



After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. Sallie French, of Paucanla, Ind. Ter., writes to Mrs. Pinkham: "I had female troubles for seven years—was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.

African Proverb.

The savages of Africa seek wisdom from their proverbs. There is one of them: "One head impaled on the gatepost is more valuable than six on the shoulders of enemies."

FEARFUL ECZEMA ALL OVER HIM.

No Night's Rest for a Year and Limit of His Endurance Secured—Now—Owes Recovery to Cuticura. "My son Clyde was almost completely covered with eczema. Physicians treated him for nearly a year without helping him any. His head, face, and neck were covered with large scabs which he would rub until they fell off. Then blood and matter would run out and that would be worse. Friends coming to see him said that if he got well he would be disfigured for life. When it seemed as if he could possibly stand it no longer, I used some Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. That was the first night for nearly a year that he slept. In the morning there was a great change for the better. In about six weeks he was perfectly well."

The linen industry is the greatest manufacturing industry Ireland possesses. There is invested in it something like £15,000,000. It gives employment to 70,000 people.

ALLEN'S FOOT-EASE
For Tired, Aching, Smarting, Swollen Feet.



From a Railroad Conductor. "I am a busy man, but must take time to write you about Allen's Foot-Ease. I am a Conductor and on my feet most of the time. My feet often get so sore I could hardly take a step. A friend gave me a box of Allen's Foot-Ease and I used it. I used it and used all of the box but two envelopes and a box are now O. K. and I forget I have feet. It is a God-send to R. E. men."

SHAKE INTO YOUR SHOES Allen's Foot-Ease, a powder. It cures painful, smarting feet and growing nails, and instantly takes the sting out of corns and bunions. Sold by all Druggists and Shoe stores, 25c. Don't accept a substitute. Trial package FREE. Address, Le Roy, N. Y.

Send dealer's name and top from found carton of "20-Mule-Team" Borax with 5c stamps and we will mail illustrated booklet, giving many uses for "Borax" in the Home, Farm and Dairy," also this lace design, 15 by 16 inches, on cloth ready for working. FREE. Address, PACIFIC COAST BORAX CO., New York.

THE DAISY FLY KILLER destroys all the flies and affords comfort to every home—in dining room, sleeping room and all places where flies are troublesome. Clean, neat, and will kill and injure anything, and you will never see a fly again. It is safe for children. If you send for it, send for the booklet. HAROLD SOMERS, 146 DeKalb Ave., Brooklyn, N. Y.

THOMPSON'S EYE WATER If afflicted with weak eyes, use



An Experimental Plot.
The experimental plot in field or garden may not be directly remunerative in a financial way, but its value cannot be measured when we count the pleasure it gives and the interest it awakens. These are items that make the difference between the farmers who find pleasure in their work and those who consider farming a drudgery.—Epitomist.

Preserved Eggs Tested.
The Agricultural Department at Washington recently tested eggs which had been preserved four years in water glass (sodium silicate). They were found to have an unpleasant taste, and the white coagulated in cooking. There was a slight taste of soda and the white had become pink in color and very liquid. Eggs kept in water glass for six months tasted and smelled like well kept eggs a few days old.

Clover vs. Timothy For Steers.
The Agricultural Department at Washington recently conducted experiments with yearling cattle at the Missouri station it was found that by substituting clover for timothy the efficiency of the ration was practically doubled. That is, a bushel of corn when fed in combination with clover hay produced essentially double the number of pounds of gain that were produced on similar steers with the same amount of corn and good timothy hay. What was found to be true of clover applies almost identically to cowpea hay.—Weekly Witness.

Work of Large and Small Cows.
Small cows consume relatively more feed and produce more dairy products than large ones. The Jerseys, per one thousand pounds live weight, consumed daily during the St. Louis dairy demonstration on an average seventeen per cent more nutriment than the Holsteins, twenty per cent more than the Swiss and over fifty per cent more than the Shorthorns; but they returned forty-three per cent more butter fat than the Holsteins, seventy per cent more than the Swiss and 100 per cent more than the Shorthorns.—American Cultivator.

The Spreader.
Corn ground is one of the best places for the manure. A top dressing of only five or six loads to the acre will show good results. A thin coat over a large area will bring greater returns than a heavy coat over a small area. The fact that the spreader can spread a load over a much larger space and much more evenly than can be done by hand is a strong argument for its use. No other tool on the farm gives us more satisfaction. We also like to give thin places in the meadow a light coat of manure in the spring. We keep all the manure on the farm under cover. What is not hauled out this spring will be used this fall to top dress the meadows and wheat ground.—Epitomist.

