

A Varied Diet for the Cow.
Never depend upon a single food for an animal. The cow prefers a varied diet and will give more milk when her food is of a kind to tempt her to eat. A good cow necessarily consumes more food than an inferior one.

Clover and Fertilizers.

It is claimed that land can be recuperated by the growing of clover, as it derives nitrogen from the atmosphere, but clover will not thrive unless the soil can supply lime, potash and phosphoric acid. These substances will be removed from the soil by clover, and if the clover is harvested and sold the land will lose the plant foods that go with the clover. plant foods that go with the clover, hence, if the clover is plowed under it returns to the soil only the mineral matter taken from the soil, the gain being in nitrogen. To secure large yields of clover, therefore, there must be given the soil a liberal application of the mineral substances, potash and phosphoric acid especially, while lime is always beneficial. When drilling in wheat, and using fertilizer at the same time, apply extra fertilizer in or-der to assist the clover in the spring.

der to assist the clover in the spring.

Quality Determines the Price.

Quality in poultry controis the price, and prices are often reduced because of the large supply of inferior stock that reaches the market. Farmers who seek to reduce the number of individuals in their flocks by selling off the surplus males and females make a mistake in not fattening them before shipping. If fed on a variety with corn as the leading article of food the fowls intended for market will gain considerably in 10 days. The extra weight secured is an advantage, but the largest gain will be the increased price for quality. Those who suppose price for quality. Those who suppose that a coop of fowls are sold without regard to the individuals will learn their mistake by observing the com-mission merchants and retailers, who always assort the birds when it is possible to do so. If sold as a coop of fowls the price of the whole will be reduced if one or two poor birds are

Improved Methods of Corn Harvesting. The past few years have seen wonderful improvements in the methods of harvesting corn. Several large agricultural machine manufacturers have harvesting corn. Several large agricultural machine manufacturers have been putting corn harvesters on the market. The demand for the machines when well understood was greater than the capacity of the factories. In many sections it is a rarity to find a farme without a corn harvester. The great advantage in using these corn harvesters is the saving of labor. Any one who has tried it knows that cutting corn by hand is one of the most laborious of farm operations. Then, too, the corn harvester binds the stalks in bundles and the fodder consequently is much easier to handle. Better shocks can be made and more desirable fodder results.

As a complement to the corn binder, the modern husker and shredder is a great success and has come to stay. Different sizes are manufactured and they work so perfectly that not only is a large amount husked each day, but the husks are taken off completely. The shredded fodder is in excellent condition for feeding, and if properly stacked or stored in the mow is almost as good as hay, provided the corn has been cut early.—Eibert Wheeler, in American Agriculturist.

Preparing the Seed Eed for Wheat. Experiments in deep and shallow plowing for wheat at a large number of agricultural experiment stations, show that the depth of plowing is not of so much importance with tals crop as a firm seed bed, the upper three or four inches of which is mellow and in good tilth. As with the other cereals, subsoiling has not been found financially profitable.

Early plowing for fall wheat has been found especially desirable at a large number of the experiment stations. In many states it is a common custom among farmers to sow wheat after oats. Where this is done the earlier the soil is plowed after the oat crop is removed the better the results will be. This point has been well brought out by experiments at a number of different stations in all parts of the country.

The value of early plowing for fall

ber of different stations in all parts of the country.

The value of early plowing for fall wheat has lately been summarized by the department of agriculture as follows: Early plowing, followed at intervals | y harrowing, prevents the growth of weeds, conserves the moisture of the soil, keeps the soil in good tith and results in the formation of a seed bed best suited for the prompt germination and growth of the seed. The cost of preparing the ground is lessened, the yield of grain is increased and the practice is financially profitable.

profitable.

Many farmers roll the seed bed. On heavy lands this is of no advantage, but on lighter soils it firms down the seed bed, thus insuring a more even germination of the seed and a more certain contact with the soil water contained in the subsoil, and would seem to be desirable, especially in dry seasons. In Utahrolling and harrowing after seeding increased the yield a lit-tle over three bushels per acre. On the value of rolling wheat lands in the west the United States department of agriculture has this to say: A roll-er should never be used on the western plains, except in the case of late plow-ing, and even then it should be used only before drilling. This is owing to sists in the formation of hi the fact that roughness of surface is soil.—Philadelphia Record.

valuable for holding moisture and checking the injurious action of dry winds. The seed bed should be made very fine and mellow before drilling, and whenever possible the drill rows should run east and west. Strict atshould run east and west. Strict at-tention to such general principles as the foregoing will result in an increase in certain seasons of as much as five or 10 bushels per acre—C. B. Smith, in New England Homestead.

Organic Matter in Soils.

