## Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

**A Michigan Case**



"Busy Reporters Tells Best."

William Hough, 916 Alderman St., Belding, Mich., says: "I had kidney trouble after I left the army and I kept getting worse. The kidney secretions were painful and too frequent in passage and I had lumbago and rheumatic pains. My limbs were so stiff, I had to be helped around. Medicine failed and I had almost given up hope when I heard of Doan's Kidney Pills. They quickly cured me."

Get Doan's at Any Store, 50c a Box

**DOAN'S KIDNEY PILLS**

FOSTER-MILBURN CO., BUFFALO, N. Y.



**KODAKS** AND SUPPLIES

**BLACKS** EST'D 1860

156 WOODWARD AV.

Developing any size Roll Film, postpaid, 10 cents. DETROIT.



**PATENTS** Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

**"ROUGH on RATS"** Kills Rats, Mice, Bugs. Die outdoors. 15c and 25c.


### Trench Descriptions Vivid.

The soldier is not usually a man of words, but he can string them together very effectually at times, and some of his similes would not disgrace our American cousins, past masters though they are in the art of picturesque and vivid phrasemaking. "He would pinch the sugar from your tea while you were stirring it!" is the description I heard applied to one warrior with confused ideas of ownership, and of another of parsimonious habits it was said that "he flings his money about like a man with no arms!"—London Chronicle.


## THICK, GLOSSY HAIR FREE FROM DANDRUFF

**Girls! Try it! Hair gets soft, fluffy and beautiful—Get a 25 cent bottle of Danderine.**

If you care for heavy hair that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.—Adv.


### Take a Tub of Electricity.

Electrotherapy is a great field in which there are unlimited possibilities for the application of electricity. High frequency currents especially have a great future. The time is bound to come when this form of electrical energy will be on tap in every private residence, Nikola Tesla writes in Collier's.

It is possible that we may be able to do away with the customary bath. The cleansing of the body can be instantaneously effected simply by connecting it to a source of electric energy of very high potential, which will result in the throwing off of dust or any small particles adhering to the skin. Such a bath, besides being dry and time saving, would also be of beneficial therapeutic influence.

### "Imitate Birds; Don't Fret."

The public health service, which has been gathering statistics on nervous diseases and their tendency to shorten life, issued a bulletin against worrying.

"So far as is known," says the bulletin, "no bird ever tried to build more nests than its neighbor; no fox ever fretted because he had only one hole in which to hide; no squirrel ever died of anxiety lest he should not lay by enough nuts for two winters instead of for one, and no dog ever lost any sleep over the fact that he did not have enough bones laid aside for his declining years."

### Must Keep Them.

"Does he keep his promises?"

"I guess so. I never heard of anybody wanting to take them."


## Why Wait

Mr. Coffee Drinker, till heart, nerves, or stomach "give way?"

The sure, easy way to keep out of coffee troubles is to use the pure food-drink—

**POSTUM**

Better quit coffee now, while you are feeling good, and try Postum, the popular American beverage.

"There's a Reason"


# THOROUGH DRAINAGE GOOD FARM PRACTICE

## The farmer should study conditions causing poor drainage on his land and find remedy for it—then he should plan drainage system to overcome the trouble

By JOHN T. STEWART, C. E. Agricultural Engineer, University of Minnesota.

IT IS not an uncommon thing for a landowner to fight a drainage assessment, on land which has a market value of from $20 to $30 per acre, and at almost the same time buy another tract of similar land, at the market price. His desire is to acquire more acres, under the false idea that his prosperity will be denoted by the amount of land in his possession. He does not realize that one acre of thoroughly drained land may bring him a greater income with half the labor and expense of cultivation, than two acres of the undrained land; or that it could be acquired at one-third to one-half the cost of the newly-bought acre. This extra land is purchased with the idea that land values will rise. As the real value of land is regulated by its improvements and productiveness, the landowner whose only object is to acquire more acres, rather than to improve the land already in his possession, is an "undesirable citizen," as he expects to be the gainer through his neighbor's improvements.

The idea is popular, especially among the owners of wet lands, that the removal of surplus water by drainage would be of great benefit to the state or community at large. While this is true to a certain extent, and while wet lands belonging to the public may be justly held chargeable with their share in the cost of improvements, the facts do not justify the inference that the state should pay it all. The correct idea, in raising funds for drainage works, is that the acre more directly benefited is the acre to pay the expense.

