

and how to cure them. Mrs. W. G. Davis, of Groesbeck, Texas, says: "Backaches hurt me so I Snells of dizziness and sick headache were frequent and the action of the kidneys was irregular. Soon after I began taking

Doan's Kidney Pills I passed several gravel stones. I got well and the trouble has not returned. My back is good and strong and my general health better."

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

#### SCINTILLATIONS

Double dealing ends in divided divi-Our seeking always secures His

As soon as a nation becomes heart

less its case is hopeless. Codfish culture is never complete un

til conscience is killed. Every time you put out any new

life some old leaves drop off. Slander is bad breath; its evidence applies only to its source.-Ram's

Horn.

Willing to Oblige. "Give me the city hall, please," said the lady to the conductor of the street

"I should be glad to do so, madam, replied the conductor, who was a new man and had been greatly impressed by the rules of the company, which insisted upon employes being courteous and obliging "I should indeed be glad to do so, but the lady over there with the green feather in her hat asked for the city hall before you got on the car. Is there any other building that would suit you just as well?"-Detroit Free Press

#### Just What You Want.

The most complete Lithographic Man (Size 32x35) of that part of the Wind River or Shoshone Ingian Reservation in Wyoming to be opened for Compiled under direction John T. Wertz, Former United States Special Allotting Agent for this Reservation-from U. S. Gov't Surveys showing Townships, Fractional Town-Sections, Lots, Mountains, Rivers, Creeks and Streams, Allotments to Indians, Proposed Railroads, Proposed Irrigation Ditches, Wagon Roads, Trails, Fords, Ferries, Bridges, Big Horn, Hot Springs, Military Post, Agency, and principal towns near Every Homeseeker, Prospector and Engineer should have this map, as with it he can make his own selection of land, and know just where he is at. The above maps can be secured of S. D. Childs & Company 200 Clark Street, Chicago, Ill., at rate

NOTE.-For information as to character of land apply to John T. Wertz, Lander or Shoshone, Wyoming,

#### Ethics. "Do you think we will ever be able

to communicate with Mars?" "My dear sir," answered the astron-"you surely do not think I would spoil pages of magazine articles yet to be written by endeavoring to

prove the contrary. It would be very

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. Time to Get Busy. Her Husband-I thought you were going to visit your mother.

His Wife-And so I am. "Well, you had better begin to pack your trunk at once. The train leaves in 48 hours."-Chicago Daily News.

## Real Merit.

Mrs. Skimkins-How do you like your new boarding house? Mr. Jobkins-Oh! the rooms are fair, the table is only tolerable, but the gossip is excellent.-Hotel Life.

When all of the pretty little home ornaments go into the daughter's room the son is very apt to look for his pleasant things down town.

## FAINTING SPELLS

Cured by Dr. Williams' Pink Pills, the Remedy Which Actually Makes New Blood.

Anæmia makes the patient short of breath so that there is often a sense of suffocation, sometimes there is a cough and the sufferer seems to be going into consumption, at others there is a murmur of the heart and heart disease is feared. In the following case severe fainting spells were an alarming symptom resulting from "too little blood."

Mrs. George Forrester, of 7 Curtis thoroughly mix with the yolks and street, Watertown, N.Y., says: "Some time ago I took a heavy cold and it left me in a very weak condition. I became worse and worse until finally I had anæmia. I lost flesh and appetite, sugar. Sift one cup flour with one heaping teaspoon baking powder and add to the other ingredients. Flavor to taste. Put in an oblong pan and hake at once in a moderate oven. had no color and was subject to fainting spells. Sometimes they would attack me suddenly and I would fall to the floor Bake it light, to avoid cracking in rolling. While hot remove from the pan, spread with currant jelly. Roll at

with hardly any warning.

"I had one of our best physicians, but after he had been attending me about a month without any improvement in my condition, I decided to see what Dr. Williams' Pink Pills would do. "The pills were well known to me

for, about two years before, members of my family had taken them with the best results. I soon found that the pills were just what I needed for I soon began to notice an improvement. After I had taken them a while longer I was entirely cured, and we all believe in Dr. Williams' Pink Pills and recommend the center of each square put a heap-

them highly."
Dr. Williams' Pink Pills actually make new blood. They do that one thing and they do it well. Impoverished blood is deficient in red corpuscles. Dr. Williams' Pink Pills increase the number of these red corpuscles and in this way send health and strength to every tissue.

