SEEDING COMMENCED IN WESTERN CANADA.

The Prospects for a Large Acreage to Be Sown in Wheat.

St. Paul, April 24, 1907.—Word has been received at the office of the Canadian Government in St. Paul that seeding has commenced at various points throughout Manitoba, Saskatchewan and Alberta.

The heavy snowfall during the past winter has left the ground in splendid shape for successful seeding operations. The fine weather of the past few days has taken much of the frost out of the ground and during next week there will scarcely be a district in which the seeder is not being operated. The most optimistic conditions exist and in all districts the farmers are busy getting things in shape. There will be a very large acreage sown in spring wheat, oats and barley. At many points throughout the three provinces the newcomers are busy unloading their stock and effects, working night and day in order to get on their farms and become active agencies in the effort to make the year 1907 the banner year in grain producing in Western Canada. As compared with districts many hundred miles further south than this, it will be seen that Western Canada ranks amongst the first in the line of seeding operations for the present year. It is safe to say that farmers who get in their crop before the 20th or 24th of May, will receive magnificent returns. A number of those coming in this spring, who had not their land prepared last fall, will break up enough land to get in a crop of oats and barley and probably some flax. This, together with the vegetables they will plant, will give them ample food for themselves and stock during the coming summer and winter. These early seeding operations are not confined to one district, but are spread over a country 900 miles long by 400 miles in width.

The agents of the Canadian Government, located at different points throughout the United States, are busy giving information regarding the many new districts that are being made available for settlers. Low railway rates, information and literature are given on application to the agent, whose name appears in advertisement elsewhere in this paper.

The Estimable Family.

"Reynolds," said Millionaire Banks to his valet, "go 'round to the house of that little girl whom I ran down with the auto this morning and extend to the family my sincere regrets and sympathy. Also give them this $50 bill. I understand that they are very poor and in want."

Accordingly the valet obeyed. When he returned his master met him at the door.

"Well, Reynolds?"

"The father wished me to say, sir, that he hoped you wouldn't take the affair too much to heart. As for the family, they all feel very grateful to you sir, and couldn't bring themselves to accept your very kind offer."

"A most estimable family! Yet I wonder why they didn't accept the money?"

"The father said such matters should be arranged through his lawyer, sir."—Judge.

No Criticism to Make.

Mrs. Hwfa Williams, the English society leader, talked at a dance in New York about the fashion of riding astride that has taken hold of English equestriennes.

"Some of our young women," said Mrs. Williams, "dress out and out like men. They wear a long coat cut like a hunting coat, a cap, riding breeches and top boots. It is a handsome costume and it is not immodest, but undoubtedly it attracts a good deal of attention. They have been telling in London lately a story about an English girl who has adopted this riding rig. Pulling up her horse one afternoon she said to an artisan who was passing: 'Can you tell me if this is the way to Wareham?'

"The man looked her over carefully. Then he touched his cap in a respectful manner and replied: 'Yes, miss, yes—you seem to 'ave got 'em on all right.'"

Importance of Sleep.

We should get up well every morning. If we do not, we are certain gradually to run behind in our physical bank account. This proves that sleeping is quite as important as eating. The luxury of sound sleep is one of the greatest means given to a man or beast for restoring and invigorating the whole system. No one should allow business or anything else to curtail this luxury, and parents should promote it in children, instead of drumming them out of bed early.—Homeopathic Envoy.

FRIENDS HELP

St. Paul Park Incident.

"After drinking coffee for breakfast I always felt languid and dull, having no ambition to get to my morning duties. Then in about an hour or so a weak, nervous derangement of the heart and stomach would come over me with such force I would frequently have to lie down.

"At other times I had severe headaches; stomach finally became affected and digestion so impaired that I had serious chronic dyspepsia and constipation. A lady, for many years State President of the W. C. T. U., told me she had been greatly benefited by quitting coffee and using Postum Food Coffee; she was troubled for years with asthma. She said it was no cross to quit coffee when she found she could have as delicious an article as Postum.

"Another lady, who had been troubled with chronic dyspepsia for years, found immediate relief on ceasing coffee and beginning Postum twice a day. She was wholly cured. Still another friend told me that Postum Food Coffee was a Godsend to her, her heart trouble having been relieved after leaving off coffee and taking Postum.

"So many such cases came to my notice that I concluded coffee was the cause of my trouble and I quit and took up Postum. I am more than pleased to say that my days of trouble have disappeared. I am well and happy." "There's a Reason." Read "The Road to Wellville," in pkgs.

