

Dr. Pierce's Favorite Prescription

Is a powerful, invigorating tonic, imparting health and strength in particular to the organs of the female system. The local, womanly health is so intimately related to the general health that when diseases of the delicate womanly organs are cured the whole body gains in health and strength. For weak and sickly women who are "run-down," "run-down," or debilitated, especially for women who work in store, office or schoolroom, who sit at the typewriter or sewing machine, or bear heavy household burdens, and for nursing mothers, Dr. Pierce's Favorite Prescription has proven a priceless benefit because of its health-restoring and strength-giving powers.

As a soothing and strengthening nervine, "Favorite Prescription" is unequalled and is invaluable in allaying and subduing nervous excitability, irritability, nervous exhaustion, nervous prostration, neuralgia, hysteria, spasms, chorea, or St. Vitus's dance, and other distressing nervous symptoms commonly attendant upon functional and organic disease of the womanly organs. It induces refreshing sleep and relieves mental anxiety and depression.

Cures obstinate cases. "Favorite Prescription" is a positive cure for the most complicated and obstinate cases of "female weakness," painful periods, irregularities, prolapsus or falling of the pelvic organs, weak back, bearing-down sensations, chronic congestion, inflammation and ulceration.

Dr. Pierce's medicines are made from harmless but efficient medicinal plants found growing in our American forests. The Indians knew of the marvelous curative value of some of these roots and imparted that knowledge to some of the friendlier whites, and gradually some of the more progressive physicians came to test and use them, and ever since they have grown in favor by reason of their superior curative virtues and their safe and harmless qualities.

Your druggist sells the "FAVORITE PRESCRIPTION" and also that famous alterative, blood purifier and stomach tonic, the "GOLDEN MEDICAL DISCOVERY." Write to Dr. Pierce about your case. He is an experienced physician and will treat your case as confidential and without charge for correspondence. Address him at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., of which he is chief consulting physician.

Matter of Birth.

Western Man—I suppose any man can get into New York's "400" if he has enough money.

Eastern Man—if he made it himself he can't; if he inherited it he can.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Suspicious.

Mr. Hiram Offen—"I don't see why you should suspect the new servant girl of gossiping among the neighbors. She seems close mouthed."

Mrs. Hiram Offen—"But I've discovered that she's also close eared—close to the keyhole."—Philadelphia Press.



St. Jacobs Oil
for many, many years has cured and continues to cure

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NEURALGIA
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Price, 25c. and 50c.

MIXED FARMING
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Three great pursuits have again shown wonderful results on the **FREE HOMESTEAD LANDS OF WESTERN CANADA**

Magnificent climate. Farmers planting in their shirt sleeves in the middle of November.

"All are bound to be more than pleased with the final results of the past season's harvests."—Extract.

Coal, wood, water, hay in abundance; schools, churches, markets convenient. **THIS IS THE ERA OF \$100 WHEAT.**

Apply for information to Superintendent of Immigrants, Hon. O. J. Giesler, or to E. T. Holmes, 221 Jackson St., St. Paul, Minn., and J. M. McLaughlin, Box 116, Watertown, So. Dakota, Authorized Government Agents. Please say where you saw this advertisement.



WET?
No doubt you'll need a **TOWER'S FISH BRAND SUIT or SLICKER** this season.

Make no mistake—it's the kind that's guaranteed to keep you dry and comfortable in the hardest storm. Made in Black or Yellow. Sold by all reliable dealers.

A. J. TOWER CO.,
BOSTON, U.S.A.
TOWER CANADA CO., Ltd.
Toronto, Can.

OLD TIMES, OLD FRIENDS, OLD LOVE.

There are no days like the good old days. The days when we were youthful! When humankind were pure of mind, and speech and deeds were truthful: Before a love for sordid gold Became man's ruling passion, And before each dame and maid became Slave to the tyrant fashion!

There are no girls like the good old girls— Against the world I'd stake 'em! As buxom and smart, and clean of heart As the Lord knew how to make 'em! They were rich in spirit and common sense,

And piety all supportin'; They could bake and brew, and had taught school, too, And they made such lively courtin'!

There are no boys like the good old boys— When we were boys together! When the grass was sweet to the brown bare feet

That dimpled the laughing heather; When the pewee sung to the summer dawn

Of the bee in the billow clover, Or down by the mill the whip-poor-will Echoed his night song over.