All druggists sell Dr. Williams' Pink Pills or they will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Wil-liams Medicine Co., Schenectady, N. Y. a never-wear-out grade, and some of the prettiest of everyday dresses are

PIT & PITLESS SCALES. For Steel and Wood Frames, \$25 and up. Write us before you buy. We save you money. Also Pumps and Wind BECKMAN BROS., Des Boises, lowa

#### NICE ASPARAGUS DISHES. This Delicate Vegetable May Be Used for Soup and Salad, Creamed

time. There is no dust flying, no inand with Eggs. sects are in the air at that time ready The Ladies' World has an interto commit suicide by suffocation in esting article by Mary Foster Snider the coat of fresh paint. The atmosgiving direction on how to cook asparpheric conditions are also favorable agus in different ways and make savory dishes. Attention is called to the could hardly stand. fact that difficulty is often experienced in properly cooking this vegetable. It is suggested by this writer that if the stalks are cut into equal length and then stood upright in the sauce pan after being immersed in water to 'wo-

bunch of asparagus, cut off the tips.

boil five minutes, then drain. Then

cover with three pints of soup stock

and add a third of the reserved tips.

enough to press through a sieve or

colander, and leave only the fiber be-

hind; then return the soup and pulp

It to a boil; drop in the remainder of

gently in another saucepan until ten-

ier. Heat one cupful of cream or

rich milk in another boiler, and thick-

en with two level tablespoonfuls each

of flour and butter rubbed smoothly

together; add to the soup and let boil

a few minutes longer, then serve at

Cream of Asparagus Soup.-Cook one

bunch of asparagus in one quart of wa-

ter with a sprig of onions. When the

esparagus is tender, rub all through a

sieve, mashing and rubbing through

all but the fiber. Return the pulp and

soup to the fire, season with salt, white

pepper and celery salt, and add one

pint of milk. Let it come to a boil

thicken with one level tablespoonful

each of flour and butter rubbed smooth-

ly together, and simmer ten minutes

Escalloped Asparagus.-Boil aspara-

gus until tender, then drain, and

place a layer in a buttered baking dish

bread-crumbs. Sprinkle the asparagus

with chopped hard-boiled eggs, pepper

salt and grated cheese, and proceed in

this way until a pan is full, having the

top layer of asparagus. Pour over it

a cupful of thin white sauce, sprinkle

with buttered crumbs, and brown deli-

baking powder biscuits, hollow them

out, and fill with creamed asparagus

Serve very hot with cream sauce

Asparagus with Eggs.-Boil aspara

gus until tender, then place in a but-

tered baking-dish; season delicately

with salt, pepper, and a pinch of nut-

meg. Beat the yolks of four eggs un-

cream, two level teaspoonfuls of but-

ter, a little more seasoning, and the

whites of the eggs beaten to a froth

Pour over the asparagus, set in a hot

even, and bake until the eggs are set.

Asparagus Salad.-Ice cooked aspar-

especially if the iced asparagus tips

Chicken Asparagus Cases.-Mash one

cupful of cold cooked asparagus with

one cupful of hot mashed potatoes, add

one-half cupful of fine dry bread-

crumbs, salt and pepper to taste, and

two well-beaten eggs. Form into little

boxes or baskets, brush with soft but-

ter, sprinkle well with fine bread-

crumbs, and set in a hot oven until

heated through. Fill with diced creamed

chicken or veal, which has been kept

hot on the top of the stove, and serve

at once. Careful handling is neces-

little cases.-Prairie Farmer.

sary with these pretty and delicious

To Save Table Cloths.

to be much disturbed over the fre-

quency with which she had to renew

her table linen, and especially the

tablecloths. At last she hit this plan:

When she buys her linen, she sees to

it that it is wider than necessary, and

also a few inches longer. Then when

the edges show the slightest indication

of wear, she immediately takes off a

strip from one side, four or six inches

wide, and a strip from the end. This

ferent place, and her cloth lasts just

as long again. Isn't it well worth try-

Rolled Sponge Cake.

one cup sugar and two tablespoons

sweet milk. Beat the whites stiff and

lay on a towel wet in cold water and

once and sprinkle with powdered

Make a good biscuit dough and roll

It rather thinner than for biscuit. Cut

into pieces about three inches square.

Wet the edges with cold water and in

ing tablespoonful of cooked meat, well

seasoned and chopped fine. Fold the

opposite corners together, pinching the

edges so that they will not come apart

in baking and bake for about 15 min-

Children's Everyday Clothes.

