

MISS MARIA DUCHARME.
Every woman in America is interested in this young girl's experience.



MISS MARIA DUCHARME,
of St. Elizabeth's Hospital,
Montreal, Can.

PELVIC CATARRH WAS DESTROYING HER LIFE. PE-RU-NA SAVED HER.

Miss Maria Ducharme, 182 St. Elizabeth street, Montreal, Can., writes:
"I am satisfied that thousands of women suffer because they do not realize how bad they really need treatment, and feel a natural desire in consulting a physician. I felt badly for years, had terrible pains, and at times was unable to attend to my daily duties. I tried to cure myself, but finally my attention was caused to an advertisement of Peru-na in a similar case to mine, and I decided to give it a trial."
"My improvement began as soon as I started to use Peru-na and soon I was a well woman. I feel that I owe my life and my health to your wonderful medicine and gratefully acknowledge this fact."—Maria Ducharme.

Address: Dr. Hartman, President of the Hartman Sanitarium, Columbus, Ohio, for free medical advice.
All correspondence strictly confidential.

Cest and Time of Trip to a Star.
"Let us suppose a railway to have been built between the earth and the fixed star Centauri," said the lecturer. "By a consideration of this railway's workings we can get some idea of the enormous distance that intervenes between Centauri and us."

"Suppose that I should decide to take a trip on this new aerial line to the fixed star. I ask the ticket agent what the fare is, and he answers:
"The fare is very low, sir. It is only a cent each hundred miles."

"And what, at that rate, will the through ticket one way cost?" I ask.
"It will cost just \$2,750,000,000," he answers.

"I pay for my ticket and board the train. We set off at a tremendous rate."
"How fast?" I ask the brakeman, "are we going?"
"Sixty miles an hour, sir," says he, "and it's a through train. There are no stoppages."

"We'll soon be there, then, won't we?" I resume.
"We'll make good time, sir," says the brakeman.
"And when will we arrive?"
"In just 48,653,000 years."—Philadelphia Bulletin.

COMPLETELY RESTORED.
Mrs. P. Brunzel, wife of P. Brunzel, stock dealer, residence 3111 Grand Ave., Everett, Wash., says: "For fifteen years I suffered with terrible pain in my back. I did not know what it was or how to get relief. In the morning I could not get up, and in the afternoon I was unable to walk. My suffering sometimes was simply indescribable. When I finished the first box of Doan's Kidney Pills I felt like a different woman. I continued until I had taken five boxes. Doan's Kidney Pills act very effectively, very promptly, relieve the aching pains and all other annoying difficulties."

Poster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price 50 cents per box.

Though Fifty-five.
It all turns on will and exercise. Before going to sleep a few exercises should be gone through with open windows, inhaling the good fresh air. A step ladder to run up and down is a great incentive to health; wind exercises, rotatory motions, all loosen the body tissues, and prevent stoutness. Then diet has to be considered; too much liquid should never be taken with meals; too much meat is bad. There is nothing better for the figure than household work. It takes a great deal to persuade an ordinary woman that it is continuing these things that make a success of it, not starting them and then leaving them to fate.—Chicago Post.

Cures Blood Poison, Cancer, Ulcers.
If you have offensive pimples or eruptions, ulcers on any part of the body, itching bones or joints, falling hair, mucous patches, swollen glands, skin itches and burns, sore lips or gums, itching, festering sores, sharp, gnawing pains, then you suffer from serious blood poison or the beginnings of deadly cancer. You may be permanently cured by taking Botanic Blood Balm (B. B. B.), made especially to cure the worst blood and skin diseases. Heals every sore or ulcer, even deadly cancer, stops all itching and pains and relieves all swellings. Botanic Blood Balm cures all malignant blood troubles, such as eczema, sores and skin pimples, running sores, carbuncles, etc. Druggists, \$1 per large bottle, 50¢ bottles \$2.50, 6 bottles \$5, express prepaid. To prove it cures, sample of Blood Balm sent free and prepaid by writing Blood Balm Co., Atlanta, Ga. Describe trouble and free medical advice sent in sealed letter.

Chair Carved From Wood.
Among the curiosities recently presented to the Marlborough museum, in South Africa, is a chair 23 feet 6 inches long, carved from the trunk of a tree by Knobosho, a native, a tribe in the Zoutpansberg district, Transvaal. The chair is continuous, requiring phenomenal patience and skill in carving.

