THE POLK COUMTY ITEMIZER OUR STAFR OF RESTLERS.




## Feeling Nervous

| That's the way it begins. Little things disturb you. You are irritable, restless and worry over trifles. Your heart jumps and palpitates at every sudden noise, you can't concentrate your mind on your work, your memory fails and you do not sleep well at night. In the morning you feel weak and exhausted, with no appetite for food and no ambition for exertion of any kind. Nervous prostration has no | "I was a sufferer for many months from nervous disorders that seriously affected my health and peace of mind. was very irritable and restless, and suffered a great deal from palpitation of the heart and sleepiessness. A friend induee 1 me to try Dr. Miles' Nervine, and I was so much relieved by the first bottle that I continued its use and in a few weeks my health was completely restored" |
| :---: | :---: |

## Dr. Míles ${ }^{\text {N }}$ Nervine.



Dr, Miles Medical Co., Elkhart. Ind.



## Administrator's Notice.



## WILS CELERY

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## Thurston Lumber Company

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