Are You Bilious?

If so, you will have more or less of the following

SYMPTOMS:

Not unfrequently the complexion becomes pale and sallow, there may be frequent attacks of bilious or sick headache, bitter taste in the mouth, tongue coated white or covered with a brown fur, unnatural, dry, harsh, or scaly condition of the skin, or brainy eruptions and pimples. There is likely to be "backaches" with tired feelings, lassitude and a sense of debility. There is depression of spirits with a decided tendency to be discouraged and despondent. There is loss or irregularity of appetite, uneasiness in region of the stomach, oppression, sometimes sour stomach, "heart-burn," nausea and "water-brash," flatulency, and acrid eructations, the bowels become irregular, usually constipated, and occasionally subject to diarrhœa, attended with colicky pains. The foregoing symptoms are not all present in any one case, nor are any two cases alike in every respect.

The only way to help a disordered liver and cure biliousness is to treat it as it is—the great, organic, human liver of the human system. Doctor Pierce's Golden Medical Discovery clears and clears and clears it, invigorates and revitalizes this most important organ by its wonderful alterative power.

A Terrible Case of Suffering Caused by Liver Complaint.

Dr. R. V. Pierce, Buffalo, N. Y.:

[illegible] more room left in my body to hold it. My tongue became coated and the inside of my mouth so sore that, although it did not affect my voice itself very much, it caused pain in the throat when talking. In addition to all this the urine became so scalding that the burning sensation caused me to scream when passing it. Oh, the suffering and the anguish of that week! I am better now. I could not sit down, nor sit straight, nor walk nor do anything. Was all doubled up and had to be led from place to place, but here I am to-day, sound and well, all the thanks due to Dr. Pierce's medicines. I used fourteen bottles of "Golden Medical Discovery," three of "Favorite Prescription" and thirteen vials of Pellets. Way you live and to drug manufacturers have saved me from the slough of despair—such as I had fallen into.

Gratefully yours,

Miss Augusta Raffle,
of Findlay Ave., Big Rapids, Michigan.

"Golden Medical Discovery" contains no alcohol, syrup, or sugar, yet keeps perfectly in any climate.

Do Not Be Deceived.—It is an insult to your intelligence for a dealer to attempt to palm off upon you a *substitute* for this world-famed medicine. You know what you want. It is his business to *meet that want*. When he urges some *substitute* he's thinking of the larger profit he'll make—not of your welfare. Turn your back on any dealer who offers you such treatment.

In obstinate constipation the "Discovery" should be used in conjunction with Dr. Pierce's Pleasant Pellets, the most natural and thoroughly scientific laxative ever devised. The "Pellets" regulate and invigorate the stomach, liver and bowels. They are a gentle laxative, two act as a mild cathartic.

For free, confidential medical advice write Dr. R. V. Pierce who will give you the best advice possible, free.

Dr. Pierce's 1,008-page Medical Adviser is the most useful "doctor book" published. A copy in stiff paper covers sent on receipt of 21 one-cent stamps to pay expense of mailing only. In cloth binding ten stamps extra. Address Dr. R. V. Pierce, Buffalo, N. Y.

Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE,

The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the

Confidence of the people.

The uniform quality of LION COFFEE survives all opposition.

LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. If asked for ground package. Save these labels for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

W. L. DOUGLAS

UNION MADE **$3.50 & $3.00 SHOES** FOR MEN.

W. L. Douglas $3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that sell for $4.00 to $5.00. The only difference is the price. W. L. Douglas $3.50 shoes cost more to make, hold their shape better, wear longer, and are of greater value than any other $3.50 shoe on the market. W. L. Douglas guarantees their value by stamping his name and price on the bottom of shoe before leaving the factory. W. L. Douglas $3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas shoes are within your reach.

W. L. Douglas makes and sells more Men's $3.50 shoes than any other manufacturer in the world.

$10,000 REWARD to any person who can disprove the above statement.

