



Miss M. Cartledge gives some helpful advice to young girls. Her letter is but one of thousands which prove that nothing is so helpful to young girls who are just arriving at the period of womanhood as Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot praise Lydia E. Pinkham's Vegetable Compound too highly, for it is the only medicine I ever tried which cured me. I suffered much from my first menstrual period. I felt so weak and dizzy at times I could not pursue my studies with the usual interest. My thoughts became sluggish, I had headaches, backaches and sinking spells, also pains in the back and lower limbs. In fact, I was sick all over.

"Finally, after many other remedies had been tried, we were advised to get Lydia E. Pinkham's Vegetable Compound, and I am pleased to say that after taking it only two weeks, a wonderful change for the better took place, and in a short time I was in perfect health. I felt buoyant, full of life, and found all work a pastime. I am indeed glad to tell my experience with Lydia E. Pinkham's Vegetable Compound, for it made a different girl of me. Yours very truly, Miss M. CARTLEDGE, 533 Whitchell St., Atlanta, Ga."

"At such times the grandest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the necessary changes, and is the surest and most reliable cure for woman's ills of every nature. Mrs. Pinkham invites all young women who are ill to write her for free advice. Address, Mrs. Pinkham, Lynn, Mass."

Mrs. Estes, of New York City, says:

"DEAR MRS. PINKHAM:—I write to you because I believe all young girls ought to know how good your medicine will do them. I did dress-making for years before I was married, and if it had not been for Lydia E. Pinkham's Vegetable Compound, I do not believe I could have stood the strain. There is no other work that is such a strain on the system. Oh, how my back used to ache from the bending over! I would feel as though I would have to scream out from the pain, and the sitting still made me so terribly tired and weak, and my head throbbed like an engine. I never could get any work, I was so worn out. Then I was irregular, and had such frightful cramps every month they would simply double me up with pain, and I would have to give up working and lie down. But Lydia E. Pinkham's Vegetable Compound changed me into a strong, well woman. Yours very truly, Mrs. MARTHA ESTES, 513 West 125th St., N. Y. City."

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has cured so many of female troubles cured. Sold by druggists everywhere. Refuse all substitutions. Remember every woman is cordially invited to write to Mrs. Pinkham, if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

The Genuine TOWER'S POMMEL SLICKER
HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY LIKE ALL WATERPROOF CLOTHING. It is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere. SIGN OF THE FISH. TOWER CANADIAN CO. LINDSEY, A. J. TOWER CO. TORONTO, CAN.

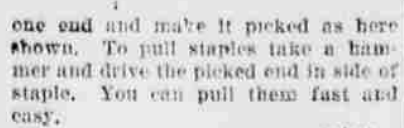
Biliousness
"I have used your valuable Cascarets and find them perfect for me. They give me relief and I can use them for some time for indigestion and biliousness and they completely cure me. Cascarets are sold in every drug store. Please try them. You will never be without them if the family." Edward A. Starr, Albany, N. Y.
Cascarets
Deaf for the Bowels.
THEY WORK WHILE YOU SLEEP.
Please ask, Palatable, Painless, Taste Good, Do Good, Never Hurt. The genuine tablet stamped C. C. O. Guaranteed to cure or your money back. Sterling Remedy Co., Chicago or N. Y. See ANNUAL SALE, TEN MILLION BOXES

Rheumacide
RESULTS:
Drives Out Germs.
Purifies the Blood.
Tones Up the Stomach.
Neutralizes Poisonous Acids.
Builds Up the Entire System.
Absolutely Cures Rheumatism.

All druggists sell this wonderful medicine, which has cured so many thousands of apparently hopeless cases of RHEUMATISM that druggists now call it "The One That Cures When Others Fail."

AGRICULTURAL.

Good Staple Puller.
To make a good tool to pull barbed wire staples with, take a piece of iron or steel one inch wide and about fifteen inches long. Heat it and bend



one end and make it picked as here shown. To pull staples take a hammer and drive the picked end in side of staple. You can pull them fast and easy.
That Barnyard.
When I moved on our farm I found places in the barnyard that were soft and mucky. I at once laid a tile drain through this barnyard, which of itself did much to relieve it. After this I drew stones into the soft places and covered them with gravel. Then I placed cave troughs all around the barn to carry the water away from the barnyard that fell from the roofs. Few farmers are aware of the amount of water that is shed from the roofs of barns into the barnyards to wash out the manure and makes the barnyard soft and mucky.

