

A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.



Mrs. Martha Pohlman
"I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the best medicine for any suffering woman to use."

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the best medicine for any suffering woman to use."

Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, fearful headaches, and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bleed after eating, and frequently become nauseated. I had pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful periods, weakness, displacement or elevation of the female organs, that bearing-down feeling, inflammation, headache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excita-

bility, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles. No other female medicine in the world has received such widespread and unqualified endorsement.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them in an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant for many years before her decease, and for twenty-five years since her advice has been freely given to sick women. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is strictly confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

Cut Your Work in Two

Atkins Saws cut not only wood, iron and other materials better than any other, but they cut work.

That is because they are made of the best steel in the world by men that know how.

Atkins saws, Corn Knives, Perfection Floor Scrapers, etc., are sold by all good hardware dealers. Catalogue on request.

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Tiffin, Ohio.

That Delightful Aid to Health

Paxtine

Toilet Antiseptic

Whitens the teeth—purifies mouth and breath—cures nasal catarrh, sore throat, sore eyes, and by direct application cures all inflamed, ulcerated and catarrhal conditions caused by feminine ills.

Paxtine possesses extraordinary cleansing, healing and germicidal qualities unlike anything else. At all druggists, 50 cents.

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The R. Paxton Co., Boston, Mass.

GREGORY'S SEEDS

Needs Hordley's Comp Cure for Coughs, Colds, Croup or Whooping Cough. It prevents Membranous Croup and Diphtheria. 50 cents, at Druggists or mail.

A. P. HORSLEY, Buffalo, N. Y.

That Baby of Your Old

Needs Hordley's Comp Cure for Coughs, Colds, Croup or Whooping Cough. It prevents Membranous Croup and Diphtheria. 50 cents, at Druggists or mail.

A. P. HORSLEY, Buffalo, N. Y.

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48 p. book free. Highest ref. Long experience. Fitzgerald's Dropsy New Discovery. 50 cents, at Druggists or mail.

Dr. H. H. GRESHAM, Box 2, Atlanta, Ga.

DENISON JOHN W. DENISON

Successfully Prospects Claims. 50 cents, at Druggists or mail.

Dr. H. H. GRESHAM, Box 2, Atlanta, Ga.

ORCHARD and GARDEN

Preparing Corn Land.

The following is a plan which we have found to put most land in excellent condition: We use only two tools—a disk harrow and a plank drag. The disk is set to cut about its full depth, and the furrows are lapped, so that the land will be left level. We disk twice, trying, as far as practicable on our hilly lands, to run the second time at right angles to the course followed the first time. We then finish up with the drag, which leaves the land smooth and in fine shape for drilling. By this plan most of the stalks will be thrown out of the earth by the disk, and the drag will break down any that are left. The most serious objection to the disk is that it leaves a sort of gutter around each cornshock, which the drag will not always fill up. To obviate this and the turning around the shocks, some farmers bring the corn from sixteen rows on each side to make a row of shocks. The shocks are thus necessarily made very close together in the row, and the row is left until the corn is hauled off, when twice through with the drill will seed this strip. The extra labor in the corn-cutting, however, seems to me to more than make up for that saved in preparing and seeding the land. A springtooth harrow might be made to answer instead of a disk on corn land; but we have found drag harrows very unsatisfactory, as they will be continually dragging up the cornstalks and other trash. The plank drag is, I think, far preferable to the roller for use on such land, as it smooths down and fills up any ridges and depressions much better than any roller could.—Country Gentleman.

The Making of Prize Cattle.

The university cattle which won third prize at the fat stock show in Pittsburg in competition with the world, were the last of six carloads purchased three years ago for the purpose of determining the influence of age upon the cost of beef production which the experiment station is conducting in co-operation with the Federal Department of Agriculture.

One-third of the original bunch of cattle was finished as yearlings, and topped the Chicago market for the year. The second third was finished as two-year-olds, and also topped the Chicago market for the year. The third portion of these cattle won third prize, as stated above, and topped the PITTSBURG market for heavy cattle, bringing \$7.10 per hundred, the next best load of heavy cattle bringing \$6.50.

They were high-grade Herefords, purchased in the neighborhood of Columbia.

