

"MY OWN SELF AGAIN."

Mrs. Gates Writes to Mrs. Pinkham, Follows Her Advice and is Made Well.

"DEAR MRS. PINKHAM:—For nearly two and one-half years I have been in feeble health. After my little child came it seemed I could not get my strength again. I have chills and the severest pains in my limbs and top of head and am almost insensible at times. I also have a pain just to the right of breast bone. It is so severe at times that I cannot lie on my right side. Please write me what you think of my case."

Mrs. CLARA GATES, Johns P. O., Miss., April 25, 1898.

"DEAR MRS. PINKHAM:—I have taken Lydia E. Pinkham's Vegetable Compound as advised and now send you a letter for publication. For several years I was in such wretched health that life was almost a burden. I could hardly walk across the floor, was so feeble. Several of our best physicians attended me, but failed to help. I concluded to write to you for advice. In a few days I received such a kind, motherly letter. I followed your instructions and am my 'old self' again. Was greatly benefited before I had used one bottle. May God bless you for what you are doing for suffering women."—Mrs. CLARA GATES, Johns P. O., Miss., Oct. 6, 1899.

COLD AIR HEALTH. Winter About the Best Stimulant People Can Have.

Many persons regard the winter season as an unfortunate visitation. It is considered both uncomfortable to the body and harmful to health. This is an error. Cold is a most potent agent for the restoration and preservation of normal activity on the part of the organs of the human body. It is a wise plan of providence which gives us a change of seasons. The winter cold comes as a tonic to repair the injuries done by the enervating heat of summer. Summer, it is true, has many wise uses in the matter of health. It induces outdoor life, rids the system of poisons through copious perspiration and through the scorching rays of sun destroys germ life. Winter is the great bracer of the system. It stimulates activity in every organ. When cold attacks the surface of the body the blood is set into more free circulation as a means of bodily warmth. It is through the circulation of the blood that the human anatomy is kept in a state of repair. When the food has been digested and converted into liquid form, it is taken up by the blood and carried the rounds of the system for the purpose of repairing the waste places. When the cold causes increased circulation, it also brings about more perfect nutrition. Man's face and hands illustrate how weather-proof the body becomes when exposed to air. Continued activity in circulation on the surface, caused by the air coming in contact with the skin, tends to nourish and thicken the skin. Thus man's skin grows thicker in winter just as animals are supplied with a double coat of fur. The savages who dwell bareheaded in the open air, are seldom, if ever, known to be afflicted with bald heads, while, with the civilian who shields his scalp from air, baldness is prevalent. The Indians, who, if not now, in former days roamed our western borders, practically without clothing to shelter their bodies, became, through long exposure, so inured to the cold that it gave them but little discomfort.—St. Louis Globe-Democrat.

The Pure Food Law. The pure food law, which was enacted by the General Assembly last year, has gone into full force. The object of the law is to stop entirely the sale of food products which contain harmful ingredients, and to compel vendors of food products which are adulterated with ingredients which are harmless to brand or mark their goods so that the purchaser may know that that is the case and may govern himself accordingly. Certainly this is an excellent law, and consumers will be thankful for the promise which is made that it is to be enforced rigidly. It ought to be copied in every state, says the Chicago Tribune.

Enough gutta percha is made into golf balls every year to insulate an Atlantic cable.

China regiments are recruited in the same manner as British regiments.

Wine's Nothing For a Child's Cough. Mrs. Winslow's Nothing For a Child's Cough, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

June shipments of fruit from California averaged 60 carloads a day.

Widower. Middle-aged, independent, kindly, and well-to-do. Will be devoted to anyone who will marry him. Address: Mr. Grant, 117 E. 2nd St., New York.

Dropsy New Discovery. Gives quick relief and cures worst cases of dropsy. 10c a bottle. Address: Dr. E. H. Allen, 200 N. 2nd St., St. Louis, Mo.

That Little Book For Ladies. By Mrs. Alice Mason. Rochester, N. Y.

