A NATION OF DYSPEPTICS.

From the Mountaineer, Walhalla, N. Dakota.

The remorse of a guilty stomach is what a large majority of the people are suffering with to-day. Dyspepsia is a characteristic American disease and it is frequently stated that "we a nation of dyspeptics."

Improper food, hurried eating, mental worry, exhaustion; any of these produce a lack of vitality in the system, by causing the blood to lose its life-sustaining elements. The blood is the vital element in our lives and should be carefully nurtured. Restore the blood to its proper condition, dyspepsia will vanish and good health follow.

For example, in the county of Pembina, North Dakota, a few miles from Walhalla, resides Mr. Earnest Snider, a man of sterling integrity, whose veracity cannot be doubted. He says:

The Doctors Disagreed.

"I became seriously ill three years ago. The doctor gave me medicine for indigestion, but I continued to become worse. I had several physicians at intervals who gave me some relief, but the disease would return with all its accustomed severity.

"I read in the newspapers articles regarding the wonderful curative powers of Dr. Williams' Pink Pills for Pale People, and finally concluded to try the pills. I purchased six boxes. This was five months ago. The first box gave me much relief. I continued taking the pills, and after using four boxes was entirely cured.

"These pills are recognized everywhere as a specific for diseases of the blood and nerves. For paralysis, locomotor ataxia, and other diseases long supposed incurable, they have proved their efficacy in thousands of cases."

The Amateur.

Mrs. Unsofist—"They say that the Minneapolis can steam twenty-four knots in an hour." Mr. Unsofist—"That's what she can do." Mrs. Unsofist—"I supposed they steam them so that the poor sailors can untie them more easily."—Brooklyn Life.

Hives are a terrible torment to the little folks, and to some older ones. Easily cured. Doan's Ointment never fails. Instant relief, permanent cure. At any drug store, 50 cents.

A preacher's usefulness is not measured by the size of his salary.

The little things overlooked rob our lives of joyful strength.

Hundreds of lives saved every year by having Dr. Thomas' Eclectric Oil in the house just when it is needed Cures croup, heals burns, cuts, wounds of every sort

There is as much kill in a selfish heart as there is in a musket.

The living's own highway is the only royal road to greatness.

Energy all gone? Headache? Stomach out of order? Simply a case of torpid liver. Burdock Blood Bitters will make a new man or woman of you

All the world will beat the man whom fortune buffets.

No matter how long you have had the cough; if it hasn't already developed into consumption, Dr. Wood's Norway Pine Syrup will cure it.

Men who strike in their anger usually miss the mark.

He who loses hope, may then part with anything.

Only Thirty and Gray

How is this?

Perhaps sleepless nights caused it, or grief, or sickness, or perhaps it was care.

No matter what the cause, you cannot wish to look old at thirty.

Gray hair is starved hair.

The hair bulbs have been deprived of proper food or proper nerve force.

Ayer's Hair Vigor

Increases the circulation in the scalp, gives more power to the nerves, supplies missing elements to the hair bulbs.

Used according to directions, gray hair begins to show color in a few days. Soon it has all the softness and richness of youth and the color of early life returns.

Would you like our book on the Hair? We will gladly send it to you.

Write us!

If you do not obtain all the benefits you expected from the Vigor, write the doctor about it. He may be able to suggest something of value to you. Address, Dr. J. C. Ayer Co., Lowell, Mass.

GUNS Send 6c stamp for our new Catalogue; gives 96 x what Hunters are looking for. Latest improvements and lowest prices on Guns, Rifles, Fishing Tackle, and General Sporting Goods. The largest gun house in Michigan. Largest sporting goods house in Michigan. V. KINDLER, Saginaw, Mich.

WANTED Reliable Agents and Canvassers in every section, to advertise and introduce the wonderful Mouse Trap that Catches Without Bait. Liberal terms and all other advertising to men in all sections. Any Gentleman or Lady selling 2 to 4 traps a day can EASY THAP CO., 1150 Canton Building, CHICAGO.

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

MINUTE ROMANCES.

"This isn't the life I promised you, Mary," John Mutlee said yesterday when, for a moment, the brave wife faltered and cried in discouragement. And when Mary saw the man she loved in the humiliation of his helplessness she dried her tears and comforted him.

