BEST STOMACH REMEDY FREE

It is an old saying that if the stomach is sound the whole body is safe, because so much depends upon the proper working of the stomach. Many persons find themselves with a disorder of the stomach which produces dyspepsia or a peculiar state of biliousness.

If you suffer from both stomach trouble and constipation you are on the way to a very serious disease. From just such conditions come appendicitis, rheumatism, skin diseases and similar disorders, because the waste matter that should have been dispelled from the system through the bowels has found its way into the blood and vitiated it. What is needed at this point is not simply a violent cathartic tablet or salt, which usually does more harm than good, but a gentle laxative tonic like Dr. Caldwell's Syrup Pepsin, which people have been using for these ailments for nearly a quarter of a century. It cured J. C. Lanham, of Warrensburg, Mo., of stomach trouble of long standing, also William Voll, of 903 Jillison St., Louisville, Ky., who had the trouble for fifteen years.

However, if you have stomach trouble you want to know from personal experience what Dr. Caldwell's Syrup Pepsin will do for you. If so, send your name to the doctor and a free trial bottle will be sent you. You are urged to send for the free bottle, as the results from it will be the best recommendation of Dr. Caldwell's Syrup Pepsin. Then you will do as over two million people did last year—go to your druggist and buy a regular bottle at 50 cents or $1, according to the size you prefer. We could mention hundreds and hundreds of families who are never without it. You can never tell when some member of the family will need a laxative, and then no time should be lost taking Dr. Caldwell's Syrup Pepsin.

If there is anything about your ailment that you don't understand, or if you want any medical advice, write to the doctor, and he will answer you fully. There is no charge for this service. The address is Dr. W. B. Caldwell, 201 Caldwell bldg., Monticello, Ill.

VARIETY.

Hewitt—I've been plucked for money lately.

Jewitt—Well, women have different ways of getting it. My wife kisses me when she wants any.

The man who has only himself to please finds sooner or later, and probably sooner than later, that he has got a very hard master.—Swift.

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

To make the most of the figure 6 turn it bottom upward.

ANOTHER WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Gardiner, Maine.—"I have been a great sufferer from organic troubles and a severe female weakness. The doctor said I would have to go to the hospital for an operation, but I could not bear to think of it. I decided to try Lydia E. Pinkham's Vegetable Compound and Sanative Wash—and was entirely cured after three months' use of them."—Mrs. S. A. Williams, R. F. D. No. 14, Box 39, Gardiner, Me.

No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound, made exclusively from roots and herbs, a fair trial.

This famous medicine for women has for thirty years proved to be the most valuable tonic and renewer of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound. It cures female ills, and creates radiant, buoyant female health. If you are ill, for your own sake as well as those you love, give it a trial.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, and always helpful.

Shave in 5 Minutes!
NO STROPPING NO HONING
Gillette
KNOWN THE WORLD OVER

Buy a Watch Only of a
Retail Jeweler

For he can properly adjust it to your individual requirements so it will keep perfect time under all conditions.

Never buy a watch by mail, for no matter how good you think the watch is, it will never be accurate unless it is properly adjusted to your individual requirements.

A South Bend Watch Frozen in Solid Ice

keeps perfect time. It would fall utterly as a perfect timekeeper if it wasn't adjusted to meet the requirements of each individual.

You can never buy a South Bend Watch by mail. They are sold only by retail jewelers who are competent to properly adjust them.

Ask your jeweler to show you a South Bend Watch—a real masterpiece of mechanism.

Write us and receive by return mail our free book showing how and why a South Bend Watch keeps accurate time in any temperature.

South Bend Watch Co.
South Bend, Indiana

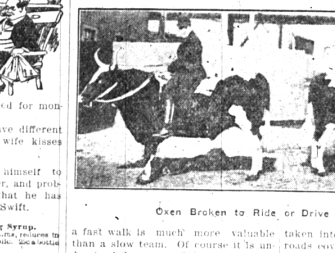
OXEN TRAINED TO DRIVE LIKE OTHER ANIMALS

As Much of Science in Driving Them as Horses and Requires Much Patience and Self-Control in Education.

