

CURE THE HABIT

No matter what the death certificate says, the fundamental cause of one-half the deaths recorded is constipation. It robs the complexion of its clearness, the eye of its brightness. It's a slow but sure form of suicide. Cure yourself of the habit, not by drugs but by eating daily of foods like

DR. PRICE'S WHEAT FLAKE CEREAL FOOD

made from the whole grain of the wheat, which, if eaten daily, will help to overcome habitual constipation.

Served hot by being mixed with boiling milk. **Nutritious—Palatable—Easy of Digestion and Ready to Eat**

Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder and Delicious Flavoring Extracts.

10 CENTS A PACKAGE AN MUCH NUTRIMENT AS THREE OUNCES OF BREAD

Terrific Threat.
With a desperate throb of his long fingers through his hair of Ayon locks, the young man confronted the beautiful girl.

"Refuse me," he blazed, "and I shall do something that the whole world will regret!"

The beautiful girl shuddered.

"Oh, Archibald," she pleaded, "you are not going to write love poetry for the magazines!"

"Worse still, I shall start writing dialect poetry!"

Thinking of the terrible calamity that could be thwarted by a woman's "yes," she accepted him on the spot. —Chicago News.

VICES.
"I suppose you prefer a snail who won't drink or gamble?"
"Yes; and if possible we also like to get one who won't steal."

HOSPITALS CROWDED

MAJORITY OF PATIENTS WOMEN

Mrs. Pinkham's Advice Saves Many From This Sad and Costly Experience.

It is a sad but certain fact that a very large percentage of the women who are in the hospitals are suffering from some form of female trouble. More than three-fourths of the patients lying on these snow-white beds are women and girls who are awaiting or recovering from operations made necessary by neglect.

Every one of these patients had plenty of warning that bearing down feeling, pain at the left or right of the abdomen, nervous exhaustion, pain in the small of the back, pelvic catarrh, dizziness, flatulency, displacements or irregularities. All of these symptoms are indications of an unhealthy condition of the female organs, and if not heeded the trouble may make headway until the penalty has to be paid by a dangerous operation, and a lifetime of impaired usefulness at best, while in many cases the results are fatal.

Mrs. Luella Adams, of Seattle, Wash., writes:

Dear Mrs. Pinkham—

"About two years ago I was a great sufferer from a severe female trouble, pain and headache. The doctor prescribed for me and finally told me that I had a tumor and must undergo an operation if I wanted to get well. I felt that this was my death warrant, but I spent hundreds of dollars for medical help, but the tumor kept growing. Fortunately I corresponded with an aunt in New England State, and she advised me to take Lydia E. Pinkham's Vegetable Compound, as it was said to cure tumors. I did so and immediately began to improve in health, and I was entirely cured, the tumor disappearing entirely, without an operation. I wish every suffering woman would try this great preparation."

Just as surely as Mrs. Adams was cured of the troubles enumerated in her letter, just so surely will Lydia E. Pinkham's Vegetable Compound cure other women who suffer from female troubles, inflammation, kidney troubles, nervous excitability or nervous prostration.

Mrs. Pinkham writes all young women who are ill to write her for free advice. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Address, Lynn, Mass.

INCIDENTAL.
The new congressman seems to be a good, amiable sort of fellow, but I wish he wouldn't put on that forced, mechanical smile when he shakes hands with his constituents.

"You mustn't mind that. It's merely one of the corticoids incident to the struggle he thinks he has to make to hold his job." —Chicago Tribune.

GRAND TO LIVE

And the Last Laugh is Always the Best

"Six months ago I would have laughed at the idea that there could be anything better for a table beverage than coffee," writes an Ohio woman— "now I laugh to know there is."

"Since childhood I drank coffee as freely as any other member of the family. The result was a puny, sickly girl, and as I grew into womanhood I did not gain in health, but was afflicted with heart trouble, a weak and disordered stomach, wrecked nerves and a general breaking down, till last winter at the age of 38 I seemed to be on the verge of consumption. My friends greeted me with 'How bad you look! What a terrible color!' and this was not very comforting."

"The doctors and patent medicines did me absolutely no good. I was thoroughly discouraged."

"Then I gave up coffee and commenced Postum Food Coffee. At first I didn't like it, but after a few trials and following the directions exactly, it was grand. It was refreshing and satisfying. In a couple of weeks I noticed a great change. I became stronger, my brain grew clearer, I was not troubled with forgetfulness as in coffee times, my power of endurance was more than doubled. The heart trouble and indigestion disappeared and my nerves became steady and strong."