Scientists who have given their attention to soils devote considerable discussion to humus and its formation. The soil is largely composed of clay lime, silica (sand) and humus, and according to Mr. Freer-Thonger of England, who has devoted much of his hard the investicing of sails all lime, silica (sand) and humus, and according to Mr. Freer-Thonger of England, who has devoted much of his time to the investigation of soils, all vegetable matter which grows and dies on the soil is transformed into humus. Formerly it was supposed that humus alone furnished food for plants, hence the fertility of a soil was estimated according to its content in humus or organic matter. There was some truth in the belief, for in organic matter undergoing decomposition there exists introgenous matters which are gradually converted into ammonia and nitric acid. Carbonic acid gas is also a product of decomposition, which acts powerfully in rendering soluble the mineral elements of the soil. Humus soils have the property of retaining the soluble mineral salts, which are so easily worked, and owing to their dark color are easily warmed by the sun. Such soils give good returns when dressed with phosphate, although on clay soils less potash may be required than on light sandy land. The application of lime favors nitrification of the nitrogenous organic matter. It is claimed that humus soils are rich in nitrogen, poor in phosphoric acid, with variable quantities of potash. Sandy soils are poor in all the plant foods. Clay soils are in his potash, poor in phosphoric acid, with variable quantities of potash, sony in phosphoric acid, both vary in nitrogen. These claims, however, depend largely upon the characteristics of soils, their treatment and the kinds of crops that have been grown thereon.

Humus is formed under many conditions. Leaves, roots, straw, manure and green substances that have been turned under all assist in the work. The value of humus does not depend exclusively upon its content of plant food, but mostly in the influence it exerts on the soil in relation to its physical condition, and its acid in render-

The value of humus does not depend exclusively upon its content of plant food, but mostly in the influence it exerts on the soil in relation to its physical condition, and its acid in rendering the plant food of the soil available for the sustenance and growth of plants. The upper portion of the soil usually contains more humus than the deeper portion, which marks or constitutes the difference between soil and subsoil. Humus is the great reservoir which retains the soil moisture and nitrogen. It absorbs moisture like a sponge and prevents escape of moisture that would otherwise be lost; but, while it stores up nitrogen and other plant food it slowly and constantly gives out carbonic acid gas as a result of decay of vegetable matter. This acid acts on stones, soils and all insoluble materials, setting free the potash and phosphates contained, thus providing plant foods for crops. Besides carbonic acid evolved from humus, other vegetable acids are formed, which combine with lime, potash and other substances to form humates. All of these processes are constantly occurring, the plant foods of the soil becoming available even when the farmer does not assist in the work for it is

Every farmer should endeavor to so rotate and cultivate his crops as to promote the formation of humus, but it may be stated that it has been found by experiment when the soil was well supplied with the phosphates and potash there is more humus formed than when such mineral substances are deficient, hence no farmer should depend upon green manurial crops exclusively. Even barnard manure, which pro-Even barnyard manure, which pro-motes the formation of humus, will not give as good results as when both ma-nure and fertilizers are used. It is the duty of the farmer to keep his land well supplied with all the essential elements so necessary for plants, for it is often a grave mistake to allow any is often a grave mistake to allow any substance to be lacking, as there is such a thing as a superabundance of one substance with an insufficiency of others, in which case the crop will make excellent progress for awhile and then fail to utilize more of the particular plant food with which it has been overfed. Humus assists in providing all the fods, and also holds the moisture for the supply of the crop. There is constantly occurring in the soil more or less loss of plant food. Exposure at certain seasons is injurious to soils.

AMERICAN CRIME BELT.

EXTENDS FROM THE BRITISH LINE TO MEXICO.

And Its Crop Never Fails — A Western Sheriff's Description — The Belt Runs Through the Centre of the Country, Where the East and the West Meet.

The Cheyenne (Wyoming) corresspondent of the New York Commercial Advertiser writes: "We've heard a good deal of late about the corn belt, the arid belt and the mineral belt," good deal of late about the corn belt, the arid belt and the mineral belt, said a western sheriff recently. "But it seems to me that some attention should be paid to what I call the crime belt. It is as clearly marked from the British line to Mexico as any old belt and produces a crop which is never failing and always commands wide public attention at harvest time. If you will take a map of the United States and draw your finger from the northern line of Montana at about the centre down across western Wyoming centre down across western Wyoming through New Mexico and Arizona, and through New Mexico and Arizona, and then to the Rio Grande, you will follow roughly the territory I include in my crime belt. If you want to, you can go on south of the Rio Grande through Chihuahua and the other Mexican states clear down to Oxaca and you will not get far away from it, but I don't know so much about that country as I do about our own territory.

