



To be a successful wife, to retain the love and admiration of her husband should be a woman's constant study. If she would be all that she may, she must guard well against the signs of ill health. Mrs. Brown tells her story for the benefit of all wives and mothers.

"DEAR MRS. PINKHAM:—Lydia E. Plankham's Vegetable Compound will make every mother well, strong, healthy and happy. I dragged through nine years of miserable existence, worn out with pain and weariness. I then noticed a statement of a woman troubled as I was; and the wonderful results she had had from your Vegetable Compound, and decided to try what it would do for me, and used it for three months. At the end of that time, I was a different woman, the neighbors remarked it, and my husband fell in love with me all over again. It seemed like a new existence. I had been suffering with inflammation and falling of the womb, but your medicine cured that, and built up my entire system, till I was indeed like a new woman.—Sincerely yours, Mrs. CHAR. F. BROWN, 21 Cedar Terrace, Hot Springs, Ark., Vice President Mothers Club.—\$5000 Profit if original of above letter being genuine cannot be increased.

Gray's Peak by Rail.
It is now planned to build a railroad up Gray's Peak in Colorado. The railroad will be the highest in the world, the last station being 200 feet above that on Pike's Peak.

To Cure a Cold in One Day.
Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Killed Medicine Man.
Unapacha Heecha, one of the great medicine men of the Plutes, is dead, having been slain by tribesmen because he failed to propitiate the evil spirit and bring about better conditions among the tribes which live along the Colorado, and his slayer, Arin Mecha, has killed himself in obedience to the order of the ruling chiefs.

The double killing occurred a few days ago north of Spear's Lake, 16 miles out from Needles. It appears that the medicine man had been condemned to death because of his failure to drive away the spell which was rapidly killing off the tribe, and at a concave of braves his death was decided upon. He was first ordered from the land where his hut stood for many years. He failed to go, believing that as soon as he had stepped from the boundary of his property, which is supposed to be consecrated, he would die.

Mecha succeeded in getting him off, but desecrated the land by fighting the medicine man in his own house, and after he had shot Heecha through the head he turned the gun on himself, blowing out his brains. A great pow-wow followed, great honors being done to both bodies as the funeral pyre slowly consumed them.—Denver Post.

Canadian women are said to eat too much sweets. Their complexions are almost invariably dead, an authority says.

In the French army soldiers are allowed to have gardens in any spare barracks ground and grow vegetables, which help out their rations.

HABITS' CHAIN.
Certain habits unconsciously formed and hard to break.

An ingenious philosopher estimates that the amount of will power necessary to break a life-long habit would, if it could be transformed, lift a weight of many tons.

It sometimes requires a higher degree of heroism to break the chains of a pernicious habit than to lead a forlorn hope in a bloody battle. A lady writes from an Indiana town:

"From my earliest childhood I was a lover of coffee. Before I was out of my teens I was a miserable dyspeptic, suffering terribly at times with my stomach.

"I was convinced that it was coffee that was causing the trouble and yet I could not deny myself a cup for breakfast. At the age of 26 I was in very poor health, indeed. My Sister told me I was in danger of becoming a coffee drunkard.

"But I never could give up drinking coffee for breakfast although it kept me constantly ill, until I tried Postum. I learned to make it properly according to directions, and now we can hardly do without Postum for breakfast, and care nothing at all for coffee.

"I am no longer troubled with dyspepsia, do not have spells of suffering with my stomach that used to trouble me so when I drank coffee." Name given by Postum Co., Battle Creek, Mich.

Look in each pkg. for the famous little book, "The Road to Wellville."

ORCHARD and GARDEN

Ammonia in Manure.
Lime plaster or gypsum has undoubted value in holding the ammonia or nitrogen in stable manure, although some scientists dispute this. Still kainit is so much better for this purpose than the gypsum that it is a wonder any of the latter is used. It is true kainit is more expensive in first cost, but then it not only holds the ammonia better than the gypsum, but it adds to it a desirable plant food which gypsum does not.

If one must, for any reason, store the stable manure for some portion of the winter, the bulk of its value will be maintained if stored in pits with cement bottoms, so that the liquid portions are retained, and the mass treated with kainit occasionally. The cost is small compared with the increased value of the manure. Try it this winter and you will become a convert to the practice.—Indianapolis News.

Feed Mill on the Farm.
On any farm where there is stock to feed whether cows, sheep, hogs or poultry, the feed mill or grinder is one of the best investments of food one can have. These mills are made in various sizes and suited to the large or the small farm. With such a mill one is in a position to give variety in form of feeding that is impossible unless one is prepared to buy various kinds of ground food.