FARM TOPICS

Cleaning Milk Cans. When skim-milk or whey is returned in milk cans from the factory, empty at once and wash the cans in warm water, then scald and place where they will get plenty of sunlight and pure air. Never use soap on milk pans, pails or cans. Wash first with lukewarm water and then scald. Scour with salt occasionally.

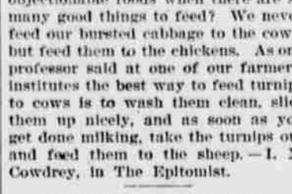
The Danger in Overfeeding. Overfeeding is less to be feared in summer when fowls have plenty of exercise. The great danger is in fall and winter when they stop laying and are kept in confinement. So long as a hen is lively and active and does not feel fat or lift heavy, she is probably in good laying condition. Eggs without shells are often a sign of overfatness.

Best Lands For Summer Runs. For summer runs dry land is best because it can be kept in more healthful condition, but where there is plenty of room quite moist soil is all right. Some of the largest poultry farms in the country are on strong, moist, clay land, where water stands in pools after a rain. Yet the fowls, having natural range, are in perfect health and enjoy an abundant pasturage, which is a greater advantage.

Good Fodders. There is nothing better than sweet corn, sorghum or some of the clovers for fodder. Rape, turnips, ruta bagas, and cabbages are not fit for cows, if fed in considerable quantities. I read of one man who fed onions to his cows. I well know the odor of the wild leek, and nothing that will give a disagreeable odor to the breath of a cow is a fit food for the production of milk. If any of these objectionable things are fed directly after milking, the results will not be so bad, and more can be fed. But what is the use of feeding objectionable foods when there are so many good things to feed? We never feed our bursted cabbage to the cows, but feed them to the chickens. As one professor said at one of our farmers' institutes the best way to feed turnips to cows is to wash them clean, slice them up nicely, and as soon as you get done milking, take the turnips out and feed them to the sheep.—I. N. Cowdrey, in The Epitomist.

Management of Pasture Land. Land which is considered to be of no avail is given over to the cattle to roam at will. Rocky ledges from which the trees have been cut make up a large percentage of this land, also fields in which the soil is poor. The growth that covers them is mostly brush, briars, ferns and vegetables that the cattle will not touch or else get little nourishment from. These ledges could be made a source of gain in the growth of wood, besides keeping the springs and streams from drying up. A little care and attention given to the best portion of the remaining ground would bring good results. The planting of such grasses as redtop, meadow foxtail, orchard grass, timothy and clover in a mixture will give a succession of growths and will hold out well in the fall. The seed does not cost much and the planting can be done in spare hours—a piece of ground at a time. Fields that have been under cultivation, if turned into a pasture for a time, will be greatly benefited by such a rest.

Keeping Flies Out of Stables. On many farms flies are to be found swarming through the barns in myriads, tormenting the horses in their stalls and the cow when hitched up at



A CHEAP, EASILY-MADE SCREEN.

night. Cheap, easily-made screens for stable windows are shown in the cut. Make a frame the size of the window of four pieces of laths and stretch a rectangle of cotton mosquito netting across it. Have ready four other similar pieces of laths and nail them over the netting, breaking joints with the first pieces as shown. The netting is held firmly between the pieces. Such screens can be made in ten minutes.—American Agriculturist.

Hens That Eat Their Eggs. We see every week directions for teaching hens not to eat their eggs. Most of them consist in filling an egg shell with something that the hen will not like to eat, such as soft soap and carbolic acid, cheese curd and cayenne pepper or some other nauseating dose. We never had a hen that acquired this habit, although we were in the habit of giving the hens the shells of all the eggs used in the house. A nest so made that the hen cannot stand up in it, and so placed that she cannot stand outside and reach in to break the egg, should be an effectual cure for this egg eating, but we think feeding the egg shells and a ration of beef scraps every day, with plenty of oyster or clam shells always where they can pick them as they please, is a sure preventive, and to that we attribute our never having the trouble among our hens. If an egg is accidentally broken in the henhouse, so badly that we could not take it in, we do not hesitate to let the hens have it, and feel no fear of its teaching them to break more.—Boston Cultivator.

