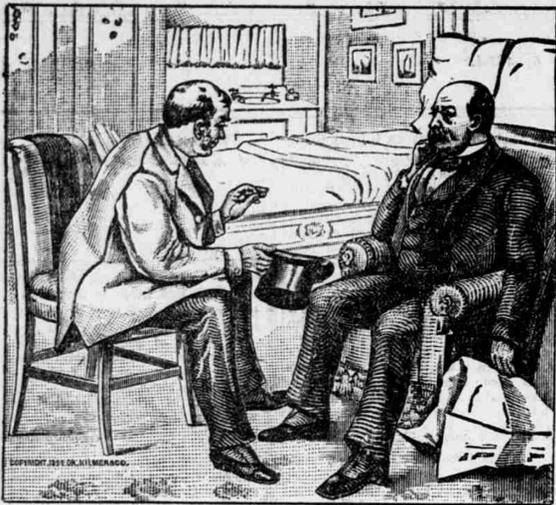


THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT



To Prove what Swamp-Root, the Great Kidney Remedy, Will Do for YOU, Every Reader of this paper May Have a Sample Bottle Sent Free by Mail.

Weak and unhealthy kidneys are responsible for more sickness and suffering than any other disease, therefore, when through neglect or other causes, kidney trouble is permitted to continue, fatal results are sure to follow.

Your other organs may need attention—but your kidneys most, because they do most and need attention first.

If you are sick or "feel badly," begin taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because as soon as your kidneys begin to get better they will help all the other organs to health. A trial will convince anyone.

The mild and immediate effect of Dr. Kilmer's Swamp-Root, the great kidney and bladder remedy, is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root will set your whole system right, and the best proof of this is a trial.

33 Cottage St., Melrose, Mass., Jan. 11th, 1904.

DEAR SIR: Ever since I was in the Army, I had more or less kidney trouble, and within the past year it became so severe and complicated that I suffered everything and was much alarmed—my strength and power was fast leaving me. I saw an advertisement of Swamp-Root and wrote asking for advice. I began the use of the medicine and noted a decided improvement after taking Swamp-Root only a short time.

I continued its use and am thankful to say that I am entirely cured and strong. In order to be very sure about this, I had a doctor examine some of my water today and he pronounced it all right and in splendid condition.

I know that your Swamp-Root is purely vegetable and does not contain any harmful drugs. Thanking you for my complete recovery and recommending Swamp-Root to all sufferers, I am,

Very truly yours,
C. RICHARDSON.
You may have a sample bottle of this famous kidney remedy, Swamp-Root, sent free by mail, postpaid, by which you may test its virtues for such disorders as kidney, bladder and uric acid diseases, poor digestion, being obliged to pass your water

frequently night and day, smarting or irritation in passing, brickdust or sediment in the urine, headache, backache, lame back, dizziness, sleeplessness, nervousness, heart disturbance due to bad kidney trouble, skin eruptions from bad blood, neuralgia, rheumatism, diabetes, bloating, irritability, worn-out feeling, lack of ambition, loss of flesh, sallow complexion, or Bright's disease.

If your water, when allowed to remain undisturbed in a glass or bottle for twenty-four hours, forms a sediment or settling or has a cloudy appearance, it is evidence that your kidneys and bladder need immediate attention.

Swamp-Root is the great discovery of Dr. Kilmer, the eminent kidney and bladder specialist. Hospitals use it with wonderful success in both slight and severe cases. Doctors recommend it to their patients and use it in their own families, because they recognize in Swamp-Root the greatest and most successful remedy.

Swamp-Root is pleasant to take and is for sale at drug stores the world over in bottles of two sizes and two prices—fifty cents and one dollar. Remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

COUPON.
Please write or fill in this coupon with your name and address and Dr. Kilmer & Co. will send you a Free Sample Bottle of Swamp-Root the Great Kidney Remedy.

Name.....
St. and No.....
City or Town.....
State.....
Mention this paper.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

The man who looks too far ahead is apt to miss some good things of the present.

Hundreds of dealers say the extra quantity and superior quality of Defiance Starch is fast taking place of all other brands. Others say they cannot sell any other starch.

It may seem strange, but a headstrong man never makes much headway.

Economy in Threshing.
A great deal of grain is wasted by using old style Threshing Machines. This waste can be entirely eliminated if you use the new and improved machine made by Nichols & Shepard Co., Battle Creek, Mich.

Some men lose their hair by butting in at the wrong time.

