



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

**READ WHAT MISS LINDBECK SAYS:**

"Dear Mrs. Pinkham:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1201 6th Street, Rockford, Ill.

**FREE ADVICE TO WOMEN.**

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

**\$5000** FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.  
Lydia E. Pinkham Medicine Co., Lynn, Mass.

**FREE TO BOYS**  
A COMPLETE FOOTBALL OUTFIT.  
WORTH \$3.00

YOU WILL BE DELIGHTED WITH IT

**FREE TO GIRLS**

Two Beautiful Dolls.

A HANDSOME SUNDAY DOLL AND A VERY FINE EVERY DAY DOLL.

Le Moyne Handkerchief Co., 12 East 14th St., New York.

**FARM FIELD AND GARDEN**

**Making a Corn Stack.**

Set a pole in the ground the height you wish to make your stack of corn stover. Then begin setting the bundles around the pole in rotation until the bottom is as large as wanted. Now stretch a rope around near the top and draw tight and tie. Put a bundle on top, and get on this and build the stack. The butts of the first course should project over the bottom about a foot, and each course gradually drawn in until the top of the pole is reached and the last few bundles securely fastened to the pole. Then untie the rope and take away and you have a weather-proof stack. Begin taking out from bottom of stack.—Indianapolis News.

**Feed Stuffs for Cows.**

It has come to be well understood that nitrogenous foods are absolutely essential for cows, to be of most profit in the dairy. The purchase of these foods in the shape of wheat bran, cottonseed and linseed meal, gluten feed, etc., are expensive. The protein necessary to balance the ration is found in the clovers, alfalfa, cow peas and soy beans, not only in their green state but when cured for hay, to mix with corn meal and corn silage feeding. This home-grown feed will produce milk cheaper, but it is said that a small percent more butter may be secured by using in addition wheat bran with them. Alfalfa hay can be grown at a good profit at the same price clover and timothy sell for, and is reckoned to be worth \$25 per ton for cow feeding when wheat bran, gluten feed and cottonseed meal sells at \$16, \$20 and \$26 per ton. This indicates the real value of alfalfa on the farm.

**Raising a Few Sheep.**

A few sheep requires little attention on the average farm. Their feed seems to cost little or nothing, as they are somewhat peculiar in their likes and will often eat what other animals leave.

This is especially noticeable in pasture lots. Horses and cattle will eat pasture to the ground in patches and leave it knee deep in other places. When sheep get into such a lot they seem to even matters up, as they like weeds and coarse grass or even brush in the fence corners. Winter feed, too, is easily provided for a sheep, as they are fond of pea and bean vines and if allowed the run of the barnyard will pick up a great deal of feed from the straw stack and the weak portions of hay that other stock leave.

Of course, these feeding principles do not apply on a large scale, but half a dozen, or on some farms, as many as 20 they work in and the farmer will never miss the fodder consumed by them.—Stock Journal.

**Late-Hatched Chickens.**

It is not usually profitable to carry the late-hatched chicks into winter quarters, for they will not lay until midwinter or early spring, hence will consume more food than their eggs will pay for. We have found it an excellent plan to keep the late-hatched chicks on the range as long as possible, and when they must be brought in and fed place them in quarters by themselves. Then they are given just enough room to take moderate exercise, some green food and for grain mainly corn, only enough other grain being given them to keep them from being corn sick.

The idea is to fatten them as quickly and inexpensively as possible after they are brought indoors. They are then marketed and bring a price which makes it profitable to raise them to this point. If feed is abundant and one has good specimens they can be wintered, but their eggs should not be used for hatching unless one expects to have use for another lot of late-laying fowls.—Indianapolis News.

**Horse Pastures.**

It sometimes occurs that on some farms breeders are obliged to pasture their young horses on marsh lands, says a horseman. Grasses produced on swamp land do not possess the nutritive properties of forage grown on upland pastures and young animals grazing on lowlands should have a daily feed of grain to maintain thrifty condition. Even in Kentucky on the nutritious bluegrass pastures the best progressive farmers achieve the best results in the growth of young stock by supplementing the grass ration with a feed of oats and bran or corn and bran daily.