THE MARKETS.

Table with columns for Grain, Flour and Feed. Items include WHEAT, CORN, OATS, FLOUR, HAY, Clover, FEED, etc.

Table with columns for Dairy Products. Items include BUTTER, CHEESE, EGGS, etc.

Table with columns for Fruits and Vegetables. Items include BEANS, CABBAGE, ONIONS, etc.

Table with columns for Baltimore. Items include FLOUR, WHEAT, CORN, OATS, EGGS, BUTTER, etc.

Table with columns for Philadelphia. Items include FLOUR, WHEAT, CORN, OATS, BUTTER, EGGS, etc.

Table with columns for New York. Items include FLOUR, WHEAT, CORN, OATS, BUTTER, EGGS, etc.

Table with columns for Live Stock. Items include CATTLE, SHEEP, LAMBS, CALVES, etc.

Table with columns for Review of Trade. Items include Wheat Shipments, etc.

Prices Encourage Business—Stimulating Features of the Iron and Steel Trade. Wheat Shipments.

R. G. Dun & Co.'s "Weekly Review of Trade" says: It is often hard to read encouraging symptoms of general business in declining prices of commodities, but just now it is reasonable to look for them. Some raw materials and some manufactured products, one stage removed from the raw, are selling at lower prices than at any time since last year's advance set in; but there is confidence among buyers that the downward swing is nearly over, while sellers are adopting a cautious policy, which until recently characterized the attitude of buyers. Iron and steel markets were started by reports of sales of steel bars at 90 cents per 100 lbs., but business at the same time was the largest in months at Chicago on a basis of about \$1-25. Increasing demand for bar iron from makers of agricultural implements and car builders was a feature, contracts placed being estimated at 110,000 tons in bars and plates. The trade believes that orders will increase as the season advances and that total needs of iron consumers will compare well with last year. Heavy bids appear for foundry iron, buyers being uneasy, with output reducing and selling prices of many descriptions approximating cost. Export orders increase and makers do not fully accept reports of purchases of foreign rails for delivery in the South. Some traders are not satisfied with the result of the Chicago conference, pointing to the report of production of pig iron in the first half of the year, exceeding all records and contrasting it with recent dull markets. The foreign demand for bituminous coal is heavy, but producers hesitate to contract shipments with home prices tending upward.

Wheat, including flour, shipments for the week aggregate 2,327,003 bushels, against 2,363,743 last week, 4,711,614 in the corresponding week of 1899, 4,111,312 in 1898, 3,308,477 in 1897, and 2,747,850 in 1896. From July 1 to date this season wheat exports are 14,568,896 bushels, against 18,508,906 last season, and 14,426,122 in 1898-9.

Corn exports for the week aggregate 3,890,005 bushels, against 3,264,745 last week, 5,027,706 in this week a year ago, 2,850,923 in 1898, 3,223,885 in 1897, and 1,257,483 in 1896.

From July 1 to date this season corn exports are 18,973,271 bushels, against 21,425,203 last season, and 15,514,392 in 1898-9.

Failures for the week were 228 in the United States, against 182 last year, and 24 in Canada, against 23 last year.

Free State Commander Olivier breaks away from British forces, heading toward Harrismith with 1,000 men. Forty thousand British will endeavor to capture him.

Differences in Official Salaries.

The retirement of Sir William White as head of the construction department of the British navy calls attention to the fact that his pay has been \$30,000 a year, while Rear Admiral Highborn, who does the same work in the American navy, is paid but \$6,000. The salary in this instance is a good basis of comparison, and the same proportion holds true in many other branches of the service. The salaries of the officers in the higher ranks in England are greater than in America, and this argument is often made in favor of increasing the pay in this country, and probably will be made now that the comparison between the pay of the two naval construction chiefs is suggested. Yet it is forgotten that the pay of captains and officers of lower ranks in the navy is greater in America, as is the pay of seamen. This is the case in civil service as well, says the Chicago Tribune. The First Lord of the Treasury in England receives more than three times the pay that is given to heads of the various bureaus in the American treasury department receive two or three times as much pay as the men who do the same work in England. The American plan is, on the whole, better, though some clerks are overpaid.