Getting Alfalfa Started.
An Illinois farmer writes: "I have not been very successful in getting a stand of alfalfa. I am anxious to get a small field started and would like to have some suggestions how to go to it." If a stand of alfalfa is the thing you are after, and do not care much for a grain crop from the land this year, you should give this land a thin dressing of barnyard manure, then plow it under, and harrow it frequently, up to say the middle of May. Then roll and harrow it. Then sow twenty pounds of first-class alfalfa seed with two or three pecks of barley per acre. If you are near a field where alfalfa is growing, scatter a few loads of this soil over your own field. Then cut your barley off for hay and remove it from the field as soon as possible. Don't give it up.—L. C. B., in the Indiana Farmer.

Work the Ground.
There is economy in putting in all the work possible on the ground before planting the seed. A well-plowed, well-harrowed and pulverized field is exactly the right condition to start the seed. Good seed is hard to kill, but the more congenial germinating conditions we give it the quicker will it start. A successful corn grower says: "I would rather have one good day's work put upon a corn field before the seed is planted than ten days after the seed starts growth." Clear the ground of all trash and stalks possible; follow the plow with the harrow and keep the seed-bed mellow. Ground handled in this way will warm up quicker than poorly tilled land, and consequently, the seed will not be so apt to rot in the ground.—Indiana Farmer.

Soil Fertility.
Don't let the truth escape from your observation, that soil fertility is before production. Therefore, guard jealously the elements which secure the harvests. There is a saying in Indiana: "Drive your grain to market," meaning, feed it to the

stock and drive the stock to market. There is no better way to maintain soil fertility, for it secures the envied gain while accomplishing the desired result. Crop rotation if practiced systematically and intelligently, guarantees the same result, but it is not believed to be as productive. There are farmers whose land is not adapted for stock raising; these will of necessity follow other means to maintain the fertility of their soil than by feeding all farm products to stock. In whatever way it can be most economically accomplished is the best way for the individual farmer, but the necessity of obtaining it in some way is daily becoming more evident.—Epitomist.

Sore Neck and Shoulders.
A little care right now in properly handling the horses when they are soft will save a whole lot of trouble after awhile, and it will save the poor beasts a great deal of needless suffering. The spring seeding season is the hardest time on the horses' shoulders and neck, because the flesh is soft and easily bruised, and the dust seems to irritate now more than any other time during the year. By carefully hardening the team to their work, their shoulders will soon become firm, and pads will not be necessary. In fact, collar pads are a nuisance. They are hot and soon become gummy with dirt and sweat, and will cause irritation easily. Use a close-fitting, well-made leather collar, one that fits the horse's shoulder. Break in a new collar on a horse as you would break in a new pair of shoes, and then after that particular collar has become set to the animal's shoulder, never use it on any other horse. The changing about of collars and harness is not a good thing. Fit bridle, collar and tugs to suit each horse, and you will find that the team will work much more willingly, and without any worry. Even the best fitting collars need daily attention. Keep the collar clean. Scraping the collar with a penknife is not a good thing, because it destroys the smooth surface and is apt to leave ridges. One other thing. We use riding cultivators and other machines or implements with tongues. These are all hard on the neck of the team, unless the collar fits so snug that it cannot slip up and down with every movement of the tongue. Then be sure to set the harness so that the draft comes direct against the shoulder, and not too low or too high.—Epitomist.