Fensible Housekeepers will have Defiance Starch, not alone because they get one-third more for the same money, but also because of superior quality.

The disagreeable man wonders why people are disposed to avoid him.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, croup, and colic. See a bottle.

A happy home life is to a man the acme of satisfaction.

She Was Kissed.

The bride and groom sat side by side. "Dearest," he said, looking up into her eyes, for he was smaller, so that he really and truly looked up and into her eyes.

"Yes, love," she responded in soft, frightened mouse tones.

"If I had known that tunnel was that long I would have kissed you."

"Didn't you kiss me?" she asked with much surprise.

"No," he replied.

"Well, somebody did."—Cleveland Leader.

Storekeepers report that the extra quantity, together with the superior quality of Defiance Starch makes it next to impossible to sell any other brand.

There is nothing that so increases a man's desire to work in the garden as the discovery that his wife has misplaced the rake.

Wiggle-Stick LAUNDRY BLUE
Won't spill, break, freeze nor spot clothes. Costs 10 cents and equals 20 cents worth of any other bluing. If your grocer does not keep it send 10c for sample to The Laundry Blue Co., 14 Michigan Street, Chicago.

The woman who carries her age well shows the pride she has in it.

If you want creamery prices do as the creameries do, use JUNE TINT BUTTER COLOR.

Many a girl's popularity with the sterner sex is due to a rumor that she has money.

Dealers say that as soon as a customer tries Defiance Starch it is impossible to sell them any other cold water starch. It can be used cold or boiled.

A man deliberately lies, while a woman merely suppresses the truth.

Lewis' "Single Binder" straight 5c cigar, made of extra quality tobacco. You pay 10c for cigars not so good. Lewis' Factory Peoria, Ill.

The man who tells you life isn't worth living generally loses no time in sending for the doctor if he has the slightest pain.

DAIRY

Pure Water for Washing Butter.

Butter makers have long since arrived at the conclusion that the water in which butter is washed has much to do, not only with the keeping quality of the butter, but often with its flavor. We have seen farm wells so foul that the water could hardly be used except for cooking purposes, but that same water was used in the washing of butter and in the cleansing of vessels that were to hold milk. In one case the writer saw a well the water of which had become almost unusable. The owners had the well cleaned out, and a great mass of dead angle worms was found in the bottom. It was these angle worms that had tainted the water. In the same way it is preferable to use soft water instead of hard, as sometimes the hardness in the water comes from the presence in it of decayed vegetable matter. At some of the colleges where butter making is taught, this matter of soft and hard water and of filtered and unfiltered water has been looked into, always with the results that the purer water and the soft water gave the best flavored butter. Reports from New Zealand say that some of the off-flavors in the butter that had been sent from that country to Europe were found to come from the water in which the butter was washed. So we caution our readers to make sure that the high-priced butter-fat that is to be made up into a form to go on the table of the discriminating buyer be washed in water so pure that there will be no question of its contaminating the butter.

Windows in Dairy Barns.

More light is needed in most of our dairy barns. Last week the writer visited a dairy stable in which nine cows are kept. It was the smallest stable for that number of cows he ever saw and the wonder was that the cows could have lived through the winter just past, when the cold was so great and continuous that the stable must have been kept shut up for days at a time. It was not more than ten feet in height, so far as available space for air was concerned, and the cows were packed so closely together as it was possible for them to stand, with a feeding floor only six feet wide in front. There was a single window in the west. Yet from this stable went out milk to supply the neighboring villagers. Conditions were almost at that point where a board of health could be justified in stepping in. Yet the owner had tried to be up-to-date and had laid cement floors both in front of and behind the cows. Over the cement were laid planks to make the cows more comfortable. This showed enterprise, yet the great lack was light. In the building of a new stable the addition of the proper windows is not a hard matter, and in the case of stables already in use this should not be neglected. Few of our cow keepers fully appreciate the health-giving powers of light.

Producing Good Milk.

The whole secret of producing good milk can be generalized in a few words: Healthy, clean and well-fed cows having a clean, comfortable stable; healthy, clean and quiet milkers having a disposition to treat the cows at least fairly; sound, clean and sterilized utensils, prompt cooling and protection of the milk. This is the secret that is bringing success to some dairymen while their neighbors fail. These conditions could be introduced easily, cheaply and profitably into thousands of dairies. Too many dairymen make the mistake of thinking that a large output of money is necessary before high-grade milk can be produced. They are scared off by a phantom. The fact is, many dairies could be changed to a sanitary from an unsanitary condition without the expenditure of a single dollar in cash. More light, more fresh air, better arrangements for bringing the feed and for removing manure, a little time each day to clean the stable and the cows, a coat of fresh whitewash once or twice a year to cover and kill the bacteria on the walls and partitions—these things are not expensive—and perhaps a new ceiling or floor above the cows to exclude dust from the hay mow.—R. A. Pearson.

