

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny...

Letters From Abroad.

By A. M. STICK. No. 8.

A Cheerless Time in Spain—The People of that Country Have a Hard Time, but Are Cheerful and Contented—The Bull Fight and the Prize Fight.

(Copyrighted, 1906, by R. F. Buckley.)

Leaving Paris for Spain we passed over the fertile valley of the Seine...

Have you got corn enough to feed your stock until next October? If not, take Charles Cotton Moore's advice...

You remember 1901 was a wet year. The first of January, 1902, we had thirty bushels of corn...

But we do not stop with the crop of oat hay. We follow with peas, or peas and sorghum...

Have you a real garden? We mean a real garden, a plot of ground wired in near the house...

By the time you have gone this far you will find the whole family intensely interested in that garden...

As fast as one crop is off, put in another to come on in its season. And if you live near a town or city you can sell enough to more than pay the expense of fertilizing and cultivating.

You will be surprised at the variety of things you can grow in a garden of this size.

It is a farmer's privilege to live like a king. Reader, are you enjoying that privilege? Union County, N. C.

A Valuable Lesson. "Six years ago I learned a valuable lesson," writes John Pleasant of Magnolia, Ind. "I then began taking Dr. King's New Life Pills, and the longer I take them the better I find them."

Magical Music of a Blind Musician.

Just before reaching Iron the train passes around the west end of the Pyrenees, with the Bay of Biscay on the right.

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poor to sprout peas, and yet many people occupy the land. How they make a support is not apparent.

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ENGLAND SAYS NO ALUM IN FOOD



In England and France the Sale of Alum Baking Powder is prohibited by law because of the injurious effects that follow its use.

ROYAL is made from Absolutely pure Cream of Tartar—a pure Grape product. Aids digestion—adds to the healthfulness of food.

ROYAL BAKING POWDER. The only sure protection against Alum in your Baking Powder is to say plainly—ROYAL BAKING POWDER.

Neighbors Got Fooled. "I was literally coughing myself to death and had become too weak to leave my bed...

Neglected Colds Threaten Life. From the Chicago Tribune: Don't trif with a cold, is good advice for prudent men and women.

What to Do When Bilious. The right thing to do when you feel bilious is to take a dose of Chamberlain's Stomach and Liver Tablets.

Cold as Dakota and No Fires at All. I would say, in conclusion, that Spain has little to attract and much to repel travellers.

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Plant Wood's Garden Seeds. FOR SUPERIOR VEGETABLES & FLOWERS. Garden and Farm is one of the largest in this country.

Is your baby thin, weak, fretful? Make him a Scott's Emulsion baby. Scott's Emulsion is Cod Liver Oil and Hypophosphites prepared so that it is easily digested by little folks.

THE ORIGINAL LAXATIVE COUGH SYRUP. BEE'S LAXATIVE. HONEY AND TAR. Sold by M. E. McCauley, Druggist.