Good Cow Ration.
A correspondent of the Jersey Bulletin gives the following as the ration he is feeding his cows, with excellent results he says: We are milking twenty-five Jerseys and weighing the milk of each cow and testing for fat every month. They are doing finely this winter; in fact, never did better—are giving an average test of better than 5.7 per cent fat. We have been feeding a grain ration composed of the following: 200 pounds dried distillers' grains, 250 pounds corn meal, 100 pounds cottonseed meal, 50 pounds flax meal. Mix, and feed a 900-pound cow, giving from eighteen to twenty pounds of milk per day, about six pounds of the mixture, together with twenty pounds of roughage, composed of mixed hay, oat hay and corn clover. We increase or diminish the grain ration according to the amount of milk the cow is giving and her individual requirements. By taking advantage of the market in the fall, we were able to put this grain ration together for about \$1.40 per hundredweight, which is very low for a ration containing over twenty-seven per cent digestible protein, together with the standard requirements of carbohydrates and fat. I have been feeding this ration for nearly a year and a half and I have never fed anything that seemed to give better results, both at the pail and in the general health and condition of the animals. Cottonseed meal is a valuable feed for milk and butter production. At the South Carolina station it was found that cottonseed meal when fed in conjunction with good corn silage may be fed to the extent of from five to six pounds per cow daily without affecting the health of the animals—in fact, keeping them in an unusually good state of health. Cows fed exclusively on this diet for a period of five months exhibited no craving for dry roughage, but always preferred silage to good hay. More milk and butter fat were produced during that period than during any corresponding period. It is the conclusion of the station that cottonseed meal and corn silage form the cheapest dairy feeds available for the dairyman of South Carolina. The Virginia station concludes that as cottonseed meal when pure contains a larger percentage of digestible protein than gluten meal and is much richer in fertilizing constituents and can be fed with equal satisfaction for the production of butter and milk it should be utilized in the place of the latter.

FINANCE AND TRADE REVIEW

COLLECTIONS ARE BETTER

Output of Coke Increasing at Rate of 3,000 Tons Weekly. Prices Maintained.

R. G. Dun & Company's "Weekly Review of Trade" says: "Preparations for fall trade are on a fairly liberal scale, testifying to confidence in the future, and jobbers receive moderate supplementary orders for prompt shipment, while retail sales expand in response to seasonable weather. There is some irregularity in reports from the leading industries, footwear factories receiving relatively larger orders than textile mills, while the iron and steel markets still feel the unsettling effects of recent reductions in prices. "Building operations increase at many points, creating a better demand for lumber and other materials, but decreases are still shown in most comparisons with last year's volume. Mercantile collections are more prompt and money is abundant. "Waiting conditions prevail in the iron and steel industry, purchases being limited to immediate needs, except in the case of steel bars that have been ordered by makers of agricultural implements to the extent of 250,000 tons. Output of coke is rising at the rate of about 3,000 tons weekly, and prices are maintained by an increased demand. "Bradstreet's" will say: "Aside from the continuance of the better tone as regards the future, and some further enlargement of industrial operations, notably in textile lines, there is little new to report as to trade. Business as a whole has been quiet. There is general agreement that retailers' stocks are not large, but filling-in orders continue to be frequent rather than heavy. Fall buying has been a trifle more assured at the eastern and central western centers, but conservatism and a disposition to await crop and political developments guard against anything like free buying. Collections are backward as a whole. "Business failures in the United States for the week ending June 18 number 254, which compares with 253 last week, 165 in the like week of 1907, 175 in 1906, 157 in 1905 and 215 in 1904.

MARKETS.
PITTSBURG.
Wheat—No. 2 red.....\$ 85 90
Rye—No. 2..... 80 81
Corn—No. 2 yellow, shelled..... 79 80
No. 3 yellow, shelled..... 77 78
Mixed ear..... 77 78
Oats—No. 2 white..... 56 57
No. 3 white..... 55 56
Flour—Winter patent..... 51 52
Fancy straight winter..... 50 51
Hay—No. 1 Timothy..... 15 00 15 50
Clover..... 12 00 12 50
Feed—No. 1 white mid. ton..... 29 00 29 50
Brown middlings..... 28 00 27 00
Butter—Creamery..... 23 50 24 00
Straw—Wheat..... 8 50 9 00
Oat..... 8 50 9 00

Dairy Products.
Butter—Elgin creamery.....\$ 35 36
Ohio creamery..... 30 31
Fancy country roll..... 17 18
Cheese—Ohio, new..... 17 18
New York, new..... 16 17

Poultry, Etc.
Hens—per lb.....\$ 17 18
Chickens—dressed..... 12 13
Eggs—per 100, fresh..... 17 18

Fruits and Vegetables.
Potatoes—Fancy white per bu.....\$ 85 90
Cabbage—per ton..... 1 15 1 25
Onions—per barrel..... 5 50 6 00

BALTIMORE.
Flour—Winter Patent.....\$ 5 13 5 83
Wheat—No. 2 red..... 1 02 1 00
Corn—Mixed..... 71 71
Butter—Ohio creamery..... 23 25

PHILADELPHIA.
Flour—Winter Patent.....\$ 5 13 5 75
Wheat—No. 2 red..... 80 82
Corn—No. 2 mixed..... 54 55
Oats—No. 2 white..... 54 55
Eggs—Pennsylvania..... 17 18