The Farmer

Using Hand Separators.
One of the greatest arguments in favor of individual separators is the prevention of the spread of tuberculosis. Pasteurized separator milk is better and safer, because if there be any milk from the cows having tuberculosis, you can get the milk back Pasteurized, and get it to the calves without fear of infection.

If you use a hand separator you will not spread the disease among your herd. I advocate that every creamery should heat the skim milk up to 180 degrees. They do not quite empty the cans at the creamery; I guarantee I could go around and collect half a pint from each can; a little milk in the can is a good starter for the milk that is put into the cans. But if you put in the hot skim milk at 180 degrees, it will sterilize also the little milk that is left in the can.—J. M. Menard, in American Cultivator.

The Busy Bee.
We are glad to print the following letter from a lady who thinks, who knows how to do things, and at the same time has a sparkle of humor in her make up.

Editor Up-to-Date Farming:
I notice in your paper a poultry and bee department. There is always something good in it about poultry, but much about the little busy bee. I am very much interested in bees, and take great delight in working with them. It is a work which ladies may take up both for pleasure and profit. But some say, "O my! those awful stings!" Yes, I know; but with a good smoker, veil and gloves one never need be stung if a little judgment in working with them be exercised.

Some time ago I saw an article in Up-to-Date about an Ohio man hatching hen eggs over bees, and I have seen it discussed in bee papers, some claiming that it can be done and others that it cannot. I assert that it can, but I would want an empty hive body on the top of the one containing the bees, then some nice stry or leaves, then the eggs, and last, but not least, a cool, broody hen that would "stick to business" for three solid weeks. Under these conditions it is no trouble to hatch chickens over bees.

Pure Water For Hogs.
"There is nothing better for the hog than pure water pumped from below the surface every day. So much the better if the troughs into which the water is pumped can be flushed out and cleaned at regular intervals. Usually around the drinking quarters mud accumulates and makes a very unhealthy place for hogs to wallow. Where cholera has existed in hog lots there is nothing more favorable to the propagation of the germs of this disease than dirty drinking or wallowing quarters. It is true that a hog is a non-sweating animal, a bath in mud or in water during the warm weather seems to be keenly appreciated, and yet from this habit we are apt to get the wrong impression. The hog is only wallows in mud in order to keep its temperature down. If clean water were available this would be used in preference. It will generally pay to make some attempt to supply them with quarters where they may have a clean bath when they desire it, instead of compelling them to root and wallow in the same mud over and over again throughout the season. It should be remembered that the hog is naturally one of our cleanest animals, provided it is given an opportunity to carry out its own desires."—Hural How.

Something About Beans.
"The letter given below was referred to several seedsmen and to two agricultural colleges. The only answer received is given as written. I am sorry this could not have been answered sooner, but, as I knew so little of the subject, I thought it safer to get some information from those who were considered good authority."

"I wish you would tell me something about the black turtle soup bean, how it grows, whether you think it can be grown in this locality, time of planting, yield, and anything else you think necessary in growing the crop. Also where can I buy seed? A number of readers of The Tribune Farmer in this locality are interested in this subject. 2. Is the California lima, sold here, kiln dried, making it unfit for seed?"—A. J. B. Allegan, Mich."

Replying to your inquiry of March 23 regarding the black turtle soup bean, we return herewith the letter of your correspondent. The black turtle soup bean grows very satisfactorily in this climate. It is a strong grower, rather a late variety, makes a flat, green pod, which is tough and stringy. The bean is half as large as the black wax, and flatter, but with ends somewhat square. This variety is grown largely in Mexico, and when they have a crop prices are too low to make the variety profitable to grow in this country; but when their crop is a failure the market here frequently reaches an attractive figure. They are generally sold in the dry seed as soup beans to the grocery trade.

Regarding his query about the California beans, these are not kiln dried, the climate being so dry that it makes them very brittle, so that they are frequently badly broken when shipped East, on this account.—Richard H. Wood, in Tribune Farmer.

Foods For Milk Making.
During an instructive lecture by Prof. J. H. Hills at the late Vermont Dairyman's convention in Montpelier, the speaker declared that the feeding standards are better understood by farmers to-day than they used to be, enabling them to select and compound these rations of the grain feeds that are best adapted to the production of milk and cheese and in the most economical manner.