In the meantime the experiment station has in the same experiment matured one bunch of yearlings Angus and a bunch of yearling Short horns. They now have on feed 90 Short horns with a view to covering the same ground, with a different breed.

In addition to the test of the influence of age upon the rate of cost of gain, these cattle were divided into lots of eight each and fed different grain rations on pasture, one group receiving shelled corn alone, another one-fourth cottonseed meal and three-fourths shelled corn, another one-fourth linseed meal and three-fourths shelled corn, another one-fourth gluten meal and three-fourths shelled corn, all having access to equally good grass.

In the case of the yearlings and two-year-olds a more rapid gain, and as a rule a cheaper gain, was made on the mixed feeds than on corn alone. It is also true that in every case the younger cattle receiving mixed feeds became fatter, carried a better bloom, and were from every point of view more marketable.

In the case of the three-year-olds or the mature cattle, however, the difference in the rate and economy of gain between straight corn and mixed feeds was almost unappreciable, and there was not a marked difference in the fatness of the different groups.—H. J. Waters, Dean of Missouri Agricultural College, in Home and Farm.

Keeping the Weight.

Not unusually do animals weigh less in the spring than they do the fall before, when they were turned into winter quarters. The dry, bulky food given with cut grain fails to maintain the weight of the animals. Usually sudden changes are made in the fall from grass to fodder. The animals will not take kindly to such sudden changes, hence a failure to add results in a shrinkage in their weight that is very hard to regain with bulky winter foods.

Corn fodder alone, whether shredded or not, does not maintain the weight of an animal in good flesh. While it is a forage worth saving, it does not fully answer. Sheep will lose when given fodder alone. Wheat or rye straw will carry cattle through the winter, but their live weight is greatly diminished, especially where they are in good flesh when turned on straw. Timothy hay does not maintain the weight. Even where the best of clover hay is used for roughage, grain is needed to make the animal grow.

If a profit is to be realized in winter feeding, the animals must increase and not decrease in weight. A gradual change from grass to dry forage will prevent the first shrinkage in live weight. The feed should consist of at least a small amount of grain, even with the best forage. Then do not give fodder as the only bulky food. Give all the variety possible. An occasional feed of clover hay, sorghum forage, cowpea hay or timothy hay along with the corn fodder will not only sharpen the appetite of the animals, but will cause them to clean up their fodder better than where they are compelled to live on the corn fodder alone.—W. B. Anderson, in the Indianapolis News.

Feeding a Horse.

We go to France for good horses, and following is something from the Petit Journal Agricole of France, on how to feed good horses. Three meals are necessary and sufficient, with an interval of four or five hours between, to keep a horse in good condition. Oats take at least two hours to digest, hay takes three hours, and because it takes so long to digest it should be given when the day's work is over. The evening meal should be a full meal, the animal being then at rest and able to digest its food at leisure. There should be an interval of half an hour between the return of the horse to the stable and his getting his evening meal.

Too much food at a meal or too long abstinence between meals, followed by voracious feedings, is conducive to colic and indigestion. Irregularly fed, he is given to showing his impatience by letting his hoofs play about the woodwork of his stall. Giving "refreshers" at odd times is also bad. Remember that both stomach and bladder should never be loaded in work time, whether light or heavy work is done. A horse, therefore, should not be ridden or driven immediately after a meal, on the same principle that it ought not to be fed sooner than half an hour after work is over. Between one end of the year and another a horse consumes an amount of dry heating food which calls for a special regimen to neutralize the excessive protein consumption that has taken place. Thus in autumn a ration of carrots given before the evening meal of oats is good, and so in spring, at the fall of the winter coat, a little green meat is beneficial, mixed with hay and oats, for the evening meal. Another maxim, much disregarded in practice is that the horse should be watered long before being put to work, and then very sparingly.—American Cultivator.

BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied—"Would Have Died But For Cuticura."

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 22, 1905."

Statue of Odin Found.

Interesting relics of ancient French-Roman origin have been unearthed in the French commune of Gueret. Among other things is a granite statue of Odin. Archaeologists are greatly interested by these discoveries, as very few relics of this kind exist in the Louvre museum.

DEATH SEEMED NEAR.

How a Chicago Woman Found Help When Hope Was Fast Fading Away.