For everyday wear, children are

wearing linen dresses, and linen of

the most durable nature. The mate-

rial comes this season in practically

made out of it. Embroidered bands

are ever so fashionable this season

and the embroidery is done in white

or in colors, both being fashionable.

utes in a hot oven.

Beat the yolks of three eggs with

A friend with a large family used

iced green peas.

Asparagus in Baskets.-Make good

cately in a hot oven

passed in a sauce boat.

once with croutons.

at that season for proper drying and increased life of the paint. It should be a habit with every property owner every spring to look over his buildings, etc., and see if they need repainting; not merely to see if they "will go another year," but whether the time has not come thirds of the way to the tips so that for putting in the proverbial "stitch the latter is cooked by the steam only, in time" which shall eventually "save there is less danger of over cooking nine." For one coat of paint applied the tips while the butts are not unjust a little before it is actually needderdone. A half hour cooking is said ed will often save most of the paint to be enough by this method, unless on the building by preventing it from the butts are unusually tough. Of letting go and causing endless trou course the coarse butts should always | ble and expense. Asparagus Soup. - Wash a large

Paint lets go because linseed oil, which is the "cement" that holds all good paint together, gradually decays cover the stalks with cold water, and or oxidizes, just as iron exposed to air and dampness will slowly decay or oxidize. The water and oxygen in the air are the cause of the trouble in both cases, and the only reason, Cook until the asparagus is soft outside of its beautifying effect, that we apply paint to wood or iron is because we want to keep water and to the fire, season to taste and bring air away from them. Live paint, that is paint in which the linseed oil the tips, which have been cooked is still oily, does this very effectually; but dead paint, that is paint in which the oil is no longer oily, is no more impervious to air and water than a single thickness of cheese cloth would be. If then we apply a fresh coat of oily paint before the old paint is dead, the oil from the new coat will penetrate the old coat, and the whole coating will once more become alive; and this method of ren-

BUYING PAINT.

ovation may go on indefinitely. This explains why it is better econ omy to repaint a little before it becomes absolutely necessary than a little after. When the paint is once dead the fresh coat will pull the whole coating off.

In the days when repainting meant a general turning of things upside down, a two-weeks' "cluttering up" of the place with kegs, cans and just before serving.-N. Y. Post. pails, a lot of inflammable and illsmelling materials standing around, etc., the dread of painting time was which has been well sprinkled with natural. So was the dread of soapmaking time, of shirt-making time, of candle-moulding time and the like. But we live in an age when soap comes from the store better and cheaper than we can make it, when shirts are sold ready made for less than we can make tallow candles, pay the painter for putting on the

paint. When it comes to picking out the should be a paint chemist, any more than one should be an oil chemist when buying kerosene, or a departtil light, add two tablespoonfuls of ing soap. All that is necessary to insure a fair show is some knowlagus tips and mix them lightly with linseed oil paint for the price of linseed oil alone. It can be taken for leaves with a little French dressing granted when anyone offers to sell poured over. A cream mayonnaise is dollar bills at a discount, he is baitalso a delightful accompaniment, and ing a hook for "suckers." So it can be taken for granted when anyoneare mixed with an equal amount of whether mail order house, paint manufacturer or dealer-offers paint too cheap, he is bidding for the trade of "suckers," no matter what his

But paints sold in responsible stores under the brands of reputable manufacturers are all good products. differing from one another in the less important matter of the solid pigments contained, but practically alike in having their liquid portions composed essentially of pure linseed oil. The competition of the better class of paints has driven inferior goods practically out of the market, and no manufacturer of standing now puts out a poor paint, under his own

name at least. As to guarantees on paint, they can be taken for what they are worth. Any reputable manufacturer will make good any defect actually traceable to the paint itself and not to improper use or treatment of it. The really important guarantee which the paint buyer should exact from his dealer is that the paint is made by a manufacturer that knows his business and that the paint itself has a of course throws the wear upon a dif- record. If he secures this guarantee he can afford to chance the rest of it-the paint will undoubtedly give good service if properly applied according to directions.

> Only Wanted a Square Deal. "Prisoner," said the judge, "stand up. Have you anything to say why judgment of the court should not be

pronounced against you?" "I'd like to say, your honor," answered the prisoner, "that I hope you will not allow your mind to be prejudiced against me by the poor de fense my lawyer put up for me. I'll take it as a great favor if your honor will just give me the sentence I'd have got if I had pleaded guilty in the first place,"-Chicago Tribune.