There is no love like the good old love— The love that mother gave us! We are old, old men, yet we pine again For that precious grace—God save us! So we dream and dream of the good old times,

And our hearts grow tender, fonder, As those dear old dreams bring soothing gleams

Of heaven away off yonder. —Eugene Field.

The Impossible He

DESCRIBE him? Well, in the first place he must be big and strong." There was marked emphasis on the word "big."

Jack's smile was sarcastic. "How girls do worship the prize fighter type! Go on, light or dark?"

"Light, by all means." Grace's dimples now came to the front.

"I needn't have asked. Let's see—big, strong and light complexioned. Handsome, of course?"

"No," most emphatically. "Handsome men are vain. He must be ugly."

He swept her a low bow, saying: "There seems to be a rav ow hope left."

"And he must be energetic." Jack was lounging among the hammock pillows. At the spirited "energetic" he settled himself more com-



HE'LL COME WITHOUT YOUR HELP.

fortably and pretended to stifle a yawn.

"Indeed! And brainy!" he asked, pleasantly.

"No, brainy men are often uncomfortable to live with. Just intelligent and brave and generous, clean-hearted, and—"

"My dear girl, he has never yet been born. He's impossible. However, I'll keep my eyes open and if I should happen to see such perfection I'll just send him along."

"Don't trouble yourself. He'll come without your help."

"Two more minutes," he announced, after looking at his watch. "Let's talk of something else."

"Where has the evening gone?" This very sweetly.

"Gone in, trying to quarrel, as usual."

"Oh, I didn't finish. He, 'the impossible,' as you call him, must think I'm all right; even when he discovers what a little goose I am, he must still think so. The last and most difficult. Isn't it?" she laughed, as she held out her hand in good-bye.

"On the contrary, the easiest of all." There came a warning shriek from the little station, fortunately, perhaps, and all he had time to say was "Good night, Grace."

"Good night, Jack."

The following Sunday afternoon found the little dark-and-ugly man—or so he considered himself—spinning merrily along the road that leads to Ocean Pines. The branch train that stopped at everybody's back door was not to be trusted on this occasion, for did not the note in his breast pocket bid him "Come down over Sunday? Mamma meant I should ask you the other night, but I forgot—you were so pugnacious. Come early, for we have planned a little surprise for you."

He cast disapproving eyes over the bare flats when a turn in the road about one mile from his destination brought them in sight. "Corker day for sailing. Tide won't serve till 8, and no moon! Just my luck," he grumbled. "Maybe—when?" Through the thick willows he discovered a peculiar shade of blue gingham he felt sure he had seen before. He jumped from his wheel and made for the shore of the inlet. There was "Her Grace," as he was fond of calling her, rigidly erect in the "Marsh Marigold," which some ways out, was stuck fast in the mud. Her Grace's face was set resolutely seaward and there was a cer-

tain defiance about her attitude that spoke volumes. He was only human, however, so he shouted: "Ship ahoy! Is this the little surprise?"

"John Foster! How mean of you! When I'm burned to a crisp and die at Portsmouth at 4:30. The Wilsons are giving a reception to the envoys and Mr. Chesley has invited us to go in his auto."

The last sentence was almost a wail.

"How did you manage?" he began, as he slipped off his coat and shoes.

"Don't think me such an idiot as that; of course, I knew that tide was going. I broke an oar and not a soul in sight this side of England. I never could scull. I tried to make the inlet. But what are you going to do?" she finished in some alarm.

"The only thing I can, if you want to shake hands with Mr. Tak-a-what's name?" He was rolling up his trousers with great coolness.

"You mustn't; you'll ruin your clothes; somebody will see us and I'll never hear the last of it."

"Very well, then." He pulled a newspaper from his pocket and settled himself against a stump.

"John Foster, you're the most contrary fellow that ever lived."

At this most illogical statement, hurled from the direction of the Marsh Marigold, "the most contrary fellow" gave an extra lurch to his trousers and started toward the helpless craft.

"Are you going to carry me?" was the question as he drew nearer.

"Do you think I am big and strong enough?" (Here Grace's eyes snapped.) "I should be delighted to carry you, but I infer you have further use for your boat, and don't exactly pine after a second trip."

With this he laid strong hands on the Marsh Marigold, and the hard, slow push inshore began.

