

GET RID OF THE GAS

Dr. Williams' Pink Pills Strengthen the Stomach and Enable it to Do Its Work.

When the stomach is feeble the food lies in it undigested, decays and throws off poisonous gases that distend the walls of the stomach and cause interference with other organs, especially with the action of the heart and lungs. These gases have other ill effects. The nerves and the brain are disturbed and discomforts such as dizziness, hot flashes, sleeplessness, irritability and despondency originate from this source.

Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words, it needs a tonic that will rouse it to do the work of changing the food into nourishment.

Miss Minerva C. Ladd, of Ipswich, Mass., says: "I had a weak stomach from the time I was a little child. Whenever I took hearty food it would cause terrible faintness, and I would finally vomit what I had eaten. At times there would be the most intense pains through the upper part of my body. For days in succession, I would have to lie down most of the time. The distress was often so great that I could hardly bear it, and the frequent and violent belching spells were very disagreeable, too.

"My doctor's medicines gave me little relief and it was not until I tried Dr. Williams' Pink Pills that I found a cure. Within three weeks a decided improvement was noticeable. The belching spells were less frequent, the pains through my body were not so intense, my food was retained and after taking the pills for a few weeks longer I found that I was altogether free from the miseries I had so long suffered."

Every dyspeptic should read "What to Eat and How to Eat." Write the Dr. Williams Medicine Co., Schenectady, N. Y., for a free copy.

Pay of Chinese Engineers.
Chinese engineers on Manchurian railways get \$12 to \$45 gold a month, and Japanese engineers are seeking positions on the Asiatic continent at these prevailing wages.

Take Garfield Tea for liver, kidney, stomach and bowel derangements, sick headache and chronic diseases. This mild laxative will purify the blood, cleanse the system and clear the complexion. It is for young and old—the best family medicine. Buy from druggist.

How Ivy Preserves Walls.
Growing ivy preserves walls from damp. The tendrils and roots extract every drop of the moisture from the bricks and mortar, and the foliage keeps rain off the walls.

USE THE FAMOUS
Red Cross Ball Blue. Large 2-oz. package 9 cents. The Russ Company, South Bend, Ind.

WAS BOUND TO PAY PHYSICIAN.
Fee Was Small But Carried with It Child's Gratitude.

Carrying a pet spaniel in his arms, 8-year-old Alexander Wilson walked into the accident room of the Samaritan hospital and said appealingly to Dr. Raiman, says the Philadelphia Inquirer:

"Won't you mend my dog's leg? He was run over by a big wagon on the street."

Dr. Raiman tried to tell the child that the institution was not a veterinary hospital, but the child pleaded so hard that the physician consented to operate on the injured animal. He found that "Jessie," so the boy called his pet, had sustained a fracture of the left hind leg. The injured limb was soon set and done up in splints.

When the operation was over, Alexander began to search his pockets and finally produced a five-cent piece, all his available earthly wealth. He gravely presented it to Dr. Raiman. The physician told him to put it back in his pocket. The boy insisted, but finally obeyed the doctor.

As soon as the accident room door closed behind him Alexander took the nickel from his pocket, rolled it through the crack under the door into the room and ran away.

The physician is thinking of having a watch charm made of the nickel piece, so that in after years he can exhibit it when he tells the story of his first fee.

FOOD HELPS.
In Management of a R. R.
Speaking of food, a railroad man says:

"My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food.

"For 7 years I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are the most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so muddy and foggy that it was hard for me to discharge my duties properly.

"This lasted till about a year ago, when my attention was called to Grape-Nuts food by a newspaper ad, and I concluded to try it. Since then I have used Grape-Nuts at nearly every meal, and sometimes between meals. We railroad men have little chance to prepare our food in our canteens and I find Grape-Nuts mighty handy, for it is ready cooked.

"To make a long story short, Grape-Nuts has made a new man of me. I have no more burning distress in my stomach, nor any other symptom of indigestion. I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Postum Co., Battle Creek, Mich.

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

MADE BOLD BID FOR LIBERTY.

Convicts in Berlin Prison Figure in Remarkable Deed.