Foals are more numerous and aggressive on marsh lands than on high pastures, and the general conditions of rapid development of young stock are unfavorable on low pastures. Unless the foals are fed daily rations of grain when restricted to wet pasture lands they will make indifferent growth and come to winter quarters in poor condition. In horses, in particular, it pays to feed liberally to develop extra bone and muscle to give the animal stamina, symmetry and endurance.—Indiana Farmer.

**Preserving Cut Flowers.**

The best time to cut flowers to keep well is in the early morning, before the sun's rays have reached them. A knife or a pair of scissors should always be used to clip them off, as they should be cut smooth and clean from the stem, and never pulled or broken off. Flowers not fully developed will keep the longest, but they should

reach their maturity of color and size before being cut. After they are cut they should be kept in a cool, shady place, and care taken to prevent drying winds from blowing upon them. If they are to be kept over night or for several days, it is a good plan to put them in a pitcher or a pan of water, and cover the whole with a paper framed like a balloon, then set away in a dark, cool place. In this way they will have plenty of air, darkness and moisture, which are essential to preservation of cut flowers. If wanted to carry a long distance, they should not be packed lightly in a bunch. The best way is to procure a wooden or a stiff pasteboard box, line it with oiled paper or tinfoil, and place a layer of dampened sphagnum moss in the bottom, and upon this the flowers. They should be put in carefully, so that none of the petals will be crushed or receive too much pressure, then given a slight sprinkling of pure water, covered with oiled paper, and the box closed tightly. In this manner they can be carried a long distance, and if not allowed to stand in the sun or remain in a warm room they will come out as fresh as when first cut. When flowers are kept in a vase the water should be renewed every morning. The ends of the stems should be clipped off and all decaying leaves removed. Many receipts have been given for preserving cut flowers every morning. The ends of the stems putting them in boiling water, etc., but nothing preserves them so well as keeping them dark, cool and moist and giving them pure water. Charcoal is sometimes used to keep the water pure, but keeping them supplied with fresh water is better.—The Designer.

**Feeding Horses.**

A very common error in feeding horses is discussed by "The Practical Farmer," as follows:

