SADIE ROBINSON. Pretty Girl Suffered From Nervousness and Pelvic Catarrh---Found Quick Relief in a Few Days.



NERVOUSNESS AND WEAKNESS CURED BY PE-RU-NA.

Miss Sadie Robinson, 4 Rand street, Malden, Mass., writes:

Peruna was recommended to me about a year ago as an excellent remedy for the troubles peculiar to our sex, and as I found that all that was said of this medicine was true, I am pleased to endorse it.

"I be an to us it about seven months ago for we tkness and nervousness, caused from overwork and sleeples ness, and jound that in a few days I began to grow strong, my appetite increased and I began to sleep better, consequently my nerv-ousness passed away and the weakness in the pelvic organs soon dis-appeared and I have been well and strong ever since."

Address Dr. S. B. Hartman, President The Hartman Sanitarium, Columbus, for free medical advice. All correspondence strictly confidential.

Lesson of Memorial Day.

it is well that on one day in the year the high example of the Union soldier should be held up before our people. Love of country consists in service rather than in profession. Public good must ever be preferred to private good. And surely when so many Americans were willing to give all that they had for the country, we of to-day ought at least to be willing to forego mere personal advantage when it can only be won at the expense of the land which we all love. This is the lesson of Memorial day, and it is one that we greatly need to learn.

PAID PENALTY FOR HASTE.

Messenger Boy's Speed Resulted in Spectacular Tumble.

A district messenger boy emerged from a big office building on Nassau street and to the amazement of passersby, began to run. He had not gone far when his foot caught in some obstruction and he fell. It was not the ordinary fall. It was a picturesque, acrobatic performance. He larded on his stomach with hands and legs out stretched.

It had just stopped raining and the asphalt was slippery. In addition, there is quite a down grade at Cedar street, where the sudden drop of mercury took place. So when he struck the roadway he kept on going toboggan fashion, for a foot or two, his hands and feet being used as brakes When the headway finally was checked, the messenger boy arose. slowly and sadly. His once natty blue uniform was a finished study black from collar to the ends of his trousers. There was some bark of his hands and a gash in one knee of his trousers seemed to open its dumb mouth to protest against such treat ment.

"That's what I get fer runnin'." said the boy sadly, as he entered a convenient hallway to cleanse himself with a "latest edition" handed to him by a sympathetic observer.

Making the Garden Pay.

"This garden has a southeast ex posure," said Uncle Bob, "which is the best. I shall have all of the rows of vegetables running north and south so that they will get the full benefit of the sun. I am going to divide it with a path running each way for convenience, and I shall cultivate entirely with hand tools. I rely partic ularly upon my combined double and single wheel hoe, hill and drill seeder. which saves me many an hour of back-breaking, hard and uncomfortable work during the summer.

"Lettuce and radishes may be sowed in many odd corners of the garden, without interfering with other crops Oftentimes crops fail to come up in various places in the garden, and these vacancies may be filled with beets, carrots and turnips. The latter may be planted as late as the first of September, and carrots up to the first of August. My early lettuce is followed by cabbages or excelsior peas. I often put turnips in the ground which has just grown a crop of peas. You will be able to find pretty nearly all kinds of common vegetables in this garden. I don't always succeed with everything, and if I had only a very small garden, I should confine myself, I think, to a smaller list."-Suburban Life.

Hid His Money in the Oven.

Chief Burgess John Doll of Pine put all his portable wealth, \$1,000 in



CROSS-BREEDING SHEEP.

George F. Thompson of the Department of Agriculture in a recent interview refers to the matter of crossbreeding encouraged by the Department, for the purpose of producing a breed more fully developed for fleece and mutton combined. The best sheep breeders look upon such attempts as mistakes, just as cattlebreeders know that cross-breeding as Mr. Thompson says on the subject:

"During the early days in America sheep were bred primarily for the wool, and during recent years we have been importing annually in addition from \$25,000,000 to \$30,000,000 worth of wool. But the wool industry in this country has come to the point where it frequently does not pay to raise the sheep for its fleece alone. There that would live in large flocks on the range, furnish a good fleece, and at This has been a work of great difficulty, and is by no means yet accomplished. The Iowa experiment station has had Dr. J. W. Kenedy working on the breeding problem for several years, experimenting with Merinos for wool, and Southdowns and their progeny. The result is that the downs and shires, which are great ing a weaker and more delicate sheep, of some coarser wool sheep like the Oxfords. So the balance is maintained.

