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If you are in doubt as to the cause of your disease mail us a postal requesting a medical examination blank, which you will fill out and return to us. Our doctors will carefully diagnose your case, and if you can be cured you will be told so; if you cannot be cured you will be told so. You are not obligated to use in any way, for this advice is absolutely free; you are at liberty to act or not as you see fit. Send to-day for a medical examination blank, fill out and return to us as promptly as possible, and you will receive expert advice in your case thoroughly absolutely free.

Munton's, 135 and Jefferson St., Philadelphia.

The Value of Trees. The residents of western cities do not seem to appreciate the value of trees, as do those of eastern cities. Nothing adds more to a residential city than a showing of lovely trees or poplars lining its streets. What more pleasant, during those treasured summer days, than to sit under the shade of a friendly tree, especially in the yard of a neighbor Rome householder, of course, appreciate the value of trees not alone as a means of beautifying one's promenade, but as a protection against the heat of summer and the storms of winter, and give proper attention to the matter of growing them. The vast mass of our western people, however, pay but little attention to this highly important matter and for this reason few of our cities are well provided with trees.—St. Joseph Gazette.

An advocate of the parcel post system is the Senator from New York the president of an express company. The world do more, explains the New York World.

AFTER DOCTORS CALLED

Lydia E. Pinkham's Vegetable Compound Cured Me.

Williamistown, Conn.—"For five years I suffered untold agony from female troubles, causing backache, irregularities, dizziness and nervous prostration. It was impossible for me to walk upstairs without stopping on the way. I tried many different doctors and each told me something different, I received no benefit from any of them, and seemed worse for more. The last one I consulted said nothing would restore me. I felt so badly I began taking Lydia E. Pinkham's Vegetable Compound to see what it would do and I am restored to my natural health. I am forever a debtor, Judge Bost, Willimistown, Conn.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and seeds, has been so remarkable that it has cured thousands of others, and why should it not cure you?

HOW TO SAVE CARPETS. When laying down carpets put up an extra layer of burlap under the canvas. If you cannot buy it but make it from the sacks of flour, coffee, potatoes, etc., some. Rip up and wash, and return to use as promptly as possible, and after a few years, cut into slips, and use for corn wears, and save your case thoroughly absolutely free.

Munton's, 135 and Jefferson St., Philadelphia.

The ARTISTIC TABLE. It is an added pleasure to eat at a table that has clarity, tastefulness in the fittings, and has a pretty floral decoration in the center. The fern bowl is one of the most popular methods of introducing a touch of green on the table. The fine asparagus ferns and the maiden hair variety are used as a great deal for this.

Panels are among the flowers that display to advantage on a table with the heat of summer and the storms of winter, and give proper attention to the matter of growing them. The vast mass of our western people, however, pay but little attention to this highly important matter and for this reason few of our cities are well provided with trees.—St. Joseph Gazette.

A novel way to arrange them is to mingle them with fancy moss in a flat dish.

This supports the flowers so that they look as erect as when they were in their natural state. An old decoration was seen the other evening on a dinner table, which was cool and refreshing looking.

A rose bowl was filled with sparkling mineral water, and the stems of the narcissus and their leaves were immersed in it.

After a short time the flowers and the foliage became covered with a mass of frost-like moisture, which was decidedly pretty.—St. Louis Globe Democrat.

RECIPE. Cherry Pudding.—Two eggs, 1 cup milk, 1/2 teaspoon salt, 1 tablespoon melted butter, 1/2 cup flour, 1 teaspoon baking powder, pinch of salt. Mix in order given. Turn into shallow, greased pan. Over top put 2 pounds cherries. Press into the hot batter. Sprinkle with 2 tablespoons granulated sugar. Bake 20 minutes in moderate oven. Serve hot with cream and sugar.

Potted Ham.—Use the scraps of ham, add a little melted butter and chop it fine. Season with cayenne pepper, put into glass jars and press down firmly. Pour a little melted butter over it and set away.

Currant Pie.—Make a good pie crust, and line a deep plate with it. Fill partly full with ripe currants. Cover with a cup of sugar and a sprinkling of flour. Add a few bits of butter and fill the top to the top with the currants. Cover with upper crust and bake.

Fresh Mandarins.—When canning preserves save the pannings and soft, crisply pears. Cover with cold water, and simmer until soft. Pass through a sieve, then boil again 20 minutes. Add 1/3 the weight in sugar and boil until it thickens.

Shrimp Salad.—To 1 can of shrimp add 1/2 cup of lettuce and 1/2 cup of celery cut up fine. Add 1/2 cup of mixed dressing and mix all together. Garnish edges of plate with pickled beets and lettuce leaves.

Double Pudding.—Two cups of 1 cup cream, 2 squares of chocolate, 1 tablespoonful butter; boil one minute; then beat and spread in buttered tin to cool; 1 cupful brown sugar, 1 egg. Mix all together, 1 teaspoon extract. Fold into stiffly whipped cream, mix 1 cupful white flour and flour of 10 minutes, then beat and pour on top of loaf already in pan, when cool, cut in squares.

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Wood's Descriptive Fall Seed Catalog now ready, gives the fullest information about all Seeds for the Farm and Garden, Grasses and Crops, Vetches, Alfalfa, Seed Wheat, Oats, Rye, Barley, etc. Also tells all about Vegetable & Flower Seeds that can be planted in the fall to advantage and profit, and about Hyacinths, Tulips and other Flowering Bulbs, Vegetable and Strawberry Plants, Fertilizers, Necessaries and other Goods for Cultivators.

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