

Every ingredient entering into the world-famed "Golden Medical Discovery" has the unanimous approval and endorsement of the leading medical authorities of all the several schools of practice. No other medicine sold through druggists for like purposes has such endorsement.

The "Golden Medical Discovery" not only produces all the good effects to be obtained from the use of Golden Seal root, in all stomach, liver and bowel troubles, as in dyspepsia, biliousness, constipation, ulceration of stomach and bowels and kindred ailments, but the Golden Seal root used in its composition is greatly enhanced in its curative action by other ingredients such as Stone root, Black Cherrybark, Bloodroot, Mandarain root, and chemically pure triple-refined glycerine.

"The Common Sense Medical Adviser," is sent free in paper covers on receipt of 21 one-cent stamps or the cost of mailing only. For 31 stamps the cloth-bound volume will be sent. Address Dr. J. C. Dr. Pierce, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets cure constipation, biliousness and headache.

A LAND OF OPPORTUNITIES.

Inducements Held Out by Western Canada Are Powerful.

A recent number of the Winnipeg (Manitoba) Free Press contains an excellent article on the prospects in Western Canada, a portion of which we are pleased to reproduce.

The agents of the Canadian Government, located at different centres in the States, will be pleased to give any further information as to rates, and how to reach these lands.

"Just now there is a keener interest than ever before on the part of the outside world, in regard to the claims of the Canadian West as a field of settlement. At no previous time has there been such a rush of immigration, and the amount of information distributed broadcast is unprecedentedly great.

"In the majority of the States of the Union and in Great Britain the opportunities for home-making and achieving of even a modest competence are at the best limited. Moreover, according to the social and industrial conditions prevalent in those communities, the future holds out no promise of better things. It is not strange, then, that energetic young men should turn their eyes to Canada's great wheat belt, where every man can pursue fortune without the hindrance of any discouraging handicap.

"The inducements held out by Western Canada are powerful and made manifest by the great movement now in progress. That the prospects are considerably more than reasonably certain is borne out by the history of the country and its residents. The promise of gain is powerful, but when added to it there is the prospect of a young man's social and civil elevation. It should prove irresistible to a young man of a particularly desirable class for any new country.

"The Canadian West is alive with opportunities for the young man who aims at becoming more than a mere atom in the civil and national fabric. Some of the eager young fellows who arrive on the prairies daily are destined to become more than merely prosperous farmers. In the near future great municipal and provincial development will be in the hands of the people. The stepping stone to both financial prosperity and civil prominence is, and will be, the farm. For every professional opening there are hundreds of agricultural openings. The Canadian prairies are teeming with opportunities for the honest and industrious of all classes, but they are specially inviting to the ambitious young man who seeks a field for the energy and ability which he feels inherent within him. The familiar cry of "Back to the soil!" is more than a vain sounding phrase when applied to Western Canada."

Locating the Blame.
"My dear," said the trusting wife, "I don't think your rules of economy are any good."
"You don't?" asked the fond husband.
"No," she replied, bending anew over the column of figures in her beautifully bound expense book.
"You told me the way to save money was not to buy things—that thus we would save the amount the goods would have cost us. So I have been careful to set down the exact price of everything I have wanted to buy but felt I could not afford. I find, in adding it up, it amounts to \$535, but I only have \$4.37 in cash on hand. There must be something wrong with your theory.—Stray Stories.

The Beginning.
Knicker—Primitive man plowed the earth with a sharpened stick.
Bocker—You don't mean to say gold dated back that far?—N. Y. Sun.

Deafness Cannot Be Cured
by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. When this tube is inflamed you have a rumbling sound or discharge from the ear, and the hearing is lost. It is the result of colds, and can be taken out and the tube restored to its normal condition, hearing will be restored forever, and no case out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous membrane.

We will give One Hundred Dollars for any case of Deafness caused by catarrh that cannot be cured by local Catarrh Cure, sent by express, free of charge.
F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, or by mail, 6c per bottle.
Take Hall's Family Pills for constipation.

The man who flirts with trouble is apt to get it where Uncle Bill got the carbuncle.

Garfield Tea purifies the blood, regulates the digestive organs, brings good health.

The sun that shines in the face rises in the heart.

MAKE EVERY DAY COUNT.
no matter how bad the weather. You cannot afford to be without a TOWER'S WATERPROOF OILED SUIT OR SLICKER.

When you buy look for the SIGN OF THE FISH.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with Paxtine Toilet Antiseptic which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE PAXTINE CO., Boston, Mass.

TWICE-TOLD TESTIMONY.