Overfed and Underfed Hens.
It is not possible to lay down hard and fast rules for feeding, because of the fact that different hens require different quantities. The best plan is to watch the flock carefully when feeding to see that every hen gets her share. The man who raises the feed for his fowls is the one who is likely to overfeed them, while the one who buys his feed is likely to err in the opposite direction. The only way one can manage with any degree of certainty is to try different quantities of food on the flock for a period long enough to note results. It will pay to weigh the hens in order to get accurate results. When the proper allowance seems to have been reached, feed accordingly and do not change unless necessary.

Building Up a Flock of Sheep.
In starting out to raise sheep, a breeder should have clearly in mind what breed and type he wishes to raise, then stick to it, come what may. writes W. E. Renk, in Orange Judd Farmer. Cross breeding and changing from one breed to another gives no definite results. With pure bred sheep, type may sometimes change a little.

Now suppose we have a good bunch of ewes of the breed we want; we will mate them to a ram with a masculine eye and head, with a short, thick neck, wide and deep chest, back and ribs wide and straight and well covered with lean meat, rump wide and long, twist plump and free of good quality and dense. Too much pains cannot be given in selecting a ram, as on him depends by far the greater part of the improvement of the flock.

A common flock of ewes can in a short time be graded up to first-class sheep by always using the very best of sires and selecting and culling with judgment.

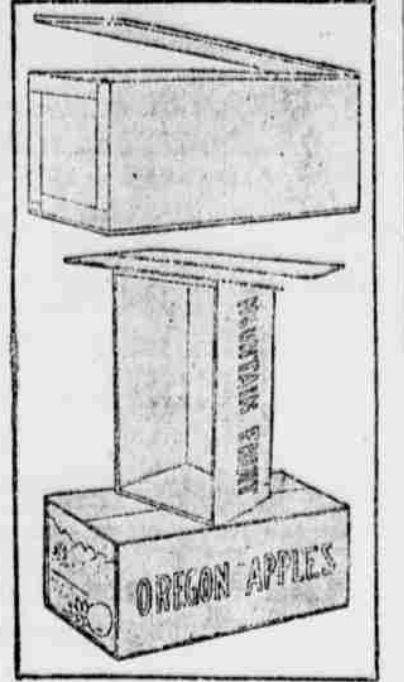
Teaching a Dog.
You will want kindness, forbearance, patience. Make the dog afraid of you; do not strike him with stick or slipper; use scolding sparingly and only as a punishment. If the dog does well, tell him so. Pat him and say, "Good dog." Teach one thing at a lesson. Do not rush his education. Teach him to jump by placing a stick across a doorway, where he cannot crawl around it, but very low, so that he can walk over it. Raise it gradually, until he must jump to get over it. Say "Jump!" and if he does not understand, jump over the stick yourself to show him how. He will soon learn. Hold a morsel above a dog's head and say "Bring!" If he jumps and snaps, give him a slight slap on the nose. He will soon learn to balance on his hind legs. Then by walking with the morsel, saying "Walk, walk!" you can make him follow. Get him to stand, take a paw in each of your hands, gently press him into a sitting posture, and say "Steady! Sit up!" and he will quickly learn to obey.—F. H. Sweet, in The Epitomist.

Why Horses Crib.
Every one who has owned a horse which is constantly gnawing at the manger and at any bit of wood into which it can get its teeth knows how troublesome the habit is. It can be broken up, but it will require considerable time and effort. The cause of this habit is, in the majority of cases, due to indigestion or to bad teeth, so when a horse has the habit it should be turned over to the veterinary surgeon to have its teeth put in order. If this does not break up the habit, then treat the animal for indigestion.

Give the animal a dose consisting of a mixture of two ounces of turpentine and one pint of linseed oil, and repeat in a week. See that the animal has plenty of exercise, and keep a lump of rock salt in its manger all the time. For a while let the ration consist of bran and cornmeal night and morning, with cut hay as roughage; at noon let the ration be of whole oats, with a small allowance of hay. Under this treatment the animal will show a marked improvement in a short time, and if it is persisted in the treatment eventually will break up the habit of cribbing.

