

# A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.


Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail. I became weak and pale, with severe bearing-down pains, fearful backaches, and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bleed after eating, and frequently became nauseated. I had pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful periods, weakness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excita-

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



**Cut Your Work in Two**

Atkin's Saws cut not only wood, iron and other materials better than any other, but they cut work.

That is because they are made of the best steel in the world by men that know how.

Atkin's Saws, Core Knives, Perfection Floor Scrapers, etc., are sold by all good hardware dealers. Catalogue on request.

**E. C. ATKINS & CO. Inc.**

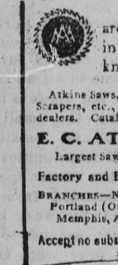
Largest Saw Manufacturers in the World

Factory and Executive Office, Indianapolis

Branches—New York, Chicago, Minneapolis, Portland (Oregon), Seattle, San Francisco, Memphis, Atlanta and Toronto (Canada)

Accept no substitute—insist on the Atkin's Brand

SOLD BY GOOD DEALERS EVERYWHERE



**Drill for Water**

Prospect for Minerals, Drift Test and Blast Holes.

**Gas Oil.**

**DRILLING MACHINES**

For Horse, Steam or Gasoline Power.

Latest Tractor Machine.

**LOOMIS MACHINE CO.**

TIFFIN, OHIO.

That Delightful Aid to Health



**Paxtine**

Toilet Antiseptic

Whitens the teeth—purifies mouth and breath—cures nasal catarrh, sore throat, sore eyes, and by direct application cures all inflamed, ulcerated and catarrhal conditions caused by feminine ills.

Paxtine possesses extraordinary cleansing, healing and germicidal qualities unlike anything else. At all druggists, 50 cents.

**LARGE TRIAL PACKAGE FREE**

The R. Paxton Co., Boston, Mass.



**GREGORY'S SEEDS**

Gregory's vegetable seeds are all that saved me from death by Bright's Disease. I had eye trouble, backache, catches when lying down or when bending over, was languid and often dizzy and had sick headaches and bearing-down pains. The kidney secretions were too copious and frequent, and very bad in appearance. It was in 1903 that Doan's Kidney Pills helped me so quickly and cured me of these troubles and I've been well ever since."

Sold by all dealers. 50 cents a box. Poster-Milburn Co., Buffalo, N. Y.

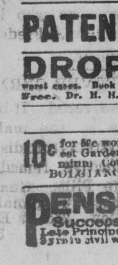
**PATENTS**

**DROPSY NEW DISCOVERY**

gives quick relief and cures DROPSY, NEURALGIA, RHEUMATISM, GOUT, GRAVEL, BRUISES, SWELLING OF THE JOINTS, AND ALL AFFECTIONS OF THE URINARY SYSTEM.

Prepared by DR. H. H. GREEN'S BORN, Box 5, Atlanta, Ga.

P. N. U. 7, 1906.



**PENSION**

Successor to the Pension Law. Guarantees the Pension for all who are entitled to it. No matter how long ago the service was rendered, or how small the pension, we will secure it for you. Write for particulars.

100

## UP TO DATE RECRUITING.

Photograph and Stereopticon Used to Get Labor for Queensland Plantations.

Thousands of natives of Polynesia are needed to work on the sugar and other plantations of Queensland. These plantations are in the low coast regions; and as the climate is tropical white labor is not successful.

For many years sailing vessels have been visiting the islands to recruit Kanakas for the Queensland plantations. The trade gave rise to abuses which have been suppressed by law, but the natives are not so eager to emigrate as formerly and it is hard work to fill the vessels.

A sea captain in the Kanaka trade has introduced a new method of making emigration attractive. Before he sailed from Queensland a year ago he visited a number of the plantations where South Sea Islanders are employed.

He had a camera and a photophone. Going from one plantation to another he photographed groups of natives and also took individual pictures of well-known fellows from the New Hebrides, Solomon and other groups.