This idea will also extend to the growing of the different kinds of fodder that are the best for the purpose and then adapting the grain feeds to these in right kind and proportion so as to produce best results.

This subject will require some investigation and study on the part of the farmer, but much information can be obtained from the bulletins of the experiment stations and the agricultural papers.

GOVERNMENT LIGHT.

HISTORIC CHICKAMAUGA PARK ABLAZE WITH ILLUMINATION.

United States System of Lighting Military Post Pronounced Gratifyingly Successful—Six and One-Half Miles of Main—Sixty-Five Street Lights.

Chickamauga Park, Ga., May 31.—The United States Government has been in operation one of the largest acetylene gas plants in the world. The military post at the entrance of the historical Chickamauga battlefield, where thirty thousand Union and Confederate soldiers were lost in the memorable battle of September 10 and 20, 1863, contains about one hundred buildings, the seventy-five principal ones of which are lighted with acetylene. To accomplish this six and one-half miles of main and two miles of service pipes are in use, while sixty-five street lamps brilliantly illuminate the avenues of the post.

In 1903 the War Department installed a test acetylene plant at Fort Meyer, Virginia. The results were so gratifying and the superiority of the illuminant so evident that the Government, March 20, 1904, placed the contract for the Chickamauga plant, in which every citizen of the United States should have his pro rata of pride.

But the Government has not confined its acceptance of acetylene to this military post. Since becoming satisfied of its efficiency, simplicity and economical advantages of this particular illuminant, the United States has installed a number of plants in Indian schools and other Government institutions.

Acetylene gas is one of the simplest as well as the most perfect of artificial lights. It is made by the contact of water and carbide in manufactured product for sale at a nominal price, is absolutely safe and gives a beautiful white light soothing to the eyes and nerves. It can be produced anywhere—in the farm home, the village store, the town hall, the church—and is so easily maintained as to be practical for all classes.

It is a matter for national congratulation that in beautifying so historic a spot as Chickamauga, not only the best, including the lighting system, has been deemed good enough for the American people.

ALFONSO AND HIS MOTOR CAR.

King of Spain Badly Afflicted With the Craze.

Jerome Hart tells of the enthusiasm shown by King Alfonso of Spain for the automobile: "He is affected with an acute case of motoromania. He spends most of his time, both at Madrid and at San Sebastian, in wildly careering across the country in motor cars. He owns several high-power French automobiles, and when in them, like Jehu the son of Nimshi, he driveth fast and furiously. In fact, so reckless is his driving, so numerous are his accidents, that the queen mother recently became alarmed and urged him to abandon his dangerous sport. Failing in this, she got a member of the cortes to father a law imposing limitations on the king's speed. This did not mean limitations as to speed on the king's highway—it meant limitations on the speed of the king on the king's highway. But this projected law aroused the indignation of some courtly legislators in the cortes, and they opposed it bitterly. The king, they said, is above the law, therefore, to pass laws leveled at the king would be against the law. Before this puzzle the perplexed cortes recoiled and the law was not passed."

"The young king only recently succeeded in so far overcoming the queen mother's repugnance to motor cars that he persuaded her to accompany him in a little drive. It was unfortunate that on her first experiment with him as a motorist the king should have had one of his frequent mishaps. But he did. He came a cropper, and it was a royal cropper.

"His enormous machine, going at high speed, skidded and capsized, hurling its royal freight some distance into a ditch. The queen-mother was badly scared, her royal feathers and royal temper were much ruffled, but otherwise she was unhurt."

Egg Service.
The members of a place of worship at Overton, near Wrexham, England, have hit upon a novel idea for raising a sum of money to carry out certain structural improvements. It was decided to have an egg service, and the congregation was invited to bring as many as possible. Over 1,000, which were placed in and around the pulpit, were brought, and readily sold, realizing a substantial sum.

FEED YOU MONEY.
Feed Your Brain, and It Will Feed You Money and Fame.

