

A TERRIBLE EXPERIENCE.

How a Veteran Was Saved the Amputation of a Limb.

B. Frank Doremus, veteran, of Roosevelt avenue, Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mustered out of the army, but in all my life I never suffered as in 1897. Headaches, dizziness and sleeplessness, first, and then dropsy. I was weak and helpless, having run down from 180 to 125 pounds. I was having terrible pain in the kidneys, and the secretions passed almost involuntarily. My left leg swelled until it was 34 inches around, and the doctor tapped it night and morning until I could no longer stand it, and then he advised amputation. I refused, and began using Doan's Kidney Pills. The swelling subsided gradually, the urine became natural, and all my pains and aches disappeared. I have been well now for nine years since using Doan's Kidney Pills.

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

Prize for the Unmarried.
The latest novelty in bazar attractions is that introduced by the Spring-side Wesleyan chapel, Rawtenstall, England. A wedding cake was cut up, and in one section was concealed a marriage certificate. It was announced that the bachelor or spinster securing the "chunk" containing the document had the opportunity offered to be married free of cost within the next 12 months by the Rev. J. Bennetts.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

I have lived to know that the great secret of human happiness is this: Never suffer your energies to stagnate.—Dr. Adam Clarke.

ILL FROM OVERWORK

NERVOUS PROSTRATION CURED BY DR. WILLIAMS' PINK PILLS.

By Toning up the Blood and Nerves Patient Recovered Weight, Strength and Good Spirits.

When the nervous system is broken down from overwork, or whatever cause, life loses its joys. Not only is the nervous victim a sufferer himself but he is usually a trial to the whole family. Nervous breakdown is often gradual, appearing at first to be merely an unusual fretfulness. Dr. Williams' Pink Pills tone up the nerves in the most direct way and not only cure minor troubles but serious disorders as well.

Mr. W. W. Munroe, of 16 Hazel Park, Everett, Mass., says: "About four years ago this September I became all run down from overwork and from confinement to work during warm weather. For two months I grew steadily worse. I lost in weight and strength and had no appetite. My memory failed me quite rapidly and I became in a very low state, both physically and mentally. I took no interest in life, neither in business nor recreation. In my position, as foreman in a large manufacturing chemist's establishment in Boston, a good memory is absolutely essential to success because of the immense amount of detail that must be carried in the head.

"I grew very despairing, could not hear to have people meet me and my friends remarked on my condition. About the middle of December a friend told me one day that he had tried Dr. Williams' Pink Pills and found them reliable. I commenced taking them and at the end of two weeks the change for the better was remarkable. I was thoroughly recovered. I regard them as a fine remedy and make this statement voluntarily in gratitude for the benefit I received from them."

These pills actually make new blood and have cured such diseases as rheumatism, nervous and general debility, indigestion, nervous headache, neuralgia and even partial paralysis and locomotor ataxia. As a tonic for the blood and nerves they are unequalled.

If you are a sufferer from any disorder of the blood and nerves write for proof of what Dr. Williams' Pink Pills have accomplished in cases similar to yours. Every testimonial used by this company is carefully investigated before being published and is authentic. Dr. Williams' Pink Pills are sold by all druggists, or direct by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

You can identify Alabastine by the trade mark, but you can't fully appreciate all the reasons why you should identify it unless you

Write today for booklet and full information about how you can make your home more beautiful at little expense by using it.

Alabastine is a sanitary wall covering that secures sturdy, wonderful results in a wonderfully simple way.

The Alabastine Co., 215 Grandville Ave., Grand Rapids, Mich. or 150 West Street, New York City.

TO TEMPT INVALID

SOME DAINTY DISHES FOR A WEAK APPETITE.

Arrowroot Water Jelly Properly Made Is Delicious—Old-Fashioned Pa-nada a Favorite with the Children—Chicken Jelly.