BEST FOR STYLE, FIT AND WEAR

Boys wear W. L. Douglas $2.50 and $2.00 shoes because they fit better, hold their shape and wear longer than other makes.

W. L. DOUGLAS $4.00 SHOES CANNOT BE EQUALLED AT ANY PRICE.

FAST COLOR EYELETS WILL NOT WEAR BRASSY

W. L. Douglas has the largest shoe mail order business in the world. He gives you the value for the money. If you cannot obtain further information about W. L. Douglas shoes, write for catalog.

W. L. DOUGLAS, BROCKTON, MASSACHUSETTS

Early in the morning, late at night, or whenever used, Defiance Starch will be found always the same, always the best.

Insist on having it, the most for your money.

Satisfaction or money back guaranteed. It is manufactured under the latest improved conditions. It is up-to-date. It is the best. We give no premiums.

We sell 16 ounces of the best starch made for 10 cents. Other brands are 12 ounces for 10 cents with a tin whistle.

Manufactured by
THE DEFIANCE STARCH CO.,
Omaha, Neb.

Alabastine Your Walls

Are you satisfied with the appearance of your walls? Do they come up to your ideas. Are you putting on coat after coat of sticky, dirty wall paper, making a sandwich with sour paste between?

Alabastine is clean, hygienic and withal lasting and more than that it is beautiful. The most artistic effects can be produced with **Alabastine.**

The ALABASTINE Co. will furnish, without expense to you, color schemes and harmonies for your rooms. If you are building or remodeling, simply ask for color schemes, giving size, use and direction of light of rooms.

Buy your ALABASTINE in original packages. Any decorator can apply it, or you can put it on yourself. Simply brush it on. It is a permanent, durable, wall finish. Outwears two walls done any other way.

The best dealers sell it. If yours doesn't, send us his name and we will see that you are supplied.

ALABASTINE COMPANY
Grand Rapids, Mich. New York City

Write for Keith's

Free Furniture Catalogue No 32

Containing 475 faithful illustrations showing the best choice of patterns on sale in 1905. We are the largest "mail order" furniture house in the world. Our catalogue is reliable.

We pay freight anywhere,

guaranteeing safe arrival at your railroad station. Every piece is guaranteed to be exactly as described or money refunded.

Everything we sell is of the Keith quality, standard for more than 25 years and is sold on the Keith plan of satisfying. Spare no personal effort to please and satisfy in all particulars.

ROBERT KEITH
Furniture and Carpet Company,
Dept. 32, Kansas City, Mo.

10,000 Plants for 15c.

For 15 Cents Postpaid

1000 Early Rose and Late Ohio Potatoes.
1000 The Best Tomatoes.
1000 Kaly Salad Lettuce.
1000 Splendid Cabbage.
1000 Mammoth Onions.
1000 Surprising Radishes.
1000 Glorious Flowers.

Together with this notice, we will send to you 10,000 plants, enough to produce a bushel of brilliant Roses and Bachelor Buttons, vegetables, together with many other flowers, including Salsify, Parsnip, Carrot, Beet, Pansy, Phlox, all for 15c in stamps and this notice. Big 1905 catalog free.

JOHN A. SALZER SEED CO., La Crosse, Wis.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.
CONSUMPTION

DR. McGREW

For 15 years has made a specialty of DISEASES OF MEN. Established in Omaha. His Home Treatment is perfect. Cures guaranteed. Charges reasonable at small cost. Save time and money by describing case and writing for terms. Free book and list of references. Medicine sent everywhere in plain package. Box 1665, Office 314½ South 14th Street, Omaha, Nebraska.

LEWIS' SINGLE BINDER

THE BEST QUALITY STRAIGHT 5¢ CIGAR ALWAYS RELIABLE

Your jobber or direct from Factory, Peoria, Ill.

When Answering Advertisements Kindly Mention This Paper.

BEGGS' BLOOD PURIFIER
CURES catarrh of the stomach.

