A Professional Nurse Tells Her Experience With Doan's Kidney Pills.

Montague, Mass.

Foster-Milburn Co., Buffalo, N. Y.:

Gentlemen—I heartily wish those who are suffering from backache and disturbed action of the kidneys would try Doan's Kidney Pills. As was the case with me, they will be more than surprised with the results. I had been troubled for years with my spine. I could not lie on either side. Sharp cramps would follow, and words could not explain the agony which I would endure. While in these cramps I could not speak or move, but by making a great effort after the cramp had left me I could begin to speak and move a little, but my whole back was so sore and lame that I could not even have the back bathed for some time. My nerves were in a terrible state. I would rather sit up at night than go to bed, dreading the cramps and the terrible backaches. I consulted physicians, but got only a little relief for the time being. Seeing your advertisement, my mother urged me to try Doan's Kidney Pills. After using one box I was better, and have ever since been on the gain. I have no backache and no cramps now, and I feel like a new person. My nerves are better and I know my blood is purer. Words cannot express my thanks to you for what Doan's Kidney Pills have done for me. In my work as professional nurse I have a chance to recommend them, and they did me so much good that I will do so on every possible occasion.

HATTIE BRIGHAM, Nurse.

Doan's Kidney Pills are sold at 50 cents per box. Address Foster-Milburn Co., Buffalo, N. Y., for a free trial.

She Tried to Spare Him.

The little man who was the meek escort of the big woman in her rambles through the big shopping establishment had fainted.

"Is he subject to this sort of thing?" asked the shopwalker, as he applied a piece of ice to the unfortunate man's head and motioned the crowd to stand back.

"Not exactly," replied the prostrate man's better three-quarters. "He's a little nervous sometimes. I tried to buy it without letting him see me, but he heard me give the order."

"Buy what?" said the shopwalker, somewhat suspiciously.

"A rolling-pin," said the repressive angel. And then they understood.

Good Shot for a Boy.

A boy in Bemis, Mo., shot a blue heron on the wing at a distance of 1,600 feet one day last week.

Young women may avoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in the use of Lydia E. Pinkham's Vegetable Compound.

Judging from the letters she is receiving from so many young girls, Mrs. Pinkham believes that our girls are often pushed altogether too near the limit of their endurance nowadays in our public schools and seminaries.

Nothing is allowed to interfere with studies, the girl must be pushed to the front and graduated with honor; often a physical collapse follows, and it takes years to recover the lost vitality,—often it is never recovered. Miss Pratt says,—

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run-down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months.

"I recommend it to all young women who suffer from female weakness."—MISS ALMA PRATT, Holly, Mich.—$5000 forfeit if original of above letter proving genuineness cannot be produced.

U.M.C.

AMMUNITION

is extensively used everywhere in the world wherever the muzzle loader has given way to the breech loader.

It is made in the largest and best equipped cartridge factory in existence.

This accounts for the uniformity of its products.

Tell your dealer "U. M. C." when he asks: "What kind?"

Catalog free.

The Union Metallic Cartridge Co.
BRIDGEPORT, CONN
Agency, 313 Broadway, New York City, N. Y.

FRAUDS IN A BALE OF HAY.

Frauds in Watch Cases.

According to an article in the Cincinnati Commercial, a fifty-one pound stone was recently found in that city secreted in a bale of hay of eighty pounds.

This is not as bad as finding a lump of lead of nearly one-half the weight of the solid gold watch case secreted in the centre of the case.

Gold watch cases are sold by weight, and no one can see where this lead is secreted until the springs of the case are taken out and the lead will be found secreted behind them.

These cases are made by companies who profess to be honest, but furnish the means to the dishonest to rob the public. It is not pleasant for anyone to find that he has lugged a lump of lead in his watch case.

Another trick of the makers of spurious solid gold watch cases is to stamp the case "U. S. Assay." The United States does not stamp any article made out of gold and silver except coin, and the fakir, by using this stamp, wants to make the public believe that the Government had something to do with the stamping or guaranteeing the fineness of watch case.

Another trick of the watch fakir is to advertise a watch described as a solid gold filled watch with a twenty or twenty-five-year guarantee. These watches are generally sent C. O. D., and if the purchaser has paid for the watch he finds that the company which guaranteed the watch to wear is not in existence.

The Dueber-Hampden Watch Company, of Canton, Ohio, who are constantly exposing these frauds, will furnish the names of the manufacturers who are in this questionable business.

There are 29,000 Indian children in school, 62,616 Indians who can speak English and 143,974 Indians who wear civilized dress.

Beware of Ointments For Catarrh That Contain Mercury,

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists, price 75c. per bottle.

Take Hall's Family Pills for constipation.

The roofing of galvanized iron houses in Bloemfontein, the capital of the Orange River colony, has been introduced.

Alfalfa Clover.

For years the editor has been urging farmers to sow Alfalfa Clover, and glad he is that thousands of wide-awake farmers, all over America, are doing this very profitable thing to their satisfaction. A Westmoreland County, Pa., farmer writes: "I have sown another acre of Alfalfa Clover, it is capitalizing. I cut three crops this season and a good lot of pasture besides." Here is what R. C. Dennis, S. D., says: "Salzer's Alfalfa Clover Alfalfa clover can not be beat. I have solved the question of cheap feeding here. Salzer's Alfalfa is good." Salzer's Speltz Oats and Salzer's Hungarian Millet are the best hay.