

TWO OPEN LETTERS

IMPORTANT TO MARRIED WOMEN

Mrs. Mary Dimmick of Washington tells how Lydia E. Pinkham's Vegetable Compound Made Her Well.

It is with great pleasure we publish the following letters, as they convincingly prove the claim we have so many times made in our columns that Mrs.



Mrs. Mary Dimmick
Pinkham, of Lynn, Mass., is fully qualified to give helpful advice to sick women. Read Mrs. Dimmick's letters.

Dear Mrs. Pinkham—
I have been a sufferer for the past eight years with a trouble which first originated from a cold, and it was very excruciating, with inflammation and ulceration of the female organs. The doctor says I must have an operation or I cannot live. I do not want to submit to an operation if I can possibly avoid it. Please help me.—Mrs. Mary Dimmick, Washington, D. C.

Dear Mrs. Pinkham—
I would like to know your condition when I last wrote you, and that the doctor said I must have an operation or I could not live. I received your kind letter and followed your advice very carefully and am now entirely well. As my case was so serious it seems a miracle that I am cured. I know that I owe not only my health but my life to Lydia E. Pinkham's Vegetable Compound and to your advice. I can walk miles without an ache or a pain, and I wish every suffering woman would read this letter and realize what you can do for them.—Mrs. Mary Dimmick, 50th and East Capitol Streets, Washington, D. C.

How easy it was for Mrs. Dimmick to write to Mrs. Pinkham at Lynn, Mass., and how little it cost her—a two-cent stamp. Yet how valuable was the reply! As Mrs. Dimmick says—"It saved her life."

Mrs. Pinkham can file thousands of just such letters as the above, and offers ailing women helpful advice.

W. L. DOUGLAS
\$3.50 & \$3.00 SHOES FOR MEN
W. L. Douglas's \$4.00 Gilt Edge Line cannot be equalled at any price.

WET?
No doubt you'll need a TOWER'S FISH BRAND SUIT or SLICKER this season.

Hoxie's Gough Disks
Check a cold in one hour. 25 cents at drugists or mailed. A. P. HOXIE, Buffalo, N. Y.

PATENTS
48 p. book free. Highest refs. Wash. D.C. Dept. of Com. & Patents, Wash. D.C.

WINCHESTER
"LEADER" and "REPEATER" SHOTGUN SHELLS
Carefully inspected shells, the best of powder, shot and wadding, loaded in machines which give invariable results account for the superiority of Winchester "Leader" and "Repeater" Factory Loaded Smokeless Powder Shells.

ANTI-GRIPINE
IS GUARANTEED TO CURE
GRIP, BAD COLIC, HEADACHE AND NEURALGIA.
Call for your MONEY BACK IF IT DOESN'T CURE.
J. W. Dwyer, M.D., Manufacturer, Springfield, Mo.

Daisies Follow Railways.

"Buttercups and daisies follow the rails of the world over," said an engineer. "In India, in central Asia, in Brazil, the parallel rails run continually with flowers. In the construction of all foreign railways American or English engineers have a hand. These men know that good home grass is the best thing for holding together the earth on embankments. Grass is tough and lasting. It strikes root so easily that it practically cements the most flimsy earthworks. So grass seed from home is sown on railway embankments all over the world by the home engineers helping to build them, and thus in the most tropical places, among gorgeous orchids and palms and giant cacti, you will see mile after mile of wholesome, clean home grass, studded with white daisies and yellow buttercups."

Where Babies Swim.
I spend my winters in Samon," said a traveler. "It is always summer there. There the babies swim. Can you imagine a quarter, a more charming sight than a host of babies, now over two years old, laughing and crawling and swimming like fish in pools of clear sea water? You will see this sight in Samon. Seamen women believe sea baths benefit babies, and in that equable climate they bathe their little ones daily the year around. The youngsters soon learn to swim. They can swim before they can walk. And to see those pretty brown babies swimming in the sea is well worth a 5,000 mile trip to Samon."—Philadelphia Bulletin.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2.00 a bottle. Dr. R. H. Kline, Ltd., 301 Arch St., Phila., Pa.

Useful Like the Rest.
Statutes representing the various nations on the earth are being hoisted to the top of the New York custom-house. As laborious attempts are being made to explain them, it will be seen that they are as useful in a representative capacity as most figures of the sort.—Exchange.

