Catarrh of the Lungs

Threatened Her Life. Miss Ninette Porter, Braintree. Vermont, writes: "I have been cured by

Peruna "I had several hemorrhages of the lungs. The doctors did not help me much and would never have cured ree. "I saw a testimonial in a Peruna almanac of a case similar to mine, and

I commenced using it. "I was not able to wait on myself when I began using it. I gained very slowly at first, but I could see that it was helping me.

"After I had taken it a while I com menced to raise up a stringy, sticky substance from my lungs. This grew less and less in quantity as I continued

the treatment. "I grew more fleshy than I had been for a long time, and now I call myself well."

Peruna is sold by your local druggist. Buy a bottle today.

No one begins to grow old until he ceases to learn.

A harking, hacking, rasping cough can be quickly broken up by Allen's Lung Balsam. Proved reliable by over 40 years' use.

With the fox one must play the lox.-Spanish.

Piles Cured in 6 to 14 Days. Pazo Ointment is guaranteed to cure any case offiching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money retunded. 50c

The trials of the present are the triumphs of the future.

Rheumatism Cured in a Day, D: Detchon's Relief for Rheumatism and Neuralgia radically cures in 1 to 3 days. Its action is remarkable. Removes the cause and disease quickly disappears. First dose greatly benefits. 75c. and \$1. All druggists.

When it rains porridge, the beggar has no spoon .- Danish.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic. 25c. a bottle.

A lazy man is one who finds it hard to get sufficient rest.

It is folly to want what you can get; it is wiser to get it.

For COLD and GRIP. Hick's CAPIDINE is the best remedy-re lieves the aching and feverishness-cures the fold and restores normal conditions. It's Rould-effects immediately. 10c., 25c. and 50e at army stores.

AFTER A LONG SITTING. Mr. Tardy-Has your father any objection to my visits?

Miss Weary-I think he would rather you would make them on the installment plan .- New York Times

Fearlessness of Seagulls. A Glasgow doctor who was recently touring the Highlands had a somerience with seagulls what unique ugh the Caledonian while pas ere, as usual, fol-

Qunal. and were being lowing fed oy e or bold they To p ed them by placing on his cap. The yed much skill in birds so ne food. Then the docpiece of biscuit in his gulls were shy at first. ely one bird bolder than

partook of the morsel, and efore long there was brisk competition for the titbies. The snapshotters on board were kept busily engaged, so that there is now pictorial proof of the incident.—Glasgow News.



Manyon's Paw Paw Pills coax to liver into cutrity by rentle methods. They do not scour, gripe weaken. They are a toalc to the stomach, liver and nerves; invigorate instead of weaken. They are to the blood and enable the stomach to get all the uralisment from food that is put into it. These tills contain no calomel; they are soothing, healing and stimulating. For sale by all druggists in ite and Se sizes. If you need medical advice, write Muncon's Doctors. They will advise to the beat of their boilty absolutely free of Charge. MUN YON'S. 53d and Jefferson Sts., Philadelphia, ra.

Hunyon's Cold Remedy cures a cold in one day, rice 25c. Munyon's Rhoumatism Reinedy relieves a few hours and cures in a few days. Price 25c.

lothing New or Mysterious. "ASK YOUR GRAND-MOTHER."



treating and curing Pneumonia, Grippe, seumatism and Neuralgia. RICE'S GCUSE LEASE LINIMENT is made from pure goose. ase, with other valuable curative ingre-nts added. Try it. -At all Druggists and Pealers-25e

OSE GREASE COMPANY, GREENSBORG.

So. 2-'10.

BROWN'S

PONCHIAL TROCHES tiy relieve Sore Throat, Hoarseness and Unexcelled for clearing the voice. Absofree from opiates or anything harmful. 25 cents, 50 cents and \$1.00 per box.

JOHN I. BROWN & SON, Boston, Mass.



APPLES AND PORK. A dish to serve with pork chops is made of thin slices of apples and onions fried together in butter, with a sprinkling of curry powder as seasoning. A recipe similar to that just given is a foreign one called Madras curried apples. Peel and core four sour apples. Cut them in rings. Sprinkle with a Ittle curry powder, and fry till brown, adding as they cook a few shallos cut in thin slices. Cover the mixture and let it cook until done. Serve on a platter with boiled rice and a curry sauce.-New York Tribune.

SWEDISH PUDDING.