REMEDIES FOR THE NURSERY.

Best Method of Treating the Almost Daily Small Mishaps.

Tumbles that result in broken knees are a very common occurrence in the nursery. Wash the place very thoroughly with warm water and boracic lotion in order to remove any garvel, dust or bits of stocking that may have been forced into the wound.

Bathe always from the edges to the center of any wound; this gives infinitely less pain. Then dress the place with a piece of soft old rag, smearing with cold cream; keep in place with a few twists of a bandage.

If a child is slightly burned of scalded, the first thing to do is to relieve the pain, and then apply a healing ointment. To effect this, bathe the injured part with a strong solution of ordinary kitchen soda, apply zinc ointment by means of well-greased rags, then cover the whole with a piece of cotton-wool.

A grain of dust is a very little thing, but, like a great many other little things, is capable of causing a very great deal of trouble.

Never try to remove it with a screw of handkerchief, but instead tear off a corner of perfectly clean white blotting paper, twist this into a cone, and having discovered the whereabouts of the dust by gently but firmly raising the eyelid, extract it with the blotting paper, to which the dust will be found to adhere readily.

TREATMENT OF THE PIANO.

Things to Be Remembered if You Would Preserve Instrument.

When the cold wind blows outside, or chilling rain beats down, do not in your solicitude for your own comfort forget the welfare of your poor piano.

That instrument is well known to be as sensitive to cold, damp or heat as the most confirmed invalid, and in thousands of houses to-day the domestic piano is treated with a lack of regard that harrows the spirit of the unfortunate tuner who has periodically to come and act as physician to it.

Never put your piano too near the fire, as the heat draws the wood. Do not leave the window open close to it on a rainy day, as the damp will rust the wires and mold the instruments interior.

On no account should a multiplicity of ornaments be placed on the top of the piano as its tone is spoiled in this way, and, finally it should be noted that with too much furniture and drapery in the room piano playing cannot be heard to the best advantage.

Delicious Custard.

Beat four eggs light, add three cupfuls of good milk, five tablespoonfuls of sugar, one teasponful salt and a little grated nutmeg; stir well; pour the mixture in custard cups; set these inside of a flat bake pan with some water in same; bake slowly one hour, or until a silver knife comes out clean; remove from oven, then whip the whites of five eggs until stiff and dry and drop on custards walnut size, one in center and one row around edge of cups, leaving the center one largest; put back in oven two or three minutes to add a golden tint; take as many good-sized strawberries, dip in pulverized sugar, and put a row around cups between the walnut shapes; this makes a very pretty table custard for little ones.

Oyster Plant or Salsify Salad.

Scrub the salsify, and cook, without removing the skin, in boiling salted water until tender. Peel and cut in thin slices. Season with salt and pepper, cover and set aside to become cold. For a pint of sliced salsify take six tablespoonfuls of oil, and gradually beat into it four tablespoonfuls of lemon juice or three of vinegar, and about half a teaspoonful of onion juice. When thoroughly mixed, pour over the cooled salsify. Turn the slices over and over until they have taken up the dressing, and set aside until ready to serve. Serve on heart leaves of lettuce, also dressed with oil, vinegar, salt and pepper. Garnish with figures cut from thin slices of pickled beet.

Preserved Pears.

Pare them very thin and simmer them in a thin sirup, allowing one-fourth of a pound of sugar to a pound of pears. Let them lie for two days, then add another quarter of a pound of sugar to a pound of pears and simmer again. Let them all lie all night or longer if you wish, then simmer them once more, adding one-half pound of sugar to a pound of pears, making a pound for a pound. The juice of a lemon to four pounds of fruit and a small part of the peel is a good addition. The fruit may now be drained and put in the sun to dry, or they may be poured into the jars with sirup over them.

To Care for Turkish Rugs.

If Turkish rugs are left on the floor through the summer—and they are quite as well there as anywhere, a weekly exposure to the fresh air and sunshine, with a good brushing with a stiff broom, will be all that is necessary. If they are soiled, a thorough washing every year or two will keep them in splendid condition. If large they are better sent to a rug cleaner; but small rugs may be washed at home, using cold or lukewarm water, a scrubbing brush and any good soap. Rinse well and hang in the open air to dry. If one has a hose the rinsing is more easily accomplished by turning that on them.

Renovating Flannels.