Many landowners will oppose a drainage improvement for the reason that the ditch will, in part, be located on their land. They will do this, even in the face of the fact that from one-fourth to three-fourths of their land, because it is too wet, produces only about half of what it should, in the ordinary year. They actually prefer to stand the yearly loss of half a crop or more, rather than allow one-fiftieth to one-eighteenth part of this surplus to be occupied by a ditch which would so thoroughly drain the whole tract that it could be cultivated up to the banks of the ditch.

The benefits accruing from drainage are well illustrated in the improvement of a small farm of 72.89 acres, recently purchased by the state of Minnesota. Six hundred and fifteen dollars were spent in draining this farm. The land had been bought by the state for the specific purpose of cultivation. The 72.89 acres cost $7,653.45. Out of this area there was used for highway purposes, four acres; nonproductive land in sloughs, five acres; ten acres producing half a crop, equal in non-productive land, to five acres; or a total of 14 non-tillable acres. This left a tillable area of 59 acres, costing the state $129.72 per acre. A system of underdraining was introduced, by which the five acres of non-productive land in sloughs, and the ten acres which produced half a crop, are made equal in productive qualities to the same area of the other tillable land. The total cultivable area is thus increased from 59 to 69 acres. The return to the farm, then, is $1,297.20, at a cost of $615; or a net gain of $682.20. In other words, ten additional acres have been added to the farm at a cost of only $61.50 against $129.72 per acre, paid for tillable land and in the original purchase.

But this added value of $682.20 does not represent all the benefits which have come to the farm from the introduction of underdrainage. The disappearance of the sloughs, and of the superfluous water in other places, permits the division of the land into regular, and therefore more easily cultivated fields. Such fields, having now a uniform soil, can be cultivated in less time, and crop rotations can be arranged to better advantage, than where the land is broken up by noncultivable areas. A dry, loose soil can be worked more easily than a wet, sticky soil.

Furthermore, a field which in some seasons is productive, and in others non-productive by reason of excessive moisture, may be more detrimental to the farmer's success than swamp land; for such lands are often plowed, planted, cultivated, and then the crop is destroyed by an influx of water; whereas the swamp land is only made nonproductive, but labor and seed are lost. Drainage not only removes the risk of such losses but improves the landscape by substituting broad, fully cultivated areas for such as are dotted with sloughs, breeding frogs and mosquitoes and giving forth ill odors from dead fish and decaying vegetation. It is a first step in good road-building, and, as a permanent improvement, it increases the value of all neighboring lands, and benefits the entire community.

All of these benefits are illustrated in the case of the state farm referred to; and the management feels that they fully justify the cost of the improvement, without considering the value of the land reclaimed.

The planning of a drainage system should be done with the same carefulness that is bestowed on other improvements. When a large building is to be constructed, an architect is consulted, plans are carefully drawn, all the details are looked into, and material is selected which will be suitable for the location, the climate and the purpose for which the building should be used. During its construction, inspectors see that the details are carried out and the requirements of the specifications enforced, regardless of the fact that the contractor may be losing money and cheaper materials might be used. But in drainage enterprises, the evidences of such care are too often painfully lacking, even though the cost be as great or greater than that of a large building. In many cases an engineer is employed to stake out a drain on a route which has been selected only because it is "supposed to be" the best one. No examination is made for another route or outlet; the area of the watershed is not measured. As a result, the size of the ditch is determined by guess work. Time may develop the fact, that the best route was not selected, and that the ditch was too large or too small, and consequently does not perform the work satisfactorily. A ditch, being improperly located, either does not drain all the land it should, or it is expensive to construct and maintain. One that is too large will not clean itself properly; while one that is too small will not carry required volume of water.

A drainage system, open or underground, works by gravity, and that it may remove the water there must be a sufficient fall; that is, a sufficient and continuous descent, from a level somewhat lower than the lowest point on the land to be drained, to the point where the water is discharged from the outlet. It is a common practice to start a drainage ditch from a slough at practically the same depth as its bottom of the slough. Such "drainage" will not give satisfaction, as the ground-water will not be lowered, and the bed of the slough will continue to be swampy. For satisfactory drainage, the water-channel must be deep enough in the lowest land, and of sufficient breadth and depth, to carry the water without an overflow.

Ditch-construction, like carpentry or masonry, is a business in itself; and for satisfactory results, contracts should be let in similar manner. The builder's competency, as shown in his record in connection with similar undertakings, should be taken into consideration, as well as the size of his bid.

Ditches are usually dug in soil the wettest and most difficult to handle, and it is necessary that construction be carried on during the wettest seasons. Consequently, the contractor should base his calculations as to time and methods on the worst conditions. To let a contract to the "lowest bidder," regardless of his experience or equipment, is often to invite serious disappointment and loss.