Ketchum A. Cummin-Have you decided where you will spend the summer months?

Hedzi Wynne-Yes: I have decided to spend them at any darned place my wife and daughters can agree upon. Saves me a heap of trouble.-Chicago Tribune.

Pointer for Percy. Nell-Percy Vere was telling me that he still hopes to have the luck to win you. Belle-Well, Percy will find that it

takes more than luck to win me. I'm no raffle.-Philadelphia Ledger. Even though a man can not lift himself by his bootstraps, it is within reason and experience that he may ele-

vate himself to enviable nights with

his own hot air. Prosperity has ruined many a man, but if a fellow is going to be ruined at steam will cure the inflammation. all that is the pleasantest way.

#### COOKING APRICOTS.

New Dish Accidentally Evolved Springtime-after the weather has become well settled—is painting Which Proved Very Pleasing and Also Economical

> A cook the other day accidentally evolved a new dish. In stewing apricots, she found that she had more juice-which was really a thick sirup, so much sugar had been used-than she wished to send to the table with the fruit. She therefore soaked a little gelatine, and poured over it the not apricot juice, to which she had added a very little-half a teaspoonful -bitter almond extract. When the gelatine was thoroughly dissolved and nixed with the juice, she poured the nixture in a mold, using for the purpose one of the cake tins that have fluted sides and a hole in the middle. The next day she carefully renoved the jelly to a rich dark-blue platter, where it looked very pretty with its orange coloring. The hole in the center was filled with whipped cream, and a dessert sent to the famly that cost almost nothing of either money or labor. Of course a ring nold could be used to even better ad

> A very good shortcake is made from the best quality of canned apricots Drain the juice away from the fruit, and cut it in small pieces. Set in a warm place, and proceed to mix the take. This calls for one cupful of flour, four teasponfuls of baking powder, two teaspoonfuls of sugar, and 'ralf a teaspoonful of salt sifted to gether. Into this work four table spoonfuls of butter, add three-fourths of a cupful of milk, and stir into a light dough. Roll in a floured bowl and when one-fourth of an inch thick cut into generous squares. Brush the squares with melted butter, lay one on top of the other, and bake in a hot oven. When done, separate the pieces spread the fruit between the layers and on top, and pile whipped cream over all. A sweet sauce which may be served with the shortcake is made by adding to a cupful of the fruit juice one tablespoonful of cornstarch wet in a little water and boiled for a few minutes. A tablespoonful of butter is melted into the sauce and a ta blespoonful of lemon juice is added

#### EASILY GROWN VINES.

Boston Ivv and Virginia Creeper Two Stand-Bys-Some Beautiful Blossoming Vines.

Not alone may the veranda be beautified with vines. The wall of a than we can buy the materials, when brick or stone house may be given a we can burn coal oil or gas cheaper living coat of green, which will be a joy to the lovers of nature. The Bosand when all we have to do when we ton ivy and the Virginia creeper, two want to repaint is to pick out our vines known through America, cling colors from the card at the store and to walls without support, and so are especially useful for this purpose The former is not as hardy as the latter, but in the middle and south paint it is not necessary that one ern latitudes it succeeds well and forms a beautiful mass against a wall. The Virginia creeper is perfectly hardy. It will hide ugly stone fences ment store buyer when selecting outbuildings and dead trees, trans

shirts, or a soap chemist when buy. forming them into things of beauty. The rapid growing Virgin's Bowe is an excellent vine for a veranda edge of the character of our paint giving a dense shade. It presents a dealer and the reputation and stand- snowy bank of star-shaped white flow ing of the maker of the paint offered. ers of delightful fragrance, which last finely-minced young onion. Serve ice- Nor must one expect to buy a pure for several weeks. A companion va riety, Clematis coccinea, has rose-colored flowers, which resemble halfclosed rose beds from a distance. The wistaria is a good vine for a trellis, but is somewhat coarse for most verandas, being better suited for the rustic house or pergola, where its delightful purple flowers hang in graceful profusion. The Crimson Rambler rose vine is perhaps one of the surest, hardiest and most satisfac tory of vines, admirably suited for the veranda or almost any other place It grows rapidly and blooms in great abundance. Bitter sweet is an excel lent vine of rich foliage, which be comes highly colored in the autumn and is often followed by a mass of scarlet fruit which hangs for a long time.-Brooklyn Eagle.