Mrs. E. T. Gould, 514 W. Lake St., Chicago, Ill., says: "Doan's Kidney Pills are all that saved me from death by Bright's Disease. That I know I had eye trouble, headache, catarrh when lying abed or when bending over, was languid and often dizzy and had sick headaches and bearing down pains. The kidney secretions were too copious and frequent, and very bad in appearance. It was in 1903 that Doan's Kidney Pills helped me so quickly and cured me of these troubles and I've been well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

THE SAILOR'S TRUNK.

A Round Canvas Bag Four Feet Long and the Same the World Over.

"The sailor's trunk," said an old salt, "is a canvas bag cylindrical in form and about four feet long and eighteen inches in diameter, and when he's got that bag packed with his stuff the whole outfit, bag and all, constitutes his kit. He couldn't carry a regular trunk even if he wanted to, for there would be no place for it in a ship's forecastle. But a dunnage bag takes up only so much room as the stuff inside of it takes up—that is to say, if it's only half full you can fold it down to half its space, and then if the bag is full you can press it, and you can bend and twist it, you can make good stowage with it in the place where it has to go, and so you can get it, with as much stuff in it as a trunk would hold, into a space where you couldn't get a trunk at all.

"And then this bag is a mighty sight handier to carry than a trunk would be when the sailor man goes ashore, or when he goes from his boarding house to a vessel when the ships for a new voyage. He can just pick that bag up and sling it over his shoulder, and it's flexible enough to fit there easily, and sag down a little forward and aft, making it easy to carry.

"In the days when deep sea sailing ships were commonly used, before the day of steam kettles, in the old days when the jibbooms of ships along the waterfront used to stick out across the street in long rows for block after block, you could see a ship captain walking down South street with a dozen men trailing after him, his new crew, each man with his canvas trunk, or dunnage bag, his kit, on his shoulder, making for a vessel lying at a wharf, or for a tug to take the men to some vessel lying out in the stream ready to sail.

"You can't see such processions much nowadays, for the day of the square rigger is more and more waning, but still you can even now occasionally meet a man walking along South street with his dunnage bag over his shoulder. There are still some ships, and the sailor man hasn't quite gone out yet.

"You can buy dunnage bags in any of the sailors' outfitting stores, and you can also buy them second-hand, just as you can anything else in the world that I know of. And then some sailors make their own dunnage bags, many sailors being mighty handy with the needle, and every sailor carrying in his bag a housewife, with needles and thread and buttons and such things, just as every soldier everywhere carries one in his knapsack.

"If the sailor man makes his bag at sea he gets the material for it of new canvas from the ship's canvas supplies in charge of the sailmaker, or maybe the captain gives him for it a piece out of an old worn-out sky-sail—one that perhaps the sailor has more than once ferried himself—the canvas from the bigger lower sails being too heavy for it.

"The bag is made with a shirring string at the open end, by which it can be closed there. Sometimes if his bag is packed so plumb full that he can't close the end the sailor puts over his stuff, on top, a canvas disk for a stopper, and then draws the shirring string on that.

"Sometimes the sailor carries his dunnage bag almost just as it was made, in the plain canvas, and then sometimes he paints it to make it waterproof. And sometimes they ornament 'em.

"A common way of doing this is to paint on the butt or closed end of the bag a star, maybe a double star, one inside of the other and in different colors, the inner star in a ring, and outside the ring the rays of another star, running round like the points of a compass. Sometimes they paint pictures on them, maybe pictures of ships.

"A sailor might paint on his dunnage bag a picture of his favorite ship, just as he might have such a picture tattooed on himself. Or if he couldn't do it himself, and he wanted such a picture, he might find somebody in the forecastle who could do it for him, and paint a very pretty ship, too; how he came by his art nobody knows.

"But whatever they may do about such details as these, the sailors of whatever country use a dunnage bag in which to carry their personal belongings. The world over, in the ships of every nation, a dunnage bag serves as the sailor's trunk."—New York Sun.

Starlings on Long Island.

Two men were waiting for a train at Borough Park. "See those birds over there?" asked one.

"Yes. What of them? What sort of birds are they?"

"Well, I should say they were blackbirds, the same that are baked in a pie and made a dainty dish to set before the king."

"Wrong," replied his companion. "Guess again." The second man gave it up. Just then the birds flew up and away.