Three convicts of the Moabit prison, Berlin, recently made an attempt at escape which reads like fiction. The men, whose names are Baranowski, Goldbach and Muller, were serving terms of penal servitude, and occupied adjoining cells. They communicated with each other by tapping out the Morse code on the hot-water pipes, and arranged to carry off the tailor's shears from the workshop where they were employed, to attempt to bore a hole through the walls of the cells. They set to work as soon as they were locked in their cells, and continued their labor for six hours unperceived. Baranowski and Goldbach bored passages into Muller's cell, which stood between them, during which time Muller was at work forcing an opening through the roof. They helped each other through the attic to the roof, by which time day was dawning and diminishing their chances of escape. Out of bits of cloth which they had taken from the workshop they had manufactured a rope, by which they proceeded to lower themselves from the roof 100 feet to the ground. Baranowski and Muller slid down safely, but Goldbach fell from a height of fifty feet and broke both legs. Baranowski and Muller left him where he lay and proceeded to scale the outer wall. Muller, who was the slower of the two, was seen on the top of the wall, and was recaptured, but Baranowski got away.

HOD SLOCOMB GOT COLD BATH.

Unfortunate Incident Disgusted Him with Ice Cutting.

Hod Slocomb done a fool thing while cutting ice to-day and come



HOD FELL IN

mighty near losing his life by it. Hod was hired by Deacon Butterworth to help him cut his ice over to Gooch's Pond and the Deacon and Hod went over bright and early Tuesday morning and went to work. Hod started in sawing and before he thought what he was doing he sawed out a square of ice in the lake on which he was standing and it went under the water with him and he fell and got soaking wet clean up to his chin and swore until the Deacon had to tell him not to use such language in his presents, and then Hod had to walk all the way to Bingville in them wet clothes and it freezing cold, but he didn't go back. Hod said that if Deacon Butterworth wanted anybody to help him cut his ice, he would haft to get somebody else.—"Bingville Bugle" Items in Boston Post.

A Black Sparrow.

A black sparrow is among the daily recipients of our hospitality. It has not yet summoned courage to join the tits and the robins and the thrushes on the bird table, but it comes daily to scramble with its fellows for the crumbs scattered on the lawn.

When I call it "black," it is somewhat blacker, let us say, than a hen blackbird, of a nearly uniform sooty color, positively on the back and shoulders, and of a gray so dark as to be more than blackish over all the rest, except that the primary quills show just a faint tawny tinge suggestive of the proper coloring.—Country Life.

The Stinging Tree.

The stinging tree of Australia somewhat resembles a gigantic nettle. It has an unpleasant odor, and the natives and native animals are careful to avoid it.

When a man is stung by the tree—or, to put it more prosaically, pricked by the tree's thorn—the little wound gives him at first no pain whatever. But in a few minutes a maddening pain is set up; the victim shrieks and rolls upon the ground; for months afterward, when water touches the stung part, great agony ensues.

Dogs, when stung, rush about with piteous whines, biting pieces of flesh from the place that has been stung.

Automobile.



A French design for an automobile which the inventor claims would be much safer than the style used at present.

Had Stuck Closely to Home.

A man over 55 years of age, who has lived all his life on an island within thirty miles of Portland, Me., visited that city for the first time last month.

A Vindication for Dr. Pierce.

Decision by the Supreme Court of the State, Against the Ladies' Home Journal.

A verdict has been rendered in favor of the plaintiff in the libel suit brought against the Ladies' Home Journal (published by the Curtis Publishing Co.) by the World's Dispensary Medical Association, of which Dr. R. V. Pierce is president. The suit was brought by Doctor Pierce against the Curtis Publishing Co. for making false statements about one of his standard family medicines known as Dr. Pierce's Favorite Prescription. In the May number of the Ladies' Home Journal (1904), Mr. Edward Bok, the editor, stated that Dr. Pierce's Favorite Prescription contained alcohol and some other harmful ingredients, and Dr. Pierce had in the action alleged that the defendant maliciously published this article containing such false and defamatory matter. Dr. Pierce further claimed that no alcohol is or ever was contained in his "Favorite Prescription" that said medicine was a vegetable preparation and contained no deleterious ingredients whatever; that Mr. Bok's statement, pretending to give some of the ingredients of said medicine, was wholly and absolutely false; during the trial, the Vice-President of the World's Dispensary Medical Association stated, that the ingredients of Dr. Pierce's Favorite Prescription were extracted from the following native roots: Golden Seal, Blue Cohosh, Lady's Slipper, Black Cohosh and Unicorn, by means of pure glycerine. He was asked how he knew, as a physician and experienced medical man, that the "Favorite Prescription" was a cure for the diseases peculiar to women, such as amenorrhoea, dysmenorrhoea, anteversion retroversion, and he stated that he knew such was the fact because of his professional experience and the many thousands of women whose ills had been cured by this "Prescription." The Vice-President, being asked to give his authorities, read from the standard works, such as the United States Dispensary, The American Dispensary and many other standard medical books.

