

### A WOMAN'S SUFFERINGS.

Weak, Irregular, Racked With Pains—Made Well and 36 Pounds Heavier.

Mrs. E. W. Wright, of 172 Main St., Haverhill, Mass., says: "In 1898 I was suffering so with sharp pains in the small of the back and had such frequent dizzy spells that I could scarcely get about the house. The urinary passages were also quite irregular. Monthly periods were so distressing I dreaded their approach. This was my condition for four years. Doan's Kidney Pills helped me right away when I began with them, and three boxes cured me permanently."



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

### Germany Taking Its Medicine.

Consul General Guenther of Frankfurt writes: The German wine producers and exporters are alarmed over the action of our Agricultural Department in drafting a new law to prevent the adulteration of foodstuffs, wine, etc. They are making strenuous efforts to ward off what they call 'this great danger to their interests.' The various associations of wine growers and the Chambers of Commerce in Western Germany have memorialized the German Government to intervene. Even United States Consuls have received printed circular letters protesting against the application of the said law to shipments of German wine, which is claimed to be pure and wholesome.

### CUTICURA GROWS HAIR

Scalp Cleared of Dandruff and Hair Restored by One Box of Cuticura and One Cake of Cuticura Soap.

A. W. Taft, of Independence, Va., writing under date of Sept. 15, 1904, says: "I have had falling hair and dandruff for twelve years and could get nothing to help me. Finally I bought one box of Cuticura Ointment and one cake of Cuticura Soap, and they cleared my scalp of the dandruff and stopped the hair falling. Now my hair is growing as well as ever. I highly prize Cuticura Soap as a toilet soap." (Signed) A. W. Taft, Independence, Va.

### CHINA AROUSED.

Students Sent to Japan to Study Secret of Progress.

A missionary agent of our American Bible society at Shanghai reports that a very great change has come over the spirit of China as a consequence of the Japanese victory over Russia. The victory of Japan over China, so soon succeeded by its defeat of a great Western and Christian power, has startled Chinamen to inquiring as to the causes of so extraordinary a manifestation of prowess, and by an oriental nation which is small relatively to China, itself as long the easy prey of European powers, says the New York "Sun."

Accordingly great numbers of Chinese students have been sent to Japan to learn how, at last, such mastery was attained by a people of the orient. Of the thousands of students many have returned to China to disseminate the knowledge they acquired and to propagate in books and newspapers their larger and more enlightened views of oriental needs and destiny. At the time this report of the agent of the Bible society was written there were as many as 1,753 Chinese students still in Japan.

As a result of this Japanese propaganda, the Chinese, more especially in Peking, but also in the country districts to a very considerable extent, are getting new ideas of progress; but it is of progress without Christianity.

### Female Miner.

Miss Madge Pickler, daughter of a former well-known member of Congress, has left her home in South Dakota to take possession of a mine which she owns in the Cripple Creek district. Miss Pickler every morning dons a miner's garb and goes down into the mine.

### QUEST THE DEMON.

A Tussle With Coffee.

There is something fairly demoniacal in the way coffee sometimes wrecks its fiendish malice on those who use it. A lady writing from Calif. says:

"My husband and I, both lovers of coffee, suffering for some time from a very annoying form of nervousness, accompanied by most frightful headaches. In my own case there was eventually developed some sort of affection of the nerves leading from the spine to the head.

"I was unable to hold my head up straight, the tension of the nerves drew it to one side, causing me the most intense pain. We got no relief from medicine, and were puzzled as to what caused the trouble, till a friend suggested that possibly the coffee we drank had something to do with it, and advised that we quit it and try Postum Coffee.

"We followed his advice, and from the day that we began to use Postum we both began to improve, and in a very short time both of us were entirely relieved. The nerves became steady once more, the headaches ceased, the muscles in the back of my neck relaxed, my head straightened up and the dreadful pain that had so punished me while I used the old kind of coffee vanished.

"We have never resumed the use of the old coffee, but relish our Postum every day as well as we did the former beverage. And we are delighted to find that we can give it freely to our children also, something we never dared to do with the old kind of coffee. Name given by Postum Co., Battle Creek, Mich.

Postum Coffee contains absolutely no drugs of any kind, but relieves the coffee drinker from the old drug poison. There's a reason.