Pick over and wash one-half pound of prunes. Add two cupfuls of cold water, cover and let stand one hour: then bring to the boiling point and let boil till soft. Remove stones, obtain meat from stones and add to prunes; then add one cupful of sugar, oneinch piece of stick cinnamon and one and one-third cupfuls of boiling water and let simmer ten minutes. Dilute one-third of a cupful of cornstarch with enough cold water to pour easily, add to prune mixture and cook five minutes. Remove cinnamon, turn into a mold and chill. Remove from mold and serve with cream .- Indianapolis News.

A RICH BEVERAGE.

Hot chocolate, if well beaten after it is cooked, will not form the skin over the top, which is an unpleasant feature of poorly made chocolate. A rich beverage is made with six tablespoons of a good make of chocolate, four tablespoons of granulated sugar and a heaping tablespoonful of cornstarch thoroughly mixed and wet to a paste with a little milk. This is placed over the fire in a double boiler with four cups of milk and two of hot water, and simmered tea minutes after beginning to cook. It should then be beaten several minutes with an eggbeater, and served with whipped cream .- New York Times.

CHICKEN CUBAN STYLE. Cut up chicken as for fricasse. Dry each piece and dip in beaten egg and roll in cracker dust, season with pepper and salt, and fry each piece very brown in half butter and half lard. When well browned add cup of hot water, cover and simmer half an hour. Then take out chicken and put on plate in warming oven. Have ready a bowl of cooked rice, put it into the frying pan which the liquid chicken has simmered in, add two tomatoes chopped fine, a red pepper, also ed against her account. "Why I nevchopped fine. Toss all together lightly with a fork. Pile high in the centre of platter and lay around it the pieces of fried chicken; garnish with stuffed olives -- Boston Post.

from c

board.

shrinks.

lines.

rapidly.

boiler will whiten clothes.

troublesome, small red ants.

Fresh mint will drive away those

Soap will temporarily stop a leak

To prevent pies from running out.

lay the top crust on in wrinkles when

putting on; if put on smooth it

Everyone does not know that tan

shoes can be dyed black. The cost is

small, and the result is that the shoe

Get a pair of pants hangers (only

five cents); fold skirt front and back

and over again; then nip the pins and

your skirt will always keep straight

Few people know how useful bran

varnished woodwork it is invaluable,

remo-ing the dirt without destroying

Buy a large ten-cent dish mop and

use it for a duster. It is much better

than a feather duster, which makes

the dust fly. Like a dry mop it col-

lects the dust and can be shaken out.

out separately in a light, airy place,

no two pieces touching each other.

If piled together, or if stored in a

dark or damp place it will decompose

Let flannels soak in cold water for-

ty-eight hours; set them on the stove

in the same water and let it come to

a boil; remove and let stand twelve

hours; after this treatment flannels

will remain just the same size they

Colored goods which usually fade

when washed will not lose color if

washed in bran water. It is excellent

as a scalp cleanser, and is good for the

hair, making it glossy. Used instead

of soap it whitens and softens the

hands. To prepare bran water, fill

a small bag (an ordinary salt bag is

excellent for this purpose) with bran,

place it in a pail, cover with boiling

Catering by Slot.

trippers who flock into Ostend on

Sundays and fete days .- The Caterer.

Among the catering curiosities of

water and it is ready for use.

were when hought.

In keeping fruit, let it be spread

will serve another season.

in a gas pipe or in a wooden wash-

No Charce on Sectie. Is the New York public superstitious? A Forty-second street auctioneer insists that we are, and adduces this incident as proof of his conten-

One day there came ir's his shop a table to be anctioned off. It was a table with a past. It had belonged to more than one medium and had figured in many a tipping seance. The auctioneer expected that psychic history to boost the price of the table and he related it in his characteristically racy fashion before the bidding began. Instead of exciting competition that table inspired fear. It was regarded as an interesting curiosity. everybody wanted to examine it, but no one would buy. A price had been set on the table under which it was not to be sold, and no one bidding up to that figure, it was withdrawn from the sale. On five different days did the auctioneer introduce the table with the same preamble. On the sixth day he omitted all reference to the table's psyschic powers, and fc fetched a good price. His deduction is that the average New Yorker has more or less faith in spiritual manifestations and he doesn't want his repose disturbed by mysterious messages delivered through the medlum of uneasy tables .- New York Times.

NEW STOCKINGS.

Stockings with insets of real lace, and stockings with sparklets of jel and silver and gilt fastened upon them-yes, that's what milady will wear this winter, when she's "all dressed up."

