## WOMEN WHO CHARM **MEALTH IS THE FIRST ESSENTIAL** It Helps Women to Win and Hold Men's Admiration, Respect and Love

Woman's greatest gift s the power to inspire admiration, respect, and love. There is a beauty in health which is re attractive to men than mere regu larity of feature.



To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study. At the first indication of ill-health, painful or irregular menstruation, headache or backache, secure Lydia E. Pinkham's Vegetable Compound and

begin its use. Mrs. Chas. F. Brown. Vice-President Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes:

Springs, AFE., Writes: Dear Mrs. Pinkham:--"For nine years I dragged through a miser-able existence, suffering with inflammation and falling of the womb, and worn out with pain and weariness. I one day noticed a state-ment by a woman suffering as I was, but who had been cured by Lydia E. Pinkham's Veg-etable Compound, and I determined to try if. At the end of three months I was a different woman Every one remarked about it, and At the end of three months 1 was a different woman. Every one remarked about it, and my husband fell in love with me all over again. Lydia E. Pinkham's Vegetable Com-pound built up my entire system, cured the womb trouble, and I felt like a new woman. I am sure it will make every suffering woman strong, well and happy, as it has me." Women who are troubled with pain-

ful or irregular menstruation, backache, bloating (or flatulence), leucor-rhœa, falling, inflammation or ulceration of the uterus, ovarian troubles. that "bearing-down" feeling, dizzi-ness, faintness, indigestion, or nervous prostration may be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound.



A High Safary. The highest figure paid to any pro-consul by England is \$100,000, which is the sum received by the Viceroy of India. This seems a large sum, but it never really covers the expen-ses, The South African post pays \$55,-000.

\$100 Reward. \$100.

work. The proprietors have so much faith in its curative powers that they offer One Hun-dred Dollars for any case that it fails to cura. Send for its of testimonials. Address F. J. CREMENT & Co., Toledo, C. Sold by Dragging 756

Sold by Druggists, 75c. Take Hall's Family Pills for constipation

Just before he left the Pension Office,

Commissioner Ware was asked for a

recommendation by a watchman. This

is what Ware wrote: "Dear Jackson-

If you are not in Heaven when I get

there, I'll fix it to have you trans-

try.

ferred."

The United States is the largest consumer of tin in the world, but derives its supplies from the Straits Settle-

ments, from Banka, and other European sources. Only a few hundred pounds of tin are mined in this coun-**StoO Reward.** Stor. The readers of this paper will be pleased to learn that there is at least one dreaded dis-ease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical trateraity. Catarrh being a con-stitutional disease, requires a constitutional stitutional disease, requires a constitutional treatment, Hall's CatarcaCureis taken intertreatment. Hall's Catarrature is taken inter-nally, acting directly upon the blood and mu-coussurfaces of the system, thereby destroy-ing the foundation of the disease, and giving the patient strength by building up the con-stitution and assisting nature in doing its the silo, ears and stalks.

are valuable that it is not possible to describe the best one nor the methods employed in filling one. The better way is to visit a silo near one and see how the structure is built and how the work is done and follow along the lines of success. Next thing to a silo, it the opinion of the writer, is the plan of cutting the corn stover or shredding it so that the animals can get all there is to get out of the nourishing part of the corn.-Indianapolis News,

HANDY HARROW.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. All druggists retund money if it fails to cure. E. W. Grove's signature is on box. 25c. Great souls can neither be starved by poverty nor choked by riches.

NO SLEEP FOR MOTHER

Baby Covered With Sores and Scales-Could Not Tell What She Looked Like-Marvelous Cure by Cuticura.

"At four months old my baby's face and body were so covered with sores and large scales you could not tell what she looked like. No child ever had a worse case: Her face was being eaten away, and even her finger nails fell off. It itched so she could not sleep, and for many weary nights we could get no rest. At last we got Cu-ticura Soap and Ointment. The sores began to heal at once, and she could sleep at night, and in one month she had not one sore on her face or body. - Mrs. Mary Sanders, 709 Spring St., Camden, N. J.'

Lincoln Never Said It. Representative Snooks, of Ohio, has a curious constituent of a literary turn of mind, who studies the sayings supposed to have fallen from the lips of great men. Recently this curious constituent wrote to Mr. Snooks, inquiring what speech of Abraham Lincoln's contained these famous words:

"You can fool all the people some of the time, and some of the people all of the time, but not all the people all the time."

