

HER BLOOD TOO THIN

GENERAL DEBILITY RESULTS FROM IMPOVERISHED BLOOD.

The Remedy That Makes New Blood Banishes Weakness, Headaches, Indigestion and Nervous Troubles.

Hundreds of women suffer from headaches, dizziness, restlessness, languor and timidity. Few realize that their misery all comes from the bad state of their blood. They take one thing for their head, another for their stomach, a third for their nerves, and yet all the while it is simply their poor blood that is the cause of their discomfort.

If one sure remedy for making good, rich blood were used every one of their distressing ailments would disappear, as they did in the case of Mrs. Ella F. Stone, who had been ailing for years and was completely run down before she realized the nature of her trouble.

"For several years," said Mrs. Stone, "I suffered from general debility. It began about 1896 with indigestion, nervousness and steady headaches. Up to 1900 I hadn't been able to find any relief from this condition. I was then very thin and bloodless. An enthusiastic friend, who had used Dr. Williams' Pink Pills, urged me to give them a trial and I finally bought a box.

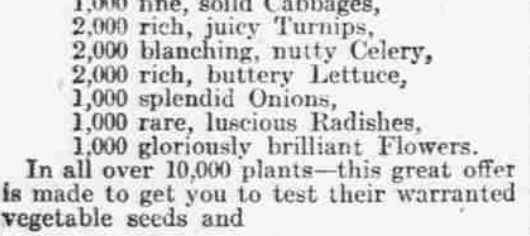
"I did not notice any marked change from the use of the first box, but I determined to give them a fair trial and I kept on. When I had finished the second box I could see very decided signs of improvement in my condition. I began to feel better all over and to have hopes of a complete cure.

"I used in all eight or ten boxes, and when I stopped I had got back my regular weight and a good healthy color and the gain has lasted. I can eat what I please without discomfort. My nervousness is entirely gone, and while I had constant headaches before, I very rarely have one now. I cheerfully recommend Dr. Williams' Pink Pills to women who suffer as I did."

Mrs. Stone was seen at her pretty home in Lakewood, R. I., where, as the result of her experience, Dr. Williams' Pink Pills are very popular. These famous pills are sold by all druggists. A book that every woman needs is published by the Dr. Williams' Medicine Company, Schenectady, N. Y. It is entitled "Plain Talks to Women," and will be sent free on request.

Chinese farmers are beginning to demand modern tools, especially such as are useful for intensive farming.

Earliest Green Onions.
The John A. Salzer Seed Co., La Crosse, Wis., always have something new, something valuable. This year they offer among their new money-making vegetables, an Earliest Green Eating Onion. It is a winner, Mr. Farmer and Gardener!



JUST SEND THIS NOTICE AND 16c. and they will send you their big plant and seed catalog, together with enough seed to grow:
1,000 fine, solid Cabbages,
2,000 rich, juicy Turnips,
2,000 blanching, nutty Celery,
2,000 rich, buttery Lettuce,
1,000 splendid Onions,
1,000 rare, luscious Radishes,
1,000 gloriously brilliant Flowers.

In all over 10,000 plants—this great offer is made to get you to test their warranted vegetable seeds and
ALL FOR BUT 16c POSTAGE, providing you will return this notice, and if you will send them 26c in postage, they will add to the above a big package of Salzer's Fourth of July Sweet Corn—the earliest on earth—10 days earlier than Cory, Peep, Day, First of All, etc. [W.N.U.]

That which is stolen by the tongue cannot be restored by taffy.
NO SLEEP FOR MOTHER
Baby Covered With Sores and Scales—Could Not Tell What She Looked Like—Marvelous Cure by Cuticura.

"At four months old my baby's face and body were so covered with sores and large scales you could not tell what she looked like. No child ever had a worse case. Her face was being eaten away, and even her finger nails fell off. It itched so she could not sleep, and for many weary nights we could get no rest. At last we got Cuticura Soap and Ointment. The sores began to heal at once, and she could sleep at night, and in one month she had not one sore on her face or body.—Mrs. Mary Sanders, 709 Spring St., Camden, N. J."

