

WEAK, PALE, THIN

Dr. Williams' Pink Pills Restored Mrs. Robbins to Health and Cured Her Daughter of Anaemia.

Mrs. J. C. Robbins, of 1121 Clar St., Decatur, Ill., says: "I was weak, thin and troubled with headaches. My appetite failed so that I did not relish my food. I was unable to do my work because my limbs pained me so and my feet were swollen. I got numb and dizzy, my tongue seemed at times to be paralyzed so that I couldn't speak distinctly. My extremities, when in this numb state, felt as if some one was sticking needles into me all over their surface. Through my shoulders at times I had such pain that I couldn't sleep. Many times I awoke with a smothering sensation. "When the physician's remedies failed to benefit me I began to look for something that would. My sister, Mrs. McDaniel, of Decatur, recommended Dr. Williams' Pink Pills to me and I at once purchased some. I was greatly encouraged when I saw how they acted on my nervous condition and continued using them until cured. I am now able to attend to my duties and have not consulted a physician since.

"I also gave them to my daughter who had always been weak and who at this time seemed to lack vitality. Her cheeks were colorless and she was thin and spiritless. She had anaemia and we feared consumption, because every time she went out doors if it was at all cold or damp she would take cold and cough. But Dr. Williams' Pink Pills brought color back to her cheeks and strength to her body."

Dr. Williams' Pink Pills are sold by all druggists, or sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Co., Schenectady, N. Y.

PENMANSHIP A FINE ART.

Typewriting Has Not Driven Hand Work from the Field.

There is a renaissance in penmanship, despite the speedy comforts of the typewriter. Ten years ago it probably would not have occurred to anyone to show a page of manuscript at an exhibition; to-day pages or books of script form a feature of every show which takes to itself the name of arts and crafts. Some of the work is in Roman capitals, but the form of letter usually adopted is the uncial or half-uncial. Apparently all the writers have founded themselves in these models. Within these last few years not only has the art attracted a good deal of attention, but it has become quite the rage, so that in some circles it creates no more surprise now to learn that an amateur is taking lessons in script than it would have done some years back to be told that he or she had taken to poker work. From one viewpoint it is difficult to say where writing ends and illustration begins, but though in the recent revival the two arts naturally have gone hand in hand, the scribe and the illuminator are not necessarily one and the same person. Some of the illuminations show most elaborate and minute figure decoration, so delicate in coloring and so refined in treatment that it challenges comparison with the best of old work.

Oldest Living Scotchman.

James Grieve, who was born in Borehill, Glenquoich, in Glenquoy, on New Year's day, 1800, is the oldest living Scotchman. He was a shepherd up to a few years ago. He can remember incidents of nearly a century ago. He lives very simply and seldom eats meat. He married in 1822, and three of his 14 children survive.—Greenoch Herald.

MORE BOXES OF GOLD

And Many Greenbacks.

325 boxes of Gold and Greenbacks will be sent to persons who write the most interesting and truthful letters of experience on the following topics:

1. How have you been affected by coffee drinking and by changing from coffee to Postum.
2. Give name and account of one or more coffee drinkers who have been hurt by it and have been induced to quit and use Postum.
3. Do you know any one who has been driven away from Postum because it came to the table weak and characterless at the first trial?
4. Did you set such a person right regarding the easy way to make it clear, black, and with a snappy, rich taste?
5. Have you ever found a better way to make it than to use four heaping teaspoonsful to the pint of water, let stand on stove until real boiling begins, and beginning at that time when actual boiling starts, boil full 15 minutes more to extract the flavor and food value. (A piece of butter the size of a pea will prevent boiling over.) This contest is confined to those who have used Postum prior to the date of this advertisement.

Be honest and truthful, don't write poetry or fanciful letters, just plain, truthful statements.