Then he brought the photophone into service. The best known natives who had a large acquaintance in the islands were induced to talk into the instrument and tell their friends the kind of life they led in Australia and how they were getting along on the plantations.

These photophone letters were obtained from Kanakas who formerly lived in about a dozen of the islands which the recruiting vessels are in the habit of visiting. Then the ingenious shipmaster had his photographs turned into lantern slides and off he sailed for the islands well equipped to astonish the natives.

According to a Queensland newspaper the scheme has been a great success. The captain had an ample supply of lantern slides showing emigrants from each of the islands he visited.

Everybody was on hand to see the show and the natives were beside themselves with delight when they saw the well-known visages of their friends and acquaintances throned upon the screen. But the greatest wonder was when each picture actually talked to the crowd in the very tones and accents which many of the auditors connected with the man upon whose face they were gazing.

The man sent them greetings from his plantation home 1,000 miles away. He told them he was doing well, that he liked the life and that Queensland was a good place to come to. He talked about the country, the money he earned and the good treatment he received.

Pictures were shown of the huts occupied by the emigrants, the fields they worked in and groups of laborers whose sleek appearance and smiling faces seemed to show that they were enjoying life.

The result is that the stereopticon and photophone have proved to be valuable recruiting agents. Even the natives who have had the worst misgivings about emigration become enthusiastic converts to the idea when they see their friends actually before them and hear their well-known voices.

The captain had no difficulty in making up a load and other captives engaged in the Kanaka trade say they are going to employ the same expedient.

**BABY COVERED WITH SORES.**

Would Scratch and Tear the Flesh Unless Hands Were Tied—Would Have Died But For Cuticura.

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since. He is now strong and healthy, and I can sincerely say that only for your medicine would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 12, 1905."

**Statue of Odin Found.**

Interesting relics of ancient French-Roman origin have been unearthed in the French commune of Couesmes. Among other things is a granite statue of Odin. Archeologists are greatly interested by these discoveries, as very few relics of this kind exist in the Louvre museum.

**DEATH SEEMED NEAR.**

How a Chicago Woman Found Help When Hope Was Fast Fading Away.

Mrs. E. T. Gould, 314 W. Lake St., Chicago, Ill., says: "Doan's Kidney Pills are all that saved me from death by Bright's Disease. I had eye trouble, backache, catches when lying down or when bending over, was languid and often dizzy and had sick headaches and bearing-down pains. The kidney secretions were too copious and frequent, and very bad in appearance. It was in 1903 that Doan's Kidney Pills helped me so quickly and cured me of these troubles and I've been well ever since."

Sold by all dealers. 50 cents a box. Poster-Milburn Co., Buffalo, N. Y.

**Ate the Heart of Louis XIV.**

There is no need to be skeptical regarding Mr. Labouchere's story that the late Dean Buckland swallowed the mummified remains of the heart of Louis XIV, and that it now rests in the dean's body in Islop churchyard, when one recalls the many weird dishes that the famous divine consumed in his life time. At his dinner parties, which were attended by leaders of science and literature, the menus were often of a most eccentric character. On one occasion pickled horse tongue was greatly relished by the guests until they were told what they had eaten. Alligator was served up as a rare delicacy, and puppies occasionally, and mice frequently. At other times hedgehogs, tortoises, potted ostrich and sometimes rats, frogs and snails were prepared for the delectation of favored guests. What more likely than that the dean should have a fancy for a royal heart?—London Chronicle.

## FINANCE AND TRADE REVIEW.

Rush for Structural Shapes Has Quieted Down, But Wholesale Conditions Continue.

R. G. Dun & Co.'s "Weekly Review of Trade" says: Distribution of heavy weight wearing apparel, fuel and other seasonable merchandise expanded rapidly in response to the more normal temperature, but one week's business has not depleted the accumulation of last month and retail stocks of these goods are still burdensome. Reports are much more satisfactory, however, and an impetus has been given to wholesale trade in spring dry goods and other forward business depending upon confidence in continued National prosperity.