FARM ORCHARD AND GARDEN

[Mr. Wragg invites contributions of any new ideas that readers of this department may wish to present, and would be pleased to answer correspondents desiring information on subjects discussed. Address M. J. Wragg, 500 Good Block, Des Moines, Iowa.]

OUTDOOR GRAFTING.

To be successful in top grafting in the spring we must have, first, cions in good condition; second, vigorous stocks; third, a proper relation of a cion to stock; fourth, wax covering of the right consistency, and fifth, a little knowledge of the way of doing it as well as the best time.

In the above order it is first of all important to have cions free from injury or from drying or other injury after being cut. Hence fall cut cions are always preferred if they have been well kept.

In the northern apple growing regions this is of special importance, but not so much so in the central and southern regions, where the winters are comparatively mild. Hence it is good nursery practice to cut all cions wanted for winter or spring grafting in the fall, or before severe winter and bury in moist soil, sand, sawdust or moss, where they can be preserved in perfect condition. If that has not been done no time should be lost in securing cions of varieties wanted from some reliable nursery, or if from the orchard cut them in the first mild spell when the wood is not frozen, of the last year's growth, or even two-year-old wood, not water sprouts, but good, firm, well-matured wood, which, when cut shows a bright, clear surface with no yellow tinge or discoloration next the bark. The stock to be grafted should be vigorous but if not transplanted at the time of grafting, and has good after culture, even a dormant tree may do well top grafted. But, as with cion, if it be much discolored from winter or other cause it will not do well. It is generally known that only cions of the same family and generally of the same species can be successfully grafted. Thus the pear will grow on the apple and the quince, but each do best on their own species, and the closer the relation the more likely to succeed. Most orchard top grafting is for the purpose of changing the fruit to a better quality or of different season, as well as to make certain the quality of an uncertain seedling. The old eastern custom was to use a wax made of equal parts of resin tallow and beeswax which was melted and thoroughly mixed over a slow fire and worked up greased hands into sticks while cooling.

We prefer to use boiled oil in place of tallow and to spread the wax on cotton white muslin, which, after cooling, is cut into strips about an inch wide, which is then ready to use in working the wound after setting the graft. For most of our top grafting we now use the same composition with less oil applied from a hot kettle with a small brush, which any farmer can make with a stick and a bunch of cowtail. In this case we never put only the wound but also the tip of the cion with the hot wax and while yet warm, stick over all a slip of white paper, to shelter from sun and wind until growth is assured. In any case care should be taken to cover every wound with the wax. In the latter method the wax can be harder than in either of the former, as the paper covering helps to keep out the air from any cracks that may come in the waxing. Too much grease will kill the best grafts and cause a total failure.

With all the other conditions right, the last is easiest of all and least liable to cause a failure. We commence grafting at the ground, or collar, or higher on stocks three-eighths of an inch or less in caliber or on branches of the same size on large trees with the "whip graft" or splice, which is a sloping cut on stock and cion to match, with a tongue on each to hold them together while winding with the strip of wax cloth or cotton rags. The parts must be held firmly together while winding together until they unite. If the stock be one-half inch or over we split it and insert the cion shaved wedge-shaped and wax and paper as described before. Any novice can do this and even a bungling job may do well if the former conditions are furnished. But one thing is really essential here—that the inner bark of cion and stock shall meet at least at some point. If scion is used on the graft it should be cut when it begins to girdle the stock.

When I observe by almost every garden in the northwest a patch of worthless wild plums, I think how easy to transform some of them into the finer varieties by top grafting and that every neighborhood should have some expert or novice to do this work at the opening of spring. First graft the stone plums, commence as soon as the severe cold weather has passed or about the time frost leaves the ground, then the crabs, and last of all the apples. It is safer to begin early.

To test seeds put a given number, say 25, 50 or 100 on blotting paper laid on a flat dish. Cover with a cloth, keep moist and at a temperature of 60 to 70 degrees. A number of samples can be tested by laying off the blotter in squares and writing the name, source and other facts about the sample on the paper while it is dry.

