

**Go to the...  
We do...  
best...**

**TRADE MARK**

**Straighten Up**

The most muscular support of  
body tissues and let go easier

**Backache**

of Lumbago. To restore, strengthen  
and straighten up.

**St. Jacobs Oil**

Price 25c. and 50c.

**For Japanese Soldiers.**  
Rice and dried fish is the uniform  
food of the Japanese army in cam-  
paigning times. This is the way in  
which the rice is cooked. It is boiled  
until quite thick and glutinous. Next  
it is placed on a ceramic plate, rolled  
and pressed into squares. The squares  
are then placed in the sun to dry and  
often turned. When hard as sea biscuit  
and greatly reduced in weight, they  
can be stored.

A certain number are allowed each  
day to the soldier. All he has to do is  
to break up a square in boiling water  
and to add the dried fish. In a few  
minutes he has what seems to him a  
delicious thick soup. If he cannot pro-  
cure boiling water he simply eats his  
rice cake dry. In the fruit season he  
substitutes fruit, when he can obtain  
it, for the fish.

"The Magna Charta of Japan," a  
happily timely topic, will be discussed  
in the July Century by Baron Kentaro  
Kaneko, one of the four authors of the  
Japanese constitution. Baron Kaneko  
is a Harvard A. B. and Doctor of Laws.  
He is a member of Japan's House of  
Peers and was formerly Minister of  
State for Agriculture and Commerce.  
He is in America now as the envoy of  
the Japanese Emperor.

**Same Thing.**  
"He's employed by the railroad com-  
pany now, I understand."  
"Yes, he has charge of the puzzle de-  
partment."  
"The what?"  
"He makes out the time tables."—Phil-  
adelphia Press.

The finer the nature, the more flaws  
shall show the clearness of it; and it is  
a law of this universe that the best  
things shall be seldomest seen in their  
best form.—Ruskin.



**To be a successful wife, to  
retain the love and admiration  
of her husband should be a  
woman's constant study. If  
she would be all that she may,  
she must guard well against the  
signs of ill health. Mrs. Brown  
tells her story for the benefit of  
all wives and mothers.**

"DEAR MRS. PINKHAM:—Lydia E.  
Pinkham's Vegetable Compound  
will make every mother well, strong,  
healthy and happy. I dragged through  
nine years of miserable existence, worn  
out with pain and weariness. I then  
noticed a statement of a woman  
troubled as I was; and the wonderful  
results she had had from your Vege-  
table Compound, and decided to try  
what it would do for me, and used it for  
three months. At the end of that  
time, I was a different woman, the  
neighbors remarked it, and my hus-  
band fell in love with me all over  
again. It seemed like a new existence.  
I had been suffering with inflamma-  
tion and falling of the womb, but your  
medicine cured that, and built up my  
entire system, still I was indeed like a  
new woman.—Sincerely yours, Mrs.  
CHAS. F. BROWN, 21 Cedar Terrace, Hot  
Springs, Ark., Vice President Mothers  
Club.—50000 Sold. (If original of above letter  
proving genuineness cannot be produced.)

**BEWARE FOR  
THESE THINGS ARE THE MARKS  
OF THE GREAT  
CONSUMPTION**



Dolly—Were you pleased when Char-  
ley proposed? Polly—Pleased? I  
came pretty near giving him out  
college yell.—Puck has taken out  
Clara—Oh, hum! I wish the Lord  
had made the man. Mother Per-  
haps he has, dear; only you haven't  
found him yet. New York Times.

Ned—If I took me a long time to  
make up my mind if a man who specu-  
lated in stocks is a fool or not. How  
did you finally determine? Ned—I  
speculated.—Town Topics.

"Sonny," said the good old man,  
"I'm surprised that you should tease  
that cat in that way." "Why?" replied  
the bad boy, pausing in his inhuman  
work, "do you know any better way?"  
—Philadelphia Press.

Mr. Slap—What is the secret of Gil-  
boy's success? Miss Bang—Why, he  
knows a girl who spends a thousand a  
year on dresses. Mr. Slap—Ah, I see;  
he married her? Miss Bang—Oh, no;  
he married her dressmaker. Come  
Out.—Kobuk.

Young Swell—I left a letter on my  
table when I went out. Where is it?  
Violet—I hope you won't mind, sir, I  
thought it would do nicely for my  
sweetheart; so I posted it to her. Your  
Christian name is the same as mine!—  
Tit-Bits.