Delays, especially, are expensive to landowners, for not only is money invested in incomplete work, but oftentimes a failure to have the ditch complete at the time fixed means the loss of a crop. In the drainage of swamp land, which cannot be plowed until after the work is completed, it means a delay of one or more years before the cultivation will be a paying investment. With scarcely an exception, where losses have accrued to agricultural interests through the delay of a year in the construction of proposed drainage works, these losses have been greater than the cost of the improvements. The attempt to save one or two cents per cubic yard for ditching, or on the rod for tile trenches, by giving the job to a poorly-equipped man, often becomes an expensive proceeding. Better pay more to a competent man, and be sure of a good job, completed "on time."

The kind, size and completeness of the drainage works needed in a given locality, the methods of doing the work and adjusting the costs, must be determined by the local conditions. What is good practice in one place may not be practical in another. The character of the ground, surface slopes, crops raised, and value of land, all have a bearing on the subject. In any locality the first consideration is an outlet or channel by which the water may be carried away. In some localities nature has provided such an outlet. In others, it may be necessary for several landowners to band together and construct a channel of sufficient size and depth to serve as the main outlet of a network of ditches which will give relief during wet years. In many parts of the state, where such outlets naturally exist or are already completed, crops have suffered from an excess of water in the immediate vicinity, for the reason that the water from the cultivated fields could not readily escape. Consequently, for complete drainage, it is necessary to have, on the individual farm, a thorough system for collecting the water as it falls and carrying it to the main outlet.

Unless the ground is very flat, the location of proposed drains can be best determined when the ground is free from vegetable growths. A heavy growth of crops or weeds may cause low places to look high and high places low. A field freshly plowed or sown is in the best condition for locating lines of drainage. If such a field is examined immediately after a heavy rain, there will be little danger of making a mistake in locating the lines. If these are at once marked out by a furrow or stakes, it will save much time when it is desired to begin laying tiles.

Any drainage system should be planned with reference both to the work it is to perform and to its future maintenance. Expense should not be spared in securing accurate data on which to base the plan.

It is well to maintain the shallow open-ditch system, in use before the tile are laid. These surface-drains assist in quickly clearing the land of water from heavy rains, in amounts for which it would not be economical to provide tile of sufficient size to do the work so quickly. In Minnesota, spring floods are often carried off by the surface drains before the frost is out sufficiently to permit tile drains to work. Time spent in opening surface-drains is not, therefore, lost, even when it is intended to later introduce an underdrainage system.



A FARM PROFITABLY TILED.

On this 80-acre field three systems of tile drainage were necessary. This shows the advantage with which two neighbors can co-operate in putting in a line of tile. An obstacle so trivial as a line fence should not be permitted to prevent economical drainage. The owner of this land says that the pays for itself every year and that $200 expended on tile has raised the value of the 80 acres $1,000.

The individual farmer with small means should first select the area the tiling of which will drain the most land at the least expense. In a rolling country, where sufficient fall can be had for outlets near the surface, or without expensive open ditches, small tiles can be used around the sides of drainage areas outletting on a hillside or at the edge of a slough. This method often improves large tracts at small cost, and as the improved lands increase in productiveness, funds will be supplied by which the tile lines can be extended, connected, and the expensive mains finally put in. This method has been used in many of the best tiled countries. In some instances it has been twenty years from the laying of the first laterals to the completion of the last main.

Immediately after construction, provision should be made for annual maintenance. A drainage improvement, properly carried out and maintained, will add its initial cost to the value of the land and pay a dividend on the original investment.




DIAGRAM OF A LINE OF LEVELS.



Map of a Tile Drainage System Used In Wisconsin.

## BEAVER AN EXPERT WORKER

### Little Animal Excels Lumber Jacks as Tree-Fellers and Is a Prize Dam-Builder.

"The most expert lumber jack is inferior to the beaver as a tree-feller. He cuts down trees in the most scientific way. He can fell a tree so it will fall toward the pond where he wishes to construct his home, thus saving himself unnecessary work.

"After the trees are felled the construction work begins. He works chiefly by night, for he is a nocturnal prowler. The moon is his lantern, the quiet of the night his inspiration, his sharp teeth are his hatchet and chisel, and the little fellow uses his means of conveyance, his spade, his hammer and his trowel. His hard, flat, hairless and scaly tail is a propeller when swimming and a balance when he is cutting timber, for he stands on his hind legs while gnawing down trees.

"The beaver is a strict vegetarian and his diet consists chiefly of barks, tender shoots and water plants. The trees which furnish the bark he most likes are the cottonwood, poplar, elm, willow, birch, aspen and bassoder. The bark of the oak, ash and hickory he does not eat.