Driving oxen is as much of a science as driving horses, and in their education much patience and self-control are required to make a success and have what we in Vermont call a "good team." Their education for work should begin as soon at least as they are six months old; they should be yoked and handled till they have perfect confidence in their driver. They will learn the words of command as quickly as a team of colts will the bit and words, says a writer in the Breeders' Gazette. Always use the same terms of command, and attract their attention with a light whip or switch, but never use a whip, as the boys say, to "lick them" with. They do not need it. They are as ready and willing to obey as a well-handled team of horses, and learn the words of command the same as a dog or any animal.

Some have an idea that an ox team is made to be whipped and yelled at as loud as possible, but a yoke of cattle can be trained to do their work without noise of bluster. It is all in the driver and their early training.

Again in their education careful attention should be paid to their walk. As this is the only gait they have it is very important that they should be taught to walk very fast. By inclination they will not do this unless educated to it. A careless driver will soon get an ox team in the way of loafing along, or in plowing to go so slow as to offset all other advantages claimed for them, so that a team educated to



Oxen Broken to Ride or Drive Like a Horse.

a fast walk is much more valuable than a slow team. Of course it is understood that some of the large, heavy breeds of cattle can never be made to walk as fast as the lighter ones, but even they can be made faster than their natural inclination.

Often young cattle when first put to work are overloaded and overworked. This hurts their courage and will surely lessen their value as a farm team. Never make them try a load when they cannot start it by two or three trials, but rather lessen the load. By so doing they will get in the way of doing their best, and will have the courage to try. A well-matched, well broken pair of oxen will do their work quickly and with all the intelligence of a good pair of well-broken work horses, and be pleasure to their driver and owner.

I do not think it possible for anyone to lay down rules for breaking an ox team. Some are born drivers and love their team, just as much as a good horseman does, and when such a driver is given an intelligent pair of young oxen it will be a pleasure to see them work, and the amount of work they can do is governed only by the length of the day. Such a team will be alert, the same as the horses; they will also appreciate grooming the same. Many a yoke draws a plow all day without a grain feed or even water at noon, and at night is unyoked and turned out in the yard with only a poor feed of hay or grass. This is not fair to the oxen. They cannot under such conditions do their best, and then it is said that cattle are no good for farm work, are too slow and cannot begin to do the work of horses. Here in Vermont on our hill farms we can hardly do all kinds of farm work without oxen. When getting up wood and logs in the winter they can be

GARDENER'S BEST FRIEND IS TOAD

Large Portion of Its Customary Ration Consists of Injurious Insects.

The toad is a very valuable friend, especially to the gardener. Toads live for several years and by preference remain on the same feeding grounds from year to year. About 98 per cent of the toad's food consists of animal matter. Among the forms regularly eaten are angle worms, snails, sow-

The Gardener's Friend.

bugs, thousand-legged worms, spiders, ants, grasshoppers, crickets, cutworms, beetles and various caterpillars. From 60 to 80 per cent of injurious insects and a small per cent. of beneficial insects go in with its customary ration. The stomach is filled and emptied about four times in each 24 hours. Upon the basis of stomach examinations, it has been estimated that during the 90-day period extending over May, June and July, a grown toad will consume 2,160 cutworms, 1,800 myriapods or thousand-legged worms, 2,160 sowbugs, 3,240 ants, 360 weevils, and 360 ground beetles, the last being beneficial insects. The sum total therefore, for the 90 days, is 360 beneficial insects and 9,720 injurious ones destroyed. Mr. A. H. Kirkland, who made the foregoing computations, observes that children are often paid one cent for each cutworm they kill, and that on this basis, after allowing ten per cent. deduction from the total number consumed, to offset the probable number that would have been killed by the devoured ground beetles, we still have 1,944 cutworms to the toad's credit, or in money value it is worth $19.44 in three months' time. English and French gardeners appreciate the value of toads and as high as $25 per hundred is said to be often paid for them. Owing to the dislike of the creatures for new and unfamiliar surroundings, it is advisable in many cases to provide a breeding pool for them in order that the toads may establish themselves where they are wanted. A shallow pool of cement, having a small but constant water supply, is sufficient, and the old toads should be carried to it at mating time, which in this latitude comes in April and May. Stagnant water is better than running water from the standpoint of the toad raiser.

For garden shelters, make shallow holes in the ground and cover with flat stones or boards. The toads will retire into these in the daytime and come forth at dusk for their nightly forays. Toads are specially valuable to greenhouse men, keeping down slugs, snails, sowbugs, thousand-legged worms, plant lice, cutworms, etc.

Best in Philosophy.