God often says, "Wait," but he never says, "Worry."
Many School Children Are Sickly.
Mother Gray's Sweet powders for Children, used by Mother Gray, a nurse in Children's Home, New York, break up Colds in 24 hours, cure Fevershills, Headache, Stomach Troubles, Teething Disorders and Destroy Worms. At all Druggists, etc. Sample mailed free. Address Allen S. Olmsted, Le Roy, N. Y.

The hypocrite's religion is the most repulsive of all his traits.
Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—on full pound—while all other Cold Water Starches are put up in 1/2-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

LEGISLATURE of NEBRASKA

A Synopsis of Proceedings of the Twenty-Ninth General Session.

SENATE—The senate on the 1st ratified the work of the caucus and formally placed H. H. Goulding on the payroll roll, as well as Peter Carter and Sam Grant. This swells the list to sixty-one. Upon the recommendation of the revenue committee S. F. 113, by Sheldon of Cass, was indefinitely postponed. This bill provided that taxes on personal property should be a lien on the property for two years after due. S. F. 9, by Thomas of Douglas, and S. F. 14, by Jennings of Thayer, were passed. The former provides that when an agent collects money on commission and misappropriates it he shall be guilty of embezzlement. S. F. 14 provides for the issuance of school district bonds in cities of the first class. The senate then resolved into a committee of the whole, with Thomas in the chair, and reported the following bills for engrossment and third reading: S. F. 47, by Tucker of Richardson, defining the duties of county judges in certain cases. S. F. 46, by Shreck of York, providing that railroad companies shall furnish transportation to shippers of live stock to accompany the stock. S. F. 58, by Giffin of Dawson, providing for the establishment of drainage districts. S. F. 34, by Giffin of Dawson, providing for printing the report of the irrigation board. S. F. 34, to provide for the printing of the irrigation board report, brought on considerable discussion, it being the sentiment of many of the members to kill the bill, it apparently being their idea there was no way to distribute the reports after they were printed. The bill was recommended to pass.

HOUSE—The house on the 1st passed senate file No. 42, authorizing the governor to enter into and sign a compact with the governor of South Dakota, as agreed upon by a commission appointed by the two governors, to fix boundaries between the states at certain points. In committee of the whole, with Casebeer in the chair, the house spent considerable time in debate on house roll No. 69, by Horton of Keya Paha, to allow physicians in communities where there is no registered pharmacist within five miles to dispense his own medicine. By motion the bill was indefinitely postponed. Bills were introduced: An act providing for the payment out of the state treasury of the premium on the state treasurer's bond when such bond is executed by a surety company. An act providing that bona fide owners of contracts for lease of educational lands which were in full force and effect prior to May 26, 1879, may perfect their title according to the terms and provisions of the laws which were in force and effect prior to May 26, 1879. An act to provide for the construction and maintenance of bridges, culverts and approaches thereto on public highways in the state of Nebraska. An act to prohibit printers and others from printing or publishing more copies of books, pamphlets, circulars or other publications than ordered by the author. An act disclaiming and relinquishing all claim of ownership or title on the part of the state of Nebraska to any and all lands now being within the boundaries of the state of Iowa which shall hereafter be or become within the boundaries of the state of Nebraska by virtue of the action of any commissions appointed by the said states, and the ratification thereof by said states and the sanction thereof by the congress of the United States, or otherwise; provided, however, that said land or lands have been for ten years or more past in the possession or occupation of any person or persons co-partnership or corporation claiming ownership or title thereto, and those so in possession or occupation have for said period of ten years or longer paid taxes claimed by state or county authorities or officers to have been levied upon said land or lands. An act providing for the payment by counties of the premium on the bonds of the county treasurers where such bonds are executed by a surety company. An act to permit surety companies to be security for public officials for more than two successive terms. An act providing for the payment of premiums in surety company bonds when given by persons acting in a judiciary capacity. An act in relation to instruments of writing recorded, copied or noted in the books of the office of county clerk. Makes them competent evidence when the originals are lost or parties wishing to use them cannot get possession of them.