"To flood low ground, the beavers sometimes have to build a dam exceeding 50 feet in length. They usually lay it out with the curve facing up-stream. The foundation is built of poles, four or five feet long by an inch or two thick. These they lay crosswise, filling all crevices with mud.

"The beaver dies up mud with his fore feet, then holds it close to his breast, with his fore legs, swims to where he has started his dam, and, having deposited it in its proper place, beats the mud down with his paws—not with his tail as has been believed."—St. Nicholas.

### Comparison.

"Dr. Isaiah B. Scott, Methodist bishop of Africa," said a Methodist divine, "collected in Montovia a great deal of valuable ethnological matter.

"Talking about cannibalism one day, Bishop Scott declared:

"'Your cannibal is not wicked. He eats other people as you and I go to church—in order to improve himself—for he has been taught that by will acquire the virtues—the bravery, beauty, wisdom and what not—of all those whom he eats.'

Bishop Scott chuckled.

"A savage capitalist," he ended, "is a saintly chap alongside of a civilized backbiter."

### Too Severe.

Doctor—Your husband needs some good exercise to restore him.

Mrs. X—Like playing golf?

Doctor—Mostly violent than that.

Mrs. X—I have it! I'll send him down to make a few purchases at the county counter during the rush hours.

## BITS OF INFORMATION

Since 1870 white illiteracy in Georgia has been reduced from 27.to 7 per cent, and black from 92 to 36 per cent.

To aid in walking on icy sidewalks an inventor has patented sandals of a non-slipping material, that can be clamped on shoes.

Electric locomotives are in use in Switzerland, in which powerful electro magnets are used instead of couplings in drawing cars.

China has the longest national hymn.

Both the incumbent of the pastorate of the Methodist church at Smiley, Tex., and his predecessor are one-armed men.

Long utilized by the Indians for cooking their food, petroleum deposits of Ecuador have been investigated by scientists and will be developed commercially.

While the mule will continue to be the standard draft animal in the South, a gradual substitution of heavy horses on the farms is going on.

## TAKEN FROM EXCHANGES.

The Conebo, Shippo Cocoame and Yahut tribes of Amazon Indians are still wearing clothing of grass.

The nation's toll to the fire demon is approximately 5,000 deaths a year and a property loss of $500 a minute.

The annual income in the electrical industries is equal to the total annual expenditures of the United States government.

The death rate for the registration area of the United States last year was the lowest of which there is any record, 13.5 a thousand.

It required one and one-half pounds of leather to double tap and heel one pair of a Bath (Me.) policeman's shoes.

A new trap to be attached to a refrigerator drain pipe permits waste water to flow out, but prevents the entrance of warm air or vermin.

A pneumatic helmet composed of inflatable rubber tubes has been patented for protecting babies' heads from bumps and bruises.


## 10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

**For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.**

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to unhold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.—Adv.


## DESTROYED STOCKS OF FLOUR

### How a New York Mob Dealt With Food Speculators Some Eighty Years Ago.

These times of corners on eggs and flour by speculators and owners of refrigerator plants recall the days of panic in 1836-37, when banks closed and even the government was unable to meet its obligations. Coal was $10 a ton and flour $12 a barrel, and so great was the distress that a meeting was held in City Hall park, the notice reading: "Bread, wheat, rent, fuel! The voice of the people shall be heard!"

Eff Hart, in Washington street, who was holding 60,000 barrels of flour for higher prices, was dispossessed and a mob attacked his warehouse and destroyed much of his stock after he had refused to sell to the people at the old price.

Then when the militia arrived the crowd visited Herrick & Co.'s warehouse, and there they were outwitted by a very smart clerk, who said: "Don't destroy the flour, but let everyone who can, shoulder a barrel of flour and take it home to his family." To this all agreed, and hundreds of homes were immediately amply supplied. Herrick saved much of his stock, and quiet was restored to the town.—New York Tribune.

## WINTER THE TIME TO WALK

### Exercise in the Cold Air Will Be Found Both Enjoyable and Beneficial.

"Winter weather diminishes greatly the time spent in the open air by those who ride in motorcars. It comes near putting bicycles out of use. From steamboats to canoes there is almost entire cessation of water outings.

All of which means that more walking instead of less ought to be done in cold weather. There is no other way of moving about in the open air, which keeps a healthy person's feet so warm and brings such a glow of warmth from the body itself. If the pedestrian is properly clad, especially in respect to keeping dry shod, all of the effects of winter walking should be beneficial.

With a little care and discretion such exercise can be made as agreeable as it is wholesome. Rightly timed and kept within bounds, winter walking is a good precaution against the ill effects of sedentary life and too much indoor air.