Do Your Feet Ache and Burn? Shake into your shoes Allen's Foot-Powder, a powder for the feet. It makes tight or New Shoes feel easy. Cures Corns, Ingrowing Nails, Itching, Swollen, Hot, Callous, Sore and Sweating Feet. All Druggists and Shoe Stores sell it. 25c. Sample sent FREE. Address, ALLEN S. OLINSTEAD, Lenoir, N. Y.

In Nebraska nowadays the skins of superfluous dogs are tanned and made into gloves.

Drugs have their use, but don't store them in your stomach. Heeman's Peppin Gum aids nature to perform its functions.

More than one-third of all manufactured goods in France are made by women.

Each package of PUTNAM FADELESS DYE colors either Silk, Wool or Cotton perfectly at one boiling. Sold by all druggists.

A Frenchman named Dufour claims to have found a way of melting and molding quartz like glass.

Carter's Ink is so good and so cheap that no family can afford to be without it. Is yours Carter's?

A French engineer is trying to apply air in such a way to machinery as to make it serve as a lubricator.

What Shall We Have For Dessert? This question arises in the family daily. Let us answer it to-day. Try Jell-O, a delicious and healthful dessert. Prepared in 5 min. No boiling or baking! Simply add a little hot water & set to cool. Flavors: Lemon, Orange, Raspberry and Strawberry. At grocers, 10c.

A large quantity of Australasian apples will be put upon the Scotch and English markets this season.

The Best Prescription for Chills and Fever is a bottle of GROVE'S TARTARIC CHILL TONIC. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

Among the exhibits at the Paris exposition is a set of tea cups, the cheapest of which is valued at \$500.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

According to the recent census, the population of the Russian empire is 129,200,000.

Agree on Tariff Rates.

The governments of France and Brazil have arrived at a modus vivendi regarding the coffee duties. France agrees to reduce the duties 30 francs per 100 kilos. Brazil agrees to admit French produce at the lowest possible tariff.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by him by his firm.

W. & T. TRACY, Wholesale Druggists, Toledo, Ohio. WALKING, KINMAN & MARVIN, Wholesale Druggists, Toledo, Ohio.

California Prunes. Variety Said to Be Superior to the French Article.

According to a statement made by United States Consul Joseph I. Brittain, stationed at Nantes, France, the quality of the California prunes is superior to the French, and the duty is not excessive, being but 10 francs per kilogram, or less than one cent per pound. If the prunes are carefully selected and tastefully packed in substantial boxes, and are always as represented by the samples, there will soon be a much larger demand from this part of France. I was recently shown samples of California apricots packed in five-pound boxes. The first layer was composed of large yellow fruit, while underneath the fruit was not only small and inferior, but it was very irregular in color. The effect of such methods can be imagined. The French people are not easily deceived, and the California fruit dealers who anticipate orders after sending such samples are making serious mistakes. One of the Nantes importers recently received a consignment of California prunes from New York City. He told me he could buy them cheaper in California, but he wished to have them guaranteed by some one with whom he was acquainted; hence the order was given through the New York house. These prunes were nicely packed, but the dealer says he lost about 20 cases in consequence of the boxes having been made from very thin lumber. I measured one of the covers, and found the lumber to be less than one-fourth of an inch in thickness.

Pennsylvania to Buy Valley Forge. Historic Valley Forge is to become a state park. It is the purpose to take immediate steps toward the purchase of this historic ground by the state of Pennsylvania. A committee has been appointed to correspond with all patriotic societies throughout Pennsylvania, and all Americans who have the good name of Washington at heart are appealed to for the purpose of helping along the crusade. The proprietary rights of the Valley Forge association are not to be infringed upon, for the extensive territory contains many landmarks that are now falling into decay. It is these historic mementos of the revolution which will be taken care of when once the state of Pennsylvania is the overseer of Valley Forge.