Apple Packages.
A number of apple boxes of various sizes and shapes are on the market. The Oregon box is twenty and a half by eleven by nine and three-quarters inches inside. The ends are three-fourths inch and the sides one-fourth inch material. A box in which apples come from Colorado and New Mexico is a little shorter and deeper, but of about the same capacity. A new box shown in the figure holds a little more than a bushel. A special feature is the panel ends. These make the package lighter and stronger than if the ends were of one solid thick piece, the panels acting as braces and making handles. The best way to get these boxes is in the form of shooks. They are easily put together by any

one who can handle hammer and nails. Making boxes is entirely different from putting barrels together. We never recommend any one to attempt this unless he has had some experience at cooperage business, as barrel staves are as contrary things as one can imagine. Box shooks may be



APPLE BOXES.

stored in some clean place and take but little room. Now that Eastern manufacturers are getting into the apple box business we expect to see the odd size mongrel boxes displaced by something nearer uniform, though it may take several seasons to learn just what size and form are best adapted to our needs. The form must be governed by convenience in storage, handling and shipment and the size by the demand of the trade, which we believe is best satisfied by a bushel or a little over. The chances at present are that it will pay to hold the best of the apples and box them for winter shipment. It will never do to put inferior apples in boxes. This is a new package in most markets, and more than one season may be required to make buyers familiar with it. The "bulk" shipment of fruit is rarely satisfactory in the long run. If a man has a good lot of choice apples we should advise him to try the box shipment. There may not be much in it the first season, but this package is sure to come into use, concludes Rural New Yorker in giving the foregoing advice.

Poultry Notes.
Prevention is better than physics, especially in the poultry yard. Keep plenty of grit where the fowls can eat what they want at any time. The small poultry yards and houses need more attention than the larger ones. Many of the poultry diseases are the result of crowding and unclean surroundings. Lazy men make bad poultry men. Only bustling, busy, wide-awake men ever succeed. All fowls that you do not intend to winter should be sold before cold weather sets in. Theory works very poorly in the poultry yard. You need good, sound sense, coupled with experience. Do not imagine that you know all about the poultry business. It takes years of experience to insure success. Be kind to the poultry and teach every hen to love and know you. Results will tell of every little favor shown.

Dark skin fowls are just as sweet and juicy as the yellow. 'Tis not the color that makes the favorite fowl for the table. Charcoal is very beneficial to the fowls, and you never see a case of indigestion where the fowls are given access to it.

Menu Names.
Our grandmothers would probably not be any more at sea with the phrases of our modern cook book than we are with the unpronounceable names that are given to the sauces and relishes we read about in magazines. Here is a list which will help you to enjoy a good dinner when you know what you are eating: Au Bien, a French term applied to fish broiled in flavored white wine. Au Grilled, dressed with meat gravy. Au Jus, in the natural juice or gravy. Bain-marie is either a bath of wine, spices and vinegar (English term), or a French double-boiler for keeping sauces hot. Bechamel, a sauce to serve hot with meats, made of butter or dripping, or white stock and herbs. Blazier, a dish under which is a receptacle for coals to keep it hot. Bordelaise, a sauce similar to Bechamel, with the addition of a half glass of claret. Braised meat is meat stewed in a closely covered pan, with bacon, herbs or spices. Canapes are strips of stale bread fried and spread with seasoned fish or meat paste. Casserole is a baking dish, though sometimes a form of potatoes or rice surrounding a meat or oyster stew is termed a casserole. Croustades, fried forms of bread to serve minced meat or eggs on. Croquettes, stale bread in one-half inch cubes, browned in a slow oven for use in soup.

Some Interesting Theories.
One of the original thinkers of this generation is John McAusland, who never speaks until he has something to say. He has a Scotch way with him. Some of his theories regarding the order and harmony of the universe are startling. He is firmly convinced that the sun is cold, instead of hot, and that its light is a reflection. Upon this point he will argue learnedly. It is his opinion that but for the minerals in the earth our planet would fly off into space, as there would be no magnetism to hold it to its orbit. As far as perpetual motion in radium is concerned, he laughs. In liquid air he sees no commercial value, because it cannot be kept. He is a profound believer in electricity, the adaptation of which he declares is still in its infancy.—New York Press.

THE SOBER ROUNDER'S SECRET.

Why He Was Sober and His Companions to the Bad.
A tall man stood at the bar with a party of friends long after midnight. He was the only sober one in the bunch. His steadiness angered the others. A final round of drinks was ordered. The tall man asked for gin. "No gin," said the least drunk of the others to the bartender. "Been trying to get him full all night. Maybe gin'll be only water. Last try. Give 'im whisky." "Make it whisky, then," said the tall man.

The sober man's hand carelessly dropped down to his coat pocket, and as carelessly was raised to his lips. Nobody noticed it but the bartender. After the drinks the tall man put his companions into cabs and then re-entered the cafe. "What was that you ate just before you took that drink?" asked the bartender. "Raisins, my boy, raisins," said the customer. "They've been my salvation. I have been a rounder all my life, have drunk many men under the table and have never been seen to stagger. The secret of it is that early in the game I learned that raisins taken into the stomach before a drink will absorb the alcohol and prevent it from exciting the brain. In all my drinking bouts I keep a good supply of raisins in my pocket, and they have carried me through grandly."—New York Press.