There is humor in all things, and that is the truest philosophy which teaches us how to find and enjoy it.—W. S. Gilbert.

Oats Need Solid Subsurface.—It is a mistake to sow oats on newly-plowed ground, especially where a deficiency of moisture may be expected. Oats like a solid subsurface. Ground to be put in oats may be plowed in the fall, if weedy, but ordinarily clean ground which has been in corn, needs only a thorough disking and harrowing in the spring. If the ground must be plowed in the spring, it should be thoroughly packed soon after plowing, and the sooner the better. It is better to drill in the oats than to sow them broadcast. If a large crop is expected, do not be too saving with the seed; heavy seeding is indispensable for a heavy yield, but no amount of seed will produce a good crop on a poor seed-bed.

Plant Gladioli from Bulbs.

Gladioli may be grown either from bulbs or bulblets. Bulbs will produce flower spikes the first season. Bulblets must be grown one or two years before they produce blooms. Full-grown gladioli bulbs produce many little bulblets each season, which should be saved and planted for future stock.

Alberta and Saskatchewan Settling Fast.—Four years ago the provinces of Alberta and Saskatchewan were carved out of a vast area formerly known as the northwest territories. Their population at the time of their organization as provinces was probably about 70,000 for Alberta and 90,000 for Saskatchewan. The number to-day is somewhat problematic, but a guess of more than half a million for the two provinces is quite reasonable. Saskatchewan is now producing crops worth nearly $40,000,000, and Alberta, which is a cattle country rather than a crop country, values its harvest at $15,000,000.

Separating Grain.—How many farmers select good seed in a practical manner? Every bin of grain has kernels in it which differ in producing power. Grain can be separated in ordinary fanning mills by weight and by size of kernel. The average farm fanning mill will handle about forty bushels per hour. At this rate in eight hours two men can clean 320 bushels. This will make the cost something less than one cent per bushel.

SPOILED A GOOD IMPRESSION.

Final Act of Inmate of Asylum Gave Visitor Good Ground for Doubting His Sanity.

Lew Dockstader tells in the Saturday Evening Post of a friend of his who visited an insane asylum and came across an inmate who was walking in the corridor. His friend engaged the inmate in conversation and discovered him to be a most intelligent person, posted on all the topics of the day, with rational ideas about everything and no signs of insanity.

"You do not seem insane," said the visitor.

"Certainly not," replied the inmate. "I am perfectly sane. "I am here because of a plot against me by some enemies. If I could get word to my sisters and brothers I would be liberated at once. Also, I would like a word with my lawyer."

To make sure, the visitor talked for half an hour with the inmate and, in the end, was convinced a gross injustice was being done. He said: "I will gladly take a message to your lawyer or your brother. I am sure you are sane."

"If you will," replied the inmate, "I shall be under lifelong obligation to you. I am incarcerated here for no reason. I am sane. Please say to my lawyer that you saw me here and that I want him to come at once and see me so I can take steps to regain my liberty."

There was some more conversation and the message was arranged for and addresses given. After other protestations of his sanity and assurances by the visitor that the outrage would soon be corrected, the visitor turned to go. As he was about to descend the steps he was hoisted off his feet by a tremendous kick and fell into a flower bed. He turned to see the inmate grinning at him from the steps.

"Why did you do that?" shouted the visitor.

"Lest you forget," said the inmate, shaking a finger at him—"Lest you forget."

Wrong Estimate of Success.

Dr. Eliot, lately president of Harvard university, said recently at a reception in New York: "My career appears to strike a considerable number of people as a successful one. People congratulate me on what they call my success. But my career has certainly not been successful in what is considered to be the American idea of success in a pecuniary way. It is a success in terms of service—service to the community. Now, does not this refute the common opinion that the American estimate of success is a pecuniary one? Dr. Eliot then related an incident in one of his travels by boat when the vessel's officers came to him and said: "We officers want to ask you a question. We know you are a smart man. We want to know why being a smart man you are not rich?" Dr. Eliot did not repeat his reply, but concluded his remarks on the subject by saying: "The real American estimate of success in the world is serviceableness and not wealth."

Swearing to Validity of an Excuse.

Kissing the book seems to be on the point of being consigned to well-deserved oblivion, and England might easily take pattern by the form of oath that obtains in the Channel Islands. The 12 rectors are ex officio members of the States of Jersey, and in common with other constituent elements of the same body they may frequently be seen with the uplifted hand swearing to the validity of the excuse that another member is absent through illness. The custom has been handed down from a Norman ancestry that ever recognized the sacred finality of putting a man on his oath, and emphasizes most strikingly the parallel values of the right hand and of a man's plighted word. "Poingdestre" is still a Jersey surname.—The Guardian.