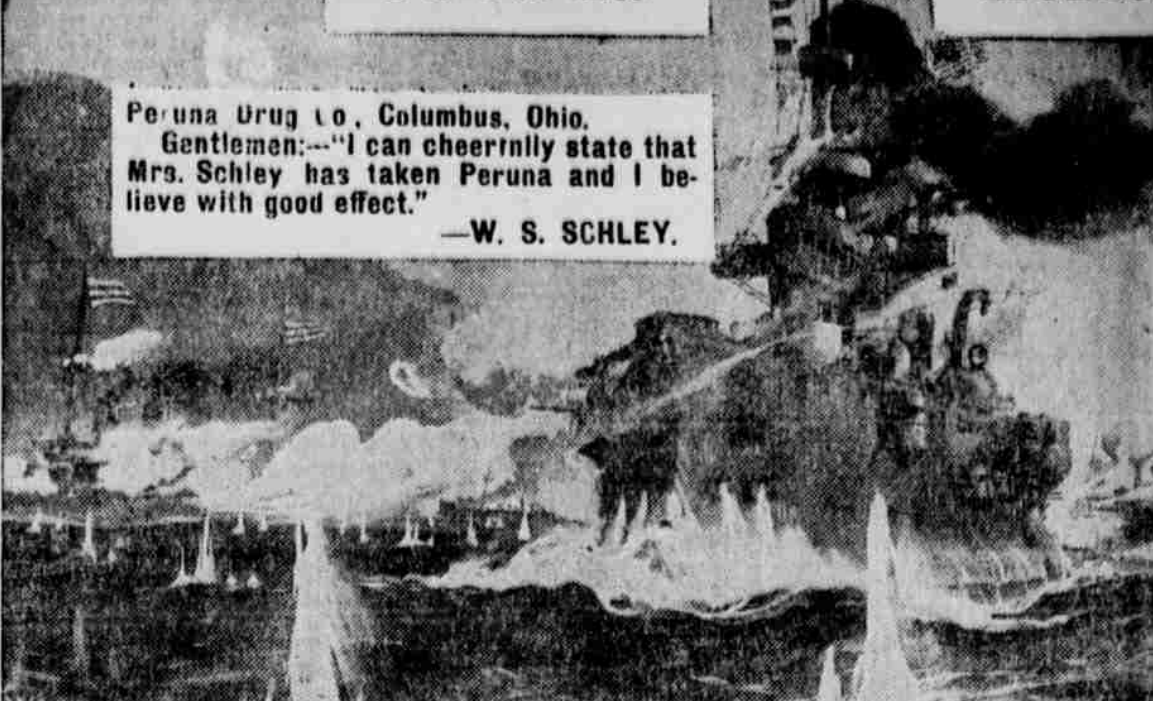
One of the best points made by the state veterinarian, Dr. Butler, at the Institutes in North Carolina, was in drawing attention to the injudicious feeding of horses. He asked how many of those present, when they were about to drive a number of miles to the institute, gave their horses an extra feed. It was evident that most of them did so. The fact is, as he said, we should, under such circumstances, have fed less. No man feels like doing hard work right away after a hearty dinner, and the horse is similarly affected by a hearty meal. Feeding heavily before requiring more work of a horse than usual is apt to result in indigestion and colic, as the blood that was needed by the stomach to digest food is obliged to be used to support the muscles at work. He also said that as the horse has a small stomach as compared with other large animals, it would be better for the work horse to have all his hay at night, and during the day to divide the grain feed among the three feeding times, and to feed less of the bulky hay. Then, too, a horse coming in from a hard day's work is not in a fit condition to digest food, and it would be far better to let him stand and rest an hour before feeding. Horses at work should be watered during meals in the field, and then they will not be apt to drink more than is needed at noon. Horses seldom, if ever, develop colic before breakfast, but generally either in the middle of the forenoon or afternoon, or soon after dark, and injudicious feeding is more generally the cause than anything else. These are common sense ideas, but are seldom practiced. To show how common is the notion that a horse should be fed directly for the performance of work, a writer in the Farm Journal says that the rural mail carriers should feed their horses half way of their drive, when they will be a great deal better able to work without their stomachs being overfull.

**Farm Notes.**

Sheep will not bear neglect and thrive. Cropping the orchard generally does not pay. A garden must be rich, mellow and kept clean. There is no animal more unprofitable than poor sheep. Currant and gooseberry bushes should be pruned every year. The tools and teams should always be the best circumstances will allow. Keep young stock growing and it will be earning something every day. It is usually best to defer transplanting trees until the frost has killed the leaves. No unprofitable animals should be kept a moment longer than necessity requires. It is not what is eaten but what is digested that furnishes the strength and muscle. Early maturity is one of the accepted methods of lessening the cost of stock raising. As a rule, medium sized animals take on flesh more rapidly and can be made fatter and plumper. A sharp plow point will sometimes save a great deal of strength in the team besides better work. Condition makes or unmakes the horse, and on its proper conditioning depends the development of its muscles and its powers of endurance, and on these depend its speed development.

Weeds are continually drawing from the soil the plant food which should go toward the development of the growing crop, and the larger the weeds are allowed to grow the more of the plant food will they consume. Weeds, making the best out of them possible, are parasites not only on the soil and farm crops, but also on the revenue of the farmer.

**Admiral Schley Uses Pe-ru-na In His Home.**



Battle of Santiago, Where Admiral Schley Made History.

Peruna Drug Co., Columbus, Ohio. Gentlemen:—"I can cheerfully state that Mrs. Schley has taken Peruna and I believe with good effect."  
—W. S. SCHLEY.

