OWES HER LIFE TO

Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier I am to-day a well woman."—Mrs. William Abrams, 980 W. 21st St., Chicago, Ill.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

INSTRUCTION IN THE SCHOOLS

Children Being Taught the Nature and Methods of Prevention of Tuberculosis.

Definite instruction concerning the nature and methods of prevention of tuberculosis is being given to less than six per cent. of the public school children of the United States, according to a bulletin of the National Association for the Study and Prevention of Tuberculosis. Recent investigation has shown that in only nine cities, Washington, Dallas, Tex., Richmond, Va., Poughkeepsie, N. Y., Detroit, Mich., Malden, Mass., Salem, Mass., Saginaw, Mich., and Knoxville, Tenn., are special text books being used or lectures being given about tuberculosis. In three states and one territory, Michigan, Massachusetts, North Carolina and Porto Rico, laws have been passed requiring that instruction about the nature and methods of prevention of tuberculosis be given in all public schools, in Tennessee the state department of education has requested that such instruction be given and has issued circulars for this purpose. In New Jersey and West Virginia wall cards giving instruction are hung in every schoolroom and the attention of all children is called to them.

Sunday School's Want Ad.

There is a church in Brooklyn that has adopted a novel scheme for enlarging its Sunday school. It advertises for boys and girls to come to it. In the shop windows in the neighborhood of the church one may see placards, such as are used for advertising entertainments of various kinds, that bear the legend:

"Wanted—Boys and girls to join our Sunday school." Below this are set forth the advantages that will come to the young folk who attend the classes.

Ineligible.

So you wouldn't let Bombazine Bill sit on the jury that tried the horse thief?"

"No," answered Three Fingered Sam, "we do things fair and square in Crimson Gulch. Bill's a good man, but the fact that he runs the only undertakin' business in the county couldn't help prejudicin' him some agin the defendant."

A GOOD CHANGE

A Change of Food Works Wonders.

The wrong food and drink causes a lot of trouble in this world. To change the food is the first duty of every person that is ill, particularly from stomach and nervous troubles. As an illustration: A lady in Mo. has, with her husband, been brought around to health again by leaving off coffee and some articles of food that did not agree with them. They began using Postum and Grape-Nuts food. She says:

"For a number of years I suffered with stomach and bowel trouble which kept getting worse unutil I was very ill most of the time.—About four years ago I left off coffee and began taking Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me.

"Then I changed my food and began using Grape-Nuts in addition to Postum. I lived on these two principally for about four months. Day by day I gained in flesh and strength until now the nervous trouble has entirely disappeared and I feel that I owe my life and health to Postum and Grape-Nuts.

"Husband is 73 years old and he was troubled for a long time with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. He had stood out for a long time, but after he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He was satisfied and has never gone back to coffee.

"I have a brother in California who has been using Postum for several years; his whole family use it also because they have had such good results from it."

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

NOTHING NEW IN IDEA OF ALDRICH

Inquiries Similar to One He Asks Have Been Made Before.

BROUGHT FORTH NO RESULTS

Reports Concerning Economy Generally Pigeonholed—President Taft Not Worrying Over Roosevelt's Return—Interest Over Investigations.

Washington.—Senator Aldrich's bill to create a "government business method commission" is a measure somewhat similar to others that have been introduced in the past in congress. There have been inquiries aforetime into the business methods of the departments with a view to discovering ways and means to save money, but the reports which were turned in were pigeonholed as a rule or, if action was taken, it had no adequate result in reducing expenses.

Years ago the term, "billion dollar congress" was used merely for the purpose of getting the effect which sometimes comes from a picturesque exaggeration. No one dreamed 20 years ago that at any one session of congress there would be appropriated for the expenses of the government a sum of money reaching anywhere near the billion mark. Last year, however, congress appropriated $1,040,000,000, and this year it will appropriate in all human probability about the same amount.

The government work constantly is expanding. As the people grow, their expenses grow, and therefore if in 1910, the appropriation bills are just the same as they were in 1909, it of necessity marks a saving after all. The fact that there is not likely to be any growth in the appropriations this year over that of last year is due largely to the pruning methods which have been adopted in the committees of congress which scrutinize the supply bills.