This work has now been going on for many years, and the breeding is Grove, Pa., before going to the circus. likely to continue along the same lines as follows: Take 1/2 bushel of freshtill the ideal wool-mutton is found. This may occupy a long time, but there has been so much done in rewhich he believed would be out of cent years in the hybridizing of plants commission surely till the Sunday and animals that it would seem anything might be expected to develop concluded to get the Sunday baking in the cross-bred line at any time."-Indiana Farmer.

formance and style are much more difficult to acquire in breeding than size and weight. The high-class roadster, coacher or saddler is by far the most difficult horse to produce that the market calls for. In addition to careful plans of breeding and high individual excellence in the resulting progeny, a course of handling, mannering and training must be pursued before the horse will figure as a reala rule leads to disaster. Here is what ly marketable animal. These facts must be thoroughly understood if a man would breed light horses for market .-- Indiana Farmer.

TESTING COWS.

The chief value of making tests of milk, and keeping records both of the quantity and quality, is the information afforded as to whether or not the cows are paying for their keep. has, therefore, been an increasing ef. That testing requires the expenditure fort to get a good combination breed of a little time is no argument against its adoption. In fact, that the time spent in making the tests the same time be a good mutton sheep. may be well repaid is illustrated by the results obtained in testing the herd of cows at the Connecticut Station. The herd consisted of twenty cows, and in 1899 it was decided to test them. At the close of the year it was found that three of the cows by no means paid for their keep, the Shropshires for mutton, with a num- loss being \$12.36 \$12.08, and \$3.60 reber of other breeds. But up to date spectively. If the above three cows the experiments have not been pro- had been dispensed with at the beductive of any new fixed breeds which ginning of the year the total profits would have the desired characteris- of the herd would have been greater, tics and transmit them unchanged to and the care and room of the cows would have been saved. Some perfarmers of the east are still confining sons say they cannot afford to sell themselves to the English broods of their poor cows, as good ones cost so much, but they can hardly expect meat producers, while the western to purchase good animals for the price ranch depends largely on the old Mexi- obtained for their non-paying ones. can sheep which is a descendant of In any case, a man cannot afford to the fine merinos imported by the keep cows which are in debt at the Spaniards, but which has developed end of the year, and if he cannot afcharacteristics of its own, and is in a ford to clear out the non-payers and great many respects an ideal sheep for replace them with an equal number the range. The fleece of the Mexi- of profable individuals, let him get can is made finer and improved by rid of them and keep to smaller numthe introduction of pure merino rams ber of the desirable class. In the on .ae range, and when the strain of case of the Connecticut herd, by sellmerino begins to show too much, mak- ing out the moderate animals and replacing them with better class stock. with very fine silky wool, the breed the average profit was raised from is strengthened by the introduction \$12 39 in 1889 to \$35.93 in 1903 .- American Cultivator.

WHITEWASH FOR OUTSIDE WORK.

ly burnt lime, slake it with boiling



SHORT SKIRT AND ELBOW SLEEVE.

Widely varying are the styles for frocks; and just as various as the styles are the materials in which those sames modes are to be made up, says the Newark Advertiser.

A glance backward at what the dressmakers were preparing this time last year shows what a revolution of fashion has been going on right before our eyes, and one which some of us have hardly realized even if we have noticed it.

First of all the sleeves-for these are really the points which date a frock and a photograph unerringly. Last year's unwielding wrist puff has vanished, a thing for which one is or ought to be devoutly thankful. The newest thing in arm coverings are smartest when they are shortest; the more abbreviated their career the better style they are.

Butterfly sleeves are among the latest caprices of fashion. They are just full puffs deeply shirred or plaited into the armsize, with a lengthwise shirring done over featherbone cords right on the center of the forearm, and little loops of this same cording tacked to the lining to hold out the material in butterfly shape. Needless to add that this sleeve ends above the elbow, and a perfect cascade of lace or mousseline or chiffon frills wends its foamy way just as far down the arm as may be becoming. A delightful style for the shortsleeved frock or blouse-one especially suited to the organdies, dotted Swiss, batiste, and even to the crepe de chine frocks that are so dressy in even their simpliest appearanceis the ombrelle sleeve that is entirely covered with ruffles either of lace of the material itself, or fashioned from pliese chiffon frills, each , with an edge of Valenciennes whipped on. If it is to hang right, the ruffles must overlap each other.