"Never mind, dear," she said, smiling with wan lips and patting his thin hand softly, "I'm all right now! I couldn't bear to hear the children cry for food. But they're pacified now with the crusts, and I guess I can get something for them. I'll try, anyway!"

A sob caught in her throat, but she went out with a cheery wave of her toil-roughened hand to her husband. In two hours she was by his side again.

"I have meat and bread, dear," she said. "The butcher's wife paid me with it for scrubbing her floors. Now, if I can only get some coal you and the children shall have a good, hot dinner!"

She snatched up a small basket and went to the Hudson River railroad tracks to gather cinders and scattered coal. Her heart was light with hope again, and she was just lifting the well-filled basket preparatory to going home, when the rumble of a train startled her. The fast freight was coming, and she stepped off that track just in time to be caught and crushed by the express train from the opposite direction. The yardmen picked the quivering, broken form up from the roadside with careful hands, and soon she was in the ambulance on the way to the hospital. Once there, the physicians worked over her for hours, and when the laggard consciousness came back she whispered:

"Please, please—help me up. I want to get John—and the children—some dinner!" Then she drifted out again. And now she is waiting quietly in the little white hospital bed for the terrible pain to leave her swift and willing feet so they can begin again their service for the four little ones who sob "Mamma!" through the lonely nights, and for the man who sits in helpless anguish whispering to himself the loved name: "Mary."

"If there is anything I despise it is superstition," Lottie Alton confided to the company of girls she had invited to luncheon before the call to "break ranks" was sounded by Vassar, Wellesley, and Smith, their respective colleges. "It seems so foolish to hesitate to undertake a task or a journey on Friday."

"Well, I am not superstitious as a general thing," replied Carrie Wilson, "but I—I do hate to commence anything on that day."

Juliet, who had been abroad, shrugged her shoulders and said "Pouf!" fetchingly. While Alma and her friend from the south compared notes.

"I reckon if you'd been nursed by a black mammy, as I was," said the girl from Mobille, "you all would believe in ghosts and charms. You can't help it when you heah the niggers telling of the ha'nts, and it's too fascinating for anything to hear about the voodoo spells. Why, they have love charms—"

"Love charms!" the chorus expressed horror, delight and curiosity. "How terrible!" "How perfectly funny!" "How interesting!"

"But the white people never believe such nonsense, do they?" There was pious disapproval in the question. The southern beauty pouted bewitchingly.

"Oh—I don't know," she said.

"Belle, did you ever have a love charm?" the hostess demanded. "Did you?"

"Uhmhuh." (That canny word, 'uhmhuh,' ye ken it means 'yes.')

"How dreadful! Where did you get it? Did—did you use it on any—anybody?" (eagerly).

"Uhmhuh!"

"You did?" "Oh, Belle!" They were all talking at once. "What was it?" "A dried spider?" "Ugh!"

"Yes, I did! Old mammy gave it to me and I wore it in a locket, and the first time I met Charlie he fell in love with me. See here!" A diamond sparkled on her hand, and the mischief left her lips. The girls looked from

PICKED UP THE BROKEN FORM.

one to the other, then Lottie spoke up vallantly for one.

"Where—where can one buy dry spiders, dear?" asked she.—Chicago Journal.

A TALE OF CARDS.

Jack Gray had a dim, hurt feeling at his heart. He had gone to the lawn party with the one desire that he might spend the day with Dorothy, but only a moment before he had seen her step lightly across the lawn with his rival.

He walked away and sat under a tree with his back to the direction in which she had gone. For awhile he watched the sports about him, and was about to return home when he spied near at hand a tent which was the conventional gypsy booth. An irresistible longing seized him to enter and learn his fate.

Rather doggedly and feeling like a school boy he sat down on the low seat before the fortune teller.

She bade him shuffle and cut the pack. Then she spread them out one by one before her.

"Let me see, you are not entirely blonde. I think I shall take for you the Jack of Hearts. Ah, yes! Wealth, health and advantage cards together. Rather pessimistically inclined. Yes, at times very pessimistic."

He looked up sharply at the gypsy, but she continued:

"Yes, your nature is a little unfortunate, a little unhappy. Lately—no—yes, lately you have loved. There is a blonde man and the jealousy card is between you and the blonde man. She is a brunette. Spades. Clubs. It is that unfortunate nature of yours again," she said, solemnly, putting her finger on a black card near the Jack of Hearts. "The card of imagination near it. You have imagined! And yet she—the brunette—you have no warrant for it. Only light cards surround her. You have misjudged her."