Clever Political Work.

It is regarded in Washington as a bold, and it may be a successful party stroke for the leader of the Republicans in the senate to come out as he has for a reduction of the expenditures of the government. The Republican party has been charged with extravagance. The Democrats say that even if Mr. Aldrich's bill becomes a law, the business men's commission find out real money can be saved, and money finally is saved, this will not clear the Republicans of the charge of extravagance in the past. The Democrats also say that if the commission shall find that it has been costing $140,000,000 to run the navy department, for instance, and it can be shown that the same results could have been reached with an expenditure of one hundred millions, the majority party is bound to suffer.

Desire for True Economy.

It is possible and perhaps entirely probable that economy in government work can be secured without any way affecting the pay of the government employes. The government spends so much money in building battleships, in putting up public buildings and in contract work generally that it will be found that the three hundred millions which Mr. Aldrich thinks can be saved every year under the application of business methods, may be saved without the necessity of going outside of the greater bills which Uncle Sam has put up to arm every year.

President Not Worrying.

There is no evidence that President Taft is worrying in the least about what Col. Theodore Roosevelt may say concerning the progress or the lack of progress of the policies of the present administration. It is apparent that the president holds to the belief that Mr. Roosevelt will believe in his absolute sincerity of purpose, and that even though congress does not put through all the advanced legislation which the president has recommended Mr. Roosevelt will realize that the fault is that of congress and not the administration.

It is curious from how many viewpoints the return of the strenuous one to this country is looked at. There are those advanced Republicans, who are so progressive that their fellow party members call them radical, who seem to think that the instant the former president sets foot on this soil he is going to issue an edict of disapproval of everything that Mr. William Howard Taft has done since he entered the White House. Then there are the Republicans who are progressive without being markedly so, who say that Mr. Roosevelt will give expressions of approval to some of Mr. Taft's acts and of disapproval to some of his other acts. Then there are the old line Republicans who believe that Mr. Roosevelt will hold his peace.

Then come the Democrats, who look at the thing from a political rather than from a personal point of view, and who say that Mr. Roosevelt, being a good politician and knowing the value of making the party record appear as good as it can be made, will indorse the Taft administration and will simply bend his own writing energies to aid the energies of the president in getting the party to go ahead faster than it has along the line of progression.

Hopes of the Democrats.

The Democrats say, however, that the extreme conservatives in the Republican party who have control of the house and senate will refuse to go ahead on the new paths of progress any faster than they have been going in the past, and that as a result the combined editorial efforts of Mr. Roosevelt and the administration efforts of Mr. Taft, will avail nothing to get the party to move fast enough to satisfy the people—ergo the next national administration is bound to be Democratic.

Theodore Roosevelt is recognized as being the man who was practically responsible for making William H. Taft a candidate for the nomination for the presidency. It is no secret, and Mr. Taft does not deny it himself, that he did not care to enter the campaign for the nomination. His chief ambition was to have a seat on the bench of the supreme court of the United States. If he had not been urged to enter the field as a candidate for the presidency he probably would be on the supreme bench to-day. He yielded unquestionably to the persuasions of his friend, who then was president, and became an active candidate.

Roosevelt's Probable Action.

Now, when it is considered that for years Theodore Roosevelt leaned on his secretary of war, Mr. Taft, as he leaned on no other member of his cabinet, and it is remembered how he constantly alluded to the great work which his war secretary was doing, it can be readily understood why it is that the colonel's friends do not think that he will become hastily an adverse critic of the man in whom for so long a time he had placed his confidence. It may be that Col. Roosevelt is disappointed because his party already has not carried out every pledge that was made in the national platform. It may possibly be that he is disappointed in President Taft, but even if this is so his friends in Washington say he is going to keep his own counsel for a long time yet to come.

Investigations Interest.

The interest in Washington actually seems to be sharper to-day in the investigations under congressional supervision which are going on, than in any legislation which is pending before the lawmakers. The Democrats say that the Republicans are busy investigating themselves, but nonpartisan fairness would make it appear that the Democrats are right only in part.

Here is a list of the investigations and inquiries, for inquiry is a better word to apply in some cases, which are now under way or in present prospect:

Relating to the official conduct of Richard A. Ballinger, secretary of the interior, and Gifford Pinchot, former United States forester.