"Look!" said the first man. "Observe their short, forked tails. They are starlings."

"Starlings on Long Island?"

"Yes. A few years ago somebody brought over a lot of starlings from England and let them loose hereabouts. They have flourished and multiplied and now you can frequently see them in this neighborhood. They are the result of one of the few experiments at the acclimatization of England birds on Long Island which has succeeded."—New York Press.

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who goes straight to work to cure

Hurts, Sprains, Bruises

by the use of

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and saves time, money and gets out of misery quickly.
It Acts Like Magic. Price, 25c. and 50c.

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IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA.

I won't tell Anti-Gripine to a dealer who won't Guarantee It. Call for your MONEY BACK IF IT DOESN'T CURE.

F. W. Diemer, M. D., Manufacturer, Springfield, Mo.

NO SATISFACTION.

Railroad Man Who Had No Use for Automatic Device.

A certain Western railroad, which has not yet been "reorganized" by Wall street, is still owned and operated by the blunt-spoken old lumberman who built it. Last year, after a particularly severe accident upon it, the agent of an automatic block signal system called and tried to get a contract for installation.

The old lumberman examined the device attentively and seemed much interested.

"Your chief engineer recommends it highly," said the agent. "He told me to use his name with you, and he would see you later."

"Wall," said the lumberman, "I reckon it is a pretty machine. I like to sit here and see it work myself, it's so all-fired sure. But come to using it on my road—now, young feller, I've been running a railroad some longer'n you, and I'll tell you something.

"Accidents is bound to happen about once in so often, no matter what you do. I've got three brakemen in jail now, and I've vowed to hang the next one, and the public is pretty well satisfied. But what satisfaction is it going to be for anyone if I go to work and hang an old automatic machine?"

—Youth's Companion.

Scotland Yard.

Scotland Yard, widely known as the headquarters of the London police, is a historical place, said to have been the site of a palace where kings of Scotland were received when they came to London. It is near the banquet hall, Whitehall. The Scotch kings retained possession of it from 559 till the rebellion of William of Scotland. Milton, Sir Christopher Wren and other notables lived in Scotland Yard.

Waste in Coal.

With the methods now in use, seven-tenths of the force in coal is wasted. A few years ago the waste was nine-tenths. Mr. Edison declares that a bucketful of coal should give an express train from New York to Philadelphia, and a few tons be sufficient for the largest ocean steamship, whose bunkers must now hold thousands.

31 Boxes of Gold

300 Boxes of Greenbacks

For the most words made up from these letters

Y - I - O - Grape-Nuts

331 people will earn these prizes.

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece.

10 people will each win one box containing a \$5.00 gold piece.

300 people will each win a box containing \$1.00 in paper money and one person who makes the highest number of words over all contestants will receive a box containing \$100.00 in gold.

It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.

A few rules are necessary for absolute fair play.

Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and "grapes."

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word.

Geographical names authorized by Webster will be counted.

Arrange the words in alphabetical classes, all those beginning with A together and those beginning with E to come under E, etc.

When you are writing down the words leave some spaces in the A, E, and other columns to fill in later as new words come to you, for they will spring into mind every evening.

It is almost certain that some contestants will tie with others. In such cases a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a box. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some incipient or chronic ailment traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky messes of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amateur says: "A man would faint away on that," but my dear friend we will put dollars to your pennies that the noon hour will find a man on our breakfast hunker and with a stronger heart-beat and clearer working brain than he ever had on the old diet.

Suppose, if you have never really made a move for absolutely clean health that pushes you along each day with a spring in your step and a reserve vigor in muscle and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest others and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers and when requested give the names by private letter.

There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application in order to have proof that the prizes are as agreed. The company is well known all over the world for absolute fidelity to its agreements and every single one of the 331 winners may depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes—(331)—the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenbacks, will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go at it, and send in the list and letter before April 30th, 1906, to Postum Food Coffee Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.

THE ORIGIN OF IT.

She—I wouldn't be surprised if the servant girl were listening at the keyhole.

He—Nor I. That's a woman's trick.

She—Oh! Indeed?

He—Of course. That's why it's called Eve's dripping.—Philadelphia Press.

Nitrogen is so vital to the growth of plants that large sums are expended for fertilizers rich in that element.