## SOME PRIMITIVE PLANT FOODS

WE are accustomed to speak of the Indian as a hunter, to think that his food consisted wholly of flesh, and that he lived purely on the products of the chase. The impression is very far from true. The Indian—like man everywhere except in the Arctic regions—is an omnivorous creature, and while he may subsist chiefly on flesh, he also greatly relishes vegetable food. As a matter of fact, the great majority of the aboriginal tribes of North America were cultivators of the ground. The popular idea that the Indian was a nomad wandering from place to place and never camping twice in the same spot arises from an entire misconception of facts. We have been told for years by the newspapers and other equally ill-informed authorities that the Indians were wanderers, and we have come to believe that this was true. It was not. The Indians lived in very large measure in permanent villages, near which they had their cultivated fields, and which they occupied for the greater part of each year. At certain seasons special absences—more or less protracted—were necessary for the purpose of hunting some particular game or of gathering some special sort of wild roots or fruits.

This permanency of habitation was true even of some of the tribes inhabiting the semi-arid plains who depended for support on the buffalo, and today, one who visits one of the plains tribes and asks the old men how their fathers used to live will everywhere receive the same answer. They will say that they used to grow corn, beans, squashes or pumpkins, and tobacco and besides this they gathered an abundance of wild crops which gave them a certain amount of vegetable food all through the year.

Of the Iroquois we are told that they frequently had in their storehouses two or three years' supply of corn, beans and squashes. The Pawnees, occupying the arid West, like the Delawares of the moist sea coast, stored their crops in great pits dug in the ground, and in which their corn was perfectly preserved all through the winter, or until the supply was exhausted. Very different was the situation of the Cocopahs inhabiting the desert away to the Southwest. They scraped aside the rocks that covered the dry mountainside and, uncovering a little soil, planted there a few hills of corn and squashes, carrying on their backs from the distant spring the water which should moisten the ground to cause the seeds to sprout and to refresh the plants until the crop matured, and when it was gathered they at once consumed it.

Within the memory of living men, and while there were yet buffalo in abundance, the Western Indians of many tribes continued their primitive culture of the stubborn soil. The Pawnee women used to hoe their corn with hoes made from the shoulderblade of the buffalo lashed to a wooden handle, and about the same time the warlike Cheyennes were planting their little cornfields on the Little Missouri River.

We know that in early days, when wooded Minnesota was much farther from the center of things than Alaska is today, the Indians of that territory planted little crops of corn, loosening the soil, either with hoes purchased from the traders or with the hardened sharpened branch of a tree. Their fields were small, from a quarter of an acre to an acre in extent, and produced a small corn the ears of which were from three to eight inches long, and which was chiefly consumed green as roasting ears. A part of the crop, however, was boiled on the ear while green, cut from the cob and dried in the sun to be kept for winter use. Boiled with meat it made a nourishing and palatable dish. There was no food more delicious, and none better to work on than dried corn and buffalo meat.

Over the whole of North America, wherever the climate permitted it to ripen, corn was cultivated by the Indians and constituted an important part of their subsistence. Loskiel, who in the eighteenth century wrote interestingly and at great length of the Indians among whom the United Brethren worked, enumerates no less than twelve methods employed by the Indians in preparing their corn for food. A concentrated form of nourishment much employed when traveling on the warpath, or where it was necessary to go swiftly or with light loads, was citamon, an interesting analogue of the pemmican used in old prairie travel. Pemmican consisted of pulverized dried meat mixed with melted fat, but, as those who will remember who have read the old works of travel in the Northwest, or even those "Trails of the Pathfinders," which have recently appeared in Forest and Stream, there was another sort of pemmican made of the pulverized flesh of fish also mixed with fat. Citamon, on the other hand, was finely powdered cornmeal mixed with powdered maple sugar, and the air packed in a sack so tightly that the air could not enter it. While pemmican was purely a flesh food, citamon was wholly vegetable.

It is well understood that the Indians had discovered the art of making maple sugar long before the coming of the whites, and that they taught first the French in Canada and later other white people how to manufacture sugar and syrup from the sap of the maple tree. They used not only the sap of the hard or sugar maple, but also that of the soft or white maple, though of the latter much more sap was required to make a given quantity

of sugar. In the Western country, even out on the plains, sugar was made by Indians from the sap of the common box elder tree.—Forest and Stream.

### THE ORIGIN OF RADIUM.

It is Believed to Be Derived From Some Parent Element.

Professor F. Soddy has made recently some interesting contributions to our knowledge of radium, about whose probable origin there has been so much speculation. Radium is now believed to be derived from some parent element which is decomposing at a very slow rate, and Professor Soddy not only supports this view, but states that from the disintegration of radium must follow other and better-known elements. On the assumption that there is such a parent element and the quantity of radium is minute, this parent element must exist in large amounts, and it must have a large atomic weight in order to give radium on its disintegration, a process that is known to be very slow.