Arrowroot Water Jelly.—Imprimis.—Do not let yourself be deluded into buying any but the best Bermuda arrowroot. I get mine from a responsible druggist, and in small packages. Keep it in a dry place. Stir two tablespoonfuls into two tablespoonfuls of cold water until it is smooth. Have ready over the fire a cupful of boiling water in which you have dissolved two teaspoonfuls of white sugar and a pinch of salt. Add the dissolved arrowroot and continue to stir until it is clear, keeping the water at a boil all the time. Add a teaspoonful of strained lemon juice and take directly from the fire. Turn into small molds wet with cold water, and when cold, set on ice. To prepare for eating, empty mold upon a saucer; strew with fine sugar and drench with cream. Should the invalid like the flavor of rosewater, season delicately with it. If wine be allowed by the physician, you may substitute a small glass of it for the rosewater. In this case, heap the teaspoon with dry arrowroot, in measuring, as the liquid will make the jelly less consistent. Both of these preparations are delicious and nourishing.

Arrowroot Custard.—This is a heavier preparation than the jelly and blanc mange, but nourishing and palatable. Wet three tablespoonfuls of arrowroot with four of cold milk, and stir smooth. Heat a pint of milk to scalding, adding a pinch of soda; stir in the arrowroot and cook three minutes after the boil begins anew. Turn into a bowl. Beat in an egg which has been whipped light with two tablespoonfuls of white sugar. Set the bowl in a saucepan of boiling water, put back on the fire and stir for two minutes after the water in the saucepan begins to boil again. Form in small molds. Serve alone, or with cream, as desired. Forbear to make any of these light foods too sweet or the patient will take a dislike to them.

Old-Fashioned Panada.—Get six of the square, old-fashioned Boston crackers our babies used to cut their teeth upon. Split them and lay in a deep bowl, sprinkling salt scantily and sugar rather bountifully among the layers. Cover with water that is freshly boiled. Our mothers and nurses laid stress upon this last condition. The water must cover the crackers two inches deep. Fit a close cover on the bowl and set in a saucepan of boiling water on the range. At the end of an hour you should have a bowlful of a jellied cereal. It should be eaten from the bowl with more sugar and a very little mace or nutmeg dusted over the panada. Convalescent children are usually very fond of this dish, if it is properly made. It is very good for mothers of babies under a month old. They generally like it, too. Always provided it is panada, and not mush. Not a cracker should be disintegrated.

Chicken Jelly.—Clean a tender chicken, wash well and split down the back as for boiling. Set one-half away to be boiled another day. Pound the other half with a wooden mallet, cracking every bone and reducing the flesh to a paste. Put into a saucepan with a close cover and cover with a quart of cold water for two pounds of the chicken. Set where it will not come to the boil in less than an hour. Then let it simmer—never actually boiling—for three hours more. It must be so closely covered that the steam will not escape. Do not uncover until it has been off the fire so long as to be quite cold. Then strain, pressing hard, through a cheesecloth bag, getting out every drop of nourishment. Season the liquid to taste, return to the fire, bring to a quick boil to throw up the scum and drop in the white of a raw egg. Boil one minute, strain again and set away to cool. Then leave in ice until you are ready to serve. Eaten with unleavened wafers or with thin bread and butter it is very good and full of nourishment.—Pittsburg Dis patch.

FOR THE HOUSEKEEPER.

A good dish-cloth is made of several thicknesses of cheese cloth neatly finished.

A good dessert for luncheon is warm gingerbread served with whipped cream. Cut the gingerbread in generous pieces and put a spoonful of the whipped cream on each piece served on a fancy plate.

A pretty way to serve fresh fruit for dessert is to cut fine oranges, bananas and grapes, sweeten and serve in half a banana skin. The large red bananas make the best "fruit-boots."

Keep the following articles in the kitchen, either hung on the wall or on a low shelf: Clock, scissors, needle book with large needles for trussing small for making bags, etc., ball of white cotton yarn, string-ball and string-bag, pin cushion.

Pleasant Perfume.
A pleasant perfume for clothes is made by mixing one ounce each of cloves, caraway seed, nutmeg, cinnamon, and Tonquin beans, ground or beaten to a powder. Put this mixture in a number of little bags, and place them among the woolen clothes that are put away for the summer. It is said to be an excellent moth-preventive also.