NEXT SUMMER'S FLOWERS.

Prepare for the summer flowers by securing some reliable catalogs, select the varieties most desired and order the seeds early. Make a plan of the grounds you are going to use and mark off the beds on paper. Some pleasant day have the flower beds covered with well-decayed manure. This enables it to leach into the soil, and it is also there when in the rush of spring work it might be forgotten. As early as possible spade the soil deeply, fine it down ready for planting, but do not put the seeds in the ground until the soil is warm. Slow maturing varieties had better be started in the house.

POULTRY "STEPMOTHERS."

We used to think that we could raise young turkeys better when we hatched them under good old motherly hens than when we put them under the hen turkey. Now the Maine Farmer comes out with the opinion of a poultry expert who says better and larger chickens can be raised by letting the turkey hen hatch them out and care for them. Perhaps both were right, for we think the old turkey often gives the young ones too much travel, and perhaps the hen does not give the chickens enough when they are forced to get their living on an open range. Domestication and breeding have reduced the propensity if not the ability of the hen for travel and catching insects, especially if she and her parents were reared in limited yards, while the turkey is many generations nearly the wild conditions and likes to roam over many acres or, in fact, will not endure confinement at all, only for a short time while fattening, and then not in close quarters. It thus may be that chickens with the turkey would range farther and forage more than with the hen, thus growing more rapidly. But we still adhere to our old position that we can grow chickens better and faster in yards that are kept under proper sanitary conditions than they will grow if allowed to run at large with either their mother or the turkey hen.

None but horse lovers, who are usually thorough students of the horse, fully appreciate how much the horse appreciates kindness. Care and humane treatment have as much influence in developing the traits and disposition of a horse as loving care and kindness have in developing the character and disposition of a child. The Arab makes his horse his companion, and the Arabian horse is probably the most docile and intelligent of all horses around the world. The average American outside our skilled horse lovers of the turf does not treat his horse with as much consideration or kindness as the Arab of the desert.

WASHED-OFF LAND.

Here is one of the hardest questions we have had to answer in years. Indiana writes: "I have lately bought fifty acres of land, and at one corner is a ravine, just that is washed badly. In many places the soil is all gone and the whole of the four acres is full of gullies. I do not care much about the expense so that I get the land leveled again and down to grass."

We should plow the land as deeply as possible, grading it down until the washes were all filled up. Then we would disk and cross disk it, and apply 400 pounds per acre 16 per cent dissolved bone, dragging it in well with spike drag. In May plant it to cowpeas in drills thirty inches apart, twelve to fifteen peas to the foot. If the land is very thin you might use 100 pounds muriate of potash and seventy-five pounds dried blood per acre broadcast before planting the peas.

Cultivate the peas, keeping all weeds down, and in September cut them in with disk harrow sowing one bushel of rye per acre. Sow one gallon of timothy seed per acre in the fall and the same amount of red clover seed in March, and we think you will be pleased with the result.

Make a business, at least three times a year, of cleaning the hubs and spindles of all your vehicles. Do not have them looking like untagged sheep. Make them shine. The next time you do it grease with the best quality of engine cylinder oil and you'll never use castor oil or other "gums" again. Oil lightly and you will not be bothered with gummed or greasy hubs.

POULTRY POINTERS.

Eggs which have been cracked may be set if a piece of tissue paper is pasted over the crack.

Roosters of all breeds should be separated from the hens when they molt. It takes them longer than hens.

It has been found that fowls which roost in warm houses molt sooner than those roosting in the open air.

The best time to commence feeding chickens for fancy prices is when they are about three or four months old.

Pheasants are being largely raised for pleasure, and it is predicted that they soon will be raised by every poultry yard in the country.

Young hens should not be set after their first laying of eggs. By the time they want to set the second time they will make good mothers.

A correspondent asks me what is the best plan to set out raspberries. My own way is to set them in the fall, but spring is a better season on soil likely to heave with frost. Set the plants a very little deeper than they grow in the nursery row. Before setting out I cut all the tops off except about four inches, as I do not wish more than two or three buds to grow from the old cane.