As Mr. Snooks is an accommodating Democratic Representative, he referred the inquiry to the Librarian of Congress, where he was quite surprised, as lots of other people will be, to learn that the words were not Lincoln's at all. Assistant Librarian Spofford sent

him a little note, saving that the sentence does not occur in any of Linfood. coln's writings, and that Mr. Nicholay, Lincoln's secretary, told him (Spofford) that they are spurious. Mr. Spofford says Barnum was the author of the popular sentence, which has been heard hundreds of times on

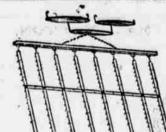


WHEREIN THE SILO PAYS.

Any raiser of animals on the dairy man has a friend in the silo which he will not appreciate more than in seasons like the present when the corn crop is largely late throughout the country. To permit the corn to stand in the field and be frost-bitten is to ender it practically useless and valueless, but with the silo it is possible. not only to save it but to have for the animals a food supply that is extremely valuable. If one has a silo and the kernels on the corn ears have begun to harden the crop is ready for There are so many kinds of silos that

The harrow herewith illustrated is eight feet long by four feet wide, with eight teeth in each beam. The teeth should be of five-eighth-inch steel and put through not more than two inches. This makes a fine comb harrow which cuts all the top and does not pull up trash. Each beam is attached to the colling har with a book and drop link. Through the middle is an inch rod

put through thimbles, one being slipped over each beam. This makes



HARROW IN POSITION. the harrow flexible. By withdrawing the inch rod and unbooking from the pulling bar, it can be sheltered in very small space. A boy can handle it. The harrow is very easy to draw, the beams being near the ground act as levelers, while the teeth cover every inch of ground.-J. Flomefell, in Farm Visitor.

ACRICULTURE AND BACTERIA. It is evident that during the years to come as much attention will be given to the bacteria in the soll as has

heretofore been given to the chemical constituents of it. Plants cannot grow without something to subsist upon. This is just as much a fact in the vegetable kingdom as it is in the animal kingdom, with this difference, that

the necessary food must be placed within easy reach of the plant, while the animal may travel in search of Chemists have discovered that three

kinds of food are necessary to make a "balanced ration" for most plantspotash, phosphorus and nitrogen. The two first are quite abundant in most solls, and they are cheaply and easily fenses of this country are lamentably applied where deficient. But these, insufficient. however abundant, will not produce the best results in plant growth in the absence of the third, nitrogen. It is seldom that nitrogen is found abundantly in the soil, and it is more easily exhausted than the other elements, while its return in an artificial way is so expensive as to be impracticable. But nature in this respect has been kind. The earth is wrapped in a thick blanket rich in nitrogen-the air we breathe-affording an inexhaustible supply. Men have long known this, but their ingenuity has been inadequate to the devising of a means for capturing and applying this aerial nitrogen. But nature again supplies strength to man's weakness. The means had been abundantiy provided, but he did not know it. Millions, billlons, trillions (numbers become completely exhausted in their presence) of minute organisms were all the time at work in the soil to catch from the air and hold in the soil, the fugitive nitrogen. But these little organisms need encouragement. Here is where man's part of the work comes in. They flourish best, and do their work most perfectly at the roots of certain plants, legumes, pod bearers-peas, beans, clovers, alfalfa and a very large num ber of similar plants. Man's work is very simple. Where these bacteria do not exist they must be introduced.« Then they must be assisted by giving them the benefit of the plants best suited to aid them-to encourage their propagation; multiplication and most effective work. The bacteria are various almost as the plants are various. But after successful crops of these bacteria aiding plants, other crops, nitrogen exhaust ing crops, may be planted with assurance of success. This course pursued. and the simple elements of potash and phosphorus attended to, soll exhausearth is surrounded by atmosphere as at present .-- Up-to-Date Farming. Last year forgetful passengers left era rallway 417 hats, caps and bot

# ACHED IN EVERY BONE. Chirage Sociely Woman, Who Was So Slok She Could Not Sleep or Eat. Cured by Donn's Kidney Pills.

Marion Knight, of 33 N. Ashland Ave., Chicago, Orator of the West Side Wednesday Club, says: "This winter when 1 started

to use Donn's **Kidney** Pills 1 ached in every bone and had intense pains in the kidueys and peivic organs. The uriue was thick and cloudy, and I could barely eat enough to live. 1 felt a chauge for the MARION ENIGHT.

week. The second week I began eating heartily. I began to improve generally, and before seven weeks had passed I was well. I had spent hundreds of dollars for medicine that did not help me, but \$6 worth of Doan's Kidney Pills restored me to perfect health."