Jobbing returns and manufacturing statements indicate little idle capacity, the leading industrial plants having added to their already heavy contracts on hand. Mercantile collections are prompt as a rule, although some exceptions are asked. Commodity prices are fairly steady, no important variations occurring during the past week.

The only adverse development of the week was the less pacific news from the coal fields, although a strike may be prevented by agreement any time before April 1. Railway earnings for January, now fairly complete show an increase of 16.6 per cent over last year's figures, while foreign commerce at New York for the last week made a most strikingly favorable comparison with the period in 1905, exports gaining \$6,890,698, while imports increased \$2,275,039.

Less urgency to place orders for iron and steel products during the past week is a satisfactory development because it testifies to the absence of speculative operations that might easily produce unwholesome inflation of prices. Yet the past week was by no means devoid of new inquiries, particularly in regard to structural steel for lake vessel and manufacturing plants. Seasonably poor quality of hides has weakened the tone, the only firm department being packer branded hides for sole leather. New business in boots and shoes is quiet.

Failures numbered 229 in the United States, against 256 last year, and 29 in Canada, with 27 a year ago.

**MARKETS.**

**PITTSBURG.**

Grain, Flour and Feed.

Wheat—No. 2 red	57 3/4	73
Wheat—No. 2 yellow	57 1/2	51
Wheat—No. 2 yellow, shelled	57 3/8	48
Wheat—No. 3 white	57 1/2	36
Oats—No. 2 white	41 1/2	35
Oats—No. 3 white	41 1/2	35
Flour—Winter patent	4 43/4	43 1/2
Fancy straight winter	4 03/4	43 1/2
Hay—No. 1 Timothy	18 00	15 25
Hay—No. 2	17 50	15 00
Feed—No. 1 white mid. ton	19 50	20 01
Feed—No. 2	18 50	19 25
Brown middlings	15 50	16 00
Brain bulk	13 00	13 00
S. raw—Wheat	7 01	7 50
Oats	7 01	7 50

**Dairy Products.**

Butter—Eagle creamery	29	30
Ohio creamery	22	24
Fancy country roll	16	18
Cheese—Ohio, new	11	12
New York, new	11	12

**Poultry, Etc.**

Hens—per lb.	14	15
Chickens—dressed	16	18
Eggs—Pa. and Ohio, fresh	20	21

**Fruits and Vegetables.**

Apples bbl.	5 50	5 50
Oranges—Fancy white per bbl.	75	83
Cabbages—per ton	13 00	13 00
Onions—per barrel	4 00	2 25

**BALTIMORE.**

Flour—Winter Patent	5 05	5 25
Wheat—No. 2 red	81	84
Corn—No. 2	50	53
Oats—No. 2 white	31	32
Butter—Creamery	24	26
Eggs—Pennsylvania fresh	20	21

**PHILADELPHIA.**

Flour—Winter Patent	5 05	5 25
Wheat—No. 2 red	84	86
Corn—No. 2	50	53
Oats—No. 2 white	31	32
Butter—Creamery	24	26
Eggs—Pennsylvania fresh	20	21

**NEW YORK.**

Flour—Patent	5 50	5 15
Wheat—No. 2 red	81	82
Corn—No. 2	50	51
Oats—No. 2 white	31	32
Butter—Creamery	24	26
Eggs—State and Pennsylvania	20	21

**LIVE STOCK.**

Union Stock Yards, Pittsburgh.

**Cattle.**

Extra, 1,500 to 1,600 lbs.	5 35	5 10
Prime, 1,200 to 1,400 lbs.	5 25	5 00
Good, 1,000 to 1,200 lbs.	5 15	4 75
Top, 1,000 to 1,150 lbs.	4 65	4 50
Fair, 900 to 1,000 lbs.	4 55	4 50
Common, 700 to 900 lbs.	4 35	4 40
Common to good fat cows	3 00	4 00
Common to good fat cows	2 00	3 20
Heifers, 700 to 1,000 lbs.	2 75	4 40
Fresh cows and springers	16 00	50 00