NEW YORK.
Flour—Patents.....\$ 5 00 5 70
Wheat—No. 2 red..... 1 00 1 00
Corn—No. 2..... 65 67
Oats—No. 2 white..... 54 55
Butter—Creamery..... 25 26
Eggs—State and Pennsylvania..... 17 18

LIVE STOCK.
Union Stock Yards, Pittsburg.
Cattle.
Extra, 1,450 to 1,600 lbs.....\$ 7 30 7 50
Prime, 1,300 to 1,400 lbs..... 6 50 6 85
Good, 1,200 to 1,300 lbs..... 6 50 6 75
Tidy, 1,050 to 1,150 lbs..... 6 25 6 50
Common, 700 to 900 lbs..... 5 25 6 00
Oxen..... 5 00 5 25
Bulls..... 5 00 5 25
Cows..... 3 50 4 25
Fresh Cows and Springers..... 13 11 13 33

Hogs.
Prime heavy.....\$ 5 95 5 25
Prime medium weight..... 5 95 5 25
Best heavy Yorkers..... 5 90 5 25
Good light Yorkers..... 5 90 5 25
Pigs..... 5 30 5 40
Stags..... 4 75 5 25
Lamb..... 5 30 4 00

Sheep.
Prime wethers, clipped.....\$ 4 90 5 00
Good mixed..... 4 60 4 80
Fair mixed and wethers..... 4 10 4 40
Culls and common..... 2 00 3 00
Lambs..... 7 00 13 00

Calves.
Live calves.....\$ 5 00 7 25
Heavy and thin calves..... 3 00 7 00

EGGS A LA LUCHESE.
Six hard cooked eggs, one cupful of milk, one small sliced onion, two beaten raw yolks of eggs, one tablespoonful of chopped parsley, one tablespoonful of grated cheese, pinch of ground cinnamon, one tablespoonful of butter or oil, pepper and salt to taste, a little lemon juice. Fry the onion until nearly brown in the oil or butter; add the milk, the eggs cut in halves, and stew over a slow fire for four minutes; then stir in the two yolks of eggs, the parsley, cheese, cinnamon, salt, and pepper. Mix over a slow fire for eight minutes, squeeze a little lemon juice over and serve very hot.—Boston Cooking School Magazine.

Wait a year before you buy "the novel of the day" and you won't have to, advises the Somerville Journal.

Moving Pictures in Natural Colors.

The simple and practical way in which G. Albert Smith, the British photographer, has added natural colors to ordinary moving pictures promises a new era. In the now familiar lites method the red, green and blue are sifted out by three screens of colored glass, the negative taken under each containing the details of a portion of the view, and the complete picture is brought out and the colors given to it by placing a screen behind each plate in a projecting lantern and combining the rays from the three lanterns upon the screen in one projection. In simplifying the process two lanterns and two screens—one green and one orange red—are found to give correct color effects, and the film is first exposed in alternate strips under the screens, the colors being restored in reproducing the picture by a rotating disc, so synchronized that the proper color will always be opposite the point originally exposed under that color. The defects are corrected by the eye defect known as persistence of vision.

Causes of Headaches.
Too late going to bed, too early rising or anything that promotes want of sleep are fertile causes of headaches. Long walks before breakfast are very bad for delicate people, and often bring on headaches. Brain repair goes on during sleep. People often don't know, or forget, this. If you are worrying or working hard all day, then go to bed late and get up early, you are very likely to be a "martyr to headache." More sleep is what you need to cure you.

For all nervous headaches hot fomentations are most comforting and curative. They are far better than cold applications. Want of exercise, living in badly ventilated rooms, indigestion or anything that lowers the health, predisposes to headache. When headaches are not cured by simple means, a doctor should be consulted. They mean something. When hot fomentations are used, the application of them to the nape of the neck, as well as to the forehead, will give more relief than if used to the forehead only. The heat to the spinal cord soothes the brain.—New York Times.

Alcohol from Peat.
In the manufacture of alcohol from peat, a Danish company, with one experimental plant at Denmark and one in France, has found the cost to be about one-fourth of that made from potatoes. In the process of manufacture, the cellulose or fiber of the peat is converted by sulphuric acid into a soluble carbohydrate and this is fermented by a special yeast.