The retraction printed by the Curtis Publishing Company two months after the libelous statement appeared and nearly two months after the suit had been begun stated definitely that analyses had been made at their request and that the "Favorite Prescription" did not contain either alcohol, opium or digitalis.

Dyspepsia Caused by Eye Strain.

Dr. George M. Gould, the Philadelphia eye specialist, asserts that fully half of the sufferers from eye strain have some form of dyspepsia, partly, at least, as a consequence of their visual defects.

DISFIGURED WITH ECZEMA.

Brushed Scales From Face Like Powder—Under Physicians Grew Worse—Cuticura Works Wonders.

"I suffered with eczema six months. I had tried three doctors, but did not get any better. It was on my body and on my feet so thick that I could hardly put a pin on me without touching eczema. My face was covered, my eyebrows came out, and then it got in my eye. I then went to another doctor. He asked me what I was taking for it, and I told him Cuticura. He said that was a very good thing, but that he thought that my face would be marked for life. But Cuticura did its work, and my face is now just as clear as it ever was. I told all my friends about my remarkable cure. I feel so thankful I want everybody far and wide to know what Cuticura can do. It is a sure cure for eczema. Mrs. Emma White, 641 Cherrier Place, Camden, N. J., April 25, 1905."

Sexton for Fifty Years.

During his service of fifty years as sexton of Cullompton church, Devon, England, Samuel Voisey, who has just died, attended every funeral held in the churchyard, and saw eight vicars come and go.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh is a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address J. C. HENKEL & CO., Toledo, O. Sold by all Druggists, 75c.

Varying Weight of Timber.

The weight of most timber varies according to the part of the tree from which it is cut; as a general rule, that cut from the top of a tree may be taken as about three to five per cent lighter than that cut from the butt.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic.

Animals in the Water.

The horse can swim for miles without being exhausted, and shows a wonderful instinct in choosing the best available landing place. Bears and moles swim well, but bats and monkeys are helpless in the water.

Everybody get ready for Spring Conference.

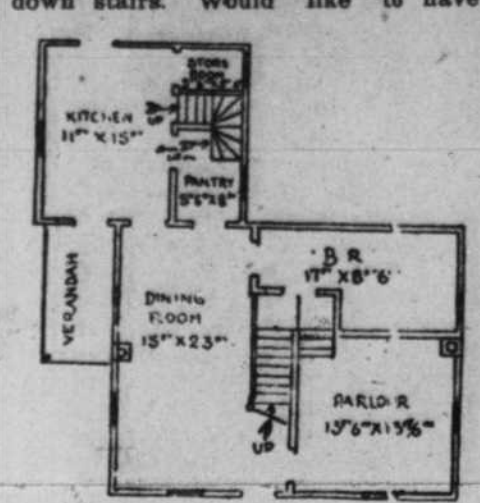
Worthy of encouragement.

A Brooklyn policeman who was charged with absenting himself from his post offered as an excuse that he had gone into a church to pray, and he was let off with a reprimand, as praying policemen are believed to be rare.—Utica Press.

CHEAP AND ROOMY HOUSE.

Designed So That all Complete, Cost Would Be \$1,450.

Will you give a plan for an inexpensive dwelling house, the main part to be about 24 feet by 28 feet, with an addition of suitable size. The main part is to be two stories high with square pitch of roof. I desire a medium sized kitchen, fair sized dining room as well as a large bedroom down stairs. Would like to have



Ground Floor.

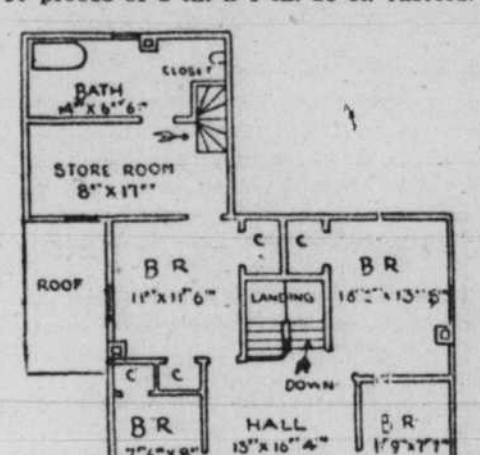
three bedrooms upstairs, each one to open into the hall?