ONE of the greatest naval battles in the world was the Battle of Santiago. Never since the dispersion of the Spanish Armada has there been a sea-making victory in the onward march of civilization than in the notable event of July 23, 1898, in which the great hero, Admiral Schley, took a leading part.

It was a great naval battle. Without a moment's warning it began. Quick decision, undaunted courage, excellent discipline, resolute self-confidence—these combined in Admiral Schley to produce that dash and daring so characteristic of the American soldier.

A man must think quickly in these days. There is no time for slow action. New enterprises arise in an hour. Old ones pass away in a moment.

A multitude of great themes clamor for notice. A man must take sides for or against by intuition, rather than logical deduction.

One day this fighting admiral, Schley, happened to be in company with one of our writers who was talking about the various topics of popular interest. The subject of Peruna was

raised—its popularity as a catarrh remedy, its national importance, its extensive use.

One asked his opinion. Without a moment's hesitation he said: "I believe with good effect." Peruna is a catarrh remedy. Like the battle of Santiago, the thought was sprung upon him without any warning, and he disposed of it with the same vim and decision as he did with the Spanish fleet led by the ill-fated Viscaya.

His words concerning Peruna have gone out into the world to be repeated by a thousand tongues, because he has said them.

Like the news of his victory over Cervantes, his words concerning Peruna will be repeated by a thousand tongues and passed from mouth to mouth, across oceans and continents.

Except for an inborn manly independence, in a country of free speech, these words never would have been uttered by an officer in such a notable position as that of Admiral Schley. Peruna enjoys, no remedy could ever have received such outspoken public endorsement by such a man.

**PUTNAM FADELESS DYES**

Color more clear brighter and faster colors than any other dye. One box packages colors dye, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer or we will send post paid at 10c a package. Write for free booklet—How to Dye, Bleach and Mix Colors. MUSKOGEE DRUG CO., Birmingham, Ala.

**QUEER ALMANACS.**

**Prisoners Make Liquor.**

Investigation by the prison board and officials into conditions in the Western Pennsylvania Penitentiary, has resulted in the discovery of the manufacture of "moonshine" within the prison walls. The concoction is a powerful draught and is said to be good for a 24-hour "jag." Rice and potato peelings, boiled and fermented, have been used among the prisoners as a stimulant for many months, and the prison officials were astounded that the practice could be continued without coming to the notice of the guards.

The discovery was made in connection with the investigation ordered by the prison board. Prisoners, it is said, have been intoxicated frequently for some time and how they secured the liquor was always a mystery. The prison board will demand a full investigation to learn who has been negligent.

**Picturesque Padua.**

Padua, in spite of its flat surroundings, is one of the most picturesque cities of upper Italy; and the sealer after gardens will find many charming bits along the narrow canals or by the sluggish river skirting the city walls. Indeed, one might almost include in a study of gardens the beautiful Prato della Valle, the public square before the Church of Sant'Antonio, with its encircling canal crossed by baroque bridges, its range of baroque statues of "worthies," and its central expanse of turf and trees. There is no other example in Italy of a square laid out in this park-like way, and the Prato della Valle would form an admirable model for the treatment of open spaces in a modern city.—Century.

**A Mexican Coal Mine.**

A company composed principally of British and German capitalists has been formed for the purpose of working a recently discovered coal field near Sabinas, in the State of Coahuila, Mexico. The principal vein is from seven to eight feet wide and underlies an area of 15,000 acres. The new coal field is about 7 1/2 miles from the Mexican International railway.

**Edison's Happy Accident.**

An accident—a cut on the finger—caused Edison to invent the phonograph, or talking machine. Mr. Edison told the story of this invention to a visitor recently. At the time, he said, he was singing into a telephone, and in the telephone's mouthpiece he had placed for safe keeping a fine steel point. Suddenly this point cut his finger. He found, to his surprise, that it had been moving here and there and round about, guided by the vibrations of his voice.

He placed a strip of yellow paper under the steel point, replaced it in the mouth-piece, and said the alphabet. The steel, while he spoke, ran over the paper, and for each letter of the alphabet it made a different mark, or scratches.

