

# FROM GIRLHOOD TO WOMANHOOD

## Mothers Should Watch the Development of Their Daughters—Interesting Experiences of Misses Borman and Mills.



MATILDA BORMAN MYRTLE MILLS

Every mother possesses information which is of vital interest to her young daughter.

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts become sluggish, with headache, dizziness or a disposition to sleep, pains in back or lower limbs, eyes dim, desires for solitude, when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will at this time prepare the system for the coming change, and start the menstrual period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them, have been received by the Lydia E. Pinkham Medicine Co., at Lynn, Mass.

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Dear Mrs. Pinkham:—(First Letter.) "I am but fifteen years of age, am depressed, have dizzy spells, chills, headache and back-ache, and as I have heard that you can give helpful advice to girls in my condition, I am writing you.—Myrtle Mills, Quakana, Ill.

Dear Mrs. Pinkham:—(Second Letter.) "It is with the feeling of utmost gratitude that I write to you to tell you what your valuable medicine has done for me. When I wrote you in regard to my condition I had consulted several doctors, but they failed to understand my case and I did not receive any benefit from their treatment. I followed your advice, and took Lydia E. Pinkham's Vegetable Compound and am now healthy and well, and all the distressing symptoms which I had at that time have disappeared.—Myrtle Mills, Quakana, Ill.

Miss Matilda Borman writes Mrs. Pinkham as follows:

Dear Mrs. Pinkham:— "Before taking Lydia E. Pinkham's Vegetable Compound my months were irregular, and painful, and I always had such dreadful headaches. "But since taking the Compound my headaches have entirely left me, my menses are regular, and I am getting strong and well, and telling all my girl friends what Lydia E. Pinkham's Vegetable Compound has done for me.—Matilda Borman, Farmington, Iowa.

If you know of any young girl who is sick and needs motherly advice, ask her to address Mrs. Pinkham at Lynn, Mass., and tell her every detail of her symptoms, and to keep nothing back. She will receive advice absolutely free, from a source that has no rival in the experience of woman's ills, and it will, if followed, put her on the right road to a strong, healthy and happy womanhood.

Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of cures of female ills of any medicine that you try.

Up to date 23 Albany, N. Y., mines have voted in favor of the proposed per capita assessment of 5 cents per week for six weeks to assist the miners in their strike.

Electricity is fatal to the discernment of certain colors.

Paris will soon have a Mohammedan mosque.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces the inflammation, cures colic, cures wind colic, 25c. A bottle 50c. Always get the genuine.

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# The Farm

Adapt the Crops to the Farm. The small farms should always be devoted to those crops that are not grown extensively. A farm of ten acres will not pay if wheat and corn are grown upon it, but if used for growing fruit or garden vegetables it will be large enough for all the work that can be given it. Everything depends upon the kind of crop grown.

Keeping Potatoes. Potatoes which are dug in clear weather and thoroughly dried in the sun will keep in much better condition in the cellar than those put into bins without being sun-dried. Some recommend spreading them on the barn floor after drying them in the sun. This may improve their keeping qualities, and they may be just as good for seed, but are not generally considered equal for table purposes to those put into the cellar when taken from the field.

Time Water For Cucumbers. I planted cucumbers twice last season without any success, so thought I would try an experiment. I prepared some lime water, made my hills, then poured it on them and left it until the ground was dry. Then I powdered the earth up fine and planted the seeds and the outcome was fine cucumbers. This same method also made my Rocky Fords and other melons a success.—Mrs. M. J. Piers, in The Epitome.

Farming by Automobile. A new and special type of automobile has recently been put on the market in Scotland which is designed especially for farm work, and which is not only suitable for plowing, but may be equipped with a cultivator or reaper. It will prepare the ground and sow the seed at one operation, and can be operated at a better speed than a horse. Thus, when plowing, it can cover from six to seven acres a day, and goes over the field so as to leave it in final shape for cultivation. When not in use in the field the motor can be used to drive all farming machinery, and when plowing the cost of fuel, labor and depreciation has been computed at \$1 per acre, or less than one-half the cost of plowing by horse. It is interesting to note that the cost of the machine is about \$1500, an amount that does not seem prohibitive for a large farm, where a thorough test of the new machine could readily be made, says Harper's Weekly. The automobile, unlike the farm animal, does not have to be fed when it is not working, and it is here that a substantial element of economy can probably be secured.