The only two elements answering these requirements are uranium and thorium, and as the former is practically always found in company with radium it must be the substance sought. Professor Soddy has been able to demonstrate this fact experimentally by obtaining from uranium, which originally was free from radium, an unmistakable emanating power. The original uranium, it was proved, did not possess the power of emitting an emanation, and as the emanation thus obtained seemed to be in all respects identical with that of radium, it seemed a proper inference that the uranium in the course of its decomposition was producing radium.

Professor Soddy believes that radium, actinium and polonium are intermediate products in the disintegration of radium, and that the ultimate product must be an element of lighter atomic weight and should be a known substance. The logical candidates for such a position are bismuth and lead, and inasmuch as the latter occurs in the uranium-radium minerals the preponderance of opinion is in its favor. This seems in a fair way soon to be settled, as polonium not only is easily obtained, but also changes very rapidly, and the question of deciding definitely on this final product is apparently only one of cost and experiment.—Harper's Weekly.

### U. V. and W.

"Spell it with a We, Sammy, spell it with a We!" the elder Mr. Weller shouted from the gallery of the court room to his son when the judge desired to learn the correct initial of his name. Doubtless, in a delightful anecdote recently related of Mr. Lawrence Hutton and two of his friends, it was a recollection of this famous injunction that moved a perplexed parent to adopt, when the propriety of a W was questioned, the simple rule, "When in doubt choose W."

Laurence Hutton and the actor, Lawrence Barrett, were both intimate friends of the artist, Frank Millet; so when, one summer in London, a baby son was born to Millet, they both accompanied him to the vestry-house of St. Mary's, Kensington, in which parish his residence lay, to have its birth duly registered.

The usual questions were asked and answered, Mr. Hutton relates, and finally the name of the child, "Lawrence," said the father.

"L-a-w-r-e-n-c-e," said Barrett, in his most formidable high-tragedy voice, and with a strong accent on the w.

"Pardon me," said Hutton, "L-a-u-r-e-n-c-e, if you please," with the accent on the u.

"L-a-u" shouted Barrett.

"L-a-u" insisted Hutton, and the poor little official laid down his pen in amazement.

"The clerk was on the point of fainting or calling the police," added Mr. Hutton, "when Mr. Millet, in his quiet way, came to the rescue."

"It appears to me," he exclaimed, "that in a case of this kind the father of the child should have something to say. I never interfered with the naming of any of your babies, did I? Then turning to the clerk, he said, 'Spell him with a v.'"

"And Lawrence Millet he is by law to this day."—Youth's Companion.

### A School of Glove Making.

Mainly because of objection on the part of skilled employes to having an unlimited force of green hands engaged, and also owing to chronic scarcity of competent help, the Master Glovers' Association, principally composed of wholesale firms in the metropolis, opened a free school of instruction at Gloversville, N. Y., last week. It is intended to make this institution permanent, with the purpose of supplying present and future shortage in the kid glove labor market. The various styles in stitching are taught, among other branches of the business, under the general direction of a corps of expert male and female tutors. As the apprentices become proficient operatives they are at liberty to seek employment in any factory operated by a member of the organization. A uniform wage schedule prevails. Many applications have been received from both men and women.—New York Press.

### Destroying Germs.

The inspector of the disinfection office of Turin, Italy, has instituted an innovation in destroying germs in dwellings. He uses a one per cent. solution of sal soda for cleansing the floors, whereby the bacilli of diphtheria and typhus are killed in one minute,

### Isolating Stations.

Russian railway stations are usually about two miles from the towns which they serve. This is a precaution against fire, as many of the Russian dwellings, particularly in rural districts, are thatched with straw.

FITSPERMANENTLY cured. Nerve or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 391 Arch St., Phila., Pa.

Great Britain is barely holding her own in trade with Argentina.

### Illiterate Roumanians.

Of all civilized countries, Roumania is by all odds the least progressive in the matter of education. In a recent census particularly directed toward this matter it was found that in a population of a little more than 6,000,000 two-thirds could neither read nor write. This in itself is a poor enough showing, but it further appears that of the remaining third not more than one-half are capable of more than reading or writing the simplest words, and but one-sixth of the inhabitants are to be classed with the fairly well educated. The census was taken with a view of remedying this state of affairs, and it is probable that in a short time reforms will be instituted to better this condition. Meanwhile Roumania is far behind Russia in the matter of education.—New York Herald.