Of course, for ordinary wear, one will don stockings of modest color, to harmonize with the costume, or of plain black. With her tailored costumes milady will wear mixed or shaded stockings, in various combinations, if she wishes to be right up dation .- Weekly Witness. with Mme. Mode.

But for dress occasions-ah, that is a different story. That' is where

A stock may be elaborately em broidered, also, or show the finest of openwork, and it is said that both embroidered and openwork stockings will compete for favor this winter

The great novelty, however, is the stockings with the sparklets, and it's said that the glistening things will wash, at that! Five dollars and up will purchase one pair of these novel hose.-Boston Globe.

WOMAN DISCOVERS MEANEST MAN.

Mrs. Caroline Cornelius of Ithaca, N. Y., believes she has uncovered the meanest thief on earth. She returned from a visit to Brooklyn to find her home had been entered. Although every room was in disorder, Mrs. Corne lius did not miss anything, and was puzzled until a few days afterward when she went to her bank and found that a check for \$138.57 had been casher signed a check for that amount," exclaimed Mrs. Cornelius. The check was produced and the signature was found to be genuine. "Oh, yes," said Mrs. Cornelius, seeing a light. "I remember I signed an-

Farm Topics

\$ MAKING PIGS GROW BRAINS.

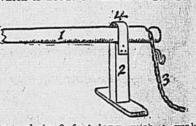
They are making pigs grow brain at the Ohio Agricultural Station at Wooster by feeding them brain food. Dr. E. B. Forbes, who is in charge of these experiments, is having great success. They have put ordinary porkers on diets devised by Dr. Forbes, and in sixty days the pigs have developed brains which have crowded their skulls' capacity.

The pigs showed more intelligence as their brains grew bigger. They didn't wallow in the mud, but gamboled like lambs. They didn't grunt and climb with their front feet into the feeding trough, but ate with less devouring passion and more relish. They also showed evidence of increased brains in other ways.

SAVE THE IMPLEMENTS.

There is no doubt that more farm implements are 'cst by neglect than are worn out by use, declares an observing writer. Many of them will not be required until spring, and those should be carefully housed meantime. If any of the iron or steel parts are rusted, rub off the rust, using fine sand, applied with a corncob. When these parts are thoroughly cleaned, go over them with a mixture of lard or rosin-an ounce of rosin to a pound of lard, melted together and thoroughly stirred while cooling. This is an exc 'lent preventive of rust, and should be applied to all tools around the farm. Good advice, that, even while winter is waning; but suppose that we add that a little paint preserves the wood work of tools, implements, etc. That, well applied, will check decay and dilapi-

POST PULLER. I use a fence post puller of the following description, which is better than pulling with horses, as it does not break the posts. Fig. 1, hard wood pole 10 feet long; fig. 2, a rest for the pole, 4x4, 12 inches long, with a 2m4 nailed to the bottom, which is about 10 inches long; fig. 3



is a chain 2 feet long, with a grab hook attached 2 inches from the pole; fig. 4 is a stout wire natled to the rest, which serves to hold the rest in place.

In pulling posts the chain is hooked loosely around the post, which permits it to slide down the post, when the pole is raised, allowing to get another hold when the post is raised a little.-Frank Lacina, Canby Minn.

MATED, NOT MATCHED, HORSES! In his instructive work "The Bri-

Lieut. Shackleton tells of a curious phenomenon of life in the Antarctic regions. The daily journey is of course taken under atmospheric conditions involving the extremest cold. The danger of what is called "catching cold" is increased by the fact that the toil of dragging sledges over miles of snow and broken ice lands the work-

No Colds in Antarctic Region.

Nevertheless, during the whole of their stay in the Antarctic regions not a single one of the adventurers suffered from bodily infirmity ordinarily following on exposure to extreme cold. The peculiarity was the more marked in view of the fact that at the first port their vessel touched on the homeward voyage nearly every man, including the commander, had catarrh -Scotsman.

From Head to Feet.

vised to try Cuticura Remedies. After the first bath with Cuticura Soap cura Remedies, as I know what they did for me. Mrs. Edward Nenning. 1112 Salina St., Watertown, N. Y., Apr. 11, 1909."

in debt, nor his wife a widow.

and Bronchitis

2 Taylor's Unerokee Remedy of Sweet Gum and Munein. By all means the best remedy for consumption, whooping cough colds. Cemedy has been tested for 50 years and always gives satisfaction.

you will bear watching.

Perry Davis' Painkiller at once.