Where corn constitutes the main food as in the case on most farms it is plain to see that it is not advisable to feed it in the same form all the time. With the feed grinder it is possible to mix the several ground grains in small quantities which would hardly buy. Where poultry keeping is a part of the farm industry there will be found abundant use for the feed grinder and it will pay a good profit on the investment.—Indiana Farmer.

Increasing Manure Value.
The Ohio experiment station has been doing some good along the line of proving how the value of the stable manure may be increased by proper handling. It is peculiarly gratifying to the writer to read the report because it substantiates that which he has so persistently advocated for years. The experimenters found that stable manure carted to the field and spread soon after it was made gave a crop return in value amounting to 85 cents a ton of manure value and that when crude phosphate rock was occasionally sprinkled on the manure a value of 18 cents more was added, more than the cost of the phosphate. The crop on which the experiment was tried was on clover sod plowed under for corn. In the experiments wheat and clover followed the corn without further fertilizing and with satisfactory results. This report is one more proof that farmers are lightly losing many dollars they might save with little effort if they would give more time to studying their business.—Indianapolis News.

Pumpkins a Profitable Farm Crop.
In our experience nothing pays better than pumpkins, the work, and cost considered. On good land they are almost a sure cropper, and if the season is right, very prolific. This year being cold and wet, the crop was not what it should have been; yet of a 20-acre corn field, that will average about 45 bushels of corn, we have already hauled out 1600 of the yellow fellows, and can safely say that there are six or seven hundred still in the field, to be got out later on.

We are feeding them to our cows and hogs, and the sheep are doing a little along the line of eating them, but not with much relish. For a number of years we used to remove the seed before feeding them to the milk cows, but found it to be useless, as instead of drying the cows up they seemed to increase the flow of milk. Don't understand me to mean that a gallon of the seed at a feed would be the right thing. But the seed in two pumpkins at a feed eaten with the pumpkins, in my opinion, will prove more of a benefit than a detriment. I have learned from experience that feeding pumpkins in moderation tends as a first-class conditioner to both cattle and hogs, and while I cannot vouch for this assertion, I have been told by others with more experience than I have had that herds of hogs fed upon pumpkins are never attacked with cholera or swine plague. I do know that for the last five years I have fed them and have had no disease. Of course, I do not attribute the fact alone to the pumpkin feeding, although it may be largely the cause.

If some readers have never raised pumpkins as a cattle feed they should certainly experiment with them and they will be more than repaid.—F. M. Minor, in the Tribune Farmer.

Earning a Reputation.
It would be space well used if by the devotion of this entire department to the one subject it would be possible to convince farmers, poultrymen, dairymen and fruit growers that the ordinary products of their business will bring only ordinary prices and, in the event of a flooded market, prove a drug which will hardly pay shipping expenses. On the other hand, it is rare that the superior article

does not bring a profitable price. More than a dozen years ago the writer visited a gentleman in Florida who had gone to that state from Ohio to engage in growing vegetable for the northern markets. He had had varied experiences and to verify one of them he showed me a check which he had received from a commission man in New York, amounting to 92 cents, as the net return for some 20 crates of tomatoes. The check was in a pretty frame and hung against the wall. My friend admitted that while he believed the tomatoes brought a better net return than 92 cents and that he had been cheated, he did not know at that time all that he learned later about tomato packing. The small return angered him and made him determined to put tomatoes in New York that would bring him an adequate return, so he thought out a plan of wrapping each tomato in tissue paper before covering it with the straw paper, as was generally done. Then he took a sample crate to New York and hunted until he found one house with a select trade who were willing to pay him a proper price for selected fruit attractively packed. To make a long story short, my friend is now comfortably well off and frankly ascribes his success to supplying a superior article and obtaining for it a high price. He has made a reputation and his name stamped on the tissue paper covering any fruit or vegetable shipped by him as a guarantee of superiority and honest and attractive packing. Others can do the same if they will and the plan is worth trying.—Indianapolis News.

The Pasture Supply.
On most farms pasture is either lacking or is overabundant, owing to variable weather conditions, and the farmer is unable to adjust the amount of stock he keeps to the inconstant pasture supply. It is rare to find a mixed farmer who is not too short in pasture at some period of the season, and the prudent man will provide for such lack by a catch crop of some kind. Many never do this, however, and suffer serious loss in consequence. There is a class of farmers who are always short in pasture, except possibly for a short time in the best growing period, or when abundant rains make rapid growth.