When it was finished John Foster did not look quite so fine as when he left the city. He was hot, somewhat winded, and, in spite of his precautions, both trousers and shirt were covered with mud. Then he uttered his relieved "There!" and, looking up, there was a shriek of laughter. "Oh, oh, what a sight you are; if you could only see yourself." Suddenly she reached for something hitherto concealed; then the little click of a camera, then more laughter. "Oh, I could not help it, it was such a temptation."

"Are you ready to come ashore?" Was he laughing at her, or what?

"I don't know as I dare. I expect to be killed," but she gave him her hand. She did not jump, however, for he took more than her hand. He took all there was to take and held her fast. "Please tell me what my punishment is to be," she asked, humbly; "I'd like to know now."

He looked deep into her eyes. "It is to repeat something I am going to say," was the answer; "then I will let you go, and not before."

Did they see the envoys? Hardly. They seemed quite content to remain in the shade of the willows, particularly when the Chesley party went up the road. Then there was a tattle to be made—an apology for one—made beside a convenient tunnel, at the sacrifice of the company's entire stock of handkerchiefs. Still they did not hurry; somehow, they found plenty to talk about, and it was nearly dusk before taking a short cut across the fields they appeared before two very anxious parents, one of whom had to take to the back porch and his pipe to keep from disgracing himself as a host; the other, still too anxious and disappointed to see the funny side, relieved herself in the following way:

"You might at least have sent me word, somehow. How could I go, with you—nobody knows where? How did I know but what you were drowned, with the boat gone. Grace Madden, your dress is a sight to behold!" Then, remembering her duty as a hostess, she said in a milder tone to the other culprit: "Go right up to the spare room, Jack. I'll bring you some of pa's clothes right away."

When the great touring car came puffing and spitting back to town and past the Madden cottage, nobody, I think, but Mrs. Madden gave it a thought. She was in the kitchen giving directions for the sponging and pressing of the unfortunate trousers, and it was Black Mary, with the freedom of speech of an old servant, who took upon herself the role of comforter.

"Please, honey; what 'er y' keer for peace? Ain't we got peace a-plenty right out dere on de pe-azzar? Ain't dem chillun dun nuffin but scrap fer two years and mo'? Look lak littl' miss put up a mighty big fight dis time, 'cording to de close, but I reckon he done catch her now fo' suah." She chuckled, partly at remembrances of an unexpected bank bill tied securely in the corner of her handkerchief. "Peace, Lawdy, dey's des lak two turtle doves."—Boston Post.

The Discreet Opera Singer.

"Madame, madame," cried the bell-boy at the door, there is a burglar on this floor! Open the window and sing for help!"

The favorite of the opera stage frowned darkly.

"I nevaire sing," she said, "onless I am quite of zee certaintment zat I get zee pr-izee."

Whereupon she closed her eyes and rolled over for another nap.—Cleveland Plain Dealer.

ON with the Old.

"Will you marry me?"

"This is so sudden. You must give me time."

"To consider?"

"No. To break off my other engagements."—Cleveland Leader.

Against Conscription.

The idea of conscription has become more unpopular than ever in England since the Japanese introduced the new style of fighting. The Trades Union congress in Leeds has declared by acclamation against any Britisher being compelled to fight for his country.

About Time.

Father (of large family)—My dear, isn't it about time you were thinking of getting married?

Daughter—Land sakes! I haven't thought of anything else for years.

After a Meal.

Mrs. Waggs (reading)—A well-known physician says that one should never go into the water after a hearty meal.

Waggs—That's right. It's better to go into a first-class restaurant after it if one happens to have the price.

Longevity of Mechanics.

In manufacturing occupations the average life of soap boilers is the highest and that of grinstone makers the lowest.

The Pattern Egg.

"See what I got!" cried Bobby, a city-bred boy, as he came running from a chicken-coop, holding in his hand a china egg.

"Oh, go put it back!" exclaimed Mabel, his 6-year-old sister. "That's the egg the hen measures by."—J. Ige.

An Alcohol Note.

There is a department store in Berlin which uses 19,000 gallons of alcohol in a year as motive power for its delivery wagons.

NEW FOOD LAW

People now demand the right to know exactly what they eat.

To be told by maker or retailer that the food is "pure" is not satisfactory. Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boracic acid as a necessary preservative, which may agree with one and be harmful to another.

Wheat flour may contain a portion of corn flour and really be improved. Olive oil may be made of cotton seed oil. Butter may contain beef suet and yet be nutritious.

The person who buys and eats must protect himself and family, and he has a right to, and now demands, a law under which he can make intelligent selection of food.