Contest will close June 1st, 1907, and no letters received after that date will be admitted. Examinations of letters will be made by three judges, not members of the Postum Cereal Co., Ltd. Their decisions will be fair and final, and a neat little box containing a \$10 gold piece sent to each of the five writers of the most interesting letters, a box containing a \$5 gold piece to each of the 20 next best, a \$2 greenback to each of the 100 next best, and a \$1 greenback to each of the 200 next best, making cash prizes distributed to 325 persons.

Every friend of Postum is urged to write and each letter will be held in high esteem by the company, as an evidence of such friendship, while the little boxes of gold and envelopes of money will reach many modest writers whose plain and sensible letters contain the facts desired, although the sender may have but small faith in winning at the time of writing.

Talk this subject over with your friends and see how many among you can win prizes. It is a good, honest competition and in the best kind of a cause, and costs the competitors absolutely nothing.

Address your letter to the Postum Cereal Co., Ltd., Battle Creek, Mich. writing your own name and address clearly.

HOW TO MAKE MAYONNAISE.

Recipe That is Sure to Please the Most Fastidious.

To make mayonnaise is indeed a fine art in cookery; unless the greatest care is observed the dressing will be either too thick or too thin, or it will curdle at the stage when the oil is poured in. Here is a famous recipe for mayonnaise that cannot fail to please the most fastidious:

Beat the yolks of two eggs until they are creamy and then add, very slowly, three or four tablespoonsful of high-grade salad oil, and next two tablespoonsful of vinegar, slowly, as the oil is poured. Here is a famous recipe for mayonnaise that cannot fail to please the most fastidious:

Beat the yolks of two eggs until they are creamy and then add, very slowly, three or four tablespoonsful of high-grade salad oil, and next two tablespoonsful of vinegar, slowly, as the oil is poured. Here is a famous recipe for mayonnaise that cannot fail to please the most fastidious:

ADDING A PILLOW RUFFLE.

Work Requires Care and Attention for Success.

In putting a ruffle on a sofa pillow be sure to allow plenty of fullness at the corners. Baste it carefully, with the right side of the ruffle to the right side of the embroidered front; on top of this baste the other half of the pillow, right side in. Sew in a seam an eighth of an inch deep around three sides, leaving a big enough space on the fourth side to turn the cover and slip in the pillow.

When the cover is turned and pressed the pillow should be put in, care being taken to work it down well to the corners. The real pressing, by the way, if an embroidered top is used, should be done before the back is basted on, leaving just a final "rub off" for afterward. As embroidery must always be pressed on the wrong side, and preferably on some soft, thick substance, the iron should be slipped inside the cover. Be sure, first, that it is not hot enough to scorch.

After the pillow is in, the cover may have the open edges neatly blind-stitched together, or they can be turned back, whipped to prevent fraying and fastened with small hooks and buttonhole loops.

Spinach Cream Soup.

Put your spinach into a saucepan with a cupful of cold water, and bring to a fast boil. Keep this up until the spinach is tender and broken to pieces. Turn into a chopping tray, straining off the water in which it was cooked, but not draining the vegetable. It must be quite moist. Chop very fine and run through the vegetable press. It should be a soft paste. Have ready a scant quart of boiling milk in a farina kettle. Never forget to drop a pinch of soda into milk when you boil it. In a frying-pan melt two tablespoonsful of butter and stir into it a tablespoonful of flour. Cook and stir smooth, and add to the spinach paste. Let the whole simmer for a minute. Pour in the hot milk, stirring all the time; take from the fire, season to taste with salt, pepper, a little sugar and a dash of nutmeg and pour out. Strew bits of fried bread on the surface of each plateful.

Sewing Hints.

Metal eyes which protrude beyond the edge of the material, where a hook and eye fastening is employed, should always be carefully and neatly covered with buttonhole stitching. Needles should never be kept in flannel-lined needle books, as sulphur often enters into the composition of this material. Sulphur invariably rusts the needles in time.

Bent pieces of whalebone can be strengthened by being placed in cold water for two or three hours. This will make them pliable. They should then be pressed under a heavy weight.