Most of us can secure more pasture than we do from the area in sod. Pasture has the least consideration of any crop on the farm, while it is one of the most important crops. The supply will never be better until farmers make a study of the crop and how to grow it best. Much land that should be used for pasturing only is constantly kept under a cropping till crops begin to fail and then seeded down and the grass allowed to get what it can from the depleted soil. Not much pasture can be reasonably expected from such conditions, but usually more is expected than is secured. The greater value is placed on the grain crop. A better day would dawn if all land that is uncertain for grain was put in pasture, then make it the recuperating crop by giving it a chance. Pasture should be fed, as other crops are, by barnyard manure and commercial fertilizers. When manure is applied to pasture lands it never fails to respond quickly and profitably. The farmer who owns and works land can adjust the division of it to pasture and grain much better than the man that rents and must change often. The farmer, as a class, should go more to stock and pasture, for they must act as a balance wheel to keep the whole area of country from being impoverished. These farmers, located in every community where there are renters that want about all the land under the plow, and sell all they can, have a splendid opportunity to build up pasture lands by purchasing and feeding grain and roughage on their farms. Farmers that desire to get a part of their land under the plow because impoverished or because it is necessary for other reasons, will find that purchased food and more manure made will help on every rapidly to a good soil on sterile fields. With the fall seeding of grain such grass seed as is suitable to the season should be sown, and in the spring others added that belong to the season.

The time will doubtless soon come when farmers will feel about grass seeding as they do about wheat—that they cannot afford to do it without the use and help of commercial fertilizer. Where pasture comes to be the main crop an alfalfa meadow can be used to keep half in the meadow or as a sowing crop to carry over drouthy times. Many will find it advisable to have silage in store for these times and as a help to the pasture lands, for pasture stocked too heavily cannot give profit. I pass out these thoughts to farmers that want more and better pastures.—John M. Jamison in Ohio Farmer.

Value of Two Heads.
Merchant—I think I shall take a partner in this new business venture of mine. "Two heads are better than one."

Knox—Yes, and then when you fall you can have somebody to blame it on.—Philadelphia Press.

THREE YEARS AFTER.
Eugene E. Lario, of 751 Twentieth avenue, ticket seller in the Union Station, Denver, Col., says, "You are at liberty to repeat what I first stated through our Denver papers about Doan's Kidney Pills in the summer of 1899, for I have had no reason in the interim to change my opinion of the remedy. I was subject to severe attacks of backache, always aggravated if I sat long at a desk. Doan's Kidney Pills absolutely stopped my backache. I have never had a pain or a twinge since."
Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price 50 cents per box.

British Statesmen and Their Tips.
There is a waiter in a big London restaurant who says that the biggest tip he ever received came from Mr. Herbert Gladstone, who bestowed £2 on him after he had attended to the wants of half a dozen guests at a luncheon party given by that gentleman.

Mr. Chamberlain has the reputation of being a somewhat generous donor of tips, though the protectionist leader very seldom dines at a restaurant. One waiter, now the owner of a restaurant himself, declares that Lord Beaconsfield was very stingy with his tips, and that the great Conservative statesman would regard six pence as ample compensation for attendance at dinner.—London Mirror.

The American Bluejacket.
It has long been a tradition among the navies of the world that the American man-of-war's-men enjoy more material comforts than the sailors of any other civilized force. Their rations are better, their pay is higher, their privileges are more liberal and of late years their chances of advancement have been greater. These perhaps are important reasons for their superior efficiency and discipline, though, as in all other channels of employment in this country, the higher average of intelligence and the lower percentage of illiteracy among the native born are the controlling factors.—New York Times.

CUTICURA SOAP.
The World's Greatest Skin Soap, the Standard of Every Nation of the Earth.

Millions of the world's best people use Cuticura Soap, assisted by Cuticura Ointment, the most perfect of emollient skin cures, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and for stopping falling hair, for softening, whitening and soothing red, rough and sore hands, for baby rashes, itchings and chafings, and many sensitive, antiseptic purposes which readily suggest themselves to women, especially mothers, as well as for all the purposes of the toilet, bath and nursery.

Transmuting Vegetables.
The discovery of a means of metamorphosing radishes into potatoes has been made in so solemn a place as the Academy of Science, Paris. M. Mollard takes a very young radish, "Pasteurizes" it in a certain way and it grows up into a fine potato. More scientifically, the young radish is cultivated in a glass retort, after a process invented by Pasteur, in a concentrated solution of glucose. Starch then develops plentifully in the cells of the radish, which swells out, loses its pepperyness and acquires practically the consistency, flavor and especially the nutritive properties of the potato.—St. James Gazette.

Psycho-ogy of the Setting Hen.
The hen patiently "sets" only through the overpowering pressure of a mysterious creative impulse that masters her restless impulses to be outside scratching and cackling, instead of working for posterity.—Boston Herald.