After investigating recently, a Brit-

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. Druggists refund money if it fails to cure. E.W. Grove's signature is on each box. 25c.

man who trusts to luck.

easy to take as candy, regulate and invig-orate stomach, liver and bowels and cure

needs fear to sustain it.

Tightness ----

Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale-people lack food, rich, red blood. Their stomachs need invigorating for, after all, a man can be no stronger than his stomach. A remedy that makes the stomach strong and the liver active, makes rich red blood and overcomes and drives out disease-producing bacteria and cures a whole multitude of diseases.

> Get rid of your Stomach Weakness and Liver Laziness by taking a course of Dr. Pierce's Golden Medical Discovery the great Stomach Restorative, Liver Invigorator and Blood Cleanser.

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovwhich is a medicine of known composition, having a complete list of ingredients in plain English on its bottle-wrapper, same being attested as correct under oath.

Dr. Plerce's Pleasent Pellets regulate and invigorate Stomach, Liver and Bowels.

Perfidy often recoils upon its uthor.—La Fontaine. What God bestowed not won't be



Stops Lameness

Much of the chronic lameness in horses is due to neglect. See that your horse is not allowed to go lame. Keep Sloan's Liniment on hand and apply at the first sign of stiffness. It's wonderfully penetrating - goes right to the spot - relieves the

soreness - limbers up the joints

and makes the muscles elastic and pliant. Here's the Proof.

Mr. G. T. Roberts of Resaca, Ga., R.F.D. No. 1, Box 43, writes: — "I have used your Liniment on a horse for swee-ney and effected a thorough cure. I also removed a spavin on a mule. This spavin was as large as a guinea egg. In my estimation the best remedy for lame-

Sloan's

Mr. H. M. Gibbs, of Lawrence, Kans., R.F.D. No. 3. writes: - "Your Liniment is the best that I have ever used. I had a mare with an abscess on her neck and one 50c. bottle of Sloan's Liniment entirely cured her. I keep it around all the time for galls and small swellings and for everything about the stock." Sloan's Liniment



will kill a spavin, curb or splint, reduce wind puffs and swollen joints, and is a sure and speedy remedy for fistula, sweeney, founder and thrush. Price 50c. and \$1.00

Sloan's book on horses, cattle, sheep and poultry sont free. Address Dr. Earl S. Sloan,

WANDHIND BANK

Restores Gray Hair to Natural Colors REMOVES DANCRUFF AND SCURF Invigorates and prevents the hair from falling off uggists, or Sent Direct by XANTHINE CO., Richmond, Virginia

When You're Hoarse Use

THE BEST MEDICINE FOR COUGHS 40 COLDS

Gives immediate relief. The first dose relieves your aching throat and allays the irritation. Guaranteed to contain no opiates. Very palatable. All Druggists, 25c.

To Richmond, Virginia.

CLARENCE COSBY Pays Market Prices and Deals Fair

FULL SIZE NUMBER ONE SKINS

Mink \$5.50 each. Grey Fox \$1.15 each Raccoon 1.25 "Skunk 3.25 " Opossum .60 Muskrat, .55 Rabbits 14c pound.

Manufactured from

Best Steel Tubing

Columns and Beams

Dairy, Barns and Stable Equipmen Pipe, Troughs, Tanks.

Machinery and Boilers CLARENCE COSBY

Manufacturing Richmond, Va.



MAKES BIGGER CROPS

Because it mixes the guano with the soil close under the seed so that the cotton is nourished from the time it sprouts and Grows off strong and Thrity. A farmer says "108 pounds of guano applied with the Cole Planter is equal to 200 pounds put out in the usuniway."

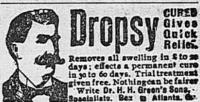
IT INCREASES THE YIELD A BALE OR MORE TO EACH ONE-HORE CROP. SAVES TIME AND MONEY
One man and one horse at one trip prepares
the seed-hed, puts in the guano, opens again,
drops and covers the seed, all in just the right
way for either Corn. Cotton. Peas. Sorghum,
Peanuts. Etc. The COLE PLANTER beats
the world in getting a quick, even stand.
It puts one seed after another in a straight
line, thick or thin, so that it -aves seed,
costs less to thin, and less to cultivate.
Mr. Hearn of Georgia writes "I would not
MISS PLANTENG MY CROP WITH THE COLE
PLANTER FOR \$200.10."
IT MEANS MOY EY TO YOU, write at once
for FREE catalogue and name of merchant
who sells and guarantees Cole Planters.
THE COLE MFG CO., SAVES TIME AND MONEY

THE COLE MFG CO. CHARLOTTE, N. C.