Flannels that have become badly yellowed through neglect may be whitened in this way: Boil four tablespoonfuls flour in four quarts of water, stirring free from lumps. Pour one-half this mixture over the flannels, cover and let them stand a half hour. Rub with the hands, but use no soap. Rinse the flannels in clear water of the same temperature, then heat the remainder of the liquid and pour over the flannel again. Proceed as before, rinse thoroughly, then hang out to drain and dry. Never hang flannels in cold or frosty air, as that always shrinks them.

TEN YEARS OF PAIN.

Unable to Do Even Housework Because of Kidney Troubles.

Mrs. Margaret Emmerich, of Clinton St., Napoleon, O., says: "For fifteen years I was a great sufferer from kidney troubles. My back pained me terribly. Every turn or move caused sharp, shooting pains. My eyesight was poor, dark spots appeared before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney secretions were irregular, and doctors were not helping me. Doan's Kidney Pills brought me quick relief, and finally cured me. They saved my life."

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

Labor of the Novelist.

"The way of the novelist must be hard," said a librarian of an uptown branch. "The other day an immaculately gotten up individual came into the library and announced that he was a writer with a specialty of dialect stories. We got him several books that he asked for, and little by little he took me into his confidence. 'I want the Scotch dialect for the stern father,' he explained; 'then when I've got enough of that I want some dialect for a sea captain, and then I want a duke—or maybe you can tell me, would a duke drop his h's?'"—N. Y. Sun.

$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 all Druggists, 75c.
Take Hall's Family Pills for constipation.

Money for Y. M. C. A.

The raising of $70,000 in one day by the Y. M. C. A. of Ottawa, Ont., broke all records that have been made by the associations in their building canvasses, in which $5,000,000 has been secured in the last two years. Recently the Ottawa association set out to raise $200,000 in 15 days. It received pledges for $203,359. On the last day of the campaign 1,500 people pledged $70,000.

Long Time Between Calls.

"You used to wear a Vandyke beard," she pouted. "I don't like you without it. The next time you come to see me wear one again.

He looked at her reproachfully.

"Do you know how long it takes to grow a respectable Vandyke?" he asked her.

"No," said she. "How long?"

"About six months," he answered plaintively.

In Northeast Australia.

Northeast Australia develops very slowly. Farmers grow maize in the old-fashioned way. The maize crop in Queensland this year is a record one. Canning pineapples is becoming an important industry in Queensland. Opal mining is growing steadily.

Costly Cyclopedia.

The revision of the great Korean cyclopedia called Munhon Pigo, which was ordered by the government some months ago, is now completed, and it consists of an edition of 29 volumes, which will be published at an expense of 47,500 yen.—Korean Daily News.

MORE BOXES OF GOLD

And Many Greenbacks.

325 boxes of Gold and Greenbacks will be sent to persons who write the most interesting and truthful letters of experience on the following topics:

1. How have you been affected by coffee drinking and by changing from coffee to Postum?

2. Give name and account of one or more coffee drinkers who have been hurt by it and have been induced to quit and use Postum.

3. Do you know any one who has been driven away from Postum because it came to the table weak and characterless at the first trial?

4. Did you set such a person right regarding the easy way to make it clear, black, and with a snappy, rich taste?

5. Have you ever found a better way to make it than to use four heaping teaspoonfuls to the pint of water, let stand on stove until real boiling begins, and beginning at that time when actual boiling starts, boil full 15 minutes more to extract the flavor and food value. (A piece of butter the size of a pea will prevent boiling over.) This contest is confined to those who have used Postum prior to the date of this advertisement.

Be honest and truthful, don't write poetry or fanciful letters, just plain, truthful statements.

Contest will close June 1st, 1907, and no letters received after that date will be admitted. Examinations of letters will be made by three judges, not members of the Postum Cereal Co., Ltd. Their decisions will be fair and final, and a neat little box containing a $10 gold piece sent to each of the five writers of the most interesting letters, a box containing a $5 gold piece to each of the 20 next best, a $2 greenback to each of the 100 next best, and a $1 greenback to each of the 200 next best, making cash prizes distributed to 325 persons.

Every friend of Postum is urged to write and each letter will be held in high esteem by the company, as an evidence of such friendship, while the little boxes of gold and envelopes of money will reach many modest writers whose plain and sensible letters contain the facts desired, although the sender may have but small faith in winning at the time of writing.

Talk this subject over with your friends and see how many among you can win prizes. It is a good, honest competition and in the best kind of a cause, and costs the competitors absolutely nothing.