\$100 Reward, \$100.
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only restorative cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acts directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietor has no other interests. Its curative powers that offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CRENSHAW & Co., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

Lofty Statue.
A huge statue of the Virgin has been successfully placed on the summit of the Dent du Geant, a mountain in Italy 13,000 feet high, near Milan. Divine service was performed on the summit in celebration of the event by the vicar of Courmayeur.

Big Gold Nugget.
One of the largest gold nuggets ever found in Colorado was recently picked up at Snowstorm placer in Park county, between Alma and Fairplay. It weighs 126 ounces and has a market value of \$2,900.

Europe's First Mormon Temple.
The first Mormon temple ever erected in Europe has just been completed at Stockholm. It will accommodate 1,000 persons.

Birth Rate Decreasing.
Statistics show that the birth rate in the largest German towns is steadily decreasing, notably in Berlin, Charlottenburg, Hamburg and Crefeld.

An effort is to be made to bring realization of the long-discussed project of an adequate Shakespeare memorial in London. Subscriptions are to be invited in all parts of the world, and the promoters count on getting a large amount from the United States.

FARM TOPICS.

HOW TO MIX FERTILIZERS.

The study of plant food and the various combinations made to increase its effectiveness and reduce its cost are important matters for consideration at any season of the year. For a long time much of the commercial plant food will be sold in the form of ready-mixed goods, but there is a growing demand among young farmers for formulas to do home mixing, says a writer in Rural World.

Using the kind and grade of material available a ton of 4-8-8 goods could be made from nitrate of soda, 325 pounds; cottonseed meal, 235 pounds; acid phosphate, 1120 pounds; muriate of potash, 320 pounds.

Tankage of the grade known as lime and twenty could be substituted for the cottonseed meal, and for tobacco, potatoes and tomatoes, sulphate of potash should be used instead of muriate.

Some of the Eastern truckers prefer nitrogen basis from three sources; the mixture on this basis would become nitrate of soda, 140 pounds; sulphate of ammonia, 110 pounds; cottonseed meal, 310 pounds; acid phosphate, 1120 pounds; muriate of potash, 320 pounds.

Sulphate of ammonia is at present the most expensive source of nitrogen and is rarely found on sale in the South and West. Care must be taken to secure the right kind of tankage, as a great variety of material is sold under that name and its nitrogen content may vary from three to twelve per cent, in different grades.

COTTON SEED MEAL.

The Department of Foods and Feeding has recently made a collection of cottonseed meal offered in Massachusetts markets. According to Jenkins, the rules of the Cottonseed Crushers' Association require "choice" meal to contain a minimum of 6.8 per cent of nitrogen equivalent to 42.2 per cent protein, or if from the South Atlantic States, 6.2 per cent of nitrogen equal to 38.6 per cent protein. About all of the meal now offered in this State is guaranteed to contain 43 per cent protein (6.58 per cent nitrogen) and nine per cent fat.

All of the samples collected were noticeably low in water, ranging from 6.27 to 7.80 per cent. The sample branded Dixie contained only 37.41 per cent protein and is decidedly inferior. Several other lots scarcely met their guarantees of 43 per cent. Most of the samples collected were derived from the 1903 cotton crop. They had a bright yellow color and were quite free from hulls. A number of brands contained rather more "linters," or short fibre than was desirable. On the whole the quality of meal may be regarded with satisfaction, and shows an effort on the part of manufacturers and importers to place standard goods upon the market. The price of cottonseed meal has risen steadily since 1899, when it could be bought for about \$24 a ton. In spite of this fact, it may be considered at present one of the cheapest sources of protein for feeding purposes, as well as an economical source of organic nitrogen.—J. B. Lindsay, Hatch Experiment Station, Amherst.

AUTOMATIC FOUNTAIN.

An Ohio man gives this description of his poultry fountain: Every poultry-keeper knows how difficult it is to keep good, clean water for a large flock of hens shut up in a house or yard. If furnished in an open vessel it is soon lowered out of reach or filled with dirt and litter by their scratching. Various small fountains are on the market which do for little chicks, but large fowls shut in a warm house drink a great deal and require lots of time and attention. The accompanying cut shows an automatic fountain



FOUNTAIN FOR POULTRY.

which I devised for use in my poultry house. It is made of a ten-gallon keg. A pint tin cup is connected by a small tube to the lower end, from which the chickens drink. To fill the keg the tube is corked, then the cork is taken out of the top. When it is filled make the bung tight and open the tube below. The water will not run out of the cup if the tube is an inch or more below the top. One cup will water a good-sized flock. Two or more cups may be used if necessary. The fountain should be set on a box about eight inches high, just so the hens can reach it and not throw dirt into the cup by scratching. With this arrangement they have plenty of clean water and require our attention but once a day.