When making a skirt it is always best to try it on the first time on the wrong side, then reverse it and finish it on the right side.

Love Cakes.

Mix with one pint of sifted flour one-half teaspoonful of salt and half a pint of cold butter. Work together until of the consistency of meal; then add just enough cold water to mix into a dough and roll out one-eighth inch thick and cut into hearts. Pierce some of them with an open-toothed pin, and use as the tops for the unpierced ones after they are baked. When these pastries are cold spread the bottoms with currant jelly and place the tops on. Serve in a pretty basket lined with rose foliage.

Banana Compote.

Make a syrup of four tablespoonsful of water and four tablespoonsful of sugar; add the rind of one-half lemon, two cloves, one inch of stick cinnamon; cook ten minutes; then drop into the syrup six bananas cut into fourths. It is best to cook just enough pieces of banana at a time to cover the bottom of the sauce pan. When the fruit becomes transparent and soft take it up carefully, put into a pretty dish and pour over the syrup. Cool and serve with whipped cream slightly sweetened and flavored with lemon.

Vermicelli Pudding.

Boil one cupful broken Italian vermicelli in well-salted water to cover for ten minutes, then add to a pint and a half boiling milk. Simmer 20 minutes in a double boiler, then take from the fire and pour over four well-beaten eggs stirred together with one cup sugar and a large tablespoonful butter. Flavor with a teaspoonful vanilla, turn into a well-buttered pudding dish and bake in a rather slow but steady oven for half an hour. Serve with cream sauce.

Dried Dates.

Dried dates make a nice breakfast fruit if slightly steamed in boiling water and served with rich cream, either hot or cold; they are a wholesome fruit for everybody to take at this time of year.

HEREDITY IS NOT ALL.

Physicians Now Believe Less in Transmission of Disease.

Medical men are coming round to the view that it is the personal history that is of primary importance, or, in other words, that a man's own manner of life, his record of health, and his circumstances should be more carefully considered than the illnesses that his ancestors died of. Dr. Rabagliati, a medical examiner for insurance companies, who is well known in the profession which he adorns, and of high repute in the north of England, has devoted much thought to this question of heredity from a life insurance point of view. In his opinion it is not so much disease that is transmitted from one generation to another, but organization, or "humanity," as he expresses it. Any member of the human family may suffer from any disease to which humanity is subject, and when an individual so suffers it is the cause of the ailment that must be inquired into. Exposure to this or that set of conditions brings varying results. If the body is exposed to one set of conditions it will take on gout; if to another, consumption; if to a third, cancer; and so on.

SOME WIVES ARE DIFFERENT.

Quiet Cynicism, or Good Honest Row—Which is the Better?

"Most men," said the man of experience, "think it must be awfully nice to have a wife who takes things as coolly as Dave Potter's wife takes them; but others, more discriminating, prefer a good honest row to her style of quiet cynicism. The way she behaved the other day when she found a letter in Dave's pocket from a girl is an example of her method.

"I don't see," wrote this girl, "how on earth I can ever live without you."

"Dave's wife read that gush, and a lot more just like it, without ever turning a hair.

"Well," she said, quietly, "that girl is a fool. If she knew you as well as I do she would be wondering how on earth she could ever live with you."

"And that, in the opinion of the discriminating few, cuts a whole lot deeper than a common, everyday rum-pus."

PREPARE THIS YOURSELF.

Tells How to Make the Best Blood Tonic at Home.

For those who have any form of blood disorders; who want new, rich blood and plenty of it, try this:

Fluid Extract Dandelion, one-half ounce; Compound Karsagon, one ounce; Compound Syrup Sarsaparilla, three ounces.

Shake well in a bottle and take in teaspoonful doses after each meal and at bedtime. Any good pharmacy can supply the ingredients at small cost.