"Ever since boyhood I have been especially fond of meats, and I am convinced I ate too rapidly, and failed to masticate my food properly."
"The result was that I found myself, a few years ago, afflicted with ailments of the stomach and kidneys, which interfered seriously with my business."
"At last I took the advice of friends and began to eat Grape-Nuts instead of the heavy meats, etc., that had constituted my former diet."
"I found that I was at once benefited by the change, that I was soon relieved from the heart-burn and the indigestion that used to follow my meals, that the pains in my back from my kidney affection had ceased, showing that those organs had been healed, and that my nerves, which used to be so unsteady, and my brain, which was slow and lethargic from a heavy diet of meats and greasy foods, had, not in a moment, but gradually, and none the less surely, been restored to normal efficiency. Now every nerve is steady and my brain and thinking faculties are quicker and more acute than for years past."

"After my old style breakfasts I used to suffer during the forenoon from a feeling of weakness which hindered me seriously in my work, but since I have begun to use Grape-Nuts food I can work till dinner time with all ease and comfort." Name given by Postum Co., Battle Creek, Mich.

There's a reason.
Read the little book "The Road to Wellville," in each pkg.

Railroad Rate Legislation.

Testifying before the Senate Committee at Washington, Interstate Commerce Commissioner Prouty said in discussing the proposition to give that commission the power to regulate railway rates:

"I think the railways should make their own rates. I think they should be allowed to develop their own business. I have never advocated any law, and I am not now in favor of any law, which would put the rate making power into the hands of any commission or any court. While it may be necessary to do that some time, while that is done in some States at the present time, while it is done in some countries, I am opposed to it. The railway rate is property. It is all the property that the railway has got. The rest of its property is not good for anything unless it can charge a rate. Now it has always seemed to me that when a rate was fixed, if that rate was an unreasonable rate, it deprives the railroad company of its property pro tanto. It is not necessary that you should confiscate the property of a railroad; it is not necessary that you should say that it shall not earn three per cent, or four per cent. When you put in a rate that is inherently unreasonable, you have deprived that company of its rights, of its property, and the Circuit Court of the United States has jurisdiction under the fourteenth amendment to restrain that. I have looked at these cases a great many times, and I can only come to the conclusion that a railroad company is entitled to charge a fair and reasonable rate, and if any order of a commission, if any statute of a State Legislature, takes away that rate, the fourteenth amendment protects the railway company."

Numbering the Hairs.
The number of individual hairs that cover the human scalp is greatly a matter of speculation; but it is supposed to vary according to the thickness and color of the hair. A well-known authority estimates that red-haired people possess the fewest, and places the average number at thirty thousand. Black-haired persons, on the other hand, are said to run into one hundred thousand; while the fair-haired have the largest number of all—namely, one hundred and fifty thousand. These figures should form a valuable index to those people whose hair is on the down grade. An excessive falling off could be reckoned at from 100 upwards, and by counting the number of hairs they lose each day some idea might be formed as to how long they are likely to be before they are overtaken with total baldness. Hairs which fall out, however, are not always a "total loss." They often grow again from the root.—Montreal Herald.

FITs permanently cured. Nerve or nervousness cured first day's use of Dr. Kline's Great Nerve Restorer, \$2.00 a bottle and treatise free. Dr. R. H. Kline, Ltd., 391 Arch St., Phila., Pa.

One hundred lives were lost in making the Simplon tunnel.

Use Allen's Foot-Paste.
It is the only cure for Swollen, Smarting, Itching, Aching, Hot, Sweating Feet, Corns and Blisters. Ask for Allen's Foot-Paste, a powder to be shaken into the shoes. Cures white foot, walk. At all Druggists and Shoe Stores, 25c. Don't accept any substitute. Sample sent Free. Address, Allen S. Olmsted, LeRoy, N. Y.

Charity covers a multitude of sins, but it doesn't remove them.

H. H. GREEN'S SOFT, OF Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

Cadets at West Point and Annapolis are to be taught jiu-jitsu.

Mrs. Winslow's social syrap for children teething, colic, diarrhea, worms, inflammation, allays pain, soothes wind, colic, etc.

Spain's greatest bull-fighter has married an heiress and retired.

Piso's Cure cannot be too highly spoken of! Ask for Piso's Cure, J. W. O'Brien, 323 Third Avenue, N. Y., Minneapolis, Minn., Jan. 6, 1905.

Kyle Bellows says actors are born and not made.

ULCERS FOR THIRTY YEARS.
Painful Eruptions From Knees to Feet Seemed Incurable—Cure by Emu Misery.