"How do you mean?" he was startled into saying.

"See!" she said, laying her finger on the hated Jack of Diamonds. "You have no cause for jealousy. There are no love cards between them. She does not love him."

"Are you quite sure?" asked Gray.

"Quite," said the gypsy.

"But she might, because he loves her," he insisted. "Do you mean that I've no cause for jealousy with that Jack of Diamonds so near my brunette Spades?"

"None," she replied, solemnly.

"No danger of her falling in love with him?"

"No," said the gypsy; "the love cards are not there."

"Where are they, then?"

"Here they are, on the other side

"THEN THAT MEANS SHE LOVES ME!"

of the brunette—the nine, five and seven of hearts."

"On the other side," he said; "five, seven, nine; those are love cards! Well, what does that mean?" He looked puzzled and then put his finger on the Jack of Hearts. "Isn't that myself—that Jack of Hearts?"

"Yes," she answered, dreamily.

"Then the love cards are between the Queen of Spades and the Jack of Hearts, which is myself?"

The fortune teller assented.

"Then that means—she loves me."

"Yes," said the gypsy almost under her breath, "she does."

Jack thought a moment. "Well, that's just where you're wrong," he said, unconsciously, and rose. "You see, I knew before I came in; so you will excuse my saying it is rubbish. Here is your fee."

In a moment he was outside, leaving room for another adventurer to enter. He stopped just before the tent and listened to the conversation within.

It was not in the mysterious tones he had heard; but, a girlish voice, which he knew only too well.

"Yes, I said softly, "and nobody guessed in the least that it was I."

He waited a few moments until the long robe and veil were thrown off, and she fluttered out.

"Dorothy," he said, softly.

With a little cry she found herself face to face with him, and ere long the Queen of Spades and Jack of Hearts were walking together beneath the shade of an old tree, laughing freely over the success of the would-be fortune teller.—Ex.

Popular Representation in Japan.

Reference has been made to some recent innovations in the form of government in Japan. The most important change was proposed in the election bill, which was too heavily burdened with amendments to reach decisive action in the late diet. This bill, by reducing the amount of the property qualifications, increases the number of electors from 400,000 to 2,000,000, and the number of representatives from 300 to 440. Hitherto, under the scheme of popular representation, there has been but one member of the lower house for 240,000 inhabitants, and this ratio has not been deemed sufficiently representative. The emperor, desirous of increasing the popularity of his government, and of bringing it more into accord with that of western countries, approved the original provisions of the bill, but the house proved hostile to it, and it went over to the next diet.

Plenty More Days.

In Spain the people take no note of time, nor even from its loss. Everything is to be done by "manana," tomorrow. A wealthy Englishman, who had long lived in Spain, had a law suit. He pleaded his cause in person, and, knowing the customs of the country, won his case. The victory cost him three days of trouble and expense, so that when the judge congratulated him on his success he replied, "Yes, that's all right; but it has cost me three days; and time is money. I am a busy man, and these three days are lost forever." "Oh, you English," answered the judge, "you are always saying that time is money! How are you to get your three days back? I will tell you. Take them out of next week; surely there are plenty more days to come!"

His Sorrow.

Jones—Hello, Robinson, why are you looking so glum? Robinson—You know my rich uncle, the one whose heir I am to be? "Yes." "Well, he has been traveling in the Alps, and last week he slipped and fell down a crevasse." "And was killed, eh?" "No; he got off all right."

It takes thirty-seven specially constructed and equipped steamers to keep the submarine telegraph cables of the world in repair.

DAIRY AND POULTRY.

INTERESTING CHAPTERS FOR OUR RURAL READERS.

How Successful Farmers Operate This Department of the Farm—A Few Hints as to the Care of Live Stock and Poultry.

Fighting Bacteria.