This is the prescription which, when made up, is called "The Vegetable Treatment;" by others, the "Cyclone Blood Purifier." It acts gently and certainly does wonders for some people who are sickly, weak and out of sorts, and is known to relieve serious, long-standing cases of rheumatism and chronic backache quickly. Make some up and try it.

Where it Hurt Most.

"Young gentlemen," said the college president, notwithstanding the fact that he was addressing the students, "young gentlemen, hazing must be stopped and stopped at once. It has injured the college more than any of you ever could guess. Only last week a gentleman declined to give us \$1,000,000 because there was so much hazing. Hazing is a bad thing financially."

"How about morally?" asked the student.

"Aw-aw, really, there may be something in that, but—aw—the point has never come up, and I—aw—the point is not prepared to answer. But the point is worth considering."—Chicago Journal.

Expect Contest Over Will.

A contest is expected over the will of Mrs. Isabelle Beecher Hooker, sister of Henry Ward Beecher. Mrs. Katherine Burton Powers of Brookline, Mass., granddaughter of Mrs. Hooker, is expected to contest the will. The bulk of the estate which is estimated at about \$70,000, is given to the son of Mrs. Hooker, Dr. Edward B. Hooker of Hartford. Mrs. John C. Day of New York, daughter of Mrs. Hooker, receives nothing "because," according to the will, "she and her daughter are so amply provided for by the estate of her late husband."

A man should never be ashamed to own he has been in the wrong, which is but saying in other words that he is wiser to-day than he was yesterday.—Pope.

COFFEE THRESHED HER.

15 Long Years.

"For over fifteen years," writes a patient, hopeful little ill woman, "while a coffee drinker, I suffered from Spinal Irritation and Nervous trouble. I was treated by good physicians, but did not get much relief.

"I never suspected that coffee might be aggravating my condition. I was downhearted and discouraged, but prayed daily that I might find something to help me.

"Several years ago while at a friend's house, I drank a cup of Postum and thought, I had never tasted anything more delicious.

"From that time on I used Postum instead of coffee, and soon began to improve in health, so that now I can walk half a dozen blocks or more with ease, and do many other things that I never thought I would be able to do again in this world.

"My appetite is good, I sleep well, and find life worth living, indeed. A lady of my acquaintance said she did not like Postum, it was so weak and tasteless.

"I explained to her the difference when it is made right—boiled according to directions. She was glad to know this because coffee did not agree with her. Now her folks say they expect to use Postum the rest of their lives." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pigs. "There's a reason."

MORTALITY REPORT

CONSUMPTION AND PNEUMONIA HEAD DEATH LIST.

Statistics Show That the Greatest Number of Deaths From Lung Trouble Occur in Winter.

The Bureau of Census has published a report presenting mortality statistics for the United States for the five calendar years 1900 to 1904.

As shown in the table, tuberculosis of the lungs and pneumonia were by far the leading causes of death. The greatest number of deaths from lung trouble occur during the winter months. Colds are so prolific of lung trouble that they should not be neglected. Persons with weak lungs should be especially careful.

A noted authority on lung trouble advises that as soon as a cold is contracted the following simple treatment should be given. The ingredients can be purchased from any prescription druggist at small cost and easily prepared in your own home. It is said to be so effective that it will break up a cold in twenty-four hours and cure any cough that is curable.

Take one-half ounce Virgin Oil of Pine (Pure), two ounces of Glycerine and eight ounces of good Whisky. Shake well and take in teaspoonful doses every four hours.

Be sure that the Virgin Oil of Pine (Pure) is in the original half-ounce vials, which are put up expressly for druggists to dispense. Each vial is securely sealed in a round wooden case, with engraved wrapper, with the name—Virgin Oil of Pine (Pure)—guaranteed under the Food and Drugs Act, June 30, 1906, prepared only by Leach Chemical Co., Cincinnati, O.—plainly printed thereon. There are many rank imitations of Virgin Oil of Pine (Pure) which are put out under various names, such as Concentrated Oil of Pine, Pine Balsam, etc. Never accept these as a substitute for the Pure Virgin Oil of Pine, as they will invariably produce nausea and never effect the desired result.