Preserving Fence Posts. There are several methods whereby fence posts may be made to last much longer than if set untreated. An application of coal tar mixed with 1-10 oil of turpentine and applied hot is one of the best preservatives. To do this have an ordinary large iron kettle, in which to heat and mix the tar, and a deep vat, which may be an old wash boiler or similar tin vessel, which must be at least three feet deep and ten inches in diameter. Have the tar quite hot when the posts are dipped. Allow them to remain a moment, then remove and pile with the ends free and allow to dry.

Shelter For Fattening Steers. In the fall of 1902 there were planned a series of experiments to test the comparative merits of indoor and outdoor feeding for fattening steers, says T. L. Mair, of the Pennsylvania experiment station. These experiments have now extended through three seasons, upon practically the same plan. Twenty-four steers were divided into two lots and nearly equal as possible. One lot was fed in a large pen in the basement of the barn, the other lot was fed in an open shed in a yard adjoining the barn. This shed was enclosed on the two ends and one side, leaving the open side toward the south.

During the first season the lot fed in the shed produced a slightly smaller gain and ate somewhat more food than the one fed in the barn. During the second season the lot in the barn again produced a larger gain but ate more food than the lot outside. During the first season it required one and one-fifth pounds more feed to produce a pound of gain in the outside lot than in the barn lot. During the second season it required one and one-half pounds more feed to produce a pound of gain in the open shed than in the barn. During the third season the two lots made practically the same gains, there being only one-half pound difference per steer, and that in favor of the outside lot. The steers in the shed ate less during this season than the steers in the barn. During this season it required a quarter of a pound more feed to produce a pound of gain in the barn than outside.—Farmers' Home Journal.

Reinforcing His Explanation. The editor of the Gary Gutch Vindicator happened to look out of his window saw Comanche Pete approaching the office with an expression of wrath on his face and a revolver in each hand.

Clanking hastily at a copy of the Vindicator that lay on the table before him he sought to ascertain the cause of the impending visit. His eye was caught by this item:

"They are talking of running our illustrious fellow citizen, Comanche Pete, for town marshal. He's a heckler—that's what Pete is."

He had barely time to snatch a big revolver from the drawer in his table when the door opened and Comanche Pete came in.

"Pete," quietly remarked the editor, leveling the weapon at him, "throw up your hands. I've got the drop on you. I wrote it 'hustler.'—Chicago Tribune.

The Beauty of Our Land. Nature's beauty in America is a marvelous and rarely wonderful spectacle. There are long rivers, the rushing sweep of which drain the heart of the continent. The Rocky Mountains, lifting granite peaks, alien and remote, far up into the clouds; scarred cliffs and canyons, deep wooded valleys that hint of savage withdrawal from human association. The mysterious and barbaric land of the mesas, and the great primeval forests that whisper and rustle, and gleam and bloom in light and darkness, and through every season of the year. The forest that is never seen twice in the same aspect and never tells the same story; is as silent as the grave, and yet is filled with constantly moving, hidden, unseen life; as changeable and mutable as human thought, and as mysterious as the impulses that sway human acts.—Mcropolitan Magazine.

Our Sophisticated Foods. Suppose you ask for the grower's best strawberry jam, and he charges you fourpence a pound for it, and you get a mixture of foreign fruit-pulp, sweetened with glucose, colored with aniline dyes, with seeds alien to the strawberry put in you have no legal cause of complaint; and the dealer is quite free from prosecution, provided he has included in the composition one or two strawberries.—London Magazine.