R. A. Pearson, assistant chief of the Dairy Division, U. S. Department of Agriculture, says:

Just how a dairy originally becomes infected with objectionable bacteria which color the milk or cause it to be ropy, slimy, bitter or soapy, or how a creamery or cheese factory which has had no previous trouble with bacteria is infected with troublesome forms, is not always known. Occasionally outbreaks occur which are as unexpected and inexplicable as are some outbreaks of infectious diseases in healthy communities. But it should be remembered that bacteria are extremely minute bodies and that many ways of moving about, even long distances, are possible to them. They can often successfully withstand what would seem to be very unfavorable conditions and thus for a long time hold their life as they are carried from place to place, or as conditions about them change until they find themselves in a favorable location for growth, and then immediately commence to multiply at a marvelous rate. They may first be introduced in to a factory by impure water, milk from an infected dairy, cans which have been used for other than dairy purposes, and especially by dust or anything which carries dirt.

Preventive Measures.—After objectionable germs have once entered the factory three things are required for their growth or increase, namely, warmth, moisture, and food. It is impossible to keep the temperature from being favorable to them in the summer time, but by keeping the factory as dry as possible, the food supply scarce, and subjecting the germs to conditions which are fatal to them, such as high heat and disinfectants, it is possible to rid the factory of them. Soon after a factory is infected with troublesome bacteria, colonies will become established in many places; they are hidden in cracks in the floors and walls and any place which remains continually moist will contain large numbers of them. The entire building and all its contents must be scrupulously cleaned and the work must extend to the whey tank and drain leading to it. Every utensil should be thoroughly sterilized by exposure to live steam during at least ten minutes, and everything not so treated should be disinfected. The inside walls of the building and the outsides of the larger apparatus may also be disinfected with boiling water or steam, but if this is not practicable a dilute solution of carbolic acid may be used, at the strength of 1 pound to 25 to 50 of water. This is an excellent disinfectant but should not be applied to any surface which comes in contact with the milk. Sulphate of iron (copperas) is an efficient disinfectant for drains; they should be flushed daily with boiling water and have steam passed through them if possible, then have lumps of copperas placed in them.

At the same time or preceding the work of cleansing the factory its surroundings should be improved. Pools should be drained and the hollows filled with clean earth. If at any point the soil is saturated with milk or whey, the top part should be replaced with fresh earth, if practicable, and copperas sprinkled about. Treatment of this kind frequently repeated and accompanied by the replacement of decayed boards in the floor or elsewhere, and the repair of drains, waste pipes, etc., and followed by a good coat of whitewash, will usually remove all trouble. If, however, the conditions are not improved after these operations, it is probable the source of infection is external to the factory, and every effort should be made to quickly locate it. An affection once started readily travels from dairy to dairy, and unless it is promptly stamped out an entire district may suffer great loss as a result. It is found by handling the milk from the different dairies separately, or by the use of a fermentation or curd test, that the trouble belongs to a certain one, that dairy should be thoroughly cleaned and disinfected. If the water is found to be to blame, a new supply should be obtained, or an arrangement provided to boil all the water used.

Sore Mouth Among Cattle.

Newspaper bulletin 67, Indiana Experiment Station: A few weeks ago a disease commonly called sore eyes among cattle assumed an epidemic form in many parts of the state. Now several localities are reporting another disease called sore mouth or sore foot and mouth. This disease made its appearance in the state in the fall of 1891 and in 1892. Since that time very few cases have been seen. It is a disease that attacks cattle of any age and in a few instances attacks horses. It occurs among animals on pasture and is supposed to be due to some condition of the grass. It is not known to be contagious, but it is a good policy to separate the diseased and affected as a safe precaution.

The symptoms are as follows: The animal ceases eating, stands and frequently champs the jaws, and saliva drips from the corners of the mouth. The muzzle has a peculiar brownish hue which extends to the nostrils and to the inside of the lips. The inside of the lips, gums, pads and sides of the tongue become reddish. The tongue swells, sometimes to such an extent as to keep the mouth open. There is a very disagreeable odor about the mouth. After a few days the membranes peels off the gums, lips and tongue in patches, leaving them raw. There is often lameness and soreness of the teats. The disease runs its course in from six to ten days, during which time the animal will be unable to eat anything hard. The bowels are usually constipated.

The treatment is to apply an astringen wash. Tannic acid, one-half ounce; borax, powdered, one ounce; glycerine, eight ounces, and water sufficient to make a quart, has been recommended. A saturated solution of boracic acid is good. Cresoline—one-half ounce to the quart of water is also good. Make gruels and sloppy feed for diet. In a few cases this disease has been reported as black tongue. This is a mistake, as black tongue is one form of anthrax.—A. W. Bitting, D. V. M., Veterinarian.