The cleverly dressed Parisienne is still clinging determinedly to that smart little blouse effect which goes so far to atone for many deficiencies of figure. On this side of the Atlantic ,where is must be confessed we are far more fickle in matters of fashion than they are in France, where the modes are made, this same little blouse effect has been declared passe, but like so many other fea- cess also said we must come. The tures of the passing styles, it is, emperor shook hands with us, and doubtless, only dropped for awhile, to

case brought on. She carried her self like a little princess head up, shoulders back, every muscle of her body apparently full of elasticity. Her figure was really miserable, and yet she seemed at first glance to be well built.

A rounded form you must have if you would have ideal beauty; but all the curves and correct lines that golf, bowling and the gymnasium can give you will be worthless, so far as personal appearance goes if you do not throw forward the chest that you have developed and throw back the shoulders that have been losing their angles. Many a normally formed woman looks thin because she allows her chest to cave in, or stout because she has a protruding abdomen. The reducing or building up of flesh and muscle takes a long time and hard work in some cases. but the learning of pose and poise is simple enough once you set about it with a right good will. There is no reason for putting it off until the figure is perfect; have at least one beauty if you are obliged to wait awhile for the other.

THE KAISER AND THE CHILD REN.

A pleasant little story is told of the German emperor in the Housekeeper. Recently the kaiser and kaiserin visited Saabrucken to unveil a statue in that town, their little daughter, Princess Louise, being left in the meantime in the royal car at the railway station. A beautiful bouquet of flowers had been brought for presentation to the little princess by three small girls, who looked very disappointed at the absence of the little Louise. The kaiserin, who noticed it, at once ordered that the children should be driven to the railway station to deliver their present. They found the Princess at supper. and one of the children described how she had spilled some egg and cocca on her white frock. She was very friendly and pleased, and talked as though she had known them "ever so long."

"The empress, too," the girl relates, "was very kind to us at once, and said, 'Little girls, when you come to Berlin you must really and truly come to see us. Promise me that be resmued again with even more squeezed back, and he laughed and put his other hand on top of it. Then both the emperor and empress kissed us and the emperor said: 'Well, The pongees are more in evidence little girls. I think my daughter must peror and empress and the princess Panama has taken away some of looked out, nodding and waving

Tame Ruffled Grouse.

Out of two broods of ruffled grouse hatched last spring by Prof. Hodge of Worcester, Mass., four have wintered and are apparently healthy birds, in spite of the fact that they were raised in captivity. They are tame and have the run of the Hedge place like hens. They like all kinds of fruit and berries, and it is hoped that they will mate and a second genera-'ion of tame "partridges" be raised.

Nervous Women

Their Sufferings Are Usually Due to Uterine Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



'Don't speak to Mrs.M.E. Shot well annoy you and 'make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

Qr.

The relation of the nerves and generative organs in women is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability. Spirits easily affected, so that one minute she laughs, the next minute weeps. Pain in the ovaries and between the shoulders. Loss of voice; nervous dyspepsia. A tendency to cry at the least provocation. All this points to nervous prostration.

Nothing will relieve this distressing condition and prevent months of pros-tration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydis E. Pink-ham's Vegetable Compound. I suffered for a long time with nervous prostration, back-ache, headache, loss of appetite. I could not sleep and would walk the floor almost every night. "I had three doctors and got no better, and life was a burden. I was advised to try

life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wondars for me.

"I am a well woman, my nervousness is all gone and my friends say I look ten years Will not the volumes of letters from

women made strong by Lydia E. Pink-ham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick and weak and discouraged, exhausted each day, when you can be as easily cured as other women.

currency, in a cigar box and deposited in in the oven of his cold stove. baking should be done. But Mrs. Doll out of the way before her husband's return. So she heated up the kitchen stove, piping hot. When she thought it about right she opened the oven door, only to find inside the smoking ashes of a cigar box and something that looked suspiciously like "money to burn." It fairly crumbled as she touched it, but she got it out of the oven and smothered the remaining flames as best she could.

The Burgess will ask Uncle Sam to put on his best specs and see if he can'' decipher enough of the ashes currency to redeem it, whole or in car"

FOOD IN SEEMONE. Feed the Dominie Right and the Sermons Are Brilliant.

A conscientious, hard-working and minently successful clergyman writes: I am glad to bear testimony to the pleasure and increased measure of officiency and health that have come to me from adopting Grape-Nuts food as ones that will never bring regret. A one of my articles of dist.

tressed during the early part of each day by indigestion. My breakfast, usually consisting of oatmeal, milk and eggs, seemed to turn sour and failed | tain, yet they are not common. to digest. After dinner the headache and other symptoms following the breakfast would wear away, only to return, however, next morning.

finally concluded to give it a fair trial. I quit the use of oatmeal and eggs, and made my breakfasts of Grape-Nuts, cream, toast and Postum. The result was surprising in improved health and total absence of the distress that had, for so long a time, followed the morning meal. My digestion became once more satisfactory, the headaches ceased, and the old feeling of energy returned. Since that time, four years ago, I have always had Grape-Nuts food on my breakfast table.