ORCHARD NOTES.

Be careful or it will be too late to graft the cherry.

The branches of the peach tree ought to be thinned out to let in the sun.

Plow the orchard shallow, not deeper than four inches.

If the orchard is to be plowed, spring is the best time. The more that can be added to the soil and the less removed, except as fruit, the better.

I do not call to mind a more convenient tool than a combined drill and wheel hoe. Mine has paid for itself several times over. It drills all kinds of seeds from the finest to the coarsest and can be used as a cultivator with but little change. By the aid of a tool of this kind one can grow garden stuff in rows rather than in beds.

Whatever diet the fowls receive keep them dry. Whoever saw a flock full of song and eggs on a wet, sticky floor?

GUESS WORK IN FRUIT GROWING.

I presume I have guessed at a great deal in the past, and I calculate to guess at some things in the future, but I think it will hardly be necessary for me to miss as much in the future as in the past. I lost big money when I first began to grow fruit. I have nine acres planted to fruit trees now. The first mistake I made was in setting trees two feet deep. I dug the holes two feet deep now, but fill in from 12 to 16 inches with good surface soil. I have best success to set [illegible] the depth they grew in nurs[illegible].

Rich, loamy land does not require as deep a hole as a stiff clay land, but stiff clay is best for trees. When a tree is set in stiff clay, it is much harder to blow over. When hunting for an orchard site, have an eye single to the above advantage if no other. Think also of drainage, artificial or natural. Head the trees low and begin it the first year. The roots must be shaded, besides it is more convenient to gather the fruit from a low tree. October is the time to take out borers. Don't think you can stand off and tell when a borer is there. Go right down on your knees and hunt for him as you would for a gold dollar. Scrape the dirt away and go in after him with a sharp knife. Don't get uneasy if your knees feel a little sore—it won't hurt you.—C. C. M.

It is best to fence the garden with poultry netting, for the chickens will destroy many of the vegetables, scratching out the peas as soon as planted and picking off the young radishes, lettuce and onions as fast as they peep above the ground. If it is a south or east slope, with light, warm soil, it will be an easy job to grow early radishes. If the soil is heavy, a coat of well-rotted manure spread on after plowing and harrowed in will be of great benefit. Never use coarse, strawy manure on a garden. It will burn the tender plants and bother in cultivation all summer.

FARM NOTES.

The first principle of successful farming is to enrich the soil.

Don't put a poor fence post in a permanent fence.

Keep a watch on the March winds and learn just where a windbreak of evergreens should be planted.

You keep the manure as well as cow manure away from potatoes or the strawberry patch, but it has always proved a good thing on the cabbage patch for me.

Some farmers sow clover seed twice, half early and half late, to insure a stand, but it is a question whether it is not wiser to sow it all very early. In this way the writer has not failed of a good stand in twenty-one years.

More gullies on the steep places this spring than usual. Begin at the lower end and pile full of brush evergreen is best, with tops up hill. A few stones scattered along help hold it until the soil fills in solid.

Careful watching will probably show that the snow melts on land that is thoroughly drained a week or ten days earlier than on the adjoining land of the same character that is not drained. How much is that week or ten days at the beginning of the season worth to the thrifty, always ready, go-ahead farmer?

If the land was not plowed last fall, plow as soon as dry enough in spring, harrow at once and do it thoroughly or until the soil is fine and mellow. Six or eight times over it will not be too many. The object is to get at least two inches of fine mellow soil on top, and below that have it compact and firm. It will then be in the best shape to hold moisture in spite of sun and drying winds.

THE FEEDING OF CATTLE.

Canadian experiments in the fattening of steers are recorded. At the Brandon station the steers were fed for 151 days, silage and chopped grain being given in addition to the straw. During the last 50 days flaxseed was also fed. They were purchased at 3 cents and sold for 4.87 cents per pound. The average daily gain per head of lot 1, fed on wheat straw was 1.76 lbs., the profits on the two lots being $20.11 and $19.94 respectively.