LATH AND SHINGLE MACHINES,

SAWS AND SUPPLIES, STEAM AND GASOLINE ENGINES. Try LOMBARD, AUGUSTA,





SUNNY FLORIDA Where FRUIT Grops Net 1500 Screen

Nature has done her utmost to make this the Garden Spot of the World. The richest soil—the most delightful climate—close to the best markets direct express and freight connections Fruit and vegetables grow abundantly, Fruit and vegetables grow two and three crops a year.

Handsome booklet in two colors written by a western man fully deviced with the colors of the colors o scribes in detail—absolutely free.
Write for it now. Address:
I. W. WHITE, Gen'l Ind. Agt. Write for it now. Address:

J. W. WHITE, Gen'l Ind. Agt., Seaboard Air-Line Railway, NORFOLK, VA.

FURS Hides and Wool Feathers, Tallow, Becswan, Gi Golden Seal, (Yellow Rost), May Apple Wild Ginger, etc. We are dealers; lished in 1856-"Over half a century in Louisville"-and can do better for you then agents or commission merchants. Reference

any Bank in Louisville. Write for weekly price list and shipping tags. M. Sabel & Sons, 227 F. Market St. LOUISVILLE, KY.

So. 2-'10.



It was in this very cottage in Brookside, 15 miles from Birmingham, Ala., that three Italians nearly died of Fever. They had been sick 3 months. Johnson's Tonic cured them quickly-read letter below:

Brookside, Ala., May 4, 1903. The two physicians here had 3 very obstinate cases of continued Malarial Fever. All were Italians and lived on a creek 60 yards from my store. These cases were of three months standing, their temperature ranging from 100 to 104. The doctors had tried every-

thing in vain. I persuaded them to let me try Johnson's Tonic. I removed all the printed matter and let the medicine go out in a plain bottle as a regular prescription. The effect in all three cases was immediate and permanent. They recovered rapidly and there was no recurrence of the Fever. S. E. SHIFLETT. Write to THE JOHNSON'S CHILL & FEVER TONIC CO., Savannah, Ca.



worth \$500, the mate is not worth A small piece of paraffine in wash is related in a French contemporary. \$50. If horses are not well matched in every respect, especially in the mouthing, they must be driven with different bits and the length of the were wittily termed "les precieuses inner or outer rein regulated according to the disposition of one or the other of the team to pull with or against each other, and thus fall into

FEEDING VALUE OF SOY BEANS. The Wisconsin Agricultural Experiment Station compared soy-bean meal and wheat middlings for pork production in three separate experiments in as many years. Two-thirds of the grain ration was corn meal in each case. In each of the experiments the largest gains were made on the soy-bean rations. Soy beans proved about ten per cent. superior to wheat middlings for pork produc-

The Indiana Agricultural Experiment Station compared rations of two parts of corn meal and one part of soy bean with corn meal and wheat middlings in equal proportions and with five parts of corn meal and one part of tankage for pork production. The sov-bean ration produced the largest daily gains, and this with the smallest quantity of feed consumed for each pound of gain.

The Kansas Agricultural Experiment Station has several times tested the value of soy bean in combination with corn meal and with kafir meal in comparison with the two latter feeds alone in feeding hogs. The feeds were mixed in the proportion of fourfifths corn or kafir and one-fifth soy beans. Larger gains, varying from were made in every case on the mixed

With corn meal alone 100 pounds of gain cost \$3.92, with corn meal and soy-bean meal \$3.73, and with kafir meal and soy-bean meal \$3.37. For these computations the value of corn meal was fixed at \$14 a ton, kafir meal at \$13 a ton, and soy beans at \$25 a ton, or seventy-five cents a

once for all. On a certain occasion the question was asked: "Why was Mary, Queen of Scots, born at Linlithgow?'

The world's estimated steam power in use to-day is 12,000,000 horse

silver of the mints of the world in 1907 totaled \$4,983,002,850.

me, are not matches, and while one is

tion, figuring the cost of the feeds as

thirteen to thirty-seven per cent.

are genuine, true, and full of human

layers. Capons grow larger than ordinary cockerels.-Farmers' Home

save in his own lifetime.

the same.

When a Scotsman answers a question he settles the matter in dispute

A mement later the same individnal was conversing with Victor Hugo. "Do you know why we are waiting?" asked the poet. "Yes," was the reply: "Some imbecile is afraid

rations than on corn or kafir alone.