SENATE—These bills from the house were recommended for passage on the 3d: H. R. 1, to provide for guaranty bonds for state officers. H. R. 5, providing for the publication of Colby Statutes. H. R. 21, recommended by former Land Commissioner Eaton, providing that when a person buys lands from the state and dies the contract shall hold good with the heirs. S. F. 65, providing for the keeping of probate records, was recommended for passage, as was S. F. 11, providing that justices of the peace may make a charge of 5 cents for indexing. S. F. 1, by Thomas of Douglas, providing that the Omaha firemen shall work twelve hours a day and lay off twelve hours a day, was recommended for passage. Senator Thomas explained the bill would require twenty-six men added to the department and that the expense to the city would be about \$20,000 a year. He has received a petition signed by several thousand citizens of Omaha endorsing the bill. The following bills were introduced: S. F. 155, by Jones of Otoe—Making it unlawful to kill squirrels between January 1 and August 1 and providing a penalty of \$5 for violation. S. F. 156, by Williams of Wayne—Allowing a person to take fish from a stream on his own land with a hoop net during the open season. S. F. 157, by Tucker of Richardson—Re-enacting and making constitutional that portion of the drainage law declared void recently by the supreme court. S. F. 158, by Hughes of Platte (by request)—Making the open season for fishing, except for trout, extend to November 15. The session now closes on October 31. S. F. 159, by Hughes of Platte—Attaching a penalty for failure of an abstractor to file a \$10,000 bond.

HOUSE—The house upon convening on the 3d took up H. R. 78, by Burns of Lancaster county, a Lincoln charter bill which proposes to vest in the mayor instead of the excise board power to discharge and employ police. The bill was passed with the emergency clause. H. R. 79, also a Lincoln charter bill by Burns providing for a municipal electric lighting plant, was also passed with the emergency clause. H. R. 89, a concurrent resolution proposing a constitutional amendment for a biennial election of all state officers and to increase the supreme court commission membership from three to six, was passed with the emergency clause. H. R. 82, allowing soldiers' relief commissions in counties to retain 5 per

cent of the amount of money they distribute was passed. H. R. 31, to pay bounties for killing large gray wolves or buffalo wolves, \$5 a head; prairie wolf or coyote, \$3, and wildcat, \$1, was passed. H. R. 72 prohibiting the manufacture and sale of cigarettes and cigarette material, imposing the penalty of a misdemeanor, was passed. H. R. 77, to create a state registrar of vital statistics, was passed. H. R. 119, prohibiting the marriage of first cousins, was passed. H. R. 75, to compel dealers to put gasoline and benzine in red cans as a precaution, passed, 72 to 0. H. R. 125, to prevent conveying prohibited articles to penitentiary convicts and imposing a penalty of a fine not exceeding \$1,000 or a state's prison sentence not exceeding ten years, passed. H. R. 97, facilitating the obtaining of a change of venue in a justice of the peace court, passed. H. R. 98, shutting out "professional" jurors in justice of the peace courts and giving defendants the right to peremptory challenges, passed. H. R. 99, providing for the payment to jurors in justice of the peace courts of \$1 each by the successful parties and 50 cents each when the jury fails to agree, was passed. H. R. 100, taxing plaintiff or defendant, whichever makes the application for a change of venue in justice of the peace courts, with the costs of such change, was passed. H. R. 44, making it a misdemeanor to dump into or obstruct a ditch or canal used for drainage purposes, passed. H. R. 51, giving the state board of equalization power to discriminate between classes of property and providing that county boards need not make their levy until after the state board has met, was passed.