A TRIAL FREE-Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 59 cts.

### Passing of the Cane.

Fashion takes odd twists, and you may have noticed the decadence of the walking stick. It was in the fashion about four and twenty centuries ago, when the man who appeared in the streets of Athens without a stick was liable to be run in as a disorderly person.-London Chronicle

Both at Bonn and at Breslau new colleges for girls have been opened, offering a six-year course after graduation from high school.

This Will Interest Mothers.

Mother Gray's Sweet Powders for Children, need by Mother Gray, a nurse in Children's Home, New York, cure Constipation, Fever-ishness, Testhing Disorders, stomach Trou-bles and Destroy Worms; 30,000 testimonials of cures. All druggists, 25c. Sample Farz, Address Allen S. Oimsted, Le Roy, N. Y

The average age at which civilized women marry is twenty-three and one-half years.

A Welshman on the witness stand in court was asked whether he could speak English. He said he knew enough English to ask for beer, and that was enough for him.

Earliest Green Onlong

The John A. Salzer Seed Co., La Crosse, Wis., always have something new, some-thing valuable. This year they offer among their new money making vege-tables, an Earliest Green Eating Onion. It is a winner, Mr. Farmer and Gardener!

JUST SEND THIS NOTICE AND 16C. and they will send you their big plant and seed catalog, together with enough seed

to grow 1,000 fine, solid Cabbages, 2,000 rich, juicy Turnips, 2,000 blanching, nutty Celery, 2,000 rich, buttery Lettuce, 1,000 splendid Onions,

1,000 splendid Onions, 1,000 rare, 'uscious Radishes, 1,000 gloriously brilliant Flowers. In all over 10,000 plants—this great offer is made to get you to test their warranted vegetable seeds and ALL pro-ALL FOR BUT 16¢ POSTAGE,

will send them 20c rostane, providing you will return this notice, and if you will send them 20c in postage, they will add to the above a big package of Salzer's Fourth of July Sweet Corn-the earliest on earth-10 days earlier than Cory, Peepo Day, First of All, etc. [A.C.L.]

Maj. Harrison of the Federal army, has made a statement to Gen. Chaffee that the submarine and torpedo de-

### SCIENCE NOTES.

The black sands of the Ouesnell river, in the Cariboo district of British Columbia, contain some platinum and osmiridium. These metals have not received much attention, owing to the difficulty of saving them.

Dr. C. R. Eastman of Harvard calls attention, in Science, to the "astonishing longevity of the popular delusion," to which even educated people at the present day give credence, that living frogs, toads and other animals are sometimes discovered in hermetically sealed cavities in tree trunks and rocks. After quoting a number of remarkable instances of these alleged discoveries, Doctor Eastman says that a little reflection shows, from the very nature of things, that such tales are incredible and that these who better within a vouch for them must be mistaken in their observations, as the most sharpsighted persons are deceived by the feats of a prestidigitator.

> An idea which has occurred to many minds since the first "harnessing" of Niagara Falls, was clearly put by Mr. H. W. Buck in a paper read before the Engineers' society of Western New York. It is that most of the electric power obtained from the falls will be used within a few miles of its place of origin instead of being trans. mitted to distant citles. In other words, Mr. Buck believes with Profescor Brigham that at and near the falls will be situated the future industrial center of America. It would be theoretically possible, he says, to transmit power from Niagara as far as San Francisco, but the cost would be prohibitive. It is much cheaper to locate factories near the falls.

In order to represent strikingly and ful glass worker under the direction of Doctor Dahlgren. Many of these minute forms are as transparent as

clear glass, many are beautifully tinted, and their colors are imitated in the models.