"I would even commence this crime beit up in the British country somewhere around Calgary or McLeod, for those places have been in the past, and are yet to a certain extent, the rendezvous for some of the most expert horse thieves the world has ever seen. South of there is the Plegan country. Those Indians have been known as the most wonderful horse stealers among the red men, and nearly all of them are experts. I remember one time two tenderfest started out to drive through their country in a buggy. They were warned that the Plegans would steal their horses, so they bought some chains, and at night they slept under the buggy and padlocked the horses to the hind wheels. In the morning when they woke up the horses were gone. The Indians had taken off both hind wheels and taken them also, leaving the axis propped up on sticks, and during the entire operation had not awakened either of the travelers. Coming down south of the British line, you cross the Missourl valley, the Judith river, the Mussell Shell, the Yellowstone, and finally the Crow reservation, on the southern boundary of the state. Of course that country is quiet now, but every once in a while there is an outbreak of the old spirit such as made it dangerous ten years ago for white men to cross the country unless they were prepared to stand guard at night and put up a fight if necessary. The Mussell Shell valley was the scene of Granville Stuart's famous raid, when he and his band of cowboys are said to have shot, hanged or otherwise disposed of nearly sixty men who lived in the infected districts. It is many years since the Yellowstone valley has shown any spirit of outhawry, yet it is a favorite ground of this day for the capture of fugitives from justice. They seem to go to that valley as naturally as they did twenty years ago, when they outnumbered the lawabiding people.

"When you get down into Wyoming you must skirt the eastern slope of

ago, when they outnumbered the lawabiding people.

"When you get down into Wyoming you must skirt the eastern slope of the mountains in the western half of the state to find the famous Jackson's Hole and other places which have been the retreat for many years of horse thieves and murderers when pursued by possos. Crossing the Red Desert into Wyoming we find here a convenient wilderness for those desiring to escape observation. In Brown's Park, Col., and all along the eastern mountains of Utah tragedies have been of frequent occurrence. In the unsettled portions of New Mexico and Arizona the skin of the highwayman is of darker color, for many of them are Mexicans. Down on the Rio Grande these people actually assume the character of banditti, and in old Mexico, across the border, we find the fellow with the black eyes and black heard, tall peaked inat, red blanket and the knife. These fellows guide the strangers seeking ranches or mines and murder them for the contents of their purses.

"The character of the desperadoes has changed, however, wonderfully in the last twenty years. There are very few of the 'bad men' left. desperado of today is a common thief or murderer. In the old days he lived his life more as a Dick Turpin. He had some sense of nonor and selected his victims for reason of their ability to yield rich return. He did not go into hiding between his exploits, but lived openly in the frontier settlements and prided himself upon his reputation as a desperate character.

"The only thing which we have now which savors of this is the robbery of trains on overland roads, and it is a curious fact that nearly all the train bold-ups, with the exception of those which take place in Missouri, you will find are in this crime belt of which I speak. The Northern Pacific, Union Pacific and Texas Pacific look upon this belt as dangerous territory, for these roads have suffered extensively therein. I suppose tals crime belt of which I speak.

certain seasons is injurious to soils. Shade is one of the conditions required by soil bacteria, and shade conduces to the formation of humus. In fact, all farmers know that when a heavy sod is turned under the result is a large addition of humus to the soil. Such sod land may have been closely cropped by grazing cattle, but it gained in fertility, due to the shading of the soil, and also to the prevention of loss of soluble plant foods by leaching from rains and melting snows. Any kind of crop that covers the soil, therefore, assists in the formation of humus in the soil.—Philadelphia Record. execute swift justice. Ranches are still far apart, and it is often several hundred miles from town to town.

The Rocky Mountains send out their spurs across the country, making travel difficult and providing numer-ous grassy basins where the refugees can camp for almost unlimited time, ous grassy basins where the refugees can camp for almost unlimited time, finding wild meat for their subsist-ence and grass for their horses without their presence being suspected by those who are following their trail.

"There are more murders right in New York City every year than there are in the same time in this crime belt are in the same time in this crime belt of mine, but when we have a murder out in this country, or a robbery, it is kind of picturesque, and the news-papers make a great noise about it. Life is really safer in the crime belt papers make a great noise about it.
Life is really safer in the crime betthan it is in a great city, and no
settler need be alarmed about coming
to any part of the country. I have
ridden many thousand miles chasing
horse and cattle thieves, train robbers
and murderers, and it always seems
to me the route of the posse is in this
territory of which I speak. That is
what has called my attention to this
peculiar strip across the continent
north and south where these fellows
Even if their crimes are committed
far away, in the end we generally find
them somewhere in the belt. I suppose the explanation of this is simple
enough, in that it is the wildest and
least settled part of the country, and
that in time my crime belt will disappear from the map. In the meantime,
however, it is the first place toward
which I direct my search when I am
called upon to find some fellow who
has killed a "slow elk," as we call the
range cattle in such cases, who has
brorse at the end of his rope, who has
murdered a rancher for his money, or
who has stopped the overland express
and blown open the express safe."