The coining value of the gold and

A Burning Eruption Covered Her

Water never made a man sick, nor

Head, back and legs ache? Throat sore, with chills? That is La Grippe. Take

ish official reports the Kenis forest in East Africa to be 287 miles long by eight miles wide, and to contain standing timber worth \$115,000,000.

Not many are willing to trust the Dr. Pierce's Pellets. small, sugar-coated,

It's a scor sort of honesty, that

man ine hatch will be pullets which can be kept for

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never tails. At druggists. It was asserted at the annual meeting of the London Mendicity Society that the total number of begging letters in possession of the society was

FOR HEADACHE-Hicks' CAPUDINE Whether from Colds, Heat, Stomach or Nervous Troubles, Capudine will relieve you. It's liquid-pleasant to take-acts immediately. Try it. 10c. 25c. and 50c. at drug

A prophet is not without honor

IN THE HOME GOWAN'S PREPARATION is absolute protection against pneumonia, colds, croup, coughs, pains and soreness in lungs and throat. Relieves at once by destroying the inflammation and congestion. External and penetrating, \$1.00. 50c, 25c. All orugists.

Most old people must give the bowels gentle, constant help. One candy Cascaret each day does that. Harsh physic, taken regularly, makes the bowels callous. Cascarets do not.

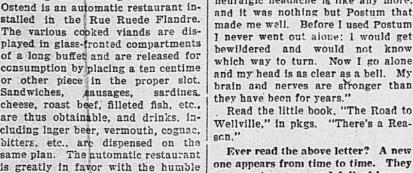
natural, gentle help. CUT THIS OUT, mail it with your address to Sterling Remedy Company, Chicago, Ill., and receive a handsome souvenir gold Bon Bon FREE.

Nearly all old people now use this

an emergency remedy for acute indigestion, food polsoning or plain gripes. For any stomach distress PALATAL, A CREAM OF CASTOR OIL, promptly administered, will afford relief, and by cleansing the system remove a cause for illness. Palatal is tasty, safe and effective. The ideal cathar-tic, 25c., druggists or Murray Drug Co., Columbia, S.C.

EARLYJERSEY WAKEFIELD, Your Medicine Closet Should Contain CHARLESTON WAKEFIELD





the real lace and the jet and the silver and gilt come in.

using story of Victor Huga The poet had accepted an invitation to dine at the house of one of those ardent Republicans who at the time

radicales." The dinner hour had passed some time without any announcement that the dinner was served when one of the company, a friend of Victor Hugo, inquired of the hostess the cause of the delay. The latter explained that owing to one of the guesta having sent an excuse at the last moment there would be thirteen instead of fourteen at the table, so she had sent to find another to make the fourteenth.

to sit at table when there are thiris for cleaning. For painting and teen." Victor Hugo in a solemn and severe tone replied, "L'imbecile, c'est moi."-London Globe.

No work is well begun unless the

A lady tells of a bad case of coffee

poisoning, and tells it in a way so

A WOMAN DOCTOR Was Quick to See That Coffee Was Doing the Mischief.

end is in sight.

simple and straightforward that lit erary skill could not improve it. "I had neuralgic headaches for 12 years," she says, "and suffered untold agony. When I first began to have them I weighed 140 pounds, but they brought me down to 110. I went to many doctors and they gave me only temporary relief. So I suffered on. till one day a woman doctor told me to use Postum. She said I looked like

"So I began to drink Postum and I

gained 15 pounds in the first few

was coffee poisoned.

weeks and continued to gain, but not so fast as at first. My headaches began to leave me after I had used Postum about two weeks-long enough to get the coffee poison out of my sys-"Since I began to use Postum I car gladly say that I never know what a neuralgic headache is like any more. and it was nothing but Postum that

Read the little book, "The Road to Wellville," in pkgs. "There's a Rea"lagging."

Best of Reasons.

- Sandy Kerr promptly answered: "Because her mither was staying there."-Human Life.

ers at the end of the day in a condition of profuse perspiration.

"Four years ago I suffered severely with a terrible eczema, being a mass of sores from head to feet and for six weeks confined to my bed. During that time I suffered continual torture from itching and burning. After being given up by my doctor I was adand application of Cuticura Ointment I enjoyed the first good sleep during my entire illness. I also used Cuticura Resolvent and the treatment was continued for about three weeks. At the end of that time I was able to be about the house, entirely cured, and have felt no ill effects since. I would advise any person suffering from any form of skin trouble to try the Cuti-

Grandmothers' Cure for Coughs, Croup is now found at all drug stores (25c. a bottle)

The fellow who always agrees with