Coated

Look at your tongue. Is it coated? Then you have a bad taste in your mouth every morning. Your appetite is poor, and food distresses you. You have frequent headaches and are often dizzy. Your stomach is weak and your bowels are always constipated. There's an old and reliable cure:

Ayer's Pills

Don't take a cathartic dose and then stop. Better take a laxative dose each night, just enough to cause one good free movement of the day following.

You feel better the very next day. Your appetite returns, your dyspepsia is cured, your headaches pass away, your tongue clears up, your liver acts well, and your bowels no longer give you trouble.

Price, 25 cents. All druggists.

"I have taken Ayer's Pills for 25 years, and I consider them the best made. One pill does me more good than half a box of any other kind I have ever tried."

Mrs. N. E. TALBOT, March 20, 1899, Arrington, Kans.

THE UNIVERSITY OF NOTRE DAME, NOTRE DAME, INDIANA.

Classical, Letters, Economics and History, Journalism, Art, Science, Pharmacy, Law, Civil, Mechanical and Electrical Engineering, Architecture.

Through Preparatory and Commercial Courses. Ecclesiastical students at special rates. Rooms Free, Junior or Senior Year. College Course. Rooms in Hall, moderate charge.

St. Edward's Hall, for boys under 12. The 57th Year will open September 4th, 1900. Catalogues Free. Address REV. A. MORRISSEY, C. S. C., Pres.

STOPPED FREE Permanently Cured by DR. KLINE'S GREAT NERVE RESTORER

Chronic neuralgia, general or local, and all other cases of NERVE AFFECTIONS. 50c TRIAL BOTTLE FREE. In 10c bottles with full directions and full particulars. Permanent Cure, only temporary relief, for all Nerve Disorders. Rheumatism, Neuralgia, Headache, Dizziness, Depression, Etc. Dr. J. C. Kline, 921 Arch Street, Philadelphia. Founded 1872.

P. N. U. 12 '00.

PENSION WASHINGTON, D. C. Successfully Prosecutes Claims. Late Civil War. 15 adjudicating claims, 47% success.

RICH, BUT WRETCHED

Fight on for wealth, old "Money Bags," your liver is drying up and bowels wearing out, some day you will cry aloud for health, offering all your wealth, but you will not get it because you neglected Nature in your mad rush to get gold. No matter what you do, or what ails you, to-day is the day—every day is the day—to keep watch of Nature's wants—and help your bowels act regularly—CASCARETS will help Nature help you. Neglect means bile in the blood, foul breath, and awful pains in the back of the head with a loathing and bad feeling for all that is good in life. Don't care how rich or poor you are, you can't be well if you have bowel trouble, you will be regular if you take CASCARETS—get them to-day—CASCARETS—in metal box; cost 10 cents; take one, eat it like candy and it will work gently while you sleep. It cures; that means it strengthens the muscular walls of the bowels and

gives them new life; then they act regularly and naturally; that is what you want—it is guaranteed to be found in—

THE IDEAL LAXATIVE

Cascarets

CANDY CATHARTIC

BEST FOR THE BOWELS ALL DRUGGISTS

10c. 25c. 50c.

To any needy mortal suffering from bowel troubles and too poor to buy CASCARETS we will send a box free. Address Sterling Remedy Company, Chicago or New York, mentioning advertisement and paper.

FREY'S VERMIFUGE

a safe, non-poisonous medicine that has saved the lives of 1875 children for the past 25 years. It is a medicine made to cure. It has never been known to fail. Letters like the foregoing are coming to us constantly from all parts of the country. If your child is sick, get a bottle of FREY'S VERMIFUGE and try it. Do not take a substitute. If your druggist does not keep it, send 2 cents in stamps to Dr. J. C. FREY, Baltimore, Md., and a bottle will be mailed you.

FISCH'S CURE FOR COUGHS WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. ABSORPTION