As to the cost of living.

An inquiry into the business methods of the various departments of the government with the view of discovering, if possible, why it costs so much to run the federal machine.

An inquiry into the monetary systems of other countries preliminary to the introduction of legislation establishing a sound currency system in the United States.

An investigation with reference to immigration.

An inquiry to determine whether the maximum rates of the new tariff law shall be applied to any nation.

Are Somewhat Costly.

Some of the members of congress have said that the expenses of the several committees and commissions will amount to pretty close to a million and a half dollars. A study of the paragraphs set forth the investigations which are being conducted will show that the Democratic statement that the Republicans are investigating themselves has perhaps bearing in real truth on only the investigation into the conduct of Secretary of the Interior Ballinger and former United States Forester Pinchot.

Of course congress, which votes the appropriations, is necessarily to be held responsible for the increased expenditures which have may be in the departments of the government, because no branch of the service can spend money that congress has not authorized by appropriation. The Republicans being in the majority in the present congress must bear the blame if it shall be shown that there has been any extravagance in the matter of hiring too many clerks or spending too much money in any departmental way.

GEORGE CLINTON.

Wasted Life.

He who lives solely for himself, lives not at all.

Needed No Help.

The old colored woman ambled into the police court where her son was to be tried on a charge of petit larceny. She had been talking to a police court lawyer the evening before, and, catching sight of her, the limb o' the law hustled toward her.

"Well, did you get that five dollars for me?" he inquired, eagerly. "They are going to try Hamp's case in a few minutes."

"Well, naw, suh, I didn't get de money, mister. Times is jes' so hard, I done coluded ter let Hamp go on an be c'nvicted without de sistance ob counsel."—Judge.

Smotheration!

"Does your wife kiss you when she wants money?"

"Good heaven, no! I wouldn't have a chance to breathe!"

No Alternative.

Mrs. Knicker—Would you adorn yourself with anything torn from a living creature?

Mrs. Bucker—Certainly; that's the only way George ever gives up a cent.

Most Popular Book.

"What book do you suppose, has the greatest number of readers?" asked Representative John E. Andrus of a Yonkers friend.

"The Bible," was the prompt reply.

"Well, of course, it ought to have, but it hasn't. The book having the largest circulation is the telephone directory of the city of New York. It is consulted more than 1,000,000 times a day. The telephone directory is in a class by itself."

Cautious Confidence.

"Do you believe in metempsychosis, Melindy?"

"Ain't never tried it, ma'am. Is it good for the rheumatiz?"

Their Intent.

"Why do they call them blanket ballots?"

"Because they are largely used as a cover."

One More Disappointment.

"Poor old Myer is dead, I see. He led a life of disappointments."

"How glad he would have been to see his name in print"

BURDENS LIFTED FROM BAD BACKS

Weary is the back that bears the burden of kidney ills. There's no rest nor peace for the man or woman who has a bad back. The distress begins in early morning. You feel lame and not refreshed. It's hard to get out of bed. It hurts to stoop to tie your shoes. All day the ache keeps up. Any sudden movement sends sharp twinges through the back. It is torture to stoop or straighten. At night the sufferer retires to toss and twist and groan. Backache is kidney ache—a throbbing, dull aching in the kidneys. Plasters or liniments won't do. You must get at the cause, inside.

DOAN'S KIDNEY PILLS CURE SICK KIDNEYS

TWICE-TOLD TESTIMONY

A Cure of Severe Kidney Disease Verified By Test of Time

William M. Sears, 429 W. Cherry Street, Nevada, Mo., says: "I was convinced of the great value of Doan's Kidney Pills through personal experience. Four or five months ago I suffered a great deal from a pain across the small of my back, extending at times into my limbs and shoulders. When I stooped or did any work that brought a strain on the muscles of my back, my trouble was aggravated. I tried a number of remedies but without success. After a short time I could see that they were benefiting me, and the contents of two and one-half boxes cured me." Statement given in May, 1909.

RE-ENDORSEMENT

On Dec. 3rd, 1908, Mr. Sears said: "I still have great faith in Doan's Kidney Pills. I feel justified in recendorsing this remedy as it has done so much for me."