Woman Skilled as Woodworker.

Lady Colebrooke, who is famous alike for her beauty, accomplishments and skill as a political hostess, possesses a wonderfully complete carpenter's and wood carving shop at Abington, Lanarkshire. Here she has not only turned out some clever pieces of work, but she has taught some of the village girls on her husband's estate how to fashion wood by hammer and chisel.

Lady Colebrooke is a clever sculptor too and has exhibited at the Paris Salon. She shares with her husband a love of all that is artistic and beautiful, and to add to all things varied accomplishments she can drive a four-in-hand and a Russian droschky and three.—M. A. P.

Anything to Oblige.

They were a very young and obviously bride and bridegroomish looking couple. On entering the little teashop in the upper avenue the maid tactfully led them to a private room which chanced to be vacant. Tea was ordered and served. As the waitress was leaving the room the young man discovered an important fault in the service.

"Oh, waitress," he said, "may we have a spoon?"

"Sure," said the girl; "I won't be back for ten minutes, and you can have the room all to yourselves."—Tit-Bits.

Great Curiosity.

The manager of the side show mounted the platform.

"And here, ladies and gentlemen," he remarked impressively, as he placed his hand on the long, flowing locks of a pale young man, "we have one of the greatest curiosities this broad country has ever known."

"And what is so curious about him?" asked a voice in the crowd.

"Why, ladies and gentlemen, he is a real, live dyed-in-the-wool Indiana poet who has written a score of poems this spring and not once has mentioned the word 'fishing.'"

The Cat Came Back.

Mr. Jinks—I'm so awfully glad don't you know, to be able to offer you an umbrella to protect you from this deuced wet, don't y' know.

Mrs. Winks—It's so very kind of you, Mr. Jinks, don't y' know. I shall be very glad to return it to my husband. It is the one he left at the club last night, don't y' know!

AMBITIOUS.

Employer—What! want another raise? Why, you're getting $5 a month!

Office Boy—Yessir; but I'm engaged now, and my girl wants to be took about.

A CURE FOR FITS.

The Treatment Is to Accomplish What Science Has Been Struggling to Attain for Centuries.

The intense interest that has been manifested throughout the country by the wonderful cures that are being accomplished daily by epileptocide still continues. It is really surprising the vast number of people who have already been cured of fits and nervousness. In order that everybody may have a chance to test the medicine, large trial bottles, valuable literature, History of Epilepsy and testimonials, will be sent by mail absolutely free to all who write to the Dr. May Laboratory, 548 Pearl Street, New York City.

Mrs. Howe's Opinion.

Mrs. Julia Ward Howe's sense of the ridiculous has always been a saving grace, leading her to avoid grandiloquence. On one occasion a lady at Newport, trying to get a fine sentiment out of her, said, one moonlit evening on a vine-hung veranda: "Mrs. Howe, do say something lovely about my piazza!" Whereupon every one listened for the reply. In her delicately cultivated voice Mrs. Howe responded: "I think it is a bully piaz."—New York Herald.

Many a Day Is Spoiled

By a cough which cannot be broken by ordinary remedies. But why not try a medicine that will cure any cough that any medicine can cure? That is Kemp's Balsam. It is recommended by doctors and nurses, and it costs only 25 cents at any druggists or dealers. Keep a bottle always in the house and you will always be prepared to treat a cold or cough before it causes any suffering at all.

The Burnt Child.

Stern Parent—Bobby, I thought I told you to order that trunk sent around right away, all ready to use. The trunk has come, but there is no strap.

"Well, pa, I told the man he needn't mind sending the strap."

Uso Allen's Foot-Ease.

It is the only powder for Swollen Smarting, Tired, Aching, Hot, Sweating Feet, Corns and Bunions. Use Allen's Foot-Ease, a powder to be shaken into the shoes. Cures while you walk. At all Druggists and Shoe Stores, 25c. Don't accept any substitute. Sample sent FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

Some men are content not to do mean actions, I want to become incapable of a mean thought or feeling.