Profit in Geese. That geese are profitable and should be more generally kept there is no denying. But a great deal of the success with them depends upon management, quality and location. First of all, they are grazing birds and must not be kept in confinement. Indeed, grass and range are most essential to their welfare. It is also important that they have access to a stream or pond of water, and if it is where they can feed on aquatic growth, so much the better. Being very hardy fowls and industrious in their line, there is no question but they will thrive under the right conditions. The fact is, they need very little special care and feeding. If given a fair range on low meadow or marshy land, in connection with a stream of water or small lake; they will then practically make their own living in the summer and get along exceedingly well through the winter if allowed to rough it with the barnyard stock.

Toulouse geese, in some respects, give the best satisfaction. Gentle, not susceptible to disease, light eaters and long lived, the small quantity of food required to keep them is really surprising. Grass and green stuffs form the principal part of their bill of fare in summer, and when it comes on cold, stormy weather they will seldom complain if given oat fodder and clover with a little corn at night, certainly not if a shed open to the south had carpeted with straw, is built for them to stay in during the night and in cold days. It is not strictly necessary to

have a pond or stream for this breed of geese, either, although they are by nature fond of water. Hence, on a farm where water does not plentifully exist, they are the kind to keep if any are kept at all.

And now to show, where the conditions are right for them, that they are profitable to have. Their feathers can be picked from two to three times a year, and these notwithstanding the introduction of hair mattresses and other kinds, are still in good demand; so much so, even that they alone will generally more than pay for the keeping of the birds. And in addition to these are the eggs, which can be used for sitting and shipping. Moreover, a certain percentage of the fowls, if enough are kept, can be fattened and disposed of at excellent figures during the holidays, a good fat goose being equal, if not superior, to a roast turkey. Particularly is this so if a market can be reached that is patronized by certain nationalities. The Jews, for instance, not being port eaters, as is generally known, will readily substitute goose flesh for swine product, and a nice fat goose is seldom rejected by them in the market at any season of the year.—Fred O. Sibley, in the Massachusetts Plover.

No one can operate any kind of an intricate machine successfully unless he fully understands its construction—is perfectly familiar with all its different parts and knows exactly how to adjust them. Especially is this true in regard to a separator. It needs in the first place a solid foundation and one that is absolutely level. Then, before any milk is put in it should be tested and made to run with an even motion, absent of any vibrations. It is very important, indeed, that the proper speed be maintained. The power, therefore, that is applied should be even and steady. To be on the safe side it is advisable, when starting a new separator, to have it set up and tested by some one who understands such machinery from A to Z; certainly not the owner, who may cut at all difficult once the knack has been acquired, and for that reason it is doubly important to learn nothing but correct principles. After the requisite speed has been attained a little warm water at about 100 degrees should first be run into the machine. It should also be treated to the same after the milk is all separated, until the water is slightly visible from the cream spout. They can then easily be cleaned with hot water. Keeping the machine perfectly clean is of the utmost importance. Even the oil boxes should not be neglected. Kerosene oil is excellent for cleaning these. They should be lubricated only with clean, good oil.—The Epitome.

There are in America to-day more than 200 fraternal beneficiary orders.

## LAP DOGS.

How They Have Figured in History and How They Are Made.

The making of new kinds of dogs has been a profitable industry since remotest history, and promises, especially in the case of lap dogs, to go on forever.

The "latest thing in lap dogs" has been very clearly defined ever since the days of the Greeks and Romans in Europe and from a much earlier period in China.

In the sepulchral halls of the great pyramids sculptures have been found in which a small species of elegant greyhound is seen following members of the royal family. Both are this breed in the stiff "one foot in front of the other" style of old Egypt, but the dog is unmistakably a special artificial breed just as much as a modern dachshund.

China evolved her Pekingese spangled in her progressive days, some 5000 years ago. Chinese menials have preserved the breed unchanged to this day in the royal palaces of the Emperor. When the Summer palace in Peking was searched in 1860 by European troops six specimens were found. These dogs, whose unbroken ancestry is older than any royal family, even that of the Emperors, were found upon silken pillows, each in its own special apartment. Each had a special retinue of attendants, who had fed.