Address your letter to the Postum Cereal Co., Ltd., Battle Creek, Mich., writing your own name and address clearly.

INDIANA PEOPLE IN WESTERN CANADA.

What Shall We Do?—I've Got to Build Granaries.

A letter written to a Canadian Government agent from Tipton, Indiana, is but one of many similar that are in the hands of the Canadian government agents whose privilege it is to offer one hundred and sixty acres of land free, and low railway fares. But here is a copy of the letter:

"Tipton, Ind., Nov. 28, 1906.

"At your earnest solicitation a party of us from Tipton left May 15 for Western Canada. Our interviews with you and a careful study of your literature led us to expect great things of your country when we should arrive there, and we were not disappointed. We went prepared to make a careful examination of the country and its resources, and we did so. At early dawn the second morning out of Tipton we awoke in a new world. As far as the eye could reach was an apparently limitless expanse of new sown wheat and prairie grasses. The vivid green of the wheat just beginning to stool out, and the inky blackness of the soil contrasted in a way beautiful to see. An hour or two later we steamed into Winnipeg. Here we found a number of surprises. A hundred thousand souls well housed, with every convenience that goes to make a modern up-to-date city—banks, hotels, newspapers, stores, electric light, street railways, sewerage, waterworks, asphalt pavements, everything. With eyes and ears open we traveled for two thousand miles through Manitoba, Saskatchewan and Alberta, going out over the Canadian Pacific railway, via Calgary to Edmonton, and returning to Winnipeg over the Canadian Northern railway. In the meantime we made several side trips and stopped off at a number of points where we made drives into the surrounding country. On every hand were evidences of prosperity. The growing wheat, oats, rye, flax, barley, not little patches, but great fields, many of them a square mile in extent, the three, five and sometimes seven-horse teams laying over an inky black ribbon of yellow stubble, generally in furrows straight as gun barrels and at right angles from the roads stretching into the distance, contrasted strangely with our little fields at home. The towns both large and small were doubly conspicuous, made so, first by their newness and second by the towering elevators necessary to hold the immense crops of wheat grown in the immediate neighborhood.

The newness, the thrift, the hustle, the sound of saw and hammer, the tents housing owners of buildings in various stages of completion, the piles of household effects and agricultural implements at the railway stations waiting to be hauled out to the "Claims," the occasional steam plow turning its twenty or thirty acres a day, the sod house, the unpainted house of wood, the up-to-date modern residence with large red barn by, all these were seen everywhere we went, an earnest of prosperity and wealth to be. We talked with men and visited their places that four years ago was unbroken prairie. Their houses, barns, implements and live stock were the equal of anything in Tipton County, and why not, when they were raising five, ten and twenty, yes, in one instance, forty thousand bushels of wheat a year. The fact that such large yields of wheat are raised so easily and so surely impressed us very favorably. And when we saw men who four or five years ago commenced there with two or three thousand dollars, and were now as well fixed and making money much easier and many times faster than lots of our acquaintances on Indiana farms fifty years cleared and valued at four times as much, we decided to invest. So we bought in partnership a little over two thousand acres, some of it improved and in wheat.

Before leaving Indiana we agreed that if the opportunities were as great as they were represented to be, that we would buy, and own in partnership a body of land, and leave one of our number to look after and operate it. This we accordingly did.

Just before time to thresh I received a letter from him. "What shall we do?" said he; "I've got to build granaries. There's so much wheat that the railways are just swamped. We can't get cars and the elevators are all full. I never saw anything like it." In reply we wrote, "Good for you. Go ahead and build; your story sounds better than the letters we used to get from our friends in Kansas when they bewailed the fact that the hard wheat had been destroyed by the chinch bugs and the corn by hot winds, and that they must sell the stock for means to live on. Yes, build by all means." And he did, and our wheat put in by a renter made twenty-seven bushels per acre.

Very truly yours,
(Sd) A. G. BURKHART.
(Sd) J. TRELOAR-TRESIDDER.
(Sd) WALTER W. MOUNT.

It goes without saying that a talking machine does not say without going.

All Cloth Hats, Children's Dresses, etc., made to look like new with PUTNAM FADELESS DYES.

A fruit tree in the back yard is worth two family trees in a glass case.

Lewis' Single Binder — the famous straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

One of the things a man can't understand is why his enemies have any friends.

Kill the Flies Now

before they multiply. A DAISY FLY KILLER kills thousands. Lasts the season. Ask your dealer, or send 20c to H. Somers, 149 De Kalb Ave., Brooklyn, N. Y.