THOUGHT HIM A LUNATIC.

Man's Queer Jumble of Words Warranted the Inference.

Prof. William Lyon Phelps of Yale recently told this story at New Haven's chamber of commerce banquet: A hard drinker was told by his doctor that he could be cured if every time he felt that he must have a drink he would immediately take something to eat instead.

The man followed the advice and was cured, but the habit of asking for food had become so fixed with him that once he was nearly locked up as a lunatic. He was stopping at a hotel and, hearing a great commotion in the room next to his, he peeped over the transom to see what the matter was. He saw, and rushed madly down to the office and shouted to the clerk: "The man in 153 has shot himself! Ham and egg sandwich, please!"—Lippincott's.

SPLENDID APRIL TONIC.

Easily Prepared at Home and Harmless to Use.

This is known as "Blood-Cleaning Time," especially among the older folks, who always take something during this month to clean the blood of impurities and build it up.

The following is the recipe as given by a well-known authority, and anyone can prepare it at home:

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

Get these simple ingredients from any good pharmacy and mix by shaking well in a bottle. The dose is one teaspoonful after meals and at bedtime.

Everybody should take something to help the blood, which becomes impoverished and almost sour after the winter season, especially those who are subject to Rheumatism, Catarrh, Kidney and Bladder trouble.

It is said that one week's use of this mixture will clear the skin of sores, pimples or boils.

This is sound, healthy advice, which will be appreciated by many readers.

HAD NERVE, BUT NO MONEY.

Unlucky Man's Modest Request for Pecuniary Assistance.

Raymond Hitchcock, the comedian, while in New Orleans a few months ago, took the opportunity of going to the races. During the afternoon he cashed several tickets, the result of good guesses. He was feeling happy after the last race, and started for the automobile which was to convey him back to his hotel. As he was about to climb into the machine he felt a hand on his arm, and a man shouted in his ear:

"Hello, Hitchcock, how are you? Hear you put a crimp in the bookies to-day?"

Hitchcock blushed and shook hands sheepishly, not recognizing the man, and not wishing to show it.

"Say, I want to speak to you confidentially," said the stranger.

"All right; what is it?" asked the comedian.

"Well, I am up against some hard luck to-day. They cleaned me and I want to get home. Now, don't let any one of these people see you, but slip me enough for car fare, will you?"

"Sure," said Hitchcock, placing his hand in his pocket. Then he paused and queried: "Where do you live?"

"Vancouver," was the answer.

Hitchcock took a flying leap for his machine, and unless the visitors at New Orleans are more gullible, the impecunious one is still looking for car fare.—Harper's Weekly.

ROMANTIC DEVONSHIRE.

The Land Made Famous by Philpotts' Novels.

Philpotts has made us familiar with romantic Devonshire, in his fascinating novels, "The River," "Children of the Mist," etc. The characters are very human; the people there drink coffee with the same results as elsewhere. A writer at Rock House, Orchard Hill, Bideford, North Devon, states:

"For 30 years I drank coffee for breakfast and dinner but some 5 years ago I found that it was producing indigestion and heart-burn, and was making me restless at night. These symptoms were followed by brain fog and a sluggish mental condition.

"When I realized this, I made up my mind to quit drinking coffee and having read of Postum, I concluded to try it. I had it carefully made, according to directions, and found to my agreeable surprise at the end of a week, that I no longer suffered from either indigestion, heart-burn, or brain fog, and that I could drink it at night and secure restful and refreshing sleep.

"Since that time we have entirely discontinued the use of the old kind of coffee, growing fonder and fonder of Postum as time goes on. My digestive organs certainly do their work much better now than before, a result due to Postum Food Coffee, I am satisfied.

"As a table beverage we find (for all the members of my family use it) that when properly made it is most refreshing and agreeable, of delicious flavor and aroma. Vigilance is, however, necessary to secure this, for unless the servants are watched they are likely to neglect the thorough boiling which it must have in order to extract the goodness from the cereal." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

ANOTHER WESTERN CANADIAN RECORD.

The Way in Which a Swan River Farmer Became Wealthy.

