## COAL DUST LODGED IN MINER'S LUNGS

Tells how his cough was conquered and health restored.

"In November, 1907, I was working in a coal mine and the dust got into my lungs and I had to quit. I was confined to the house for nearly six months and could sleep and had constant pain in my right lung. A friend told me to use Peps. I got a package and the blood would spurt out of my mouth. Finally the Peps got me through a severe attack of pleurisy, but my lungs were in bad shape.

"Then I came home and started on Mi-o-na Stomach Tablets. Thank God, after I had used a lot of good right from the start, boosting up the vitality in my blood, and in a few weeks my cough was gone. I could breathe fine, felt fine, had an excellent appetite and my weight left 150 pounds. I am still feeling fine, gaining weight all the time, and I owe the entire credit to Mi-o-na and Peps. I am entirely free from my old trouble and feel that I am cured permanently. I recommend Mi-o-na Stomach Tablets and Peps to all my friends." Ex-Miner Wm. Ace, 5th St., Terre Haute, Ind.

Thousands of sufferers from diseased or deranged stomach organs find that Mi-o-na Stomach Tablets do away with indigestion, sour stomach, gas, belching, etc., so soon as a meal is eaten. Mi-o-na is a scientific digestive food and stomach tonic. It helps to digest whatever food you eat, and by doing away with ill-digested food and poisons in the stomach, creates a keen appetite and the most perfect digestion. Mi-o-na is sold by druggists everywhere under a guarantee to relieve indigestion, sour stomach, gas, belching, etc., in five days' time, or your money back. Mi-o-na Stomach Tablets are prepared by Stuart Co., Terre Haute, Ind. Send to druggist for a 50 cent package.—Adv.

### A Need Omitted.

"I see the French ex-President was taken back to the White House straight in broad paper."

"They should have put a cowcatcher in consideration of his weight."

## EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

The American men and women must guard constantly against Kidney trouble, because we eat too much rich food and not enough exercise. The blood becomes filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your back aches and you feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or sticky, nervous spells and stomach is out of order from pantaloon when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys to neutralize the acids in the system so it no longer is a source of irritation, thus ending kidney disorders.

Jad Salts is inexpensive; cannot injure you; makes a delightful effervescent lithia-water drink which everybody likes to take; is a splendid remedy for rheumatic tendencies, as it helps prevent the formation of uric acid in the joints and tissues. Druggists report a good kidney flushing are also.—Adv.

### Easy.

"I wish I knew a way to make the days go more quickly," said the man who is waiting.

"Spend a hard day in the country with a mosquito and you'll be glad to get back to the city," said the man who is tired of the city.

## "CARRY ON"!

If Constipated, Bilious or Headachy, take "Cascarets"

Feel grand? Be efficient? Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy. Your tongue coated, your breath bad and your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh pills. They are fine; simply substitute a cascaret for pills and see how quickly they straighten you out. Ten cents a box from any druggist will keep you feeling fine for months. They work while you sleep.—Adv.

### Be Sure.

He that falls in love with himself will have no rivals.—Franklin.

## Acid Stomach Makes the Body Sour

Nine Out of Ten People Suffer From It

It sucks its harmful acids and gases all over the body, incited ill health and strength. Beyond doubt this condition age goes on. No matter how strong its victim cannot long withstand the health destroying effects of an acid stomach.

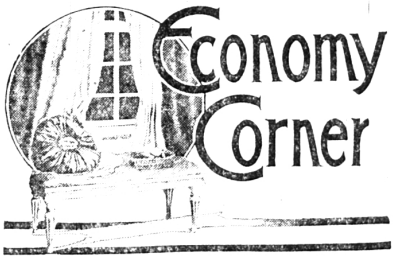
Good news for millions of sufferers. Chemists have found a sure remedy, one that takes the acid up and carries it out of the body, of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment. 1 oz. at any druggist or by mail. Dr. Berry Freckle Co., 276 S. Michigan Avenue, Chicago.

## SILK RIVALS WOOL IN SUMMER SUITS

HOW ATTRACTIVELY outfitted quite out of the question and there is no reason at this time for anybody to count for the simplicity which is so the heart of well planned dress. She effects in suits and costumes that have created a striking appeal. She mixes odd colors and lustrous fabrics by supposing one material and the same color, both in rather than as altogether in particular for the season of 1913 is the middle of two seasons in plain color for the season and the middle of two seasons in shining materials, silk, satin, velvet, with an occasional touch of sequins and beads and are worked out in the same color. Thus a dress of blue satin has a tunic of blue chiffon, beaded in blue and silver. There is nothing to distract the eye from the picture. Even the hats are worn to match the costume. Instead of the contrasting color scheme of last year, the hat is of the same color as the dress. Thus a blue satin suit has a blue satin hat with a blue chiffon veil. The hat in light gray suit is of gray satin and gray chiffon veil. The hat in dark blue suit is of blue satin and blue chiffon veil. This is the spirit of the season's dressing. There are exceptions to this rule, but they are few. The hat in light gray suit is of gray satin and gray chiffon veil. The hat in dark blue suit is of blue satin and blue chiffon veil. This is the spirit of the season's dressing. There are exceptions to this rule, but they are few. The hat in light gray suit is of gray satin and gray chiffon veil. The hat in dark blue suit is of blue satin and blue chiffon veil. This is the spirit of the season's dressing. There are exceptions to this rule, but they are few.




UTILIZE ALL odds and ends of heavy, strong qualities, in [illegible] for a summer time [illegible] is counted for the simplicity which is so the heart of well planned dress. She effects in suits and costumes that have created a striking appeal. She mixes odd colors and lustrous fabrics by supposing one material and the same color, both in rather than as altogether in particular for the season of 1913 is the middle of two seasons in plain color for the season and the middle of two seasons in shining materials, silk, satin, velvet, with an occasional touch of sequins and beads and are worked out in the same color. Thus a dress of blue satin has a tunic of blue chiffon, beaded in blue and silver. There is nothing to distract the eye from the picture. Even the hats are worn to match the costume. Instead of the contrasting color scheme of last year, the hat is of the same color as the dress. Thus a blue satin suit has a blue satin hat with a blue chiffon veil. The hat in light gray suit is of gray satin and gray chiffon veil. The hat in dark blue suit is of blue satin and blue chiffon veil. This is the spirit of the season's dressing. There are exceptions to this rule, but they are few. The hat in light gray suit is of gray satin and gray chiffon veil. The hat in dark blue suit is of blue satin and blue chiffon veil. This is the spirit of the season's dressing. There are exceptions to this rule, but they are few.

Julia Bottomley

### Fresks Are Interesting.

Short capes in diverse are in evidence [illegible] is difficult to pick out one mode for world [illegible] but tucks of importance are [illegible] which developed [illegible] and red [illegible] [illegible] [illegible]