Judicial Apportionment Bill.
Senators Shreck and Laverty are at work on a judicial apportionment bill which Senator Laverty introduced on the 3d. The bill cuts down the number of districts to fourteen and cuts out seven judges, two from Douglas county, one from Lancaster and four from the country districts. Under the bill the state will be divided as follows:
First District—Richardson, Pawnee, Gage, Jefferson; total population, 76,533; one judge.
Second District—Cass, Otoe, Nemaha, Johnson; total population, 69,757; one judge.
Third District—Lancaster; population, 64,835; two judges.
Fourth District—Douglas, Sarpy, Washington; population, 132,756; five judges.
Fifth District—Saunders, Butler, Polk, Seward, York, Hamilton, Saline, Fillmore; population, 128,394; two judges.
Sixth District—Dodge, Colfax, Platte, Merrick, Stanton; population, 128,894; two judges.
Seventh District—Thayer, Nuckolls, Gay, Webster, Franklin; population, 63,545; one judge.
Eighth District—Burt, Cuming, Thurston, Dakota, Dixon, Cedar; population, 65,668; one judge.
Ninth District—Wayne, Madison, Antelope, Pierce, Knox; population, 60,969; one judge.
Tenth District—Adams, Kearney, Phelps, Harlan, Sarpy; population, 64,149; one judge.
Eleventh District—Howard, Hall, Greeley, Wheeler, Garfield, Valley, Leary, Boone, Nance; population, 65,294; one judge.
Twelfth District—Buffalo, Dawson, Custer, Sherman, Blaine, Thomas, Hooker, Grant; population, 61,138; one judge.
Thirteenth District—Lincoln, Logan, Keith, Cheyenne, Deuel, Scott's Bluff, Kimball, Banner, McPherson, Box Butte; population, 33,100; one judge.
Fourteenth District—Frontier, Red Willow, Hitchcock, Hayes, Dundy, Chase, Perkins, Furnas; population, 44,570; one judge.

The Cunning Fox.
The wolf hates the fox. According to the Iroquois Indians this is why: One cold, wintry day a fox, who was prowling about looking to see where he might set a dinner, saw a wagon coming. It was loaded with fish and was driven by some fishermen who were taking home their day's catch. "Ah, ha!" said the cunning fox. "Here comes my dinner." And he fell down the pretended to be dead. The fishermen, seeing him, picked him up and threw him into the wagon along with the fish.
Then the fox slyly threw out some fish and when the fishermen were not looking jumped off himself and made off with the fish he had thrown out. Pretty soon afterward he met a wolf, who said, "I am hungry. I guess I will eat you for my dinner." But the fox said, "Would you rather not have fish for dinner?" The wolf replied that upon the whole he thought he would prefer fish.
Then the cunning fox told him of the trick by which he had just got his dinner and advised him to try it. The wolf was pleased with the idea, so he ran through the woods and headed off the team which the fishermen were driving, falling down in the road before it and pretending to be dead.
But the fishermen, who had by this time discovered the trick the fox had played upon them, instead of taking him into the wagon, beat him with clubs so that he barely escaped with his life. And on a hillside near by sat the fox, who laughed and laughed.

Dog Tongs.
Preserved in the cathedral of Bangor, Wales, is a pair of old "dog tongs" which were used for ejecting quarrelsome dogs from church during service. A similar pair is preserved at Llanynys, Wales, and bears numerous teeth marks.
One trouble with most of our reforms is that we are more anxious to remove the things that offend our taste than we are to get rid of those that form another's temptations.
The most unsound religion is that which is all sound.

Battle Creek Sanitarium.

Battle Creek! What memories that name conjures up—memories of other days—even the pioneer days, when the redmen of the northern lake region bent the bow and smeared their faces with keal—braided their flowing locks with feathers of the porcupine and wild eagle, that they might appear more wild, if possible, than before. And as they painted the cheeks and braided the hair, the squaw-women sharpened the flint arrow heads and shaped new bows, that their lords might do battle to the death with other redmen.
And here at Battle Creek, way up in Michigan, a great battle one day did occur, and when it was over, and the sun kissed the range to the far west, the tom-toms were muffled and the squaw-women wrapped their heads in vari-colored blankets and wept, for with the going down of the sun, many brave warriors passed to the death with their bows.