### Railway Station Costing \$17,000,000.

At the rate at which the improvements are being carried on at the terminal of the New York Central Railroad, at Forty-second street, New York City, it is expected that three months more will see the Grand Central Station razed and work begun on the magnificent structure which is to replace it.

Work on the improvements has gone so far as it can go without entering the station or causing an interruption of the train service. Where two years ago stood several hundred houses, today is an excavation quite extensive in itself, but only a fraction of the great hole that will be made in the nineteen square blocks which the terminal will cover.

So anxious are the officers of the railroad company to get their improvements into shape in time to be ready to give station facilities to the new subway routes planned for the city that men have been kept working day and night on the great excavation.

The plans of the railroad company call for the expenditure of \$25,000,000 on the improvements. All of the land now occupied by station and tracks is to be evacuated and an entirely new terminal built. About \$17,000,000 alone is to be spent in a new station. There are to be two systems of tracks, one raised above the other, one system for suburban service and the other for trains to distant points. Electricity will also be substituted for steam throughout the terminal.

It may not be generally known that the New York Central lines constitute the Water Level line connecting the East and the West. They run along the Hudson River, New York to Albany; along the Mohawk River and Erie Canal Albany to Buffalo; along Lake Erie, Buffalo to Toledo and Detroit, and along the level of Lake Michigan from Toledo to Chicago—965 miles of water level, with water in sight nearly every mile of the way.

The New York Central operates more than twelve thousand miles of railway east of Chicago, St. Louis and Cincinnati. It is the direct line from New York and Boston to Niagara Falls and to the West, the Northwest and the Southwest, by way of the great cataract and Chicago, St. Louis or Cincinnati.

This is one of the reasons why the press of two continents call the New York Central "America's Greatest Railroad."

### A Japanese Shipyard.

Japan's shipbuilding yard at Nagasaki, giving employment to 7,000 men is by far the largest shipbuilding yard in the Far East. It was started in 1864 for ship repairing, and its dry dock was not built till 1871. Since then it has been, and still is, the nursery of the Japanese navy.

Since 1898 the yard has built eight steamers, each of 5,000 tons or more. Out of the 7,000 workers only six are foreigners, but all the engineers and all the mechanics speak English, having received their technical training in England or the United States. "Now we train our own foremen on the spot at home," said the Japanese engineer in charge. In the yard is a museum containing models of all the best ships in the world. England supplied the main equipment of the yard, but the electrical apparatus in use was manufactured in the United States.—New York Sun.

It is estimated that to collect one pound of honey from clover 62,000,000 heads of clover must be deprived of nectar and 3,750,000 visits from the bees must be made.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

In 1893 Japan had only 167,000 tons of merchant steamships.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1903.

The population of Bangkok is estimated at 500,000 souls.

The British army authorities believe that it is khaki that has stopped recruiting. So they are going to return to the scarlet, reserving the khaki for active service and the training camps.

Acetylene gas is now used as an explosive. By means of an air mixture a force is obtained from it which can compete with that of powder and dynamite.

## THE IDEAL WIFE

Shapes the Destiny of Men—The Influence of a Healthy Woman Cannot Be Overestimated.

Seven-eighths of the men in this world marry a woman because she is beautiful in their eyes—because she has the qualities which inspire admiration, respect and love. There is a beauty in health which is more attractive to men than mere regularity of feature. The influence of women glorious in the possession of perfect physical health upon men are upon the civilization of the world could never be measured. Because of them men have attained the very heights of ambition; because of them even thrones have been established and destroyed.

What a disappointment, then, to see the fair young wife's beauty fading away before a year passes over her head! A sickly, half-dead-and-alive woman, especially when she is the mother of a family, is a damper to all joyousness in the home, and a drag upon her husband.

The cost of a wife's constant illness is a serious drain upon the funds of a household, and too often all the doctoring does no good.

If a woman finds her energies are flagging, and that everything tires her, dark shadows appear under her eyes, her sleep is disturbed by horrible dreams; if she has backache, headaches, bearing-down pains, nervousness, whites, irregularities, or despondency, she should take means to build her system up at once by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

This great remedy for women has done more in the way of restoring health to the women of America than all other medicines put together. It is the safeguard of woman's health.

Following we publish, by request, a letter from a young wife.

Mrs. Bessie Ainsley of 611 South 10th Street, Tacoma, Wash., writes:

Dear Mrs. Pinkham—

"Ever since my child was born I have suffered as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so that I could not enjoy my meals, and half my time was spent in bed.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. Bessie Ainsley

"Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every woman who is in poor health and ailing.