The Tourist and the Porter.
An English tourist stopping at the Fifth Avenue Hotel was discussing the relative merits of British and American railway service the other evening, when he suddenly sprang the following clincher on his cis-Atlantic cousin: "I tell you, though, there's one point you folks are behind in, and that is the lack of consideration shown white passengers in having them pass in speculation by an African. Why, the idea of such treatment is an insult to any gentleman."

"A few days ago, when boarding your famous Empire State Express train, I was chagrined to put it mildly, to be asked by a liveried colored man to show my ticket to him. I subsequently learned that this same individual is nothing but a train waiter. Such a thing could not happen in my country."—New York Press.

EIGHT YEARS OF TORTURE.

No suffering more keen than kidney suffering. Sick kidneys make bad blood, cause weak, stiff and aching backs; cause blind, sick and dizzy headaches, lack of appetite and loss of sleep; keep you all tired out and spoil digestion. To have perfect health you must cure the kidneys. Read how one man was cured by Doan's Kidney Pills after eight years of torture.

Henry Soule, of Putney St., Hammond, N. Y., says: "For eight years I suffered constant agony from kidney complaint. I endured the worst torture from gravel and the kidney secretions were excessive and contained sediment like brick dust. I had to get out of bed from ten to twenty times a night and the loss of sleep wore me out. Indigestion came on, and the distress after eating was terrible. Doan's Kidney Pills effected a complete and lasting cure, and after the symptoms of kidney trouble were gone my stomach began to work as it should. This lasting cure, especially in a person of my age, proves the great value of Doan's Kidney Pills more convincingly than could any words of mine." Doan's Kidney Pills sold by all druggists; price, 50 cents per box, or mailed on receipt of price by Foster-Millburn Co., Buffalo, N. Y. Write for free trial.

"Aren't you afraid that a great many people will criticize you for becoming rich?" "Yes," answered Senator Sorghum. "But the chances are that if I had stayed poor they wouldn't have noticed me, even that much."—Washington Star.

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CENESEY & Co., Toledo, O. We, the undersigned, have known F. J. CENESEY for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. WEST & TRACY, Wholesale Druggists, Toledo, O. WALDRING, KINMAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is internally acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

"Why does Mrs. Clubwoman look so sad?" "The world's injustice to women has just struck her forcibly again." "How was that?" "She happened to think that Martha Washington isn't called the Mother of her Country."—Cincinnati Times Star.

10,000 Plants for 16c.
This is a remarkable offer by the John A. Salzer Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalog, together with enough seed to grow:
1,000 fine solid Cabbages,
2,000 delicious Carrots,
2,000 Blanching, buttery Celery,
2,000 rich, buttery Lettuce,
1,000 splendid Onions,
1,000 fine, juicy Radishes,
1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds, for when you once plant them you will grow no others, and ALL FOR BUT 16c. POSTAGE, providing you will return this notice, and if you will send them 20c. in postage, they will add to the above a package of the famous Berliner Cauliflower. [A.C.L.] There are 190,227 professional beggars in Spain. Begging is recognized as a legitimate business.

Fansone Pilo's Cure for Consumption saved my life three years ago.—Mrs. THOMAS ROBERTS, Maple St., Norwich, N.Y., Feb. 17, 1900. Bitter medicine, like bitter experience, is usually the best.

PURMAN FADELESS LIVES cost but 10 cents per package. More men would have indignation if forced to eat their words.

THE OLD FOLKS AT HOME
Are Never Without Peruna in the House for Catarrhal Diseases.