\$100 Reward.
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 positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure acts internally, acting 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 proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. Cheney & Co., Toledo, O. Sold by Druggists. Take Hall's Family Pills for constipation.

Curiosity Led to Fortune.
The curiosity of a woman, who examined some colored rock she noticed in San Bernardino county recently, resulted in the unearthing of a turquoise mine. It has just been sold for \$24,000 to C. W. Baldwin of New York.

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

Salt, the Civilizer.
The use of salt as a necessary supplement to diet has had much influence in shaping the civilization and exploration of the world. It is most probable that the oldest trade routes were created for the salt raffle, as salt and incense formed the chief necessities of the ancient days. This was certainly the case with caravans in Libya and the Sahara, while the mines of north India were the center of a large trade before the time of Alexander.

Another interesting fact is that salt has played a considerable part in the distribution of man. When it became absolutely necessary to him, as it did at an early stage of his development, he was forced to migrate to places where it could be obtained. This brought him to the seashore, where he gained his ideas of maritime commerce. Lastly, the preservative effects of salt on flesh food made long oceanic voyages possible and thus opened up the world to commerce and civilization.

5¢ for 48¢ worth of leading name specialties in this ad. The coupon is worth only as far as the coupon is concerned. The name of the advertiser is not guaranteed. Do not get the name of the advertiser.

Thompson's Eye Water
If irritated eyes, use

PLANS
If those who raise poultry would realize that fowls that have had access to sunshine during seven, eight or nine months in the year miss it greatly during the months of confinement, they would do some changing in their methods of house-building and arrangement. Unfortunately many writers are deprecating the scratching sheds, claiming that they are not sufficiently valuable to warrant their cost and maintenance. Of course, if one has a large poultry house, well lighted and so arranged that all the sun possible enters, then possibly the scratching shed is superfluous. But how many such houses there the country through? One may have a very small house proper, and by the aid of the scratching shed raise a good many fowls. But whatever the arrangement of the poultry quarters, plan so that they will have all the sunlight possible, and you will see a decided gain in the egg production.—Indianapolis News.

Easy Way to Carve.
Preddy lived in a boarding house near where they had been excavating for the subway. One day when he saw his mother struggling with a particularly tough steak the boarders were convulsed to hear him pipe out: "Mama, why don't you blast it?"



Sun in Poultry Houses.

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A New Farm Crop.

Four years ago I bought a two ounce package of a new grain called speltz. I afterwards learned that its true name was emmer. I knew nothing about it and sowed it about the 25th of May, by which time it should have been a foot high. It made a small shock and it stood out in rainy weather and fell down, and while it probably would have made a peek of seed it was so damaged that I threw it to the hogs.

The American Shorthorn Breeders' Association took two great steps forward at its annual meeting last week, says National Stockman. The first was in admitting to registry animals from ancestors recorded in the 40th volume of the herd book instead of the 20th volume, published in 1873. This admits to record many valuable cattle which were shut out under the old rule. The second step was the recognition of the milking Shorthorn. An appendix for the registration of dairy Shorthorns was provided for and it was decided to mark with an asterisk the name of any cow giving 8,000 pounds or more milk in a year. Dairy classes at shows will also be encouraged and aided financially. There seems to be a general feeling that Shorthorn breeders should get back to the dual purpose idea in breeding and that breeders of milking strains deserve financial encouragement. Moreover, farmers are demanding Shorthorns that give more milk rather than those of extreme beef type. The association acted wisely in taking steps to perpetuate general-purpose cattle.

Keep All Machines in Working Order.
Let us give some of the much abused implement manufacturers credit for placing on their machines, in plain letters, at least one half of the recipe for implement longevity: "Keep nuts tight" and "oil all bearings." Yet I fear that through very familiarity with this important advice we often neglect it. For surely no one who has handled farm machinery and observed its decline in his own or his neighbor's hands, will ask argument as to the necessity of oiling the bearings and keeping nuts tight. There are many things to look after upon the farm, and if one is not wide awake something is apt to suffer neglect. And this when it applies to machinery, constitutes a great farm "leak."