A Woman Who Has Suffered Tells How to Find Relief.

The thousands of women who suffer backache, languor, urinary disorders and other kidney ills, will find comfort in the words of Mrs. Jane Farrell, of 606 Ocean Ave., Jersey City, N. J., who says: "I reiterate a I have said before in praise of Doan's Kidney Pills. I had been having heavy backache and my general health was affected when I began using them. My feet were swollen, my eyes puffed, and dizzy spells were frequent. Kidney action was irregular and the secretions highly colored. To-day, however, I am a well woman, and I am confident that Doan's Kidney Pills have made me so, and are keeping me well."

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

It is human nature to wonder how so many incompetent people succeed where we can't.—Judge.

Light-weight men always think they are heavy-weight thinkers.

CORDIAL INVITATION
ADDRESSED TO WORKING GIRLS

Miss Barrows Tells How Mrs. Pinkham's Advice Helps Working Girls.

Girls who work are particularly susceptible to female disorders, especially those who are obliged to stand on their feet from morning until night in stores or factories.

Day in and day out the girl toils, and she is often the bread-winner of the family. Whether she is sick or well, whether it rains or shines, she must get to her place of employment, perform the duties exacted of her—smile and be agreeable.

Among this class the symptoms of female diseases are early manifest by weak and aching backs, pain in the lower limbs and lower part of the stomach. In consequence of frequent wetting of the feet, periods become painful and irregular, and frequently there are faint and dizzy spells, with loss of appetite, until life is a burden.

All these symptoms point to a derangement of the female organism which can be easily and promptly cured by Lydia E. Pinkham's Vegetable Compound.

Miss Abby F. Barrows, Nelsonville, Athens Co., Ohio, tells what this great medicine did for her. She writes: Dear Mrs. Pinkham—

"I feel it my duty to tell you the good Lydia E. Pinkham's Vegetable Compound and Blood Purifier have done for me. Before I took them I was very nervous, had dull headaches, pains in back, and periods were irregular. I had been to several doctors, and they did me no good.

"Your medicine has made me well and strengthened my most delicate work without complaint, and my periods are all right.

"I am in better health than I ever was, and I know it is all due to your remedies. I recommend your advice and medicine to all who suffer."

It is to such girls that Mrs. Pinkham holds out a helping hand and extends a cordial invitation to correspond with her. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Her long record of success in treating women's ills makes her letters of advice of untold value to every ailing working girl. Address, Mrs. Pinkham, Lynn, Mass.

NOT YOUR HEART
If you think you have heart disease you are only one of a countless number that are deceived by indigestion into believing the heart is affected.

Lane's Family Medicine
the tonic-laxative, will get your stomach back into good condition, and then the chances are ten to one that you will have no more symptoms of heart disease.

Sold by all dealers at 25c. and 50c.

CRAMPS

cause women some of their most excruciatingly painful hours. Mrs. Lula Berry, of Farmington, Ark., writes: "I suffered with terrible cramps every month, and would sometimes lose consciousness for 4 to 9 hours. On a friend's advice I took



WINE OF CARDUI
WOMAN'S RELIEF

and as a result am now relieved of all my pains, and am doing all my household work. No matter what symptoms your female trouble may cause, the most reliable, scientific remedy for them, is Cardui. Try it.

At all Druggists

\$20.
AND LESS

From St. Louis and Kansas City to all points Southwest via M. K. & T. Ry., June 15th and 19th. Tickets good 30 days returning with stopovers in both directions.

To Dallas, Ft. Worth, Waco, Houston, Galveston, San Antonio, Corpus Christi, Brownsville, Laredo and intermediate \$20 points \$20

To El Paso and intermediate points \$26.50

To Kansas, Indian Territory, Oklahoma and northern Texas points, one fare plus \$2.00, no rate higher than \$20

Correspondingly low rates from all points: From Chicago, \$25; from St. Paul, \$27.50; from Omaha and Council Bluffs, \$22.50

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Blossom House, Kansas City, Mo.

MKT
"SOUTHWEST"

Save the Pennies
You Can Buy the Big Ten Cake Package of

On Time Yeast

for 5 cents, warranted by the On Time Yeast Company to give satisfaction or money refunded.

Two packages of "On Time" will cost you 10 cents and are equal in weight to three packages of any other brand for which you will pay 15 cents.

The extra nickel is worth as much to you as to the manufacturer of the seven cake package. Use On Time Yeast and get Ten Cakes for 5 cents instead of seven.

Ask Your Grocer for On Time Yeast

PATENTS FOR PROFIT
must fully