"I was delighted to find also, that whereas before I began to use Grape-Nuts food I was quite nervous and became easily wearled in the work of preparing sermons and in study, a marked improvement in this respect resulted from the change in my dict. I am convinced that Grape-Nuts food produced this result and helped me to a sturdy condition of mental and physical strength.

"I have known several persons who were formerly troubled as I was, and who have been helped as I have been. by the use of Grape-Nuts food, on my recommendation, among whom may be mentioned the Rev. ---, now a missionary to China." Name given by Postum Company, Battle Creek, Mich. "There's a reason."

Wellville." in each pkg.

TO BEAUTIFY THE FARM.

The lawn could be started the first year, and a few trees planted as dosired about the house and at the driveway entrance, with perhaps sufficient properly grouped in intermediate positions to relieve any bareness that might exist. The next season strubbery borders and groups might be planted with additional trees on the lawn for ornamental purposes. The flower garden need not follow till later. Meanwhile, the pleasure accompanying developments would be going on with always some little thing to look forward to.

a

Plant trees and shrubs that have permanent value and not too ordinary. Avoid the cheap, quick-growing trees which are invariably less satisfactory in the end and are shortlived. I will only name the oaks as being especially worthy trees, and few really rare plants will increase "For several years I was much dis. the interest in your place wonderfully. Such beautiful things as the Yellow Wood, Gingko, Sophora and Japanese Varnish tree are not difficult to ob-

An unused piece of swampy ground could be made beautiful by planting in it some flags and Japanese Iris, Mallows, Lythrums, Coreopsis, and "Having heard of Grape-Nuts food, 1 even many swamp-loving shrubs like the common elderberry, White Fringe and Swamp Magnolia. The very much improved by a clinging vine. The fence along the front of your property could have a few vines walls of your house would likely be placed at some of the posts .- S. Mendelson Meehan, in Massachusetts Ploughman.

> FAILURES IN BREEDING HORSES. Failures of course must occur in any business when careful attention to details are not given. In horse breeding the largest things to study are the domands of the market. Mr. C. M. Rommel, of the Department of Agriculture, says to stand at the horse auction market and note the horses that do not sell for prices to cover breeding and growing them. He says that the reason is that in a great majority of cases trotting blood predominates, if any breeding at all is noticeable. Ask the dealer what is the breeding, if any, of most of the large numbers of unclassified horses on the market, his answer will be: "Trotting and coach blood." This is not because draft blood is more valubreeds is not wanted, for the great is 506,840.

water; cover it during the process, to keep in the steam. Strain the liquid through a fine sieve, and add to it 7 pounds of salt previously well dissolved in warm water; 3 pounds of ground rice bolled to a thin paste and stirred in boiling hot; 1/2 pound powdered Spanish whiting; 1 pound

clean glae, which has been previously dissolved by soaking it well, and then hanging it over a slow fire in a small kettle, within a large one filled with water. Add 5 gallons of hot water to the mixture, stir it well, and let it stand a few days covered. from dirt. It must be put on quite hot. For this purpose it can be kept in a kettle on a portable furnace. About 1 pint of his mixture will cover square yard .- Scientific American.

"ENSILAGE FLAVOR" IN BUTTER. Evidence is coming in, putting to shame the claim of commission men and condensing factories that ensilage is injurious in butter-making and for condensing purposes. At the Vermont dairy meeting, an "expert" read a paper taking strong ground against feeding ensilage, stating that fine butter could not be made from it. After he scored the butter a canvass of the winners showed that the highest scoring butter in every class was made from silage-fed cows. The same authority says: "An expert from Boston in scoring the butter at a Maine State dairy in flavor, calling it 'enslage flavor.' " Upon questioning those who made the butter, it was found that not in a single case were the cows silage-fed. When confronted with this fact the expert said he knew nothing about feeding but did know that the flavor noted

was what the market called "ensilage flavor."-"Give a dog a bad name, etc."-Jersey Bulletin.

Vanity and Elevators.