### If They Could Keep It Up.

There have been big men in Wall street who did all the work themselves. Who attended to every minute item; who were from Missouri in regard to every point in any proposition put up to them. One of these marvels was among the very greatest financiers the country ever had; but he didn't last long, and there have been few others like him. It costs too much of the wonder of brains and ability. Could they keep it up, there is nothing to prevent his owning the United States. E. H. Harriman could have kept on 15 or 20 years longer at the pace he was going he would have gobbled up all the railroads in sight, and he did just getting a strangle hold on the big banks. He conquered every square foot of territory as he went along. There was no force on earth to stop him except premature death—and now he is almost forgotten.—A. W. Atwood in the Saturday Evening Post.

### No One Left.

Magistrate—This man was a stranger to you? Then why did you pick a quarrel with him?

Kelly—All my friends is away on their holidays.—London Answers.

### Mathematical Item.

"What is the unknown quantity?"

"What you get when you buy a ton of coal."


**Only One "BROMO QUININE"**

To get the genuine, call for full name LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c.

A good heating system in the farmhouse is convenient, economical and comfortable.

Give what you have; to someone it may be better than you dare to think.—Longfellow.

The motorcar is fast becoming a necessity in marketing fruits and vegetables.

## "Both Losing Ventures"

"They married for money."

"Well, they're no more disappointed than I am. I bought mining stock for the same purpose."

That's one of Eddie Guest's jokes. Many who have bought mining stock will see more tragedy than comedy in it. And mining stock is only ONE of similar tragedies.

Last week, in Philadelphia, Federal authorities unearthed a "gas and electric "great profits" promising swindle in which the public had sunk $2,500,000.00 for absolutely worthless "stock."

Can you afford to take a "1,000-to-1" chance? As Billy Sunday says, "5% First Mortgage Bonds and a night's rest should be better than 15% and insomnia."

The 5% GUARANTEED First Mortgage Bond Certificates issued by this company in denominations of $100, $500 and $1,000, is the most secure investment possible. Every $1 of investment is secured by not only more than $2 of actual income producing Detroit Real Estate, but also by the $200,000.00 paid-up capital of this company. There's positively no risk—your income is certain—your money absolutely safe.

Ask your BANKER. Send for Booklet.

**Urban Realty Mortgage Company**

46-48 W. Congress Street
Detroit, Michigan


### Window Screens in Georgia.

In the city of Athens, Ga., a housing survey made recently revealed that of 736 living rooms occupied by negroes only 39 had doors and windows screened. Yet malaria is very prevalent among the southern negroes.


## SOUR, ACID STOMACHS, GASES OR INDIGESTION

**Each "Pape's Diapepsin" digests 3000 grains food, ending all stomach misery in five minutes.**

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world and besides it is harmless. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.


Potash is being made by a West Virginia company from the waste stems of tobacco plants.

Grackles and blue jays often destroy eggs and nestlings of other birds.





Ticket Seller—"Nearly all the ladies in our show ride horseback."

Farmer Hullabaloo—"Gosh all hemlock! I'll go and look 'em over. Don't they get cold toes in dem tights?"

If you are exposed to rain or snow you should take two or three doses of

**Boschee's German Syrup**

the universal remedy for colds or bronchitis. Stands preeminent today after more than half a century of universal treatment of the many disorders arising from exposure. 25c and 75c sizes at all druggists and dealers everywhere.



YOU CAN'T CUT OUT A

**Bog Spavin or Thoroughpin**

but you can clean them off promptly with



**ABSORBINE** TRADE MARK REG. U.S. PAT. OFF.

and you work the horse same time. Does not blister or remove the hair. $2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts. Allays pain quickly. Price $1 and $2 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P. D. F., 375 Temple St., Springfield, Mass.

**NO PAYMENT DOWN ON LAND**

WE PLANT, BRING INTO BEARING ORLAND ALMOND GROVES OR REFUND MONEY WITH 6%. GOVERNMENT REPORT AND LITERATURE FREE. BURR CO., 235 MONTGOMERY ST., SAN FRANCISCO, CALIF.

**GALLSTONES**

Avoid operations. Positive Liver & Stomach remedy (No Oil—Harmless). Sent on trial. Write today. Gallstone Remedy Co., Dept. V-1, 2193 Dearborn St., Chicago



W. N. U., DETROIT, NO. 1—1917.



## When Tired and Nervous

If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

**BEECHAM'S PILLS**

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

**Bring Welcome Relief**

Directions of Special Value to Women are with Every Box. Sold by druggists throughout the world. In boxes, 10c., 25c.