Barley, oat and wheat straw and native brome grass hay, when fed in addition to silage and meal, were compared with five lots of steers at the Indian Head station. The lots fed on straw contained four animals, and those fed on hay two animals each. In four months the gain per steer on the different rations was 126.25, 91.66, 162.5, 127.5 and 140 pounds, respectively. In every case the cost of a pound of gain was 7 cents.

Any one desiring to drain his land can obtain a pamphlet containing information on the subject, by applying to the Department of Agriculture Washington. He should ask for Farmers' Bulletin, No. 40, on "Farm Drainage." These bulletins are furnished free of charge.

SOWING CLOVER FOR HAY AND PASTURE.

Wherever clover can be grown successfully, it ought to form a regular feature of the rotation. Prairie soils are well adapted to growing corn, as everybody knows. Because they are immense quantities relatively of corn are grown. The consequence is that in such areas too little clover is grown to balance the ration where corn to so great an extent abounds. Where clover can be grown successfully as everybody knows, it furnishes most excellent pasture. Particularly is this true of the medium red variety, which grows more persistently through the season than any other kind of clover which we have. On but few farms in the Northwest is there as large a proportion of clover hay as there ought to be.

The feed makes the egg. Ground oats and corn, equal parts, their weight of bran, and the mass moistened with skimmilk, makes a solid diet for the production of eggs of high quality.

Owns Costly Book.

The Duke of Devonshire possesses, as an heirloom, Claude Lorraine's "Book of Truth," which is said to be one of the rarest and most valuable volumes in Europe. It is [illegible] six times as much as the "Mar in[illegible]ible, the most costly book the British Museum can boast. The former duke refused an offer of $100,000 for it.

English Names.

In a list of candidates who were recently admitted to the bar in England there were men whose parents had given them such "Christian" names as these: Elidyr, Amiend, Lewishanker, Benaiah, Samson and Archimedes. Evidently they have no S. P. C. C. in England, or if there is one there it can't be very watchful.

Men That Succeed.

The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces, and took the changes and chances of this mortal life like men, facing rough and smooth alike as it came.—Charles Kingsley.

Sword's in Japan.

Although wearing swords has almost entirely ceased for twenty years in Japan, the old esteem and reverence for the weapon and its use still exist among the gentlemen of the country, and many of the nobility have at their houses regular establishments for fencing.

Turquoise a Lucky Stone.

The Orientals have a proverb, "That a turquoise given by a loving hand carries with it happiness and good fortune"; and another, "That the turquoise pales when the well-being of the giver is in danger." Who, then, would not be the possessor of a lucky turquoise?

Sure Thing.

What makes the merchant's business hum—what makes his clerks perspire? Is it due to drummers bland or to messages by wire? Can it be due to fine displays or to silly worn-out fads? No; the business boom is mostly due to his large, attractive ads.

Frightful Capacity.

My little sister Marion, when four years old, was feeding some greedy hens in the back yard one day at noon. She was called to dinner, and, on taking her chair at the table, exclaimed: "Oh, mamma, I'm as hungry as a chicken with a hundred tongues."

Comments on the Wildcat.

A wildcat was caught in a trap in Rosshire, Scotland, recently, and is to be carefully stuffed and preserved. The Westminster Gazette says a wildcat is "beautifully remarked," and adds that "it is more dangerous for game or man than the fox."

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

Duck is Natural Surgeon.

A hunter who lives at Kuestin, Germany, shot and wounded a wild duck. When he came across it after a long search, he found that it had tried to stay the flow of blood under the wing by stuffing in a number of grass blades.

"Dr. David Kennedy's Favorite Remedy cured me of a severe kidney trouble after I had suffered for years and was given up to die. One bottle cured me entirely and I have since enjoyed perfect health." Mrs. A. F. Bixby, Rondout, N. Y. 50c a bottle.