How To Tell When The Kidneys Are Disordered

PAINFUL SYMPTOMS

Backache, sideache, pains when stooping or lifting, sudden sharp twinges, rheumatic pains, neuralgia, painful, scanty or too frequent urination, dizzy spells, dropsy.

URINARY SYMPTOMS

Discolored or cloudy urine. Urine that contains sediment. Urine that stains the linen. Painful passages. Blood or shreds in the urine. Let a bottleful of the morning urine stand for 24 hours. If it shows a cloudy or fleecy settling, or a layer of fine grains, like brick-dust, the kidneys are disordered.

NEVER ANY RETURN

A Complete Cure of Kidney Trouble and Dropsy

Mrs. L. L. Babers, 815 Terry St., Houston, Texas, says: "I hold a very high opinion of Doan's Kidney Pills and with good reason, for three years ago they cured one of kidney trouble that had clung to me for several years. There was a tropical swelling of my feet and limbs in addition to other symptoms of kidney complaint, and although I used various remedies, I was not helped until I procured Doan's Kidney Pills. Two boxes of this preparation cured me and I have never had the slightest return of my trouble. I have recommended Doan's Kidney Pills to many people who have questioned me about them, and I know of several cases in which they have done the same good work."

A TRIAL FREE Test Doan's Kidney Pills Yourself

Cut out this coupon, mail it to Foster-Milburn Co., Buffalo, N. Y. A free trial package of Doan's Kidney Pills will be mailed you promptly. W.N.U.

DOAN'S KIDNEY PILLS

If the Pain is There Its Your Kidneys

Sold by all dealers. Price 50 cents. FOSTER-MILBURN CO., Buffalo, N.Y. Proprietors.

REALLY FUNNY.

"Here's de funniest joke I ever seen in a paper!"

"Wot?"

"De weather man predicts warm and clear fer to-day."

IN AGONY WITH ECZEMA

"No tongue can tell how I suffered for five years with itching and bleeding eczema, until I was cured by the Cuticura Remedies, and I am so grateful I want the world to know, for what helped me will help others. My body and face were covered with sores. One day it would seem to be better, and then break out again with the most terrible pain and itching. I have been sick several times, but never in my life did I experience such awful suffering as with this eczema. I had made up my mind that death was near at hand, and I longed for that time when I would be at rest. I had tried many different doctors and medicines without success, and my mother brought me the Cuticura Remedies, insisting that I try them. I began to feel better after the first bath with Cuticura Soap, and one application of Cuticura Ointment.

"I continued with the Cuticura Soap and Cuticura Ointment, and have taken four bottles of Cuticura Resolvent, and consider myself well. This was nine years ago and I have had no return of the trouble since. Any person having any doubt about this wonderful cure by the Cuticura Remedies can write to my address. Mrs. Altie Etson, 93 Inn Road, Battle Creek, Mich., Oct. 16, 1909."

He Had No Objection.

"We—we want you to marry us," said the blushing young man, indicating a young woman with downcast eyes and smiling face who stood a step behind him.

"Come in," said the minister, and he endeavored to ease their embarrassment for a moment, but he soon decided that it was useless to try.

"Will you be married with a ring?" he inquired.

The young man turned a helpless gaze on his companion, and then looked at the minister.

"If you've got one to spare and it can come out of the two dollars, I guess she'd like it," he said at last.—National Food Magazine.

This Will Interest Mothers.

Mother Gray's Sweet Powders for Children, cure Feverishness, Headache, Bad Stomach, Teething Disorders, Regulate the Bowels and Destroy Worms. They break up colds in 24 hours. Pleasant to take, and harmless as milk. They never fail. At all Druggists, 25c. Sample mailed FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Aim at excellence and excellence will be attained. This is the greatest secret of success and eminence.—Mortimer.

DO NOT ACCEPT A SUBSTITUTE

when you ask for *Perry Davis' Pain-Killer*, as nothing is as good for Diarrhœa, Dysentery and similar troubles. Treats in accordance with the Law, &c. for and 25c.

Take from my mouth the wish of happy years.—Shakespeare.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. *MONROE DRUG CO., Quincy, Illinois.*

They die outdoors!