The Tokio Nichi Nichi remarks that "one day's pay for an American workman in San Francisco represents a fair monthly stipend for a Japanese."

Garfield Tea, Nature's Remedy, brings relief from many ailments; it overcomes constipation, regulates the liver and kidneys, purifies the blood and clears the complexion. It is made of Herbs, and is absolutely Pure.

How inconsistent your neighbors are! They refuse to say that you are a good man, but after the undertaker gets you they delight in saying that you were a good man.

It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Physician's Large Fee.

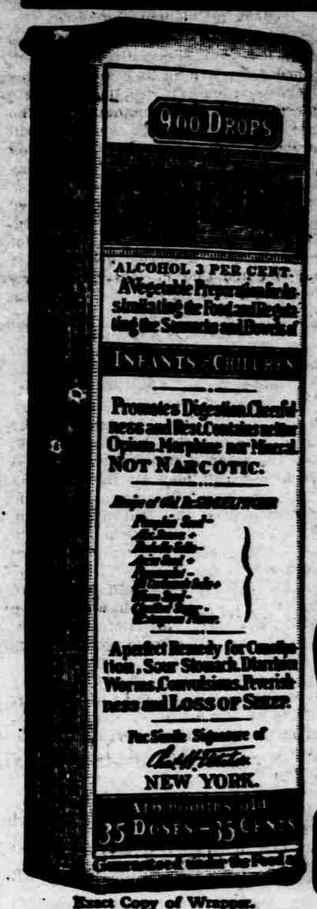
The late Dr. James Gale, the famous blind medical electrician, is said once to have taken a fee of £50,000 ($250,000), the largest ever paid for medical electrical attendance.

FAMILY'S SKIN TROUBLES.

Eczema, Heat Rash, and Scalp Affections Afflict Different Members, But Cuticura Cures Them.

"My wife had eczema for five or six years. It was on her face and would come and go. We thought we would give the Cuticura Remedies a trial. We did so and she has never had a sign of eczema for four years. I myself used Cuticura Soap and Cuticura Ointment some time ago for falling hair. I now have a very heavy head of hair. We used Cuticura Remedies for our baby, who was nearly bald when young. She has very nice hair now. She is very fleshy, and we had so much trouble with heat that we would bathe her with Cuticura Soap and then apply Cuticura Ointment, it would dry the heat up so much quicker than anything else. Mr. H. B. Springmire, 323 So. Capitol Street, Iowa City, Ia., July 16, 1905, and Sept. 16, 1906."

When a woman pays a man a compliment she expects it to be returned with compound interest.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Protect The Health

of your families by insisting on Pure Food. When it comes to Baking Powder, it means a saving of health and money if you use the standard article of purity and efficiency—the wonderful

K C BAKING POWDER

An absolutely pure baking powder scientifically combined. 25 ounces for 25 cents. Your grocer refunds your money if you are not satisfied. Don't accept a substitute! They are impure and a menace to health. Ask for K C, the standard of quality

JAQUES MFG. CO. Chicago.

Help the Horse

No article is more useful about the stable than Mica Axle Grease. Put a little on the spindles before you "hook up"—it will help the horse, and bring the load home quicker.

MICA AXLE GREASE

wears well—better than any other grease. Coats the axle with a hard, smooth surface of powdered mica which reduces friction. Ask the dealer for Mica Axle Grease.

STANDARD OIL COMPANY (Incorporated)

NEW WHEAT LANDS IN THE CANADIAN WEST

FARMS IN WESTERN CANADA FREE

5,000 additional miles of railway this year have opened up a largely increased territory to the progressive farmers of Western Canada and the Government of the Dominion continues to give ONE HUNDRED AND SIXTY ACRES FREE to every settler.

THE COUNTRY HAS NO SUPERIOR

Coal, wood and water in abundance; churches and schools convenient; markets easy of access; taxes low; climate the best in the northern temperate zone. Law and order prevails everywhere.

For advice and information address the SUPERINTENDENT OF IMMIGRATION, Ottawa, Canada, or any authorized Canadian Government Agent.

W. V. BENNETT, 801 New York Life Building, Omaha, Nebraska.

FREE

To convince any woman that Paxtine Antiseptic will improve her health and do all we claim for it, we will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE cleanses and heals mucous membrane affections, such as nasal catarrh, pelvic catarrh and inflammation caused by feminine ills; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT. THE R. PAXTON CO., Boston, Mass.