The Stanchion Should Go.

In spite of all that has been said against the stanchion it still persists on our farms. That it should be discarded is the verdict of about every man that does any thinking along this line. The rigid stanchion may be easy to build, and easy to understand the construction of, by the ordinary farm carpenter that has built no other kind in all his life, but that does not make it a humane arrangement. It does not permit the cow to place her head in sleeping as nature intended she should. It does not permit a cow to lick her haunches, as cows do now and then if they are to be comfortable. The cow in the rigid stanchion is very much of a prisoner, with little chance to move her body for any purpose. There are numerous stanchion arrangements now on the market, and many ideas in addition have been expressed in the public press that are not controlled by patent rights. There are probably few localities where some sort of humane arrangement is not in sight and cannot be inspected by the cow owner that wants to make his animals comfortable.

Cut the trunk, the branches fall of themselves.—Ivan Panin.

AGRICULTURE

Manure Does Benefit Land.

A good deal of comment has been caused by the publication by the department of agriculture of the United States of bulletin 22, in which the authors claimed that poor soils were as good crop yielders as good soils, provided both were in the same mechanical condition. This was regarded everywhere as a most astonishing statement, as it was equivalent to saying that all kinds of manure benefit soil only by improving it mechanically. A few people, however, always ready to follow any new doctrine, at once took up with this new idea.

But our best agriculturists have been all the time certain that fertilizers do add to the amount of available plant food in the soil. It was the contention of the authors of the bulletin in question that natural agencies are all the time at work in the soil liberating new quantities of plant food, and that the amount of plant food so liberated is as great in poor soil as in good. They claimed to have found this out by actual analyses of the plant food available in different soils.

It is evident that something is wrong with their soil analyses. One of the greatest soil physicists in the United States is Professor F. H. King. During 1903 Professor King carried on some experiments to determine the points at issue in the bulletin. He carried on the same tests on three types of soil of low productive capacity and three types of soil of high productive capacity. He determined the plant food soluble in water once each week during the entire season in soil from each field. He also grew crops on each of the six fields. The amount of available plant food in the good soils was found to be about two and a half times as great in the good soils as in the poor soils, on the average of all tests throughout the season.

The crops grown responded in like measure. The good soils yielded crops two and a half times larger than did the poor soils. When these crops were analyzed they were found to contain about two and a half times as much plant food as did the crops grown on the poor soils.

It will thus be seen that there is a difference in the amount of plant food in different soils, and that the most productive soils are those well-manured and containing much available plant food. It is not true that there is as much available plant food in solution in the water of one soil as of another.

Irrigation in Humid Climates.

We have usually considered till very recent years that land to irrigate land only in those countries in which the rainfall was insufficient to supply the crops with the needed moisture. But it is being learned that irrigation pays even in lands where the rainfall is sufficient in most years. Illinois has an annual precipitation of about 35 inches and Italy an annual precipitation of about 40 inches. Few farmers in Illinois would think it profitable to irrigate, yet in Italy many thousands of farmers are irrigating and consider it money well spent, as a crop insurance. The leading crops in the irrigated regions are corn, wheat and oats. Mulberry trees are also irrigated, and the irrigation increases the yield of the mulberry leaves about one-third. The farmers there declare that irrigation enables them to grow a crop of corn after the wheat, and to increase the yield of alfalfa and clover 100 per cent.

Most of the irrigation work there is organized on the co-operative basis. The largest of these co-operative associations has 14,000 members and controls the irrigation of 123,500 acres of land. The system under the control of this association comprises 7,000 miles of canals and ditches. The main society is divided into 40 subordinate societies, each of which elects a member to a general assembly, which directs the policy of the association. The farmers there pay about \$6 per year for the watering of each acre. Under such a condition, a crop failure is impossible.

Grass.

Grass is the great fundamental crop. Without the aid of man (and previous to his intervention) it covers the habitable earth everywhere with its mantle of green and fills the soil with a thick, fibrous growth of roots, and not only protects the land from the ravages of wind and water, but becomes also the primary source of food for a large part of the animal creation, says A. M. Ten Eyck. According to the government reports, corn holds the first place as the greatest wealth-producing crop of this country, while grass takes second rank. It is safe to say, however, that the reverse is the actual fact. The reports fail to take into account the great wealth produced from grass as a pasture and its great value as a soil-protector and a soil-renewer, and its power to increase the yield of other crops when used in rotation. Although the native grasses grow without the aid of man, yet it is only when certain domesticated species are cultivated that the greatest production of hay and pasture is secured.