Meat as an Egg Ration.

Is meat the best egg ration? This question is asked by Mr. C. S. Valentine in the Country Gentleman of July 28. He cites the opinions of one of the most practical poultry writers and editors (who averred that meat feeding produced more trouble and disease among his fowls than any other practice) as says that his own large experience coincides with that of the editor. He says: "It is not a question whether or not meat brings egg; one can run up the egg record at will by the use or disuse of meat. The question is, is the gain great enough to pay a profit after deducting the loss caused by over stimulation?" By "meat" Mr. Valentine wished to be understood to mean meat meal or dried scraps. In the first place, I think he makes a mistake in confining himself to meat meal and dried scraps. If meat is to be fed at all, it is of the utmost importance that it should be fresh and untainted. Everybody knows that diseased or tainted meat is dangerous as a diet, almost invariably producing disorder and disease among the flock. I find that the cheapest meat form of meat for my fowls is green cut bone. I can always obtain a plentiful supply from my butcher, and at a very low cost, seldom over one-half cent per pound. With my bone cutter I can quickly prepare it. I always examine the bone (which by the way has more or less meat attached to it) very carefully, and reject any that is in the least tainted. After years of experience, I have yet to find the first case of disorder caused by its use. Nor do I consider it in any sense a stimulating food, as asserted by Mr. V. I may be wrong; if so, I am willing to be shown my error. I base my opinion on the fact that allowed free range, bugs, beetles and worms (all meat foods) form a considerable part of the diet of a fowl, on which it always thrives. I agree that green cut bone is almost identical, in its various elements, with bugs and worms; that they both contain the flesh, blood and bone existing in all organic life; and that one is no more injurious than the other. But I cannot admit for a moment that scraps and meat meal occupy the same class, and it is right here, I believe, that Mr. V. failed. I believe the scraps were responsible for the disorders mentioned, and not his system of feeding.

What are scraps, and how obtained? The majority of scraps are the products of soap factories or rendering establishments. At such places immense quantities of bone, meat, dead animals and offal are gathered together and deposited in a pile, until a sufficient quantity is obtained to fill an immense vat. If the weather is hot, this reeking mass is often in all stages of decomposition, but as the extraction of fats is the chief object of the renderer, it does not injure their value. Once in the vat, the steam is turned on, and they are kept there until the grease is entirely extracted. The grease is skimmed off the top, the water drawn off at the bottom, and the solids are separated and saved for fertilizer, and the residue, composed of shrunken muscles, skin and various fibers, is pressed into cakes called "scraps." Now, I ask, is this a fit food for fowls? Cooking diseased meat will not make it fresh. A man would not knowingly buy a sick chicken or a steak cut from a fever-stricken cow, and offer it (after being cooked) to his family. He would fear disease and sickness, and rightly, too. But this is just what those who feed scraps to their fowls do.

I want to say, also, that even if the scraps were perfectly free from disease, they would not be in the same class with green cut bone, bugs and worms—the one rich with life-giving nutrients, salts, phosphates, lime and nitrogenous matter, the other a fibrous mass with all the nutrients extracted; one containing every element found in egg, milk, yolk and shell, in rich abundance, the other a limited amount of lime and other nutrients in very scant quantities. If green cut bone is substituted for scraps and fed judiciously, no breeder need fear overstimulation or any disorder of disease resulting.—John I. Draper in Country Gentleman.

Skim-Milk and Hogs.

In tests conducted by the Utah experiment station, skim-milk was fed extensively to hogs, and the following conclusions were arrived at:

(1) Skim-milk, when fed in combination with grain, makes a very valuable food for hogs at all periods of their growth, but particularly so during the earlier periods.

(2) Skim-milk and grain in combination has made a much more economic ration for hogs than either milk alone or grain alone. The milk and grain fed lots required 2.55 pounds of digestible matter, the milk fed lots 2.35 pounds and the grain fed lots 3.19 pounds to make one pound of gain in live weight.

(3) When fed in combination with grain, skim-milk has 63 per cent greater feeding value than it has when fed alone, 100 pounds of skim-milk taking the place of 23.2 pounds of grain in the former case and 14.2 pounds in the latter.

(4) The hogs fed on the milk and grain ration made much more rapid gains than either those fed on milk alone or grain alone. The time required to make 100 pounds of gain was 79 days for the hog fed on milk and grain, 116 days for those fed on grain alone and 147 days when the food was milk alone.