This was what Mr. Edison had hoped for. He now held the steel point still and drew the paper scratches slowly over it. There was given forth, very plainly, the alphabet as he had repeated it.

Thus the principle of the phonograph—the registering and the reproduction of the voice's vibrations—was discovered through the cutting of a finger. It was Edison's finger, though, that was cut. Smith's or Brown's might have been quite hacked off, and no phonograph would have resulted.

According to a medical authority of New York the school teachers of that city are an anemic, underfed, hysterical and defectively physical lot.

**Shepherds Have Original Ways of Marking Time.**

The boundary riders of the great Australian sheep ranches have each a district to look after, in which one must keep the wire fences in repair and see that the sheep come to no harm. It is a hard and lonely life, living, as each boundary rider does, quite alone in the wilderness. A writer tells of some of the curious ways in which these solitary men keep count in the days.

One old man, who had lived in the back country for 30 years, used two jam tins and seven pebbles. One tin was marked: "This week," and the other, "last week." On Monday morning he would take a pebble from "last week" and drop it into "this week," and each subsequent morning till "this week" had swallowed the seven. They were returned to "last week" and the old fellow knew that another Sunday had passed.

FITs permanently cured. No fee or nervousness. First day's use of Dr. King's Great Nerve Restorer. 27 trial bottles and treatise free. Dr. R. H. KING, Ltd., 391 Arch St., Phila., Pa.

The average family in the United States has four and seven-tenths persons.

Pico's Cure is the best medicine we ever used for the most stubborn and dangerous cases of Fits. O. ENOSLEY, Vandalia, Ind., Feb. 19, 1902.

In seven years 250 pupils in German schools committed suicide.

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**Our Social Distinctions.**

"But," said the foreigner, "you have nothing here to exhibit your social distinctions. You all herd together everywhere. Your upper and lower classes are on the same footing."

"You're mistaken. We have sanitariums and lunatic asylums."—Chicago Record-Herald.

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

E. J. CANNON & Co., Toledo, O. 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 obligations made by him. WEST & TRACY, Wholesale Druggists, Toledo, O. WALKER, DRUGS & MEDICINE, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is sold internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Her Tippling. "I have been very much interested in these experiments with tetrahedral kites," said the man with the gold glasses.

"Yes," answered Mrs. Camro, "I have concluded that the smart way to get rid of all such things is to boil the drinking water."—Washington Star.

DO NOT GET WET

**DO NOT GET WET**

SAVE ALL OTHERS' TOWERS' FISH BRAND WATERPROOF OILED CLOTHING

THE HIGHEST STANDARD OF QUALITY (FOR OVER 25 YEARS) HALL A CENTURY

**WORMS**

"I write to let you know how I appreciate your Cascarets. I commenced taking them last November and took two ten cent boxes and passed a stone worm 28 ft. long and over a thousand small worms. Previous to my taking Cascarets I didn't know I had a tape-worm. I always had a small appetite." Wm. F. Brown, 186 Franklin St., Brooklyn, N. Y.

Best For The Bowels

**Cascarets**

THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Painless, Taste Good, Do Good, Never Sickens, Weakens or Irritates. Do Not Stop. Guaranteed to cure or your money back. Sterling Remedy Co., Chicago or N.Y. 50c ANNUAL SALE, TEN MILLION BOXES

**The Eminent Scotch Physician**

When all other help fails consult

**DOCTOR GINNER,**

He will cure you of Cancer, Consumption, Nervous Diseases and long standing complaints. Note the address, 708 Penn Avenue, Pittsburg, Pa. All advice free of charge.

Associated with Thompson's Eye Water

**Wanted**

Gentlemen and lady agents in every city and town to sell our product. THE SOYBEAN CO., Leadville, Pa.

**PISO'S CURE FOR CONSUMPTION**

Best of all cures. Guaranteed to cure. Sold by druggists.

**St. Jacobs Oil**

Known the world over as the promptest, surest cure for **Rheumatism and Neuralgia**