The building inspector's office is opposed to the mirror-lined elevators of the city, but no action has been taken for the removal of the mirrors, although the new code forbids the use of looking glasses in elevator

cage construction. Deputy Building Inspector Fongee believes many elevator accidents are attributable to the looking glasses. "They are usually placed at such an angle that a woman stepping up to one blocks the passageway," said he. "Often she will forget that a portion of her skirt protrudes beyond the grating, and accidents occur in this way. Not only women but men are attracted by mirrors and are inclined to grow forgetful of personal safety."-Cleveland Despatch to Chi-

By a recent census the population able, or that the blood of the light of Rome, former mistress of the world,

Read the little book, "The Road to | cry of the market at present is that | This year Tasmania will export good drivers and saddlers are ex. 500,000 bushel cases of apples.

cago Tribune.

FABRICS FAVORED BY FASHION.

as the season advances, and though make you a pretty present in return they have no such vogue as taffeta, for your beautiful flowers,' When he they are the material employed in a .. ad left, and stood on the platform goodly number of the smart silk watching the train move off, the emstreet frocks.

the favor usually accorded to mo- good-bye till the train disappeared hair, because it is newer and has the same qualities of lightness and invulnerability to dust; but the manufacturers have introduced so many new effects in mohair and made it so much softer than of old that they it for granted that the chapeau is have given it a new lease of popu- of yellow colored straw of that delilarity.

and the herringbone designs are suc- the straw braids. And in most incessful, and there are shot effects stances the wire of the straw hat for which have found ready sale, partic- midsummer will be hidden by a strip ularly in the light colors. The of straw to match. This difficulty is checked mohair in white and delicate doubly insurmountable when one detints have sold fairly well, too, as sires something for a hat purchased have the same designs in volle, and abroad and quite unlike anything to there is a mohair gauze which in be had love. light shades might make a most prac- All there's to do is to purchase tical and dainty seashore frock.

The checked voiles in light blue or gold tissue, as some call it. This and white, lilac and white, beige and strip is then cut into four or even white, etc., are greatly fancied in five strps. One edge of it is bent Paris for very simple designed morn- under slightly to keep it from fraying frocks of the shirtwaist or loose ing, and then the white silk wire is bolero and plaited skirt persuasion, and nothing could be more economic This will be enough for an ordinaryfor a summer morning walking dress sized hat. than one of these dainty yet serviceable stuffs, made with short loose sleeves, slashed up the outside and untrimmed save for a flat collar of thing to conceal the wire. In silver

worn with the costume and a soft from gun-metal to shimmery sliver. leather belt of the color appearing in the check. The volle is delightfully it is heavy for midsummer, while cool and wears well, and though in silk is nothing so effective. For many the light colors it sells more easily other colors tulle, exactly to match. than in darker shades its surface forms the most effective inoffensive shake off dust very well, and it wire covering .- Indianapolis News. cleanses perfectly when it really is solled .- Philadelphia Telegraph.

POSE AND POISE.

Figure is one thing, remember, and French blouse, and, in some way carriage another. You may have a harmonize perfectly with the Valengood figure without a good carriage ciennes lace that outlines the yoke. and vice versa. Some one has called carriage the technique of the figure. ing a furore-every other girl is See to it that your form acquires that wearing them. But there are sets technique.

ears the other day. "That girl has vastly out of the class of the plain the best figure I ever saw for a girl linen ones. who hasn't any," remarked a shrewd Some of the collar and cuff sets woman of the world. The bull sound- are really lingerie sets and are meant ed a droll one, but upon a glance at to be worn with linen instead of cloth the young lady in question it was ev- suits. ident what she meant. The poor girl A rose, set in the center of tight,

of consumption, and already she was nots, makes a bit of trimming for sadly thin, and there was a bright the side of those tiny toques that is spot on each cheek a sorry sight for distinctly different. those who could read the warning.

But she had not succumbed to the tailor-made styles, are made very weakness and weariness that the dis- tight over the hips.

-

NEW WAY TO WIRE A HAT. Are you wiring a hat? And can you match it?

No? Well, here's how. One takes cately golden, glimmery shade which The invisible checks in one tone simply can not be matched in any of

an eighth of a yard of cloth of gold. wound with the glistening material.

It doesn't look at all loud or "tinselly" and will prove a boon to one who has hunted in vain for someantique embroidered batiste and lace. it would do admirably for gray hats. A sheer lingeries blouse must be the small roll of metal tissue shading

Velvet, of course, may be used, but

FASHION HINTS.

Tiny rosebuds, made of Brussels lace, trim the yoke of an exquisite Coat collar and cuff sets are havand sets-the exquisitely shaped, ex-An odd compliment came to my quisitely embroidered ones looking

was known to be in the early stages | full cluster of heliotrope or forget-me-

Most of the cloth dresses seen, of