"What's the matter, little boy?" asked  
old Mr. Goodart, "what are you  
crying for?" "Boo, hoo!" sobbed the  
boy. "Boo, hoo!" "Come, come! Don't  
mind! Don't mind!" "Boo, hoo!" I  
didn't, an' that's what I was licked  
for."—Philadelphia Public Ledger.

Young Couple (who expect the visit of  
a very miserly relative, from whom  
they have expectations, are clearing  
the room of every sign of luxury.)  
Wife (earnestly)—We must do all we  
can to make uncle feel at home. Hus-  
band (caustically)—Then we had bet-  
ter let the fire out.

"Mamma, can God hear everything?"  
"Everything, Willie." "And is God al-  
ways happy?" "Always, Willie. Why  
do you ask?" "Well, I should think  
it would make him suffer a little to  
hear what sister and that fellow of  
hers are saying to each other in the  
next room."—Smart Set.

Parker—What's wrong? You seem  
worried. Streeter—I am. I wrote two  
notes—one to my broker asking him  
if he took me for a fool, and the other  
to Miss Golding asking her if she  
would be mine. While I was out some-  
body telephoned "Yes," and I don't  
know which of 'em it was.

Precautionary measure: Mrs. New-  
ed (a bride of six weeks)—And how  
long will you be away, dearest? Mr.  
Newed—About ten days. Mrs. Newed  
—Well, I think I'll learn to cook while  
you are absent. Mr. Newed—That's a  
good idea. And I'll take the dog over  
and leave him with one of the neigh-  
bors.—Ex.

Nellie (sympathetically)—Yes, poor  
dear! What a narrow escape! And  
what started the horse? Gertrude (indig-  
nantly)—Well, you know, Will was  
just helping me out of the trap, and  
the stupid horse could not tell the dif-  
ference between a good night kiss  
and a signal to start. And he start-  
ed. Some horses have no little  
sense.

A girl forced by her parents into a  
disagreeable match with an old man,  
whom she detested, when the elergy-  
man came to that part of the service  
where the bride is asked if she con-  
sents to take the bridegroom for her  
husband, said, with great simplicity,  
"Oh, dear, no, sir, but you are the first  
person who has asked my opinion  
about the matter."

The laundress' little daughter had  
been allowed to peep into the dining-  
room, where the table was set for a  
dinner party. "And, mamma," she said  
later, "every plate had two forks by  
it. What was that for?" "You don't  
know the way of your betters, child,"  
replied the laundress; "the extra fork  
is in case they drop one on the floor."  
—Detroit Free Press.

French Maid (to inquiring friends)—  
Ouf, madame is ill, but ze doctor haf  
pronounce it something very trifling,  
very small. Friend—Oh, I am so re-  
lieved, for I was real anxious. What  
does the doctor say the trouble is?  
French Maid—Let me recall. It was  
something very leetle. Oh, ouf, I have  
it now! Madame has ze smallpox.—  
Woman's Home Companion.

It was Mabel's first appearance at  
church and she was rather shy. First  
she wanted one thing, then another.  
Finally she decided she must have  
a pin, so she asked for one from  
her father. He had none. Then she  
tried her mother; but her mother, too,  
had none. Mabel's longing had been  
increased with her ill success, so she  
climbed upon the pew and shouted at  
the top of her small voice, "Has any  
one in dis crowd got a pin?"—Lippincott's.

**CATARRH IS THE CAUSE  
OF MOST KIDNEY DISEASES**



Samuel R. Sprecher, Junior, Beadle Court, An-  
gelina, 3,422 I. O. O. F., 205 New High St., Los  
Angeles, Cal., writes:  
"I came here a few years ago suffering with  
catarrh of the kidneys, in search of health. I  
thought the climate would cure me, but found I  
was mistaken. But what the climate could not  
do Peruna could and did. Seven weeks' trial  
convinced me that I had the right medicine,  
and I was then a well man. I know of at least  
twenty friends and members of the lodge to  
which I belong who have been cured of catarrh,  
bladder and kidney troubles through the use of  
Peruna, and it has a host of friends in this city."  
—SAMUEL R. SPRECHER.

**Catarrh of the Kidneys a Common  
Disease — Kidney Trouble Often  
Fails to Be Regarded as Catarrh  
by Physicians.**

Catarrh of the kidneys is very com-  
mon indeed. It is a pity this fact is  
not better known to the physicians as  
well as the people.  
People have kidney disease. They  
take some diuretic, hoping to get bet-  
ter. They never once think of catarrh.  
Kidney disease and catarrh are seldom  
associated in the minds of the people,  
and, alas, it is not very often associ-  
ated in the minds of the physicians.  
Too few physicians recognize catarrh  
of the kidneys. They doctor for some-  
thing else. They try this remedy and  
that remedy. The trouble may be as-  
tarrh all the time. A few bottles of  
Peruna would cure them.