"I began to take an interest in things about me. Home-work and house-making became a pleasure. My friends have remarked at the change and when they enquire what brought it about, I answer 'Postum Food Coffee, and nothing else in the world.' Name given by Postum Co., Battle Creek, Mich."

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

SALESMEN and AGENTS
Wanted to introduce in every town and city in your city or state. No experience necessary. Positions to men possessing their ability.

Write for particulars to MEDICINE GENERATOR CO., 40 West Avenue, New York City.

HOLD UP and consider
THE POMMEL BRAND SWEETENED WATERMELON CLOTHING.

Made of the best material, and is guaranteed to hold up. It is the only watermelon clothing made in this country.

Write for catalogue and price list to Thompson's Eye Water.

AGRICULTURAL

Best Cattle.
In our best cattle the breeders have developed the most available and choicest portions of meat where it is most desired. The hind quarters and loins are heavily developed, the head is smaller, the bones finer, and the quality of the flesh increased. In this producing large carcasses at small cost the value of the animals is enhanced by being bred to that degree of perfection which enables the farmer or breeder to realize the best prices obtainable.

When Vegetables Boil.
Have tin plates and lard pail covers of various sizes, the rims of which are perforated to let the water pass through. Put them upside down in the bottom of all kettles when cooking. If the water boils out, warning is given in time to save the food. Save basins that have the tin worn off to use for the bottom part of a double boiler, putting a perforated tin as above to hold the basin, in which a cereal is cooked, or milk boiled. Real double boilers seldom get used, as these take up much less room on the stove.

Feeding Pigs.
I have forty fat pigs from thoroughbred Poland-China sows, crossed with a thoroughbred Berkshire boar, weighing 100 pounds at three months old. This makes the best cross I ever saw. I let these pigs run with sows until eight weeks old, then separated them and began feeding to themselves. I give them stop made of ground corn and oats of morning and whole corn at nights. I get the pigs up in a pen regular once a week and sprinkle them with some good disinfectant mixed with warm water. If it is real cold I sprinkle them at noon in a close pen and leave it there until they rub it in and dry off, as the heat from them will soon do so. This keeps the lice off, always keeping them in a healthy growing condition. I have built good hog houses for them to sleep in, built five by six with a single roof, with swinging doors, so whenever a pig goes in or out he always shuts the door after him, therefore keeping the draft and storm out. A pig two weeks old will work these dogs. They are something every hog raiser should have. The hog beds must be kept dry and clean. I always make it a rule to clean out and sprinkle air slacked lime around and fresh bright straw once a week. Keep slacked soft coal salt and ashes in a trough where they can get it whenever they want it. —E. W. D., in Indiana Farmer.

Non-Setting Hens.
The Minorca has been dubbed the "middleweight egg machine," and there is good reason why the name is appropriate. While they will not lay as many eggs as some of the smaller breeds, yet in point of weight they easily outclass all others.

It is not unusual to find a dozen Minorca eggs weighing thirty-two ounces, all being uniform in shape and color.

Minorcas are strictly non-setting hens, though like all others of this class, one will occasionally become broody. They are large enough for good table fowls, the males weighing nine or ten pounds, and the females weighing from six to seven.

STOPS BELCHING.
Cures Bad Breath—Positive and Instant Cure—No Drugs—Cures by Absorption.

A sweet breath is priceless. The Anti-Belch-Wafers will cure bad breath and bad taste instantly. Belching and bad taste indicate offensive breath, which is due to stomach trouble.

They stop fermentation, purify the stomach and stop belching by absorbing the foul gases that arise from undigested food, and by supplying the digestive organs with natural food.

They relieve sea or car sickness and nausea of any kind.

They overcome indigestion, correct the ill effect of excessive eating or drinking. They will destroy a tobacco, whisky or opium breath instantly.

They stop fermentation in the stomach, acute indigestion, cramps, colic, gas in the stomach and intestines, distended abdomen, heartburn, bad complexion, dizziness or any other ailment arising from a diseased stomach.

We know Mull's Anti-Belch-Wafers will do this, and we want you to know it. This offer may not appear again.

GOOD FOR 25c.
Send this coupon with your name and address and your druggist's name and he will supply you a sample free. If you have never used Mull's Anti-Belch-Wafers, will also send you a certain quantity of the same, toward the purchase of more Belch-Wafers. You will find them invaluable for stomach trouble, cured by absorption. Address: Mull's Great Remedy Co., 228 3d Ave., Rock Island, Ill.

Give Full Address and Write Plainly.