PREACHER AND THE POET.

Writer Speculates on Shakespeare as a Churchgoer.

Probably Shakespeare did his own thinking on questions of religion, said little, and conformed strictly to the existing order. Still we question if he was a good churchgoer. The town and church of Stratford had a decided bent toward Presbyterianism, and there is reason to think that he did not get on well with it in this respect. Himself the wisest of preachers, he does not seem to have been fond of preaching. That which sounds most like it—and very wise it is—comes from Polonius, whom he calls "a prating old fool." We fear that when he walked to church with his wife he went no farther than the porch, but strolled along the Avon, where he was found by Susanna and Judith on "a grassy bank" in close converse with "daisies pied and violets blue," and "herb-grace" as became Sunday. And in winter he was not sorry "when coughing drowned the parson's saw." The preacher and the poet have never got on well together, and will not until they are identically the same person, as Cardinal Newman says; and they must not divide and antagonize what God have joined together.—Theodore T. Munger in the February Atlantic.

CHILDREN TORTURED.

Girl Had Running Sores from Eczema—Boys Tortured by Poison Oak—Both Cured by Cuticura.

"Last year, after having my little girl treated by a very prominent physician for an obstinate case of eczema, I resorted to the Cuticura Remedies, and was so well pleased with the almost instantaneous relief afforded that we discarded the physician's prescription and relied entirely on the Cuticura Soap, Cuticura Ointment, and Cuticura Pills. When we commenced with the Cuticura Remedies her feet and limbs were covered with running sores. In about six weeks we had her completely well, and there has been no recurrence of the trouble.

"In July of this year a little boy in our family poisoned his hands and arms with poison oak, and in twenty-four hours his hands and arms were a mass of torturing sores. We used only the Cuticura Remedies, washing his hands and arms with the Cuticura Soap, and anointing them with the Cuticura Ointment, and then gave him the Cuticura Resolvent. In about three weeks his hands and arms healed up. So we have lots of cause for feeling grateful for the Cuticura Remedies. We find that the Cuticura Remedies are a valuable household standby, living as we do twelve miles from a doctor. Mrs. Lizzie Vincent Thomas, Fairmont, Walden's Ridge, Tenn., Oct. 13, 1905."

"Warfare" in Africa.

In the neighborhood of Lake Tchad, Africa, the other day, six negro troopers, commanded by a corporal, armed with carbines only, successfully defended a little mud fort against 500 warlike Taugres, and when the Taugres gave up the attempt and retired, the troopers sallied out and "punished" them.

Some men are like some horses; they will stand without hitching, but tie them to a post and they will proceed to kick over the traces.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough. 25c a bottle.

A toast—May the best you wish for be the worst you get.

PITMAN FADELESS DYES produce the brightest and fastest colors with less work and no muss.

Some men outlive their usefulness and some others are born without any.

You always get full value in Lewis' Single Binder, straight 5c cigar. Your dealer or Lewis' Factory, Peoria, Ill.

Many a man's idea of hospitality is to bring other men home and have his wife cook for them.

It isn't always policy to believe the man who tells you what he would do if he were in your place.

Panthers and Grizzly Bears. Skin Furs Pelts McMillan Fur & Wool Co., Minneapolis, Minn. Write for prices.

According to statistics nine-tenths of the men who commit suicide are married. Comment is unnecessary.

Garfield Tea, an absolutely pure and effective laxative. Made of Herbs. Take it to purify the blood, to overcome constipation and to eradicate rheumatism and chronic diseases.

Idleness and pride take with a heavier hand than kings and parliaments. If we can get rid of the former we can easily bear the latter.—Franklin.

Give Denance Starch a fair trial—try it for both hot and cold starching, and if you don't think you do better work, in less time and at smaller cost, return it and your grocer will give you back your money.