WESTERN CANADA

What A. J. Hill, the Great Railroad Magnate, Says About its Wheat-Producing Powers

"The greatest need of this country (United States) is another production or two will be the salvation of hundreds of thousands of homes for its people and producing sufficient for them. The days of our prosperous farms which exported country are gone. Canada is to be the great wheat country."

This great railroad magnate is taking advantage of the situation by extensive railway builds that to the wheat fields of Western Canada.

Upwards of 125 Million Bushels of Wheat

were harvested in 1909. Average yields of the three provinces of Alberta, Saskatchewan and Manitoba will be upwards of 23 bushels per acre.

Free homesteads of 160 acres, and adjoining pre-emptions of 160 acres at $3 per acre, are to be obtained in Western Canada, in the choicest districts. Schools conveniently climate healthy and the very best markets close at hand, building lumber cheap. Fuel easy to get and reasonable in price. Farmers are prosperous. Will buy more land when they can get a quarter section for settlement, either by purchase or free. Government "Last Best West" book free on application to any agent of the Canadian Government.

W. V. McInnes, 176 Jefferson Ave., Detroit, or C. A. Lawrey, Saint St. Marie, Mich.

(Use address nearest you.)

Constipation Vanishes Forever

Prompt Relief--Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver.

Stop after dinner distress—cure indigestion—improve the complexion—brighten the eyes. Small Pill, Small Dose, Small Price

GENUINE must bear signature: Brent Good

DR. J. D. KELLOGG'S ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. NORTHROP & LYMAN CO. Ltd., BUFFALO, N. Y.

BROWN'S BRONCHIAL TROCHES

An absolutely harmless remedy for Sore Throat, Hoarseness and Coughs. Give immediate relief in Bronchial and Lung Affections. Fifty years' reputation. Price, 25 cents, 50 cents and $1.00 per box. Sample sent on request.

JOHN I. BROWN & SON, Boston, Mass.

Baby Smiles—When He Takes PISO'S CURE

THE BEST MEDICINE FOR COUGHS and COLDS

Be sure that the Piso's Cure you purchase is the genuine. Accept no substitute. Insist on your druggist showing you the genuine. Antiseptic and all soothing of the throat and lungs. A Standard Remedy for over a generation. All Druggists, 25 Cents.

ABSORBINE

Before after

Will reduce inflamed, strained, swollen Tendons, Ligaments, Muscles or Bruises. Cures lameness and stop pain from a Splint, Side Bone or Spavin. No blister, no hair gone. Horse can be used. $2 a bottle.

Horse Book 2 F Free.

ABSORBINE, JR., for mankind, $1 and $2. Reduces strained, torn ligaments, enlarged glands, veins or muscles, heals sores, allays pain. At druggist can supply and give references. Will last you many years. Book 2 F free. Lyman, Sons & Co., Druggists, Agents, Montreal, Can. W. F. Young, P. D. F., 218 Temple St., Springfield, Mass.

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NO STROPPING NO HONING

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KNOWN THE WORLD OVER

14½ Cents a Rod

For Fence, Stalls, Pens, Corrals, Poultry Pens, Etc. Sold direct to Farmers. Freight Paid. Catalog free. Write for special offer. Agents Wanted. Mention this paper. KITSELMAN BROS. Box 27 MUNCIE, IND.

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Mailed with Thompson's Eye Water

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$33 Chicago to California

This low one-way rate in effect daily

March 1 to April 15 inclusive

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Union Pacific Southern Pacific

"The Safe Road to Travel"

Electric block signal protection—dining car meals and service "Best in the World."

For further information call on or address

E. L. LOMAX, G. P. A. Omaha

Constipation— *Nearly Every One Gets It*

The bowels show first sign of things going wrong. A *Cascaret* taken every night as needed keeps the bowels working naturally without grip, gripe and that upset sick feeling.

Ten cent box, week's treatment. All drug stores. Largest seller in the world—million boxes a month.

PARKER'S HAIR BALSAM

Promotes a luxuriant growth. Never Fails to Restore Gray Hair to Its Youthful Color. Cures scalp diseases. Hair falling. 50c. and $1.00 at Druggists.