## AQUARIUM HATCHERY WORK

Nearly a Million Young Fry Turned Out This Season in New York Hatchery.

Very nearly 100,000 little fishes-their number computed at 998,000, to be exact-have been hatched out in the Aquarium's model hatchery thus far in the present season, the last to be turned out to date being a big lot of yellow perch, some of these from eggs of specimens in the Aquarium, and some from eggs received from the state fish hatchery at Cold Spring Harbor, says the

New York Sun. These yellow perch will be used for restocking with this species the waters in the city parks, and many have already been placed in the lake in Pros-

Next before the yellow perch hatched out here in the present season, were a large lot of salt water smelts, these also from eggs received from the Cold Spring hatchery. The salt water smelt goes up into inlets in the spawning season, and like the shad, for instance, up streams to spawn. The young smelts hatched out in the Aquarium's hatchery were put over the Battery sea wall immediately back of the building into

the Hudson. Before the liberation of the young smelts there had been sent out from here for planting in various state waters, all hatched in the Aquarium's hatchery, young whitefish, rainbow trout, lake trout and hump-backed

Among eggs yet to be placed in the hatchery in the present season are pike perch eggs from Vermont, black spotted trout eggs from South Dakota, and the eggs of grayling trout from Montana

The Aquarium's hatchery, with its eggs seen in hatching troughs and jars, and its hatched out young fishes in various stages of development in troughs and banks, is an object of unfailing interest to visitors.

Take a lump of resin as large as a walnut, put it in an old teapot, pour boiling water on it, put the lid on, put the spout to your mouth, and the

DISFIGURING SKIN HUMOR.

Impossible to Get Employment, as Face and Body Were Covered with Sores-Cured by Cuticura.

"Since the year 1894 I have been roubled with a very bad case of ecema which I have spent hundreds of lollars trying to cure, and I went to he hospital, but they failed to cure ne, and it was getting worse all the ime. Five weeks ago my wife bought box of Cuticura Ointment and one ake of Cuticura Soap, and I am pleased to say that I am now completely cured and well. It was impossible for me to get employment, is my face, head and body were covered with it. The eczema first appeared on the top of my head, and it and worked all the way around down he back of my neck and around to my hroat, down my body and around the nips. It itched so I would be obliged o scratch it, and the flesh was raw. I am now all well, and I will be pleased to recommend the Cuticura Remedies to all persons who wish a speedy and permanent cure of skin liseases." Thomas M. Rossiter, 290 Prospect Street, East Orange, N. J. Mar. 30, 1905.

Troubles of Spring Days. These are the days when the old hen gets in her work assisting the radishes to come up; when the house dog begins a system of excavating in the flower beds and when the neighbor's old cow walks leisurely across the freshly prepared lawn. - Chapman (Kan.) Outlook.

#### Disappointed.

"So Mrs. Nurich was held up and robbed. How did she feel about it?" "Oh, she's fearfully mad. Only had five cents in her pocket book at the time, you know, and she's afraid people will think she hasn't any money." -Detroit Free Press.

Pat's Idea of an Isand. Teacher-Patrick, describe an island. Patrick-Shure, ma'am, it's a place re can't lave widout a boat.-Pilgrim.

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

AVegetable Preparation for As-

similating the Food and Regula

INFANTS & CHILDREN

Promotes Digestion.Cheerful-ness and Rest.Contains neither

Opium Morphine nor Mineral

Aperfect Remedy for Constipa-tion, Sour Stomach, Diarrhoea Worms, Convulsions, Feverish-

ness and Loss of SLEEP.

Fac Simile Signature of

Cast flateter. NEW YORK.

At6 months old

EXACT COPY OF WRAPPER.

35 Doses - 35 CENIS

NOT NARCOTIC.

ting the Stomachs and Bowels of

Nothing comes so near to "censure' as "good advice."-Judge.

PERHAPS IT CURED HIM.

Maybe the Wife Had Been Out, Maybe Not, the Effect Was

Capt. Mark Casto was being congratulated on his gift of \$1,500 from the Carnegie here fund for bravery in the wreck of the Cherokee, relates the New York Tribune.

"The gift was unexpected," said Capt. Casto with a modest smile. "It was as unexpected, though by no means as unpleasant, as the retort tuat a wife made to her husband when he came home at three o'clock in the morning.