Many pure food bills have been introduced and some passed by State legislatures; many have been offered to Congress, but all thus far seem objectionable.

It has seemed difficult for politicians to formulate a satisfactory bill that would protect the common people and yet avoid harm to honest makers and prevent endless trouble to retailers. No government commission or officer has the right to fix "food standards" to define what the people shall and shall not eat, for what agrees with one may not agree with another and such act would deprive the common citizen of his personal liberty. The Postum Cereal Company, Ltd., perhaps the largest maker of prepared foods in the world, have naturally a close knowledge of the needs of the people and the details of the business of the purveyors (the retail grocer) and, guided by this experience have prepared a bill for submission to Congress which is intended to accomplish the desired ends, and inasmuch as a citizen of the U. S. has a right to food protection even when he enters another State it is deemed proper that the government take control of this matter and provide a national law to govern all the states. A copy of the bill is herewith reproduced.

Section 1 governs the maker whether the food is put up in small packages sealed, or in barrels, boxes or otherwise.

Sec. 2 governs the retailer who may open a barrel and sell the food in small quantities. When he puts the goods into a paper bag he must also enclose a printed copy of the statement of the maker which was affixed to the original pkg. and inasmuch as the retailer cannot undertake to guarantee the statement of ingredients he must publish the statement of the makers and add his own name and address as a guarantee of his selling the food as it is represented to him, which relieves the retailer of responsibility of the truth of the statement and throws it upon the maker, where it properly belongs.

The remaining sections explain themselves.

The Postum Cereal Co., Ltd., for example, have from the beginning of its existence printed on the outside of each and every pkg. of Postum and Grape-Nuts food a truthful and exact statement of what the contents were made in order that the consumer might know precisely what he or she was eating. A person desiring to buy, for instance, strictly pure fruit jelly and willing to pay the price has a right to expect not only an equivalent for the cost but a further right to a certainty as to what he eats. Or he may be willing to buy at less cost a jelly made part of fruit juices, sugar and a portion of glucose. But he must be supplied with truthful information of the ingredients and be permitted to use his personal liberty to select his own food accurately.

The people have allowed the slow murder of infants and adults by tricky makers of food, drink and drugs to go on about long enough. Duty to self, family and nation demands that every man and woman join in an organized movement to clear our people from this blight. You may not be able to go personally to Washington to impress your Congressmen, but you can, in a most effective way tell him by letter how you desire him to represent you.

Remember the Congressman is in Congress to represent the people from his district and if a goodly number of citizens express their views to him he secures a very sure guide to duty. Remember also that the safety of the people is assured by insisting that the will of the people be carried out, and not the machinations of the few for selfish interests.

This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. Therefore, if your Representative in Congress evades his patriotic duty hold him to strict accountability, and if necessary demand equitable and honest service. This is a very different condition than when a faction demands class legislation of the Congressmen. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class legislation really unworthy of a free people. Work people wanted beef suet butter because it was

cheap and better than much unclean milk butter, but the dairy interests organized and forced the legislation. The law should have provided that pkgs. of oleomargarine bear the statement of ingredients and then let people who desire purchase it for just what it is, and not try to kill it by a heavy tax. Manufacturers sometimes try to force measures in their own interests, but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of that trust, but directly contrary to the interests of the people as a whole. Witness the anti-injunction bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is perhaps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interest of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privilege and duty you will at once—now—write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to make a business of following it.

through the committee considering it. Urge its being brought to a vote and requesting that they vote for it.

Some oppressively intelligent and carping critic may say this is simply an advertisement for Postum and Grape-Nuts. It is true that these articles are spoken of here in a public manner, but they are used as illustrations of a manufacturer seeking by example, printing on each pkg. a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people, and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods, hence this effort to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about \$20,000, to print this announcement in practically all of the great papers and magazines, in the conduct of what he chooses to term, "an educational campaign," esteemed to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things. C. W. POST.

TEXT OF PURE FOOD BILL.

If it meets approval cut it out, sign name and address and send to your representative in Congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

A BILL

TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2, That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3, That it shall be unlawful for any person or persons to purposely, wilfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4, That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employes, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price samples of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Sec. 5, That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6, That any person, firm, or corporation, who shall wilfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7, That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8, That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9, That all acts or parts of acts inconsistent with this act are hereby repealed.

Sec. 10, That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his state to support this measure.

Signed City..... State