Of all the lap dogs of Europe and America, perhaps the first to be mentioned is the "Maltese dog" or "Maltese terrier" as it was once called. This little white toy of an creature is said to have been originated in the town of Malta, in Sicily, whence it was exported to Rome and Athens in their days of greatness.

Strobo, the historian, describes them as "not bigger than common ferrets or weasels, yet they are not small in understanding nor inutility in their lives."

From the first century until the nineteenth the Maltese dog was only heard from occasionally, but that it remained its individuality and feminine flavor are shown by its description eighty years ago in the European Magazine as a "pampered creature waddling and wheezing its pattered way after its fashionable mistress."

In the eighteenth century new and superior breeds of dogs appeared as rivals of the Maltese, who rapidly lost its supremacy. Dog shows gave great impetus to improvement and variety of their breeders. In the efforts of their breeders to hold their place the Maltese was reduced to five pounds in adult weight.

It is said that one of these little animals could be placed in a lady's glove. This apparently ungodly inference to the size of feminine hands of the time is explained by the assumption that the "glove" was a hawkling gauntlet with sleeves reaching almost to the shoulders.

The pocket beagle enjoys popularity to-day among many women.

Anne of Denmark and Mary of Modena, two Queen consorts of the Stuarts, both "fancied" Italian greyhounds, and in the well-known painting by Ward, B. A., of James II., hearing of the landing of William of Orange, an Italian bound sniffs suspiciously at the messenger, while a court lady entertains the infant Prince of Wales with a King Charles spaniel pup.

At one time, not so long ago, it was so fashionable and sought after that an attempt was made to improve on nature by interbreeding the Italian greyhound with the toy terrier, but with most lamentable results; and it was with the greatest difficulty and patience that the ill effects of the cross-bred were overcome, and the breed purified by the infusion of fresh blood from its native Italy, until it once more displayed those true traits and that exquisite grace which makes this fragile little creature so admired by ladies of taste and refinement.

There are doubtless several new types in formation at this time under the careful experiments of breeders. Each one should have its day of popularity and high price, to be succeeded by a later canine freak.

FROM TEXAS. Some Coffee Facts From the Lone Star State.

From a beautiful farm down in Texas, where gusting springs unite to form babbling brooks that wind their sparkling way through hoary meads, comes a note of gratitude for a letter from the coffee habit.

## "DIRECT FROM WORKSHOP"

Stock Pins: 288, 457A, 478, 485, 492, 607, 610, 614, 618, 627, 631, 634, 638, 641, 645, 648, 652, 655, 658, 662, 665, 668, 672, 675, 678, 682, 685, 688, 692, 695, 698, 702, 705, 708, 712, 715, 718, 722, 725, 728, 732, 735, 738, 742, 745, 748, 752, 755, 758, 762, 765, 768, 772, 775, 778, 782, 785, 788, 792, 795, 798, 802, 805, 808, 812, 815, 818, 822, 825, 828, 832, 835, 838, 842, 845, 848, 852, 855, 858, 862, 865, 868, 872, 875, 878, 882, 885, 888, 892, 895, 898, 902, 905, 908, 912, 915, 918, 922, 925, 928, 932, 935, 938, 942, 945, 948, 952, 955, 958, 962, 965, 968, 972, 975, 978, 982, 985, 988, 992, 995, 998.

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457A Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
478 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
485 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
492 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
607 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
610 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
614 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
618 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
627 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
631 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
634 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
638 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
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682 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
685 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
688 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
692 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
695 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
698 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
902 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
905 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
908 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
912 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
915 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
918 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
922 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
925 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
928 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
932 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
935 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
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942 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
945 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
948 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
952 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
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958 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
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968 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
972 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
975 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
978 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
982 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
985 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
988 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
992 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
995 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50
998 Solid Gold, plain	40	947 Gold	30	1222 Solid Gold, 1 1/2 inches	2.50

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