#### Submarine Balloon.

In various parts of the Pacific ocean, chiefly along the shores of America and Asia, is to be found the largest as well as one of the most wonderful aquatic plants that exist upon the globe. This is called the Nereocystis, and it is particularly plentiful in the neighborhood of the Aleutian Islands, Where it can find a warm soil, even at a depth of 200 to 300 feet below the surface of the water, it will grow vigorously, and eventually reach the top. The peculiarity of the plant is that until this latter end is attained it consists of only one rope-like stem, at the upper end of which is a large bladder or balloon, somewhat like a pear in shape and often attaining a diameter of six feet by nine feet in the largest part. This balloon naturally drags the stem toward the surface of long, slende

leaves. To such a size do these leaves attain that the balloon is often the centre of a mass of weedy growth 40 or



Catarrh of Hend. ing temperature is much above wintry latitudes, February brings sudden changes Mr. Frank Cohb, 175 Summit Street, det temperature

Actudes, February brings sudden changes of temperature. Mercury sometimes drops 20 degrees in a single night. Therefore, the following health hints are applicable to the whole of North America: Yeautifuetion Bronchial Trouble.

#### Ventilation.

 Venillation.
The sceping rooms should be well venifilated, but so as to avoid direct currents of air.
Bathing.
Bathing.
Those in vigorous health should take
Bronchial Trouble.
Bronchial Trouble.
Mr. J. E.<sup>1</sup> O'Brien, Pres. American Pilot Ass'n, Pensacoia, Fla., writes:
Theartily give my endorsement to Peruna as an effective cure for catarrh and bronchial trouble." Those in vigorous health should take a cold water towel bath every morning before breakfast. Those in feeble health should take a brisk dry-towel-rub every morning

morning. Diet. 120

### The diet should be a generous one, in-cluding meat, and occasionally fresh vege tables. Sunshine.

The nights being long and the days short, as much sumshine as possible should be let into the house during the day. day. Cothing. The head should be kept cool at all times. The feet should be kept warm and dry, day and night. When unavoidably exposed to cold or ret, a few doses of Peruna will avert wet, a few doses on ad consequences.

Precaution. When seized with a chill, or even slight silliness, a dose of Peruna should be

We have on file thousands of testi-monials like the above. We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is constantly receiving. Address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, O. taken at once.



Your grocer is honest and-if he cares to do so-can tell you that he knows very little about the bulk coffee he

sells you. How can be know, where it originally came from, how it was blended—or with what —or when roasted? If you buy your coffee loose by the pound, how can you expect parity and uniform quality?

Throat and Lungs.

Pneumonta.

writes

Frank Battle, Jr., 111 N. Market St., Nashville, Tenn, writes: "Peruna has cured me of chronic bron-

Mr. A. C. Danforth, St. Joseph, Mich.,

"I contracted a severe cold, which settled on my lungs. I was threatened with pnea-

motia. "Peruna gave me relief within a couple of days. Three bottles saved me a large doctor bill and a great deal of suffering."

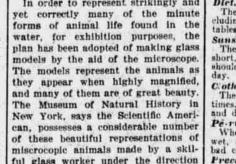
Thousands of Testimonials.

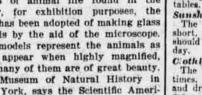
# LION COFFEE, the LEADER OF

ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adul-

CONSUMPTION





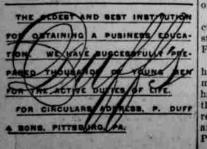




(PATENTED) "AN IDEAL SELF-INSTRUCTOR." OUR PHOENIX Walking Chair holds the child securely, pre-venting those painful falls and bumps which are so frequent when bey learns to walk. v learns to walk.

d ask to see one.

ANTRACTURED ONLY BY PHOENIX CHAIR CO. SHEBOYGAN, WIS. only be had of your furniture dealer



the stump in every political campaign for the last quarter of a century.

A sarcophagus dating from the year 1000 and containing human remains has been discovered by some workmen while digging a well in the Rue des Gobelins, Paris.

#### READS THE BOOK. The Road to Wellville" Pointed the Way

Down at Hot Springs, Ark., the vistors have all sorts of complaints, but it is a subject of remark that the great majority of them have some trouble with stomach and bowels. This may be partly attributed to the heavy medi-

Naturally, under the conditions, the question of food is very prominent. A young man states that he had suffered for nine years from stomach and bowel trouble, had two operations which did not cure, and was at last threatened with appendicitis, He went to Hot Springs for rheumatism and his stomach trouble got

worse. One day at breakfast the waiter, knowing his condition, suggested he try Grape-Nuts and cream, which he did, and found the food agreed with him perfectly. After the second day he began to

ing the simple directions.