In the plan here given, the main body of the house is 24 feet by 16 feet, and two stories high. Both stories have 10 foot ceilings. The kitchen is 16 feet by 18 feet and 12 feet high, the ceiling 8 feet 6 inches. There is a cistern under the kitchen and an entrance to cellar. Over the kitchen there is a bath and a tank could be built in the roof to receive water from the roof of main building, the overflow emptying into the cistern.

The house would cost all complete about \$1,450. There will be required for the foundation 9 yards of stone, 33 barrels cement and 33 yards gravel.

The lumber bill would be as follows:

- 50 pieces 2 in. x 10 in. x 11 ft. main.
- 26 pieces 2 in. x 10 in. x 18 ft. kitchen joists.
- 13 pieces 2 in. x 8 in. x 12 ft. sills.
- 52 pieces 2 in. x 6 in. x 14 ft. ceiling joists.
- 50 pieces of 2 in. x 6 in. 18 ft. rafters.



Second Floor.

- 90 pieces 2 in. x 4 in. x 20 ft. studs body joists.
- 300 pieces 2 in. x 4 in. x 12 ft.
- 3,400 feet dressed sheathing.
- 4,000 feet clapboards.
- 2,000 feet roof boards.
- 2,500 feet inch flooring.
- 15 M. shingles.
- 1,280 laths.
- 10 rolls sheathing paper.

In addition there would be the inside fittings and material for 16 windows and 22 doors.

Cement and Fillers.

If the proportion of six to one is used how many barrels of Portland cement will be required for 300 cubic yards of wall?

With concrete mixed six parts gravel to one part cement it would take 337½ barrels of cement when no stone fillers are used. But if fillers are used it would take, cement 270 bbls., gravel 240 yds., stone fillers 60 yds. You can estimate the amount of material required by the following. A barrel of cement contains four cubic feet. When mixed six to one this would build 24 cubic feet of wall. When small stone fillers are used, figure on one-fifth of the whole wall for stone. Should large fillers be used in size, say, from one cubic yard down to a cubic foot, figure two-fifths of the whole. Thus for 300 cubic yards of wall built with gravel and cement, cement 337½ bbls., gravel, 300 yards, with small stone fillers, cement 270 bbls., stone 60 yards, gravel, 240; with large stone fillers, cement 202½ bbls., stone 120 yards, gravel 180 yards. Care must be taken to thoroughly bed all fillers and keep the large fillers at least six inches apart.

Rubber Cement.

A very good and easily made rubber cement is the following: Digest some finely-shredded caoutchouc (India rubber) with about four times its volume of naphtha or carbon bisulphide for several days in a well covered vessel. Another good cement may be made by softening and dissolving shellac in ten times its weight of water ammonia. A transparent mass is thus obtained, which, after keeping three or four weeks becomes liquid, and may be used without requiring heat. When applied it will be found to soften the rubber, but when the ammonia is evaporated it forms a kind of hard coat, and causes it to become impervious both to gases and to liquids.

Material Required.

How much Portland cement and sand will it take for a wall of cellar 10 ft. x 10 ft. to be 10 ft. high and one foot thick?

It will require 10 barrels of Portland cement, 16 barrels gravel and 4 yards stone fillers mixed eight parts gravel to one part cement.

BLACK AND RED HAIR ARE AKIN.

Idea to the Contrary, Long Held, is Wrong.

The color of the hair, says the Grand Magazine, is usually transmitted from parents to child. This is especially true when both parents have the same complexion. Instances, however, are not uncommon where children have hair black as ebony, while the hair of both parents is a burning red. Instead of disproving the theory that a child takes after its parents so far as the color of the hair is concerned, this fact, it has now been ascertained, is all in favor of the doctrine. Red hair, in fact, is by its structure and composition much nearer to black hair than to blond.

Very often, if the hair of a very dark complexioned person be examined attentively, a few quite red hairs will be detected in the mass. On the other hand, it would be time wasted to seek for black hair in the locks of a fair person. Similarly it is not infrequent to notice children whose hair, red at birth, becomes as they grow older quite dark. When, too, after some serious illness, the production of the coloring pigment of the hair falls off, black hair becomes not blond, but red. Fair hair, which to a casual eye appears to have much more affinity to red hair than to black, is, on the contrary, quite distinct.

Constituent Was Displeased.

A pertinent question was put in an indignant letter from an anonymous constituent to a candidate at the general election. "Dear Sir," he wrote, among other things, "I hope the devil will get you. If he does not, what's the use of having a devil?"—London Mail.