(5) When the skim-milk and grain were fed in the proportion of 3 pounds or less of skim milk to one pound of grain, the return for the skim-milk was greater than when a larger proportion was fed. When fed in the proportion of 2 pounds of skim-milk to one pound of grain, 100 pounds of milk took the place of 31 pounds of grain, but when fed in the proportion of 4 pounds of skim-milk to 1 pound of grain, only 24 pounds were displaced.

(6) Hogs fed on milk alone gained very slowly and did not keep in good health; in some cases they were off their feed so frequently that a change of feed had to be made. The milk and grain fed hogs, however, without exception, kept in good health.

The earlier the hens shed their old coats the sooner they will begin to make a winter egg record.

Don't bet on what you feel in your bones—unless it's rheumatism.

Excursions to the West and Southwest.

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Write for full information, map folders, land books about Missouri, Arkansas, Texas, Kansas or Nebraska.

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Bissell Wilson, D. P. A.,
111 Adams street, Chicago.

Narrow-minded and ignorant persons talk about persons and not things; hence gossip is the bane and disgrace of so large a portion of society.

A southern railway has a female train dispatcher. Nearly every small boy is acquainted with the female switch tender.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials, free.

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Hall's Family Pills are the best.

Capital and labor would commingle better if there weren't so many men trying to get capital without labor.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

Spain's next cabinet would do well to adopt a submarine insurance policy.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 931 Arch St., Philadelphia, Pa.

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Dr. Carter's K. & B. T-a

does what other medicines do not do. It regulates the four important organs of the body—the Stomach Liver, Kidneys and Bowels. 25c package

There is no promise in the Bible for people who borrow trouble.

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For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

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For Lung and chest diseases, Piso's Cure is the best medicine we have used.—Mrs. J. L. Northcott, Windsor, Ont., Canada.

"There are no cross babies or sick babies in families that use Brown's Teething Cordial."

The greatest enemy that any man can have is sin in his own soul.

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Will have peace from PAIN and a CURE by using

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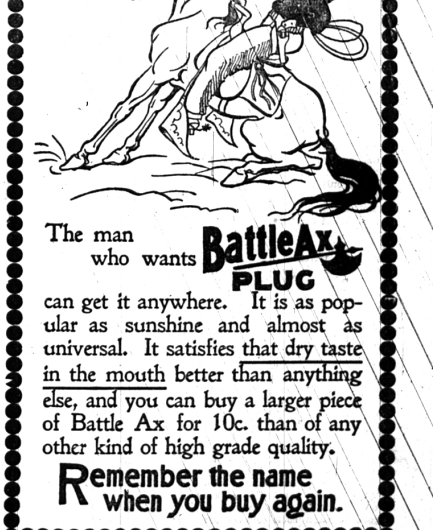

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Remember the name when you buy again.

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Gratifying Letters to Mrs. Pinkham From Happy Women.

"I Owe You My Life."

Mrs. E. WOOLHISER,
Mills, Neb., writes:

"DEAR MRS. PINKHAM:—I owe my life to your Vegetable Compound. The doctors said I had consumption and nothing could be done for me. My menstruation had stopped and they said my blood was turning to water. I had several doctors. They all said I could not live. I began the use of Lydia E. Pinkham's Vegetable Compound, and it helped me right away; menses returned and I have gained in weight. I have better health than I have had for years. It is wonderful what your Compound has done for me."

"I Feel Like a New Person."

Mrs. GEO. LEACH,
1609 Belle St., Alton, Ill., writes:

"Before I began to take your Vegetable Compound I was a great sufferer from womb trouble. Menses would appear two and three times in a month, causing me to be so weak I could not stand. I could neither sleep nor eat, and looked so badly my friends hardly knew me.

"I took doctor's medicine but did not derive much benefit from it. My druggist gave me one of your little books, and after reading it I decided to try Lydia E. Pinkham's Vegetable Compound. I feel like a new person. I would not give your Compound for all the doctors' medicine in the world. I can not praise it enough."

Go to your grocer to-day and get a 15c. package of

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It takes the place of coffee at ¼ the cost.

Made from pure grains it is nourishing and healthful.

Tested that your grocer gives you GRAIN-O. Accept no imitation.