ETS, St. Vitus' Dance, Nervous Diseases Permanently Cured by Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 631 Arch St., Phila., Pa.

Agess Wine in Few Minutes.
A new process of ageing wines by the use of ozone, the invention of a young Russian scientist named Orchemnikoff, was demonstrated in the presence of the director of the Imperial Vineyards and other interested persons. The claim is made that this process accomplishes in a few minutes a maturing that ordinarily requires years.

Writer's Sad End.
Very sad was the fate of Ulrich von Hutten, one of the greatest writers Germany has ever produced. Unable to earn a living, he was reduced to tramping through the country, begging food and shelter from the peasants. One bitter winter's night both were refused, and next morning he was found frozen stiff and cold in the drifting snow outside the village.

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

The Finest Writing.
A remarkable machine made by a lately deceased member of the Royal Microscopical society for writing with a diamond seems to have been broken up by its inventor. A specimen of its work in the Lord's Prayer of 227 letters, written in the 1-237,000 of a square inch, which is at the rate of 53,880,000 letters or fifteen complete Bibles, to a single square inch. To decipher the writing it is necessary to use a 1-12-inch objective, which is the high power lens physicians employ for studying the most minute bacteria.

A Sparkling Metal.
An alloy that gives off showers of sparks when struck with metal—igniting not only gas, but alcohol soaked wicks—was a recent accidental discovery of Auer von Welsbach. It consists of iron with cerium, lanthanum or other of the rare earths used for incandescent gas mantles, and the sparking is found to reach a maximum with the percentage of iron at thirty. A use for igniting explosives is suggested.

YOU'RE TOO THIN.

Even Slight Catarrhal Derangements of the Stomach Produce Acid Fermentation of the Food.

It's Stomach Catarrh

Some people are thin and always remain thin, from temperamental reasons. Probably in such cases nothing can be done to change this personal peculiarity. But there are a large number of people who get thin, or remain thin, who naturally would be plump and fleshy but for some digestive derangement. Thin people lack in adipose tissue. Adipose tissue is chiefly composed of fat. Fat is derived from the oily constituents of food. The fat-making foods are called by the physiologist, hydrocarbons. This class of foods are not digested in the stomach at all. They are digested in the duodenum, the division of the alimentary canal just below the stomach. The digestion of fat is mainly, if not wholly, the work of the pancreatic juice. This juice is of alkaline reaction, and is rendered inert by the addition of acid. A hyperacidity of the digestive fluids of the stomach, passing down into the duodenum, destroys the pancreatic fluid for digestive purposes. Therefore, the fats are not digested or emulsified, and the system is deprived of its due proportion of oily constituents. Hence, the patient grows thin.

The beginning of the trouble is a catarrhal condition of the stomach which causes hyperacidity of the gastric juices. This hyperacidity is caused by fermentation of food in the stomach. When the food is taken into the stomach, if the process of digestion does not begin immediately, acid fermentation will take place. This creates a hyperacidity of the stomach juices which in their turn prevent the pancreatic digestion of the oils, and the emulsion results. A dose of Peruna before each meal hastens the stomach digestion. By hurrying digestion, Peruna prevents fermentation of the contents of the stomach, and the pancreatic juice is thus preserved in its normal state. It then only remains for the patient to eat a sufficient amount of fat-forming foods, and the thinness disappears and plumpness takes its place.

Peruna is a natural product of the Peruvian hills, and is a powerful cathartic. It is a natural product of the Peruvian hills, and is a powerful cathartic. It is a natural product of the Peruvian hills, and is a powerful cathartic.



Libby's Food Products
Libby's Veal Loaf
is made of the best selected meat, scientifically prepared and evenly baked by damp heat in Libby's Great White Kitchen. The natural flavor is all retained. When removed from the tin it's ready to serve.

It can be quickly prepared in a variety of styles and nothing makes a better summer meal. In the home, at the camp, and for the picnic Libby's Veal Loaf is a satisfying dish, full of food value that brings contentment. Libby, McNeill & Libby, Chicago.

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WIDOWS' under NEW LAW obtained by JOHN W. MORRIS, Washington, D. C.



SKREEMER SHOE
FOR MEN
The bottom of your foot, if twisted out of its proper lines, will cause foot troubles. SKREEMER shoes fit at the foundation; the bottoms match the bottoms of your feet. That's why they are comfortable. Look for the label; SKREEMERS easily, write us for directions how to secure them. FRED. F. FIELD CO., Brockton, Mass.