Sermon on Cleanliness.

Once a year the archbishop of Tuam preaches a sermon on health and cleanliness. The national board of the Catholic Truth society of Ireland has issued a sanitary sermon as a pamphlet which sells at a penny.

World's Silver Supply.

Mexico and the United States together furnish about 72 per cent of the silver output of the world. British India, Straits Settlements and China take nearly two-thirds of the total in a good year.

Defiance Starch is put up 16 ounces in a package, 10 cents. One-third more starch for the same money.

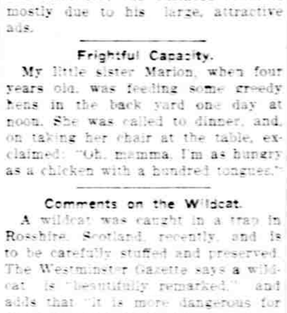
Every great man is always being helped by everybody, for his gift is to get good out of all things and all persons.—Ruskin.

ALL SICK WOMEN

SHOULD READ MRS. FOX'S LETTER

In All Parts of the United States Lydia E. Pinkham's Vegetable Compound Has Effected Similar Cures.

Many wonderful cures of female ills are continually coming to light which have been brought about by Lydia E. Pinkham's Vegetable Compound, and



Mrs Fannie D. Fox

through the advice of Mrs. Pinkham, of Lynn, Mass., which is given to sick women absolutely free of charge.

Mrs. Pinkham has for many years made a study of the ills of her sex; she has consulted with and advised thousands of suffering women, who to-day owe not only their health but even life to her helpful advice.

Mrs. Fannie D. Fox, of 7 Chestnut Street, Bradford, Pa., writes:

Dear Mrs. Pinkham:—

"I suffered for a long time with womb trouble, and finally was told by my physician that I had a tumor on the womb. I did not want to submit to an operation, so wrote you for advice. I received your letter and did as you told me, and to-day I am completely cured. My doctor says the tumor has disappeared, and I am once more a well woman. I believe Lydia E. Pinkham's Vegetable Compound is the best medicine in the world for women."

The testimonials which we are constantly publishing from grateful women establish beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. She asks nothing in return for her advice. It is absolutely free, and to thousands of women has proved to be more precious than gold.

This Pretty Girl Saved From Catarrh of the Lungs By Pe-ru-na.

MISS FLORENCE KENAH.

Miss Florence E. Kenah, 434 Maria street, Ottawa, Ont., writes:

"A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I took medicine without benefit, until my digestive organs became upset, and my head and back began to ache severely and frequently.

"I was advised to try Peruna, and although I had little faith I felt so sick that I was ready to try anything. It brought me blessed relief at once, and I felt that I had the right medicine at last. Within three weeks I was completely restored and have enjoyed perfect health since.

"I now have the greatest faith in Peruna." *Florence E. Kenah.*

WOMEN SHOULD BEWARE OF CONTRACTING CATARRH.

The cold wind and rain, slush and mud of winter are especially conducive to catarrhal derangements. Few women escape.

Upon the first symptoms of catching cold Peruna should be taken. It fortifies the system against colds and catarrh.

Pe-ru-na for Colds and Catarrh.

The following interesting letter gives one young woman's experience with Peruna.

Miss Rose Gerbing, a popular society woman of Crown Point, Ind., writes:

"Recently I took a long drive in the country, and being too thinly clad I caught a bad cold which settled on my lungs, and which I could not seem to shake off. I had heard a great deal of Peruna for colds and catarrh and I bought a bottle to try. I am pleased that I did, for it brought speedy relief. It only took about two bottles, and I consider this money well spent.

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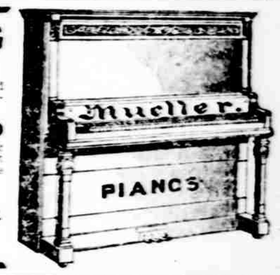

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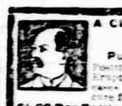

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