Wheat is a good feed for hens, but it is often cheaper to buy clear wheat at a fair price than wheat screenings at a low price.

A LITTLE TOO MUCH.

Shrewd Traveler Got Neatly Out of a Situation.

She had a small child with her, and there was no vacant seat in the car.

"We'll have to stand, dearie," she said.

Now a woman standing alone is bad enough, but when she has to steady a child it is infinitely worse. In this case two men started to offer a seat, but one being a little quicker than the other, the latter settled back comfortably.

"Here is a seat, madam," said the one who had risen.

"Thank you," she said, and stooping, she lifted the child into the vacant seat. Then she looked hard at the other man.

"Why don't you sit down, mummy?" asked the child.

"I have no seat," she replied, and again she looked at the man who had started to get up.

The other passengers began to "take notice." The man who had given up his seat had expected she would take the child in her lap, but it was evident that she wanted two seats. Would she get them? Somehow he felt a little provoked, but he could still enjoy the dilemma of the other man. The latter had been equally ready to give up his seat when it seemed to be necessary, but now he seemed to decry an imposition.

"Can't you get a seat, mummy?" persisted the child.

"No, dearie," the woman replied. "Mamma will have to stand."

But her eyes were on the man. So were the eyes of others in the car. They were curious to note the result, and they noted it. The man reached over, picked up the child, set it on his knee, and remarked pleasantly, "There's a seat for you, madam."

The woman's face grew very red, but she took the seat—and the child. And she knew the other passengers were laughing.—Brooklyn Eagle.

DO YOU KNOW THIS TEXT?

Colored Man Slightly Mixed Up on the Gospel.

Col. John S. Cunningham, a well-known North Carolinian, who was in Washington the other day, is an interesting Southern type. He loves the good things of life, but on occasion, is capable of fervid religious exhortation. Members of the North Carolina delegation are relating this story of him:

A few months ago Col. Cunningham, by invitation, addressed a large assembly of negroes in his native county. He had just returned from a trip to Philadelphia and had visited Girard college. He gave his audience a vivid description of that institution and brought tears to the eyes of the colored people as he dwelt upon the philanthropy that had inspired the appropriation of money for such a great refuge for the orphan. He then, in another strain, with equal realism, painted the horrors of the hereafter awaiting bad negroes. His superstitious hearers groaned with terror.

Shortly afterward a friend of the colonel's met an old-time darkey in the big road. "I never knowed Mars John wuz a preacher," said the old fellow, "but he's the powerfullest exhorter I ever seen. Us colored folks never heard the like of the way he preached down at the Springs 'tother day."

"What was his text, Uncle?"

The old negro scratched his head several times before he replied: "Well, sah, I doesn't 'zactly remember, but it wuz somethin' about hell-fire and Philadelphia, and I think it's in the book of Sodom."

A Good Secret to Know.

A man went to a nose and throat specialist the other day to have his cold cured. As he was paying a not small sum for the first treatment he said: "How long does it take you to cure a cold?"

"Three weeks," said the specialist.

"And how long would it take me to get well if I didn't come to you?" asked the alarmed patient.

"Twenty-one days," said the specialist.

And it wasn't until the patient was half-way home that he suddenly stopped and pondered whether he ought to laugh or get angry. He finally decided that perhaps the secret he had learned was worth the price he had paid for it. It's a good secret to know.—Saturday Evening Post.

Empress Alix.

The Empress Alix of Russia recently had her portrait painted by Fritz von Kaulbach. She retains her love for her old German home at Darmstadt, and loves to spend a few weeks there whenever she can. She dislikes politics and public ceremonies, and is of a decidedly domestic disposition.

Gets Honor from King.

King Carlos of Portugal has conferred the degree of knight of the Order of St. Jacques upon Emile A. Bruguiere, a San Francisco composer.

The Waiting City.

A city thronged upon the height behold, Wherein no foot of man as yet has trod; The city of man's life fulfilled in God, Bathed all in light, with open gates of gold.

Perfect the city is in tower and street; And there a palace for each mortal waits, Complete and perfect, at whose outer gates An angel stands its occupant to greet. Still shine, O patient city on the height, The while our race in hut and hovel dwells.