MR. AND MRS. J. O. ATKINSON, INDEPENDENCE, MO.
UNDER date of January 10, 1897, Dr. Hartman received the following letter: "My wife had been suffering from a complication of diseases for the past 25 years. Her case had baffled the skill of some of the most noted physicians. One of her worst troubles was chronic constipation of several years' standing. "She also was passing through that most critical period in the life of a woman—change of life. In June, 1895, I wrote to you about her case. You advised a course of Peruna and Mandio, which was at once commenced, and have to say it completely cured her. She firmly believes that she would have been dead only for these wonderful remedies. "About the same time I wrote you about my own case of catarrh, which had been of 25 years' standing. At times I was almost past going. I commenced to use Peruna, according to your instructions and continued its use for about a year, and it has completely cured me. "Your remedies do all that you claim for them, and even more. Catarrh cannot exist where Peruna is taken according to directions. Success to you and your remedies." John O. Atkinson. In a letter dated January 1, 1900, Mr. Atkinson says, after five years' experience with Peruna: "I will ever continue to speak a good word for Peruna. In my rounds as a traveling man I am a walking advertisement for Peruna and have induced many people during the past year to use Peruna with the most satisfactory results. I am still cured of catarrh." John O. Atkinson, Independence, Mo. When old age comes on catarrhal diseases come also. Systemic catarrh is almost universal in old people. This explains why Peruna has become so indispensable to old people. Peruna is their safeguard. Peruna is the only remedy yet devised that meets these cases exactly. Such cases cannot be treated locally; nothing but an effective systemic remedy could cure them. This is exactly what Peruna is. If you do not receive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis. Address: Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Guide for the Angels.
When a Russian dies he is buried with a paper in his hands. On this is written his Christian name, as well as a prayer for his soul.

Millions in Oats.
Salzer's New National Oats yielded in 1901 in Mich. 20 bu.; in Mo. 25 bu.; in N. D. 30 bu.; and in 30 other States from 150 to 300 bu. per acre. Now this Oat is generally grown in 1904 will add millions of bushels to the yield and millions of dollars to the farmer's purse in the 1904. Largest Seed Potatoes and Alfalfa Clover growers in America. [A.C.L.] Salzer's Special Seedless Barley, Home Builder Corn, Macaroni Wheat, Pea Cut, Ribbon Dollar Grass and Earliest Cans are money makers for you, Mr. Farmer. JUST SEND THIS NOTICE AND 10c. in stamps to John A. Salzer Seed Co., La Crosse, Wis., and receive in return their big catalog and lots of farm seed samples. Great Britain uses up nearly eight tons of cardboard yearly in the form of postal cards.

Corn Potash
must have a sufficient supply of in order to develop into a crop. No amount of Phosphoric Acid or Nitrogen can compensate for a lack of potash in fertilizers [for grain and all other crops]. We shall be glad to send free in any farmer's outfitbook, which contains valuable information about soil culture. GERTAN KALI WORKS, 91 Nassau St., New York.

W. L. DOUGLAS'S \$3.00 & \$3 SHOES
W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world. They are just as good as those that cost you \$4 to \$5—the only difference is the price. See Everywhere. Look for name and price on bottom. Douglas uses Corona leather made in the United States. Write for Catalog, W. L. Douglas, Brockton, Mass.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.
A Certain Cure for Feverishness, Constipation, Headache, Croup, Whooping Cough, Sore Throat, Stomach Trouble, and all other ailments of children. Price 25c per bottle. Sold by all Druggists. New York City. A. S. OLMSTED, Lc Roy, N. Y.

Saw Mills
The DeLoach Patent Variable Friction Feed Saw Mill with a 10 p. cut. 100 feet per day. All sizes and prices to suit. DeLoach Shingle Mills, Edge-Trimmers, Planers, Corn and Bush Mills, Water Wheels, Lath Mills, Wood saws and our handsome new Catalog will interest you. DeLoach Mill Mfg. Co., Box 54, Atlanta, Ga.

I PAY SPOT CASH FOR MILITARY LAND WARRANTS
I want to purchase of you any military land warrants issued in settlement of any war. Write me at once. FRANK H. ROEHL, 62 South Block, Denver, Colo.

DROPSY NEW DISCOVERY
Dropsy New Discovery, the only cure for dropsy, is a new discovery. It is a simple, safe, and effective remedy for dropsy. Price 25c per bottle. Sold by all Druggists. New York City. A. S. OLMSTED, Lc Roy, N. Y.

BABY HUMORS
Milk Crust Scalded Head and Eczema Instantly Relieved & Speedily Cured by Baths with

Cuticura SOAP

And gentle anointings with CUTICURA OINTMENT, purest and sweetest of emollients and greatest of skin cures. It means instant relief and refreshing sleep for tortured, disfigured, itching, and burning babies, and rest for tired, fretted mothers, when all else fails.

CAPSICUM VASELINE
(PUT UP IN COLLAPSIBLE TUBES) Antiseptic for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-relieving and germ-killing qualities of this new ointment. It will stop the toothache at once, and relieve headache and neuralgia. Price 15c. Sold by all druggists. Write for full particulars. CAPSICUM VASELINE CO., 409 South 4th St., New York, N. Y.

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