SECURITY GALL SALVE

POSITIVELY HEALS SORE SHOULDERS

SORE NECKS OR BACKS ON HORSES AND MULES IT HEALS THEM ANYWAY

IN HARNESS, UNDER SADDLE OR COLLAR

IF NOT SOLD BY YOUR TOWN WE WILL SEND YOU FREE CAREFUL, if you send us the name of your dealer. Put up in 25c, 50c and $1.00 Cans. MONEY BACK IF IT FAILS. SECURITY REMEDY CO. MINNEAPOLIS MINN.

BARB WIRE & ALL CUTS SECURITY ANTISEPTIC HEALER

U. S. NAVY

enlists for four years young men of good character and sound physical condition between the ages of 17 and 25 as apprentice seamen; opportunities for advancement; pay $16 to $70 a month. Electricians, machinists, blacksmiths, coppersmiths, yeomen (clerks), carpenters, shipfitters, firemen, musicians, cooks, etc., between 21 and 35 years, enlisted in special ratings with suitable pay; hospital apprentices 18 to 30 years. Retirement on three-fourths pay and allowances after 30 years service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to place of enlistment. Bonus four months' pay and increase in pay upon re-enlistment within four months of discharge. Offices at Lincoln and Hastings, Nebraska. Also, during winter, at Des Moines and Sioux City, Iowa. Address NAVY RECRUITING STATION, P. O. Bldg., OMAHA

Eight Dollars a Day

A DOLLAR AN HOUR

Are you honest, possessed of an average ability, wide-awake, and ambitious? If you are, the above named compensation is possible with us, one of the oldest institutions in this country. Absolutely a straight out business proposition. Write Box 648, Omaha, Nebraska.

Good Men Are Hard to Find Hence This Advertisement

READERS

of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

INVENTIONS NEEDED

Patent secured or fee back. Highest references. Best results. Send model or sketch for free opinion. Patents procured by us advertised free. Lists sent free. Patent business only. Mail matter a specialty. Established 1869. PRESCOTT & LAWRENCE, Patent Lawyers, Washington, D. C. Ent. 1869. Excellent lists. Best references.

MISS ADELAIDE NICHOLS

PERIODS OF PAIN

While no woman is entirely free from periodic suffering, it does not seem to be the plan of nature that women should suffer so severely. Irregularities and pain are positive evidence that something is wrong which should be set right or it will lead to serious derangement of the feminine organism.

Thousands of women, have found relief from all periodic suffering by taking Lydia E. Pinkham's Vegetable Compound, which is made from native roots and herbs, as it is the most thorough female regulator known to medical science.

It cures the condition which causes so much discomfort and robs that period of its terrors. Women who are troubled with painful or irregular functions should take immediate action to ward off the serious consequences and be restored to health and strength by taking

Lydia E. Pinkham's Vegetable Compound

Miss Adelaide Nichols of 234 West 22nd Street, New York City, writes:—Dear Mrs. Pinkham:—"If women who suffer would only rely upon Lydia E. Pinkham's Vegetable Compound their troubles would be quickly alleviated. I feel greatly indebted for the relief and health which has been brought to me by your inestimable remedy."

Lydia E. Pinkham's Vegetable Compound cures Female Complaints such as Falling and Displacements, and Organic Diseases. Headache, General Debility, Indigestion, and invigorates the whole feminine system. For the derangements of the Kidneys of either sex *Lydia E. Pinkham's Vegetable Compound* is excellent.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised.

A Square Deal—Sixteen ounces Defiance Starch for 10c.

Good, Hot or Cold—Defiance Starch, 16 oz. for 10c.

DEFIANCE STARCH—16 ounces to the package—other starches only 12 ounces—same price and "DEFIANCE" is SUPERIOR QUALITY.

A Bad Sign

Irregularity is bad in every department of life, in meals, in sleeping hours, but especially when it is a question of womanly habit. Not only is it a sign of female disease, but, unless cured, it will cause dangerous troubles, because of the poisons thus allowed to remain in the system.

If you suffer in this way, get a bottle of

Wine of Cardui

Mrs. Lucinda Johnson, of Fish Creek, Wis., writes: "I suffered for fourteen (14) years with irregularity, causing great pain. At last I tried Cardui, and now I am cured." At all druggists, in $1 bottles.

WRITE US A LETTER Write today for a free copy of valuable 64-page Illustrated Book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.