It hears the music of thy heavenly bells And its dull soul is haunted by thy light, Lo! once the Son of Man hath heard thy call And the dear Christ hath claimed thee for us all.

—Phillips Brooks.

How to Keep House.

With all the luxuries and pleasures of this life, its big enjoyments and its smaller comforts, there is an offset or antithesis which we have to contend with in the form of aches and pains. In some way and by some means in every one has a touch of them in some form at some time. Trifling as some of them may be, the risk is some of them may grow to something greater and rack the system with constant torture. There is nothing, therefore, of this kind that we have a right to trifle with. Taken in time, the worst forms of pains and aches are easily subdued and cured by the free use of St. Jacobs Oil. No well regulated household ought to be without a bottle of this great remedy for pain. It is the specific virtue of penetration in St. Jacobs Oil that carries it right to the pain spot and effects a prompt cure even in the most painful cases of Rheumatism, Neuralgia, Lumbago, Sciatica. You want it also in the house at all times for hurts, cuts and wounds, and the house that always has it keeps up a sort of insurance against pain.

A married man's idea of heaven is a place where he won't be compelled to dig up the price of an Easter bonnet.

Mother Gray's Sweet Powders for Children.
Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Constipation, Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and Destroy Worms. Over 30,000 testimonials. At all druggists, 25c. Sample FREE. Address A.S. Olmsted, Le Roy, N.Y.

Honesty is undoubtedly the best policy, but a good many people somehow fail to keep their premiums paid up.

Pain's Cure is the best medicine we ever used for all affections of the throat and lungs.—Wm. O. Exsley, Vandeventer, Ind., Feb. 10, 1904.

He Was Still Mad.

One day, during a lecture, a Harvard professor, with a peppery disposition, grew furious because of some interruption, and slamming down his book with an exclamation of rage, rushed from the room. The boys were very much distressed by his action, but did not know what to do. In a few minutes, however, the professor apparently came to the conclusion that he had done a foolish thing, for he returned and resumed his lecture without a word. Anxious to show their good will and to atone if possible for their rudeness, the boys took advantage of a good point in the lecture to applaud tumultuously. "No, no, no!" exclaimed the professor, holding up his hand with a gesture of protest, "I want you to understand that I'm as mad as I—yet."

Representative Clarence D. Van Duzer says that a miner once told him of the red man's greed for whisky. "I was riding over the plains once," he said, "with a pint bottle sticking out of my breast pocket, when an Indian met me, and, seeing the whisky, wanted to buy it. And do you know what that Indian offered me? Well, sir, he offered me his buckskin breeches, his shirt, his saddle, his blanket and his pony—all for a pint of whisky. What do you think of that?" "And you did sell," asked Van Duzer. "No," said the miner, "I didn't—it was my last pint."

"Black Teeth."

Emigrants from southern Italy are, many of them, disfigured by what is known as "black teeth." The teeth of these persons are affected during the period of growth by some gaseous constituent of drinking water, probably from impregnation with volcanic vapors. The effect gives a sinister look to an otherwise handsome face, but fortunately does not, it seems, affect the strength or durability of the teeth.

The man who wastes his money should not expect to have all of his wants supplied by prayer.

A fare exchange may be no robbery, but the trolley companies are making a lot of serious charges.

SOAKED IN COFFEE.

Until Too Stiff to Bend Over.
"When I drank coffee I often had sick headaches, nervousness and biliousness much of the time but about 2 years ago I went to visit a friend and got in the habit of drinking Postum.

"I have never touched coffee since and the result has been that I have been entirely cured of all my stomach and nervous trouble.

"My mother was just the same way, we all drink Postum now and have never had any other coffee in the house for two years and we are all well.

"A neighbor of mine a great coffee drinker, was troubled with pains in her side for years and was an invalid. She was not able to do her work and could not even mend clothes or do anything at all where she would have to bend forward. If she tried to do a little hard work she would get such pains that she would have to lie down for the rest of the day.

"I persuaded her at last to stop drinking coffee and try Postum Food Coffee and she did so and she has used Postum ever since; the result has been that she can now do her work, can sit for a whole day and mend and can sew on the machine and she never feels the least bit of pain in her side, in fact she has got well and it shows coffee was the cause of the whole trouble.

"I could also tell you about several other neighbors who have been cured by quitting coffee and using Postum in its place." Name given by Postum Co., Battle Creek, Mich.

Look in each pkg. for the famous little book, "The Road to Wellville."