DON'T FORGET

A large 2-oz. package Red Cross Ball Blue, only 5 cents. The Russ Company, South Bend, Ind.

Fine Deed of School Children.

A little girl attending one of the public schools in Paris had to stay at home and nurse the baby whenever her mother went out to work. The school children took up a collection and pledged themselves to pay the mother as much as she could earn, in order to enable her to stay at home and send the child to school.

If you go to Conference be sure and use the Salt Lake Route.

"None is" or "None Are"?

All the friends of liberty of speech owe gratitude to Prof. Lounsbury of Yale for his defense in Harper's Magazine of the use of "none" as the subject of a plural verb. What idiot provincialist it was that started the movement to schoolmaster that use of "none" out of existence we do not know, but his effort has had a deplorable degree of success. An awful example ought to be made of some of the grammarians who try to make language conform to rules instead of making rules conform to language. It will take years to untwist the tongues of worthy people who have compelled themselves to say "none is" when their consensual impulse was to say "none are."—Harper's Weekly.

MIDDLE LIFE

Time When Women Are Susceptible to Many Dread Diseases—Intelligent Women Prepare for it. Two Relate their Experiences.

The "change of life" is the most critical period of a woman's existence, and the anxiety felt by women as it draws near is not without reason.

Every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition, or she is predisposed to apoplexy, or congestion of any organ, the tendency is at this period likely to become active—and with a host of nervous irritations make life a burden. At this time, also, cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound was prepared to meet the needs of woman's system at this trying period of her life. It invigorates and strengthens the female organism and builds up the weakened nervous system.

For special advice regarding this important period women are invited to write to Mrs. Pinkham at Lynn, Mass., and it will be furnished absolutely free of charge. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant before her decease, and for twenty-five years since her advice has been freely given to sick women.

Read what Lydia E. Pinkham's Compound did for Mrs. Hyland and Mrs. Hinkle:

Dear Mrs. Pinkham—

"I had been suffering with displacement of the organs for years and was passing through the change of life. My abdomen was badly swollen; my stomach was sore; I had dizzy spells, sick headaches, and was very nervous.

Lydia E. Pinkham's Vegetable Compound Succeeded Where Others Fail.

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too slow consumption to home, since of factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin, and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's root, Stone root of the above mentioned roots. Then there is Black Cherrypark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorant when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, bad nutrition—and this blood, the body acquires vigor, the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy.

Although some physicians have been aware of the high medicinal value of the above mentioned plants, yet few have used pure glycerine as solvent and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

The "Golden Medical Discovery" is a scientific preparation compounded of the glyceric extracts of the above mentioned vegetable ingredients and contains no alcohol or harmful habit-forming drugs.

Money in the World.

The total stock of money, in gold, silver and uncovered paper in the whole world amounts, in round figures, to \$12,000,000,000. In the United States the total stock of money amounts to about \$2,000,000,000.

If you go to Conference be sure and use the Salt Lake Route.

First Power Shoe Peg Mill.

The first power shoe peg mill in this country was the old Cummings peg mill at South Acworth, N. H., formerly owned by Major Ephraim Cummings, who was the first to manufacture shoe pegs by power. The capacity of this mill was four bushels a day.

Use the Salt Lake Route to Conference this year.

Best from Sanpete, Juab, Utah counties, and the far south.

A Brutalizing Influence.

The telephone is having a brutalizing influence. The sensitive-minded man, who would shrink from saying a disagreeable thing in ordinary conversation, when talking through the telephone will speak his mind as bluntly and argue as roughly, as does an ordinary business man, and finding the path of brutality less painful than he imagined, becomes as truculent when not talking on the telephone.—The Graphic.



Mrs. A.E.G. Hyland

"I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all these distressing symptoms have passed and I have passed safely through the change of life, a well woman. I am recommending your medicine to all my friends."—Mrs. Annie E. G. Hyland, Chestertown, Md.

Another Woman's Case.

"During change of life words cannot express what I suffered. My physician said I had a cancerous condition of the female organs. One day I read some of the testimonials of women who had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it and to write you for advice. Your medicine made me a well woman, and all my bad symptoms soon disappeared.

"I advise every woman at this period of life to take your medicine and write you for advice."—Mrs. Lizzie Hinkle, Salem, Ind.

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Hyland and Mrs. Hinkle it will do for other women at this time of life.

It has conquered pain, restored health, and prolonged life in cases that utterly baffled physicians.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.