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASE
FOR RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES
NEVER 375 "Guaranteed"

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS.
Positively cured by these Little Pills.
They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.
SMALL PILL. SMALL DOSE. SMALL PRICE.
CARTER'S LITTLE LIVER PILLS.
Genuine Must Bear Fac-Simile Signature
Brent Good
REFUSE SUBSTITUTES.

The Surest Preventative

The quickest acting and most reliable remedy for all disorders of the Stomach and Bowels, Bladder and Kidney troubles, Gout, Jaundice, Headache, Biliousness is

DR. D. JAYNE'S SANATIVE PILLS

They are the highest standard of excellence for all these ailments. Used as a laxative, purgative or cathartic they are most soothing and effective.

Sold by all druggists in two size boxes, 25c and 10c.

TOWER'S FISH BRAND
SLICKERS
wear well and they keep you dry while you are wearing them
$3.00 EVERYWHERE
GUARANTEED WATERPROOF
CATALOG FREE
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TOWER CANADIAN CO. LIMITED, TORONTO, CAN.

PARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c. & $1.00 at Druggists.

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For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.
In Use For Over Thirty Years
CASTORIA
900 DROPS
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A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS / CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral
NOT NARCOTIC
Recipe of Old Dr SAMUEL PITCHER
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Peppermint
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
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THE CENTAUR COMPANY, NEW YORK.
At 6 months old
35 DOSES – 35 CENTS
Guaranteed under the Foods and Exact Copy of Wrapper.
THE CENTAUR COMPANY, NEW YORK CITY.

See the West at its Best

Take a western trip this summer. Go to the Pacific Coast and see the remarkable progress made since you studied geography. Spend a week at Seattle seeing the "world's most beautiful fair."

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Low fares every day this summer via Great Northern Railway only $50 round trip from St. Paul, Minneapolis, Duluth and Superior, $62 from Chicago. Take The Oriental Limited, electric lighted through train, Chicago and St. Paul to Seattle, Tacoma and Puget Sound points. Compartment Observation cars, Standard and Tourist Sleeping cars, Great Northern Dining cars. Send for free booklet describing this most attractive route, entitled "*To the Scenic Northwest.*"

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The cheapest artificial light in existence. No better light obtainable at any cost. Odorless, Noiseless, Clean, Simple and Safe. The lamp will pay for itself in a short time in the saving of oil. An ideal light for store, office or home. Write for our

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is here—Distemper among the horses may be near also—mares are foaling—Distemper may be late if your horses have Distemper.

SPOHN'S DISTEMPER CURE

is your true safeguard—a cure as well as preventive—50c and $1.00 bottle—$5.00 and $10.00 dozen, delivered. Large is more than twice the smaller size. Don't put it off. Get it. Druggists or send to manufacturers.

Spohn Medical Co., Chemists and Bacteriologists, Goshen, Ind., U.S.A.

Western Canada the Pennant Winner

"The Last Best West"

IS ACRE FARMS IN WESTERN CANADA FREE

The government of Canada now gives to every actual settler 160 acres of wheat-growing land free and an additional 160 acres at $3.00 an acre. The 300,000 contented American settlers making their homes in Western Canada is the best evidence of the superiority of that country. They are becoming rich, growing from 25 to 50 bushels wheat to the acre; 60 to 110 bushels oats and 45 to 60 bushels barley, besides having splendid herds of cattle raised on the prairie grass. Dairying is an important industry.

The crop of 1908 still keeps Western Canada in the lead. The world will soon look to it as its food-producer.

"The thing which most impressed us was the magnitude of the country that is available for agricultural purposes."—*National Editorial Correspondence, 1908.*

Low railway rates, good schools and churches, markets convenient, prices the highest, climate perfect.

Lands are for sale by Railway and Land Companies. Inexpensive pamphlets and maps sent free. For railway rates and other information apply to Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government Agent:

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W. N. U., DETROIT, NO. 20-1909.

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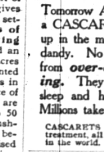
Tomorrow A. M. too late. Take a CASCARET at bed-time; get up in the morning feeling fine and dandy. No need for *sickness* from *over-eating* and *drinking*. They surely work while you sleep and help nature help you. Millions take them and keep well.

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.



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GALL STONES or any LIVER, STOMACH, KIDNEY or BLADDER disease. Write me AT ONCE about it. We tell all of every case. Address C. COVEY, P. O. B. Lansing, Mich.

If afflicted with sore eyes, use Thompson's Eye Water