From the vibration of many machines, and from the shrinking of wood parts in all of them, there is a constant tendency for the nuts to work loose. If care is taken in the first place to keep things snug, so there is no "lost motion," the vibration will be much reduced, but it is sometimes a very good plan to put on an extra nut where there is continued trouble—the two will stand a lot of shaking. Go over all machines, some wet day and tighten everything that ought to be tight. But if you will fall to have wet days, then do it before starting to work. It will surely pay, for even if no permanent damage is done, there is great loss of time when one must stop in the middle of a field and chase his shadow half a mile for a bolt. Another case in point: A wagon just coming out of its newness was neglected until one day newness was needed to replace lost nuts and bolts. Ten minutes would have done the work earlier.

Little and often is a good rule in oiling. I think more farmers are more careful in this direction than in watching the nuts. Windmills, however, are liable to suffer, simply because they are so high headed. Don't let them squeak—it's harder on your pocket book and still harder on your neighbor's nerves.

Plows on being put away, should have their shares and shovels carefully smeared with axle grease or a good heavy oil. Coal oil will not answer; though it is good to cut rust it will not prevent it.

Paint is a paying protection on both wood and metal parts, for it can be had cheaply and is easily applied by anyone. Two years ago the writer purchased for five dollars a second hand breaking plow. The share was very rusty and the original paint was gone entirely. We finally persuaded it to "scur" gave it a good coat of paint, used it a year, and sold it through the same man for seven dollars. One may not always wish to sell, but I believe it pays to paint just the same.

Last, but by no means least, give all machinery the kindest of care as regards shelter. It is really surprising to see tools standing outdoors, so self-

His Own Wedding.

This is the first instance in several years of newspaper work that the writer has dared to tell the truth about a wedding for fear of getting licked and does so now with a keen relish. The groom is an editor and is not an accomplished and popular leader of society; in fact, he doesn't know as much about it as a rabbit. His hair is red and the freckles on his face crowd each other for room. He has never considered that the future looked bright and promising. The bride, judging from the job she has taken on her hands, is a young lady of more than ordinary nerve.—Gaylord (Kan.) Sentinel.

Smallest Coin Used.

The natives of the Malay Peninsula have in use the smallest current coin in the world. It is a sort of wafer, made from the resinous juice of a tree, and is worth about one twenty-thousandth of a cent. The smallest coin in circulation at the present day is the Portuguese three reis piece, worth six one-hundredth of a cent.—Chicago Tribune.

How Russian Poor Live.

Nine-tenths of the peasants in Russia live in huts without floors, and too low for a tall man to stand in.

The Inventor of Standard Time.

On Sunday, November 18, 1883, for the convenience of the railroads and the traveling public, what is known as standard time was adopted. Standard time was established on principles first suggested by Charles F. Dowd of Saratoga. The United States, beginning at its extreme eastern limits and extending to the Pacific coast, was and is now divided in four time sections, eastern, central, mountain and pacific.

The population of Egypt on July 1, 1904, was 112,417 foreigners and 10,386,123 natives, besides about 602,000 nomadic Bedouins.

NEW FOOD LAW

People now demand the right to know exactly what they eat. To be told by maker or retailer that the food is "pure" is not satisfactory. Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boric acid as a necessary preservative, which may agree with one and be harmful to another.

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own interests but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of that trust but directly contrary to the interests of the people as a whole.

Witness the anti-labor bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is perhaps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interest of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privileges and duty you will at once—now—write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to make a business of following it through the committee considering it. Urge its being brought to a vote and requesting that they vote for it.

Some oppressively intelligent and carping critics may say this is simply an advertisement for Postum and

Grain-Nuts. It is true that these articles are spoken of here in a public manner, but they are used as illustrations of a manufacturer seeking by example, printing on each pkg., a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people, and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods hence this effort to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about \$20,000.00 to print this announcement in practically all of the great papers and magazines, in the conduct of what is known as an educational campaign, "estimated" to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things.

C. W. POST.

TEXT OF PURE FOOD BILL.

If it meets approval cut it out, sign name and address and send to your Representative in Congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

A BILL

TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2. That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3. That it shall be unlawful for any person or persons to purposely, willfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4. That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employees, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price samples of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Section 5. That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6. That any person, firm, or corporation, who shall willfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7. That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8. That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9. That all acts or parts of acts inconsistent with this Act are hereby repealed.

Sec. 10. That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his State to support this measure.

Signed..... City..... State.....