3240 GOOD FOR 25c.
All druggists, 50c. per box, or by mail upon receipt of price. Stamp accepted. Do You Belch?

At Stockport, Prussia Saxony, chess is a part of the school curriculum.

We have clients who wish to purchase, for use in timber, coal, mineral, phosphate and farm lands and property in growing towns. Send full description, location, price, English-American Land & Trust Co., Real Estate Dept., Atlanta, Ga.

Truly Rural.
The seventeen-year-old daughter of a certain Wall street man recently visited for the first time the new farm in Dutchess County for the past year owned by her father. The girl immediately became greatly interested in the prize cattle that are the special pride of her parent, and she asked many questions relative to their breeding, etc. One evening, just at dusk, as the girl was standing on the veranda of the farmhouse, talking to the manager, there came the low, mournful note of a cow.

"Just listen to that poor cow," said the girl to the manager, "mewing for her colt." —Harper's Weekly.

A STOCK EXPRESSION.
"We have nothing in common," said the steel magnate to his wife. But she was not distressed. She thought it wiser to have it all invested in preferred.

ROBBED OF A TREAT.
"Gals to the hanger, Bill!" "Butcher like I am!" "Butcher like you ain't. The Governor has just pardoned the cuss."

SYRUP OF FIGS



To sweeten,
To refresh,
To cleanse the system,
Effectually and Gently;

Dispels colds and headaches when bilious or constipated;
For men, women and children;

There is only one Genuine Syrup of Figs; to get its beneficial effects

Acts best on the kidneys and liver, stomach and bowels;

Always buy the genuine—Manufactured by the

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. New York, N.Y.

The genuine Syrup of Figs is for sale by all first-class druggists. The full name of the company—California Fig Syrup Co.—is always printed on the front of every package. Price Fifty Cents per bottle.

Invest 1c.
For Postal Card, and make \$25.00 in CASH, by writing for our catalogue No. 75. A \$65.00 best grade TOY BUGGY for \$49.00 GUARANTEED.

Manufactured by the Buggy Factory in the south who will sell direct to consumer at first price.

GOLDEN EAGLE BUGGY CO., Atlanta, Ga.

ANTI-GRIPINE
IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA.

The most elevated river in the world is the Desaguadero in Bolivia. The average elevation above the level of the sea is about 13,000 feet.

COULD NOT KEEP UP.

Broken Down, Like Many Another Woman, With Exhausting Kidney Troubles.

Mrs. A. Taylor, of Wharton, N. J., says: "I had kidney trouble in its most painful and severe form, and the torture I went through now seems to have been almost unbearable. I had backache, pains in the side and loins, dizzy spells and hot, feverish headaches. There were bearing-down pains, and the kidney secretions passed too frequently and with a burning sensation. They showed sediment. I became discouraged, weak, languid and depressed, so sick and sore that I could not keep up. As doctors did not cure me I decided to try Doan's Kidney Pills, and with such success that my troubles were all gone after using eight boxes, and my strength, ambition and general health is fine."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Positions
\$5,000 BANK DEPOSIT
500 FREE COUPONS
Note taken: Limited education no hindrance. Board of Control. Write today. GA. A. L. BUSINESS COLLEGE, Macon, Ga.

W. L. DOUGLAS
\$3.50 & \$3.00 SHOES FOR MEN
W. L. Douglas's \$4.00 Gilt Edge Line cannot be equalled at any price.

The natives of the Malay peninsula have in the use of the smallest current coin in the world.

(AT12-06)

FOR WOMEN

Amigo

\$2.50

A Shoe Which is the STYLISH WOMAN'S Favorite.

It Must Be Worn to Be Appreciated.

INSIST UPON HAVING IT.

IT'S A MONEY SAVER. IT'S AN "ALWAYS JUST CORRECT" CLOVER BRAND SHOE.

Wertheimer-Swarts Shoe Co.
LARGEST FINE SHOE MANUFACTURERS
ST. LOUIS, U. S. A.

"After Suffering for Three Years"

writes Mary E. Shelton, of Poplar Bluff, Mo., "and trying two doctors for female trouble in vain, I was finally laid up in bed for about five weeks and was near death, when I began to take Wine of Cardui. In a week I was up, and have mended ever since. I have only taken three bottles and now I am in good health and can do my housework without a pain. My custom is now regular. I can truly say that Cardui cured me and I cannot recommend it highly enough." "For headache, backache, falling feelings, dizziness, cramps, trifling functions and periodical pains take

WINE OF CARDUI
AT ALL DRUGGISTS IN \$1.00 BOTTLES