sleep peacefully at night, different than he had for years. The perfect digestion of the food quieted his nervous system and made sleep possible. He says: "The next morning I was astonished to find my condition of constipation had disappeared. I could not

believe it true after suffering for so many years; then I took more interest in the food, read the little book "The Road to Wellville,' and started follow-"I have met with such results that in the last five weeks I have gained eight pounds in spite of hot baths which take away the flesh from any-

"A friend of mine has been entirely cured of a bad case of indigestion and tion need not be feared so long as the stomach trouble by using Grape-Nuts Food and cream alone for breakfast. "There is one thing in particular-I

have noticed a great change in my mental condition. Formerly I could in trains on the London & Northwestbardly remember anything, and now the mind seems unusually acute and nets, 617 umbrellas, nine sunshades retentive. I can memorize practically and 191 walking sticks, besides heups anything I desire." Name given by and 191 walking Postum Co., Battle fried Mich.

of the Aleutian Islands this plant is almost as useful as the bamboo is to the Chinaman. The stem itself, when **RESTORED TO HEALTH.** dried, makes an excellent rope; the long leaves are split, dried and used

Did you ever realize the perfect happiness which comes upon going out into the bright sunshine upon a leautiful morning after re-covering from a long sickness? Do you now suffer from any disease? Do you wish to be carred? Are you thin and pale? Are you subject to CATARRIH, ASTIUNA or DEAPNESSE? Are you chim and pale?

Are you forced to andure pain or distress, or to lie awake nights? Are you subject to Colds, Constipation, DYNPEPSIA, RHEUMA-TISM, HEADACHE, KIDNEY OR LIVER trouble?

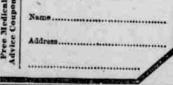
LIVER trouble? DON'T be miserable any longer. DON'T be miserable any longer. DON'T let ill health destroy your happi-ness, make your life a burden and hasten its melanchely end. DON'T waste any more time, energy and money. DON'T endure that "Hops deferred which maketh the heart sick," trying to cure yourself with worthless patient nostrums. DON'T think you can't be cured because you have not sought relief in the right place. Write to me at once and learn how you can be cured, not for a heart sick." ocured, not for a day or a week, but forever.

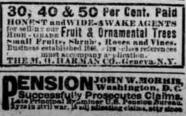
### It Will Not Cost You a Cent **IGIVE FREE CONSULTATION** AND ADVICE

My life has been devoted to the study of chronic disease. To overcome the ravages of these terrible complaints. I have siven years of research and to equip my perfectly appointed laboratory I have expended large sums of YOU ARE SUFFERING, are in

pain, distress of lickness, if you are not sure of the real nature of your complaint, if the remedies you have taken do not sive the relief expected, **BO NOT DESPAIR**, consult me and I can positively and surely use you by methods discovered by myself, known only to myself.

Write your name and address plainly on the dotted lines in the Free Medical Advice Cou pon, cut if out and mail it to me at once DR. BRIGHAM, Disease Expert and Bao teriologist, P. O. Box 280, Boston, Mass.





various other articles of a similar nature; while the balloon itself is cleaned out, scraped, and dried in the sun, to form a water tank, storing cask, or a multiplicity of other useful articles, according to its size. The rope or stem of the plant is often detached from the bottom and pulled up into a boat in one unbroken length of two to three hundred feet .- Waverley's Magazine. For Skin Grafting. The surgeon in the Charity Hospital in New Orleans, believing that the membrane of eggs would do just as well as skin to replace the destroyed skin, resolved to try it, as it could not possibly do any havm if the experiment were not a success. He accordingly broke an egg and poured out the contents. Then he carefully removed the membrane which separated tne white and yolk from the shell and

Progress.

placed this membrane on parts of an Improvised arm. The wound was washed with normal salt solution, a wet dressing applied and the arm was bandaged. A few days afterward the surgeon decided to look at the arm and see what the results were. The bandage was removed and the results were as he hoped they would be. He immediately sent for more eggs and a like operation was performed on other parts of the arm till the entire wound was covered. It is about twelve inches long and three inches wide. To cover this with the membrane of eggs taken in small pieces required patience and desterity; but the surgeon saw his first attempt was a success and he wanted the skin to grow on the arm without grafting.-Week's

Swiss watchmakers have now added a phonograph to some of their wonderful watches. A small rubber dis is put in the watch and arranged in such a way that the record is repeated every hour. Anything can be put on record that the owner wishes.