Another of those remarkable cures by Cuticura, after doctors and all else had failed, is testified to by Mr. M. C. Mass, of Gainesville, Texas, in the following letter: "For over thirty years I suffered from painful ulcers and an eruption from my knees to feet, and could find neither doctor nor medicine to help me, until I used Cuticura Soap, Ointment and Pills, which cured me in six months. They helped me the very first time I used them, and I am glad to write this so that others suffering as I did may be saved from misery."

The Swiss-Spanish commercial treaty expires August 31, 1905.

INTERESTING LETTER

WRITTEN BY A NOTABLE WOMAN
Mrs. Sarah Kellogg of Denver, Color, Bearer of the Woman's Relief Corps, Sends Thanks to Mrs. Pinkham.



The following letter was written by Mrs. Kellogg, of 1628 Lincoln Ave., Denver, Colo., to Mrs. Pinkham, Lynn, Mass.; Dear Mrs. Pinkham:

"For five years I was troubled with a tumor, which kept growing, causing me intense agony and great mental depression. I was unable to attend to my house work, and life became a burden to me. I was confined for days to my bed, lost my appetite, my courage and all hope. I could not bear to think of an operation, and in my distress I tried every remedy which I thought would be of any use to me, and reading of the value of Lydia E. Pinkham's Vegetable Compound to sick women decided to give it a trial. I felt so discouraged that I had little hope of recovery, and when I began to feel better, after the second week, I thought it only meant temporary relief; but to my great surprise I found that I kept gaining, while the tumor lessened in size. In carrying out my general health and the tumor seemed to be absorbed, until, in seven months, the tumor was entirely gone and I was well again. I am so thankful for my recovery that I ask you to publish my letter in newspapers, so other women may know of the wonderful curative powers of Lydia E. Pinkham's Vegetable Compound."

When women are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, flatulence, general debility, indigestion and nervous prostration, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such trouble.

No other medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

Health is too valuable to risk in experiments with unknown and untried medicines or methods of treatment. Remember that it is Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sell you anything else in its place.

Youngster Had Much Fun.

Cyrus Knight caused a great deal of disturbance among the people of Great Barrington, Vt., one night last week by imitating the fire whistle. He accomplished the trick by his own lung power aided by a phonograph horn, and the imitation was so perfect that people left stores and residences to find out where the fire was. He sounded no particular number, which added greatly to the perplexity of the situation. Cyrus is, of course, a 10-year-old.



CRAB ORCHARD WATER

IS A CERTAIN CURE FOR
Dyspepsia
Sick Headache
Constipation...

Stimulates the Liver, cures Biliousness, Sour Stomach, Irrregularities of the Bowels. A NATURAL product, prepared by concentration, a genuine natural water.

Crab Orchard Water Co.,
Louisville, Ky.

PENSION FORAGE. A new order will give pension for age. Write me at once for blanks and instructions. Free of charge. No Pension, No Pay. Address W. H. WILLS, Wills Building, 312 Indiana Ave., Washington D. C. Patents and Trade-Marks collected.

DROPSY NEW DISCOVERY. Free from all medicinal and 10 days' treatment. Free. Dr. R. E. GREEN'S SOFT, 391 Arch St., Phila., Pa.

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Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE, The leader of all package coffees.

Lion Coffee
is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. An arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE
WOOLSON SPICE CO., Toledo, Ohio.

BEST FOR THE BOWELS

Cascarets
CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. Start Cascarets today, for you will never get well and stay well until you get your bowels right. Take one when, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C. C. C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

The Swiss-Spanish commercial treaty expires August 31, 1905.

GOOD LUCK

Free Premiums

To further introduce Good Luck Baking Powder, we are offering valuable premiums free to all users. On the label of every can will be found a coupon. Cut out these coupons and save them. The little gift book inside each can illustrates the many articles and tells how to get them free. Besides these valuable premiums, you get a superior baking powder and it costs you but 10c per pound can.

GOOD LUCK Baking Powder

possesses excellent leavening qualities. It is powerful in generating gas, therefore makes exceedingly light bakings. Its positive purity assures you of good baking results. Through these superior qualities Good Luck Baking Powder has reached the largest sale of any baking powder in the world. Carloads and trainloads are shipped to all sections of the country. This tremendous sale makes it possible for us to sell it at the little price of 10c per pound can. Insist upon having Good Luck Baking Powder and get a superior article at a moderate price.

THE SOUTHERN MFG. CO.
Richmond, Va.