**Hogs.**

Prime heavy hogs	6 15	6 25
Best heavy Yorkers	6 20	6 30
Good light Yorkers	6 25	6 35
Pigs, as to quality	5 70	6 00
Common to good roughs	4 60	4 90
Sigs	3 25	3 75

**Sheep.**

Prime wethers	5 65	5 75
Good mixed	5 25	5 50
Fair mixed ewes and wethers	4 50	5 00
Culls and common	2 00	4 00
Culls to choice lambs	3 00	7 75

**Calves.**

Veal calves	5 00	8 50
Heavy and thin calves	3 50	5 00

## HE ATTENDS TO BUSINESS

who goes straight to work to cure Hurts, Sprains, Bruises

by the use of

# St. Jacobs Oil

and saves time, money and gets out of misery quickly. It Acts Like Magic. Price, 25c. and 50c.

PRICE, 25 Cts



**ANTI-GRIPINE**

IS GUARANTEED TO CURE GRIP, BAD COLIC, HEADACHE AND NEURALGIA.

I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE. F. W. Dierker, M. D., Manufacturer, Springfield, Mo.

**NO SATISFACTION.**

Railroad Man Who Had No Use for Automatic Device.

A certain Western railroad, which has not yet been reorganized, by Wall street, is still owned and operated by the blunt-spoken, old-lumberman who built it. Last year, after a particularly severe accident upon it, the agent of an automatic block signal system called and tried to get a contract for installation.

The old lumberman examined the device attentively and seemed much interested. "Your chief engineer recommends it highly," said the agent. "He told me to use his name with you, and he would see you later."

"Wall," said the lumberman, "I reckon it is a pretty machine. I like to sit here and see it work myself, it's so all-fired sure. But come to, using it on my road—now, young feller, I've been running a railroad some longer'n you, and I'll tell you something.

"Accidents is bound to happen about once in so often, no matter what you do. I've got three brakemen in jail now, and I've vowed to hang the next one, and the public is pretty well satisfied. But what satisfaction is it going to be for anyone if I go to work and hang an old automatic machine?" —Youth's Companion.

**Scotland Yard.**

Scotland Yard, widely known as the headquarters of the London police, is a historical place, said to have been the site of a palace where kings of Scotland were received when they came to London. It is near the banquet hall, Whitehall. The Scotch kings retained possession of it from 559 till the rebellion of William of Scotland. Milton, Sir Christopher Wren and other notables lived in Scotland Yard.

**Waste in Coal.**

With the methods now in use, seven-tenths of the force in coal is wasted. A few years ago the waste was nine-tenths. Mr. Edison declares that a bucketful of coal should drive an express train from New York to Philadelphia, and a few tons be sufficient for the largest ocean steamship, whose bunkers must now hold thousands.

# 31 Boxes of Gold

## 300 Boxes of Greenbacks

For the most words made up from these letters

# Y-I-O-Grape-Nuts

331 people will earn these prizes.

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece.

10 people will each win one box containing a \$5.00 gold piece.

300 people will each win a box containing \$1.00 in paper money and one person who makes the highest number of words over all contestants will receive a box containing \$100.00 in gold.

It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.

A few rules are necessary for absolute fair play.

Any word authorized by Webster's dictionary will be scored, but no words of persons. Both the singular and plural can be used, as for instance "grape" and "grapes."

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word. Geographical names authorized by Webster shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some incipient or chronic ailment traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions, a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky messes of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amazeur says: "A man would faint away on that," but my dear friend we will put

dollars to your pennies that the noon hour will find a man on our breakfast husker and with a stronger heart and clearer working brain than he ever had on the old diet.

Suppose, if you have never really made a move for absolutely clear health that pushes you along each day with a spring in your step and a reserve vigor in muscle and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest others and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers and when requested give the names by private letter.

There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application in order to have proof that the prizes are sent as agreed. The company is well known all over the world for absolute fidelity to its agreements and every single out of the 331 winners may depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes—331—the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenbacks, will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go at it, and send in the list and letter before April 30th, 1906, to Postum Cereal Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.