Bulgarian newspapers give the names of two doctors of philosophy who have taken the teaching of Tolstoy's so much to heart that one of them has become a cobbler and the other a bootblack.

SISTERS OF CHARITY

Uses Pe-ru-na for Coughs, Colds, Grip and Catarrh—A Congressman's Letter.



In every country of the civilized world the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs.

With so many children to take care of and to protect from climate and disease, these wise and prudent Sisters have found Peru-na a never failing safeguard.

Dr. Hartman receives many letters from Catholic Sisters from all over the United States. A recommendation recently received from a Catholic institution in Detroit, Mich., reads as follows:

Dr. S. B. Hartman, Columbus, Ohio:
Dear Sir: "The young girl who used the Peru-na was suffering from laryngitis and loss of voice. The result of the treatment was most satisfactory. She found great relief, and after further use of the medicine we hope to be able to say she is entirely cured."—Sisters of Charity.

The young girl was under the care of the Sisters of Charity and used Peru-na for catarrh of the throat with good results as the above letter testifies.

Send to The Peru-na Medicine Co., Columbus, Ohio, for a free book written by Dr. Hartman.

The following letter is from Congressman Meekison, of Napoleon, Ohio: "The Peru-na Medicine Co., Columbus, O.: Gentlemen: 'I have used several bottles of Peru-na and feel greatly benefited thereby from my catarrh of the head, and feel encouraged to believe that its continued use will fully eradicate a disease of thirty years' standing.'—David Meekison.

Dr. Hartman, one of the best known physicians and surgeons in the United States, was the first man to formulate Peru-na. It was through his genius and perseverance that it was introduced to the medical profession of this country. If you do not derive prompt and satisfactory results from the use of Peru-na, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

BEST FOR THE BOWELS

Cascarets

CANDY CATHARTIC

GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, yellow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what you get, start taking CASCARETS today and stay well until you feel your bowels moving under absolute guarantee to cure or right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C. C. Never sold in bulk. Sample and booklet free. Address: Dr. J. C. Fildes, Remedial Company, Chicago or New York.

Returned with Thanks.
It happened long ago, when Mark Twain was an editor in the West. The morning's mail had brought a bill from his tailor, not an unusual occurrence. The boy who went through the mail called the future humorist's attention to it.

"And," added the boy, "he has written on the back that he wants a settlement at once."

"You should know what to do with such copy without asking," said Mr. Twain. "Enclose it with the regular printed slip stating that all manuscript written on both sides of the paper is unavailable."

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 331 Arch St., Phila., Pa.

There are about 400,000 species of animals on land and sea.

A Guaranteed Cure For Piles.
Itching, Bleeding or Protruding Piles. Treatment will refund money if Pile Ointment fails to cure in 6 to 14 days. 50c.

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

At one time King Peter of Servia was a Socialist.

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

Last year, in India, over 23,000 persons were killed by snake bites.

Romans Wore Earrings.
Both men and women wore earrings in ancient Rome. The latter were especially extravagant. Seneca wrote that some earrings worn by women were so costly that a single pair was worth the revenue of a large estate.

A Turk from Smyrna has applied for membership to the New York Stock Exchange. He is very rich and a heavy dealer in cotton in Asia Minor and Egypt.

"From the cradle to the baby chair"

HAVE YOU A BABY?

If so, you ought to have a

PHOENIX WALKING CHAIR

"AN IDEAL SELF-INSTRUCTOR."

OUR PHOENIX Walking Chair holds the child securely, preventing those painful falls and bumps which so frequent when baby learns to walk.

"BETTER THAN A NURSE."

The chair is provided with a removable, sanitary cloth seat, which supports the weight of the child and prevents bow-legs and spinal troubles; it has a table attachment which enables baby to find amusement in its toys, etc., without any attention.

"As indispensable as a cradle."

It is so constructed that it prevents soiled clothes, sickness from drafts and floor germs, and is recommended by physicians and endorsed by both mother and baby. Combines pleasure and utility. No baby should be without one. Call at your furniture dealer and ask to see one.

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Can only be had by your furniture dealer.

P. N. U. 1, 1905.

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DROPSY NEW DISCOVERY! gives relief in 10 minutes. Cures dropsy, edema, heart failure, kidney trouble, and all cases of dropsy. Sold by druggists.

PISO'S CURE FOR CONSUMPTION

Best Cough Syrup. Tastes Good. Use 12 times a day. Sold by druggists.