Swan River, Manitoba, Nov. 21, 1906. Two weeks ago we gave an account of the prosperity of a farmer in Western Canada, and this week we reproduce another.

"I have been asked regarding this year's work on my farm, and I here-with willingly submit the following statement:

"Three years ago I purchased an improved farm of 186 acres on Section 9, Township 36, Range 27 west of the First Meridian—two miles from the town of Swan River.

I plowed and cropped 122½ acres of land during this year (1906), 80 acres in wheat, 30 acres in oats, and 12½ acres in barley.

"The cost of putting in and taking off this crop this season is as follows: Cash paid for blue stone.....\$ 1.50 Cash paid for binder twine..... 39.00 Cash paid for hired help..... 125.00 Cash paid for threshing..... 175.00

Total\$ 340.00

"Receipts for the year as follows—80 acres of wheat (yielded 30 bushels per acre)—Total, 2,400 bu. 30 acres of oats (yielded 46 bushels per acre)—Total, 1,380 " 1 stack of oats in sheaf,.... 200 " 12½ acres barley (48 bu. per acre)..... 600 " Crop potatoes..... 300 " Hay, tons..... 15

Sold.

1,168 bu. wheat at 62c.....\$ 724.16 1,232 bu. wheat in granary at 62c..... 763.84 300 bu. barley at 35c..... 105.00 300 bu. barley in granary at 35c..... 105.00 1,200 bu. oats in granary at 25c..... 300.00 100 bu. potatoes at 30c..... 30.00 200 bu. potatoes in root house at 30c..... 60.00 1 stack of oats in sheaf for feed..... 50.00 15 tons of hay at \$3.00..... 45.00 Garden roots and vegetables..... 30.00

Total\$2,213.00

Cost of above, besides my own labor..... 340.50

Balance\$1,872.50 I have in all, 125 acres ready for crop next year, including 10 acres cleared and broken this season.

Total Assets.

186 acres land, with house, stable and outbuildings, etc.....\$5,000.00 Implements..... 500.00 4 head of horses, and harness 800.00 15 head of cattle..... 375.00 20 pigs..... 200.00 Receipts of this season's crop 1,872.00

Total\$8,747.50

Liabilities are1,000.00

Total assets\$7,747.50

I have made the above amount by farming in Manitoba. I think it has paid. This is my standing to-day. I am a single man, a Canadian, and 26 years of age.

For particulars how to secure low railway rates to the free homesteads of Western Canada apply to any Canadian Government agent.

One of the things you can't buy on credit is experience.

Dissertation on Henpeck.
An Ohio man is reported to be at the point of death from blood poisoning caused by henpeck. This is rather queer. There are many men in and around Eskridge who are henpecked a thousand times a year, and while it makes the blood boil no poisoning has set in.—Wabunsee Tribune.

Whether you be men or women, you will never do anything in the world without courage. It is the greatest quality of the mind, next to honor.—James Allen.

For constipation, biliousness, liver disturbances, and diseases resulting from impure blood, take Nature's remedy, Garfield Tea. It is made wholly of health-giving herbs.

Every man is valued in this world as he shows by his conduct that he wishes to be valued.—Bruyere.

Lewis' Single Binder straight 5c cigar. Made of extra quality tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

Lots of folks do a thing twice in order to get it done once.

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

Cupid sometimes grafts a peach on an old shrub.

RHEUMATISM AND NEURALGIA

ST. JACOBS OIL

The Proved Remedy For Over 50 Years.
Price 25c and 50c

DEFIANCE Gold Water Starch
makes laundry work a pleasure. 17 p. pag. 108.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

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GET RICH BY IRRIGATION
You can file on 40, 80, 120 or 160 acres of public irrigated land in Idaho. Highest land and one most successful irrigated tract in the world. 200,000 acres settled in two years. \$50,000 open. Easy payments. First opening April 22. Others to follow. Cheap power from Shoshone Falls. Industries wanted. An at once or you will be too late. Write 1224 First National Bank Bldg., Chicago.

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 doubtless 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 mis-branded within the meaning of the Food and Drugs Act, June 30th, 1906.

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