Its benefits begin when its use begins. It gives strength and vigor from the start, and surely makes sick women well and robust.

Remember Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of actual cures of women's ills. This fact is attested to by the thousands of letters from grateful women which are on file in the Pinkham laboratory. Merit alone can produce such results.

Women should remember that a cure for all female diseases actually exists—and that cure is Lydia E. Pinkham's Vegetable Compound. Take no substitute.

If you have symptoms you don't understand write to Mrs. Pinkham, Lynn, Mass., for special advice—it is free and always helpful.

### WINCHESTER

"NEW RIVAL" BLACK POWDER SHELLS  
The most successful hunters shoot Winchester  
"New Rival" Factory Loaded Shotgun  
Shells, blue in color, because they can kill more game with them. Try them and you will find that they are sure fire, give good pattern and penetration and are satisfactory in every way. Order Factory Loaded "New Rival" Shells. Don't accept any substitute. ALL DEALERS SELL THEM

### Duff's Mercantile College!

Pittsburg, Pa.

This old and reliable institution has prepared thousands of young men and women for the active duties of life. To those in want of a useful, practical education, circulars will be sent on application.

P. DUFF & SONS.

The London Crystal Palace accommodations more costly than any other building in the world. It will hold 100,000 people.

WE SELL A \$300 PIANO FOR \$195  
To introduce. Buy direct and save the difference. Easy terms. Write us and we'll tell you all about it.

POSITIVE, COMPARATIVE, SUPERLATIVE.  
"I have used one of your Fish Brand Slicers for five years, and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common slicer as a common one is ahead of nothing."  
(Same on application.)

HIGHEST AWARD WORLD'S FAIR, 1904.  
Be sure you don't get one of the common kind—this is the mark of excellence.

A. J. TOWER CO.,  
BOSTON, U.S.A.

TOWER CANADIAN CO., LIMITED,  
TORONTO, CANADA.

Makers of Wet Weather Clothing & Hats.

PAXTINE TOILET ANTISEPTIC  
FOR WOMEN

Troubled with ills peculiar to their sex, used as a douche in menorrhagia, leucorrhoea, and vaginal catarrh. Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all

TOILET AND WOMEN'S SPECIAL USES  
For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free.

THE R. PAXTON COMPANY BOSTON, MASS.

RISO'S CURE FOR  
CURES WHERE ALL ELSE FAILS.  
Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists.

If afflicted with weak eyes, use  
Thompson's Eye Water

W. L. DOUGLAS  
\$3.50 & \$5.00 SHOES FOR MEN  
W. L. Douglas \$4.00 Gilt Edge Line cannot be equalled at any price.

DOUGLAS SHOES  
ALL PRICES

THE WORLD'S GREATEST SHOE  
SOLE AGENTS FOR W. L. DOUGLAS SHOES

W. L. DOUGLAS MAKES AND SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER.

REWARD to anyone who can disprove this statement.

W. L. Douglas \$3.50 shoes have by their excellent style, easy fitting, and superior wearing qualities, achieved the largest sale of any \$3.50 shoe in the world. They are just as good as those that cost you \$5.00 to \$7.00—the only difference is the price. If I could take you into my factory at Brockton, Mass., the largest in the world under one roof making men's fine shoes, and show you the care with which every pair of Douglas shoes is made, you would realize why W. L. Douglas \$3.50 shoes are the best shoes produced in the world.

If I could show you the difference between the shoes made in my factory and those of other makes, you would understand why Douglas \$3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe on the market to-day.

W. L. Douglas Strong Made Shoes for Men, \$2.50, \$2.00, Boys' School & Loose Shoes, \$2.00, \$1.75, \$1.50

CAUTION—Beware of cheap imitations. W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom.

WANTED. A shoe dealer in every town where W. L. Douglas Shoes are not sold. Full line of samples sent free for inspection upon request.

Fast Color Eyelets used; they will not wear brass. Write for Illustrated Catalog of Full Styles.

W. L. DOUGLAS, Brockton, Mass.

P. N. U. 36, 1905.

PENSIONS. On age at 62. Civil War. On disability and for widows—any advice free. A. W. McORMICK & SONS, 618 Walnut Street, Cincinnati, Ohio.

## PUTNAM FADELESS DYES

Color more brilliant, longer lasting, colors than any other dye. The dye packages contain full, well and complete instructions—well and is guaranteed to give perfect results. Ask dealer or write for circulars to the publisher, Putnam Dye and Color Co., 100 Broadway, New York, N. Y.