**Peruna Removes the Cause of the  
Kidney Trouble.**  
Peruna strikes at the very center of  
the difficulty, by eradicating the cat-  
tarrh from the kidneys. Catarrh is  
the cause of kidney difficulty. Re-  
move the cause, and you remove the  
effect. With unerring accuracy Peru-  
na goes right to the spot. The kidneys  
are soon doing their work with perfect  
regularity.

**Thousands of Testimonials.**  
Thousands of testimonials from peo-  
ple who have had kidney disease which  
had gone beyond the control of the  
physician are received by Dr. Hart-  
man every year, giving Peruna the  
whole praise for marvelous cures.

**Peruna Cures Kidney Disease.**  
Peruna cures kidney disease. The  
reason it cures kidney disease is be-  
cause it cures catarrh. Catarrh of the  
kidneys is the cause of most kidney  
disease. Peruna cures catarrh where-  
ever it happens to be located. It rarely  
fails.  
If you do not derive prompt and sat-  
isfactory results from the use of Peru-  
na, write at once to Dr. Hartman, giv-  
ing a full statement of your case, and  
he will be pleased to give you his val-  
uable advice gratis.

Address Dr. Hartman, President of  
The Hartman Sanitarium, Columbus,  
Ohio.

**Ayer's**

Do you like your thin, rough,  
short hair? Of course you  
don't. Do you like thick,  
heavy, smooth hair? Of  
course you do. Then why

**Hair Vigor**

not be pleased? Ayer's Hair  
Vigor makes beautiful heads  
of hair, that's the whole  
story. Sold for 50 years.

"I have used Ayer's Hair Vigor for a long  
time. It is, indeed, a wonderful hair tonic,  
restoring health to the hair and scalp, and, at  
the same time, proving a splendid dressing."  
—Dr. J. W. Taylor, Medford, Ind.

It is a bottle. J. C. AYER CO., Lowell, Mass.

**Weak Hair**

**PE-RU-NA CURES CATARRH.**

Captain James L. Dempsey, Captain 2nd  
Regiment Troy Police Force, writes from 198  
Ferry St., Troy, N. Y., as follows:  
"From my personal experience with Pe-  
runa I am satisfied it is a very fine remedy  
for catarrhal affections, whether of the  
head, lungs, stomach or pelvic organs. It  
cures colds quickly, and a few doses taken  
after undue exposure prevents illness.  
"Some of the patrol men under me have  
also found great relief from Peruna. It  
has cured chronic cases of kidney and blad-  
der troubles, restored men suffering from  
indigestion and rheumatism, and I am fully  
persuaded that it is an honest, reliable medi-  
cine, and hence I fully endorse and recommend  
it."  
—JAMES L. DEMPSEY.

Officer A. C. Swanson writes from 807 Harrison  
St., Council Bluffs, Ia., as follows:  
"As my duties compelled me to be out in all  
kinds of weather I contracted a severe cold from  
time to time which settled in the kidneys, caus-  
ing severe pains and trouble in the pelvic organs.  
I am now like a new man, am in splendid  
health and give all praise to Peruna."  
—A. C. Swanson.



Peruna strikes at the very center of  
the difficulty, by eradicating the cat-  
tarrh from the kidneys. Catarrh is  
the cause of kidney difficulty. Re-  
move the cause, and you remove the  
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regularity.

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Getting Water,  
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AUSTIN WELL DRILLS  
Made in all sizes and  
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logues and list of users in  
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**SAW MILLS High Grade  
THRESHERS Stackers Machinery**

**The A. H. Averill Machinery Co.**  
PORTLAND, OREGON.  
Write for Catalogue and Prices.

**KILLS  
LICE!**

lice and all vermin that  
infest horses, cattle, poultry,  
etc. Licey hens will  
not lay; nor chicks grow.

**PRUSSIAN LICE POWDER**

lice upon the blood which  
should go to sustain life  
& vitality. PRUSSIAN  
LICE POWDER kills  
the lice, thus it SAVES  
FEED as extra ration  
must be given on account  
of vermin. 25c and 50c  
containers. By mail, 6c & 7c  
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ST. PAUL, MINN.  
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