But that was many, many moons ago, as the Indians measure time, and a new era has long since dawned. True, it is "Battle Creek" to-day, just as it was decades ago, but, instead of the cry of the savage, is heard the hum of industry; the throb of life; the greeting of men and women of the Anglo Saxon race—the shouts of happy boys and girls, who know of Battle Creek's former history only by tradition. And here on the site of the famous battle between the redmen stands now one of the fairest cities of the great Northwest; a city sought out among thousands, for in it dwell, month after month, as the years come and go, men and women who find within the charmed circle that which they have long sought elsewhere—health.

When one speaks of health, the mind naturally wings itself to Battle Creek, for up there health is to be found as at few other places on earth. Forty years ago there began in Battle Creek a return to nature movement, with purposes and principles in many respects similar to those which led to the famous "Brook Farm Experiment" twenty years before and to the Grahamite movement of that period. This movement, while religious, was avowedly non-sectarian, and was in a broad sense philanthropic, altruistic and reformatory. The immediate results were the establishment of a monthly journal now known as Good Health and shortly afterwards the erection of a health institution called "The Health Reform Institute." The chief features of the institute at this early period were diet reform, dress reform and the use of water as a curative agent.

In 1876 the present management took charge of the institution and with the consent and co-operation of the Board of Directors (the institution having been incorporated ten years before), a thorough reorganization was effected. Broader plans were introduced, the methods of treatment were placed upon a substantial and thoroughly scientific foundation, and the name was changed to the Battle Creek Sanitarium. Since this time the growth of the institution has been constant and rapid.

From year to year accommodations for patients and facilities for treatments were enlarged to meet the increasing patronage until February, 1902, when a great fire swept away the two principal buildings of the establishment. The erection of a new building was speedily begun, and the following year, May 31, 1903, the present fireproof main building, erected at a cost of more than \$600,000, was dedicated. The cost of the entire establishment, including equipment, twenty dormitories, cottages and other buildings has amounted to more than \$1,200,000.

The Battle Creek Sanitarium as it stands to-day is recognized the world over as the most complete and thoroughly equipped establishment of its sort and the headquarters for physiologic therapeutics or natural methods. Connected with the Sanitarium is a Training School for Nurses, in which from two to three hundred nurses are constantly under training.

These principles and methods have penetrated to the remotest parts of the civilized world, and scores of men and women who have been trained in these methods are devoting their lives to medical missionary work in heathen lands.

The Battle Creek Sanitarium may be regarded as an epitome of the "return-to-nature" idea in practical operation. Its success in the restoration of sick people to health brings to it annually many thousands of men and women, many of whom have been pronounced incurable, but who, nevertheless, with rare exceptions, return a few months later to their homes prepared to enter again upon the battle of life.

There are many sanitariums in the world, but few, if any, that are conducted on the same plane as that at Battle Creek. This haven of rest and health is in no sense a money-making scheme, and every cent that is made from patients who are able to pay for their accommodations is used to help those who have nothing but broken health. All over this country, and even beyond the seas, branch institutions are springing up—creepers from the mother plant at Battle Creek. One point in view is down on State street, in the center of the metropolis of the Middle West, Chicago, where hundreds of the city's poor are cared for as tenderly as if in the parent institution at Battle Creek.

Creek to be appreciated to its full worth.
This institution at Battle Creek was not built up in a day—it took years of toil to reach the perfected state, and the work has but begun—the great work is to come from rising generations who are imbuing ideas from the Battle Creek home, and what it stands for.