"The man came home very quietly. In fact, he took off his shoes on the front doorstep. Then he unlocked the door and went cautiously and slowly upstairs on his tiptoe, holding his breath.

"But light was streaming through the kephole of the door of the bed room. With a sigh he paused. Then he opened the door and entered. "His wife stood by the bureau fully

"I didn't expect you'd be sitting up for me, my dear,' he said.

"'I haven't been,' she said. 'I just came in myself."

#### Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, freesuits in curing catarrh. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O.

Sold by Druggists, price 75c. Take Hall's Family Pills for constipation Knicker-Was it a miscarriage of

justice? Bocker-Worse; it was a misauto.-N. Y. Sun.

Ingenuity of the Lazy Genius. There is no doubt that the average loafer displays considerable genius in keeping out of a job .- Brookfield (Mo.) Gazette.

Lewis' Single Binder — the famous straight 5c 'eigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

A man who sticks to the truth seldom talks about himself.

## A CRITICAL PERIOD

**INTELLIGENTWOMEN PREPARE** 

Dangers and Pain of This Critical Period Avoided by the Use of Lydia E. Pink. ham's Vegetable Compound.



How many women realize that the most critical period in a woexistence is the change of life, and that the anxiety felt by women as this time draws near reason?

If her system is in a deranged condition, or she is predisposed to apoplexy or congestion of any organ, it is at this time likely to become active and, with host of nervous irritations, make life

At this time, also, cancers and tumors are more liable to begin their destruc tive work. Such warning symptoms as sense of suffocation, hot flashes, dizziness, headache, dread of impending evil, sounds in the ears, timidity, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude are promptly heeded by intelligent women who are approaching the period of life when woman's great change be expected.

We believe Lydia E. Pinkham's Vegetable Compound is the world's greatest remedy for women at this trying period. Lydia E. Pinkham's Vegetable Com-

bound invigorates and strengthens the female organism, and builds up the weakened nervous system as no other medicine can.

Mrs. A. E. G. Hyland, of Chester-town, Md., in a letter to Mrs. Pinkham, says: Dear Mrs. Pinkham:-

"I had been suffering with a displacement "I had been suffering with a displacement for years and was passing through the change of life. I had a good deal of soreness, dizzy spells, headaches, and was very nervous. I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me, and I have passed safely through the change of life a well woman."

For special advice regarding this important period women are invited to write to Mrs. Pinkham, Lynn, Mass She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Her advice is free and always helpful to ailing women.

# CASTORIA The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

and has been made under his perhat Hillitain Sonal 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

# What is CASTORIA

Infants and Children-Experience against Experiment.

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic and allays Feverishness. It cures Diarrhœa 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 hat Helitcher. The Kind You Have Always Bought

In Use For Over 30 Years

THOUGHTS FOR QUIET HOUR

Don't call the world dirty because you have forgotten to clean your

If your religion is of the kind that can be easily hidden it can as easily be lost. The only reason some men won't go

to the church is because they are not invited into the pulpit. If you want to make a rich man understand you must touch his pocket-

The people who are too lazy to prepare always have a lot to say about the way the prizes are distributed.

Kicker by Habit. "That man began to kick the minute he entered the office," said the hotel

"Yes," answered the proprietor. "Ha behaves as if he had always been used to the worst of everything."-Wash-Ington Star

DODD'S KIDNEY

PATENTS for PROFIT

OKLAHOMA PUBLIC LANDS Half Million ser

**ALLEN'S FOOT-EASE** DO NOT ACCEPT A SUBSTITUTE.

Women cannot possibly be

strong, while suffering from

any of the diseases peculiar

to their sex. Even if you do

not feel weak, the weakness

of your system is there, and

is a constandanger. I Put

strength into your frame

**WOMAN'S RELIEF** 

It gives you strength, where

you most need it. It relieves

pain. It regulates unnatural

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

is made by the latest and best scientific research have thus far discovered. Every detail of the manufacture is

under the most careful supervision. We guarantee absolute clean-liness and purity to the least detail. You can buy a Ten Cake package of this splendid yeast for Five Cents. Ask your grocer for it and insist that he furnish you ON TIME YEAST and not something "just as good" with but 7 Cakes of inferior yeast.

Ask Your Grocer for On Time Yeast <del>}</del>

YOU CANNOT

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

ditions of the mucous membrane such as

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