It is not enough that we swallow truth; we must feed upon it, as insects do on the leaf, till the whole heart be colored by its qualities, and show its food in every fiber.—Coleridge.

In a Pinch, Use ALLEN'S FOOT-EASE. A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

It is said of home-made troubles that they are very like home-made clothes, they never fit well, and they generally last longer than others.—Spurgeon.

STATE OF OHIO, CITY OF TOLEDO, ss. FRANK J. CHENEY makes oath that he is sole partner of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 4th day of December, A. D. 1906.


W. A. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Sold by all Druggists. Price, 50c. F. J. CHENEY & CO., Toledo, O. Take Hall's Family Pills for constipation.

If you have knowledge, let others light their candles at it.—T. Fuller.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of



In Use For Over Thirty Years

CASTORIA

THE GUENTHER COMPANY, NEW YORK CITY.

900 DROPS

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Prepared by Dr. J. C. FLETCHER, Proprietor, Lowell, Mass.

Facsimile Signature of Dr. J. C. Fletcher, NEW YORK.

At 6 months old 35 Doses—35 CENTS

EXACT COPY OF WRAPPER.

RHEUMATISM CURED



The Circulation Stimulated and the Muscles and Joints lubricated by using

Sloan's Liniment

Price 25c 50c & \$1.00 Sold by all Dealers

"Sloan's Treatise On the Horse" Sent Free Address Dr. Earl S. Sloan, Boston, Mass.

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W. N. U., OMAHA, NO. 10, 1907.

The General Condemnation of So-Called Patent or Secret Medicines

of an injurious character, which indulge in extravagant and unfounded pretensions to cure all manner of ills, and the

National Legislation Enacted to Restrict Their Sale

have established more clearly than could have been accomplished in any other way

The Value and Importance of Ethical Remedies.

Remedies which physicians sanction for family use, as they act most beneficially and are gentle yet prompt in effect, and called ethical, because they are of

Known Excellence and Quality and of Known Component Parts.

To gain the full confidence of the Well-Informed of the world and the approval of the most eminent physicians, it is essential that the component parts be known to and approved by them, and, therefore, the California Fig Syrup Company has published for many years past in its advertisements and upon every package a full statement thereof. "The perfect purity and uniformity of product which they demand in a laxative remedy of an ethical character are assured by the California Fig Syrup Company's original method of manufacture, known to the Company only.

There are other ethical remedies approved by physicians, but the product of the California Fig Syrup Company possesses the advantage over all other family laxatives that it cleanses, sweetens and relieves the internal organs on which it acts, without disturbing the natural functions or any debilitating after effects and without having to increase the quantity from time to time.

This valuable remedy has been long and favorably known under the name of Syrup of Figs, and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of Syrup of Figs and Elixir of Senna, as more fully descriptive of the remedy, but doubtlessly it will always be called for by the shorter name of Syrup of Figs; and to get its beneficial effects, always note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for Syrup of Figs, or by the full name, Syrup of Figs and Elixir of Senna, as Syrup of Figs and Elixir of Senna is the one laxative remedy manufactured by the California Fig Syrup Company, and the same heretofore known by the name, Syrup of Figs, which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act, June 30th, 1906.

CALIFORNIA FIG SYRUP CO.

San Francisco, Cal. Louisville, Ky. New York, N. Y. U. S. A. London, England.

Rings Round Eyes

Wine of Cardui

The ills peculiar to women, take different forms. Some ladies suffer, every month, from dark rings round their eyes, blotches on their skin and tired feeling. Others suffer agonies of pain, that words can hardly express. Whatever the symptoms, remember there is one medicine that will go beyond mere symptoms, and act on the cause of their troubles, the weakened womanly organs.

Mrs. M. C. Austin, of Memphis, Tenn., writes: "For five (5) years I suffered with every symptom of female disease, but after using the well-known Cardui Home Treatment, I was entirely well."

WRITE US A LETTER

Write today for a free copy of valuable 64-page illustrated Book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.