For Three Decades.
For more than three decades the present institution has been the center of a wonderful educational, philanthropic and reform movement which has finally culminated in success undreamed of a few years ago, and in this connection a brief history is most opportune. In February, 1902, the two main buildings of the Sanitarium were destroyed by fire. For a short time the days were dark for those who had worked so hard to build it up. But strong hearts are not to be awed by misfortune, and a new building sprang from the ashes upon the old site.
The dedication took place May 31, and June 1, 1903. An elaborate program was carried out and many men of national reputation made speeches and highly complimented the managers and their co-workers on their good work. Invitations were sent to all patients, rich and poor, who had ever been at the Sanitarium. Many responded in person, and hundreds sent letters of regret.

One of the prettiest sights in connection with the whole event was the procession of nurses and matrons which formed on the college grounds, opposite the new Sanitarium building, and marched through the audience to reserved seats at the right and left of the speakers' stand. The matrons in their usual cream white uniforms, the nurses in blue and white, and the gentlemen nurses clad in new white-duck suits presented a sight which moved the audience to one simultaneous burst of applause.

Sanitary Ideas.
As before stated there are many sanitariums in the world, but none just like that at Battle Creek, it being the first of the kind, so far as known, where an attempt has been made, and crowned with success, to bring together in one place and under one management all rational healing agencies, giving special prominence to those physiological or natural healing agents the scientific knowledge of which has been chiefly developed within the last century, especially hydrotherapy, electrotherapy, massage, exercise, diet, sunlight, mental and moral influences, rest, and general health culture.

Of course the first thing to be taken into consideration was the construction of the building to be occupied, for much depended upon that. But after it had been discussed pro and con a plan entirely satisfactory was adopted and the structure to-day plays no small part in the healing process that goes on from day to day at Battle Creek.

A Return to Nature Movement.
The philosophy of the Battle Creek Sanitarium may be defined as the return-to-nature idea. The doctors teach the use of natural foods, natural life, the use of natural agents in the treatment of disease. A great amount of attention is given to dietetics. Fruits, nuts and nut preparations, cereal foods and easily digestible vegetables are the basis for the delicious menus which are daily served in the great Sanitarium dining room, at which sit down hundreds of intelligent men and women from all parts of the United States and even from foreign countries. Milk, eggs and other dairy products are also freely used. Great care is taken to provide the very best and choicest of everything edible, of which the physicians approve.

During the year which has just closed a vast amount of these things were required to provide for the army of patients who visited the sanitarium, for several thousand sufferers housed there during the twelve months of 1904. As to the expense for the past year it was considerable, amounting to a total of \$327,189.99, divided as follows: Nut foods, 59 tons, \$28,768.80; cereal foods, 101,994 pounds, \$9,521.19; bread, 65,026 pounds, \$2,657.45; canned goods, 3,639 cases, \$10,506.65; fruit juices, etc., made on the place, 11,430 gallons, \$2,630.90; fresh fruit, 5,783 bushels, \$10,203.46; vegetables, 5,137 bushels, \$3,695.20; sundry grocery items, 41,558 pounds, \$3,396.38; eggs, 25,201 dozen, \$6,789.65; butter, made on the place, 29,961 pounds, \$5,951.59; cream, 68,678 quarts, \$10,323.70; milk, 57,366 quarts, \$1,632.45; coal, 5,714 tons, \$20,000.00; labor, \$213,553.59; total, \$327,189.99.

The amount of charity dispensed during the past ten years at this sanitarium amounted to \$685,610. To care for the patients an average of 725 men and women were employed during each year, and an average of 550 patients are under treatment at this sanitarium every day in the year.

We have given our readers only a brief glance at the workings of this unique establishment. Another article would be required to give something of the details of the daily routine of a guest at the Sanitarium, and of the methods which have given to this institution its world-wide reputation as a Mecca for sick folks.

Must Marry to Get Prize.
An artillery volunteer won recently at a shooting match at Blackpool, England, a prize consisting of a wedding ring, gratuitous marriage ceremony, a wedding equipage, a polished cradle, and a bassinet. But he must marry within twelve months to get the prize.