BUCLE STOPS A STAMPEDE.

Trained Horses in a Wild Rush to Obey

Trained Horses in a Wild Rush to Obey the Notes.

A stampede of \$00 cavalry horses through the streets of San Antonio the other day caused a panic, and sent the blood of frontiersmen jumping through their veins as it has not jumped since the days when Texas was a republic. The mounts of the First Texas Cavalry broke away from a corral at Fort Sam Houston, on Government Hill, about three miles from the Alamo. Some of the horses had been in service for years, but the majority of them were "cow pontes" that had never been drilled. Across the prairie ground they dashed, following a dun mare with flowing mane. Two cavalrymen attempted to round up the herd. On went the flying steeds across the parade and into the drill ground they galloped, when suddenly there came from the direction of the officers' house a bugle call. Chargers which had often responded to this call insensibly slackened their speed. Again rang out a call.

The dun mare and one-third of the stampeded horses continued their

The dun mare and one-third of the eded horses continued their while the other two-thirds flight, while the other two-thirds turned squarely at right angles. The bugler repeated "columns right," and the two-thirds again turned at right angles, and galloped back in the direction from which they came. Once more the bugle rang out. The plunging mass took form and steadled its galt. Again the bugle sounded. The battallon broke the gallop, went into a trot, and wheeled into the parade ground. The bugler sounded "Halt," and that part of the stampede was over.

and that part of the stampede was over.

But the dun pony and her followers from the ranges continued their mad flight through the streets of San Antonio. Everything movable in the way of the horses was overturned and demolished. Pedestrians fled in every direction, while many carriage horses joined the horses of the plains. Over the bridge flew the wild steeds. One horse dashed its head against a telegraph pole, and the dun mare lost a follower. Another's forclegs went through a basement hole in the sidewalk, and the unfortunate horse was quickly trampled to death. A saloon was reached, and one of the cowponies was forced through its doors by the pushing horses as they continued. A railroad train came rushing along. With a bound the dun mare cleared the track in front of the locomotive, but several of her companions were hurled to death in an endeavor to follow.

The horses divided only to come together again when the train dashed yand resume their flight toward the

gether again when the train dashed by and resume their flight toward the prairies. Out into the mesquite and sage-brush the dun mare led them, and soon nothing was seen but a cloud of dust.

of dust.

The trail of the stampede was as plain as the path of a cyclone. No lives were lost, but property damaged was very heavy. Squads of cavalrymen started out and succeeded in roping all but 30 of the cow ponies.—Boston Transcript.

The accession of Vice-President Roosevelt to the chief magistracy adds another to the list of presidents who had but one Christian name. Of the had but one Christian name. Of the 25 presidents, but six, the younger Adams, the elder Harrison, Polk, Grant Hayes and Arthur had two. Mr. Cleveland since the death of ex-president Harrison is the only living ex-president. There have been but three other instances where there was but one surviving. In 1836 when Madison died, John Quiney Adams alone survived; In 1874, when Fillmore died, Andrew Johnson, and in 1886, when Arthur died, Hayes. There have been but two occasions when there was none surviving—during the term of John Adams, when Washington died, and during the second term of Grant in 1875, when Johnson died.—Louisville Courier-Journal. LONDON'S ANCIENT RIGHT.

City Will Claim Itts Privileges at King Edward's Cornation.

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Edward's Cornation.

Is accordance with the resolution
which was passed at the election of
the Lord Mayor claims will in due
course be made "for preserving the
ancient rights, privileges and immunities of the city of London" at the cornation of the King. At present, however, the course of procedure to be
adopted by the Rememberancer in
furtherance of the purpose of the resolution is a matter of doubt and vague
conjecture. Until it has been definitely decided whether the old-time forms
and ceremonies are to be revived or
abandoned it will not be possible to
draw up the claims of the city of London. According to the authorities the
Lord Mayors of old enjoyed the right
of being cuphearer to the King at the
cornation banquets. His Lordship of
ancient date, it appears, attended the
ceremony with the Aldermen and 12
citizens, and at the banquet which followed the cornation the Chief Magistrate of the city offered the King a
sup of spiced wine. This cup was of
gold, and with its cover weighed precisely 30 ounces. The privilege of
paying for the cup and, presumably,
the wine, belonged to the King, and
it subsequently became the property
of the Lord Mayor, as a fee or reward
for his services. It is also recorded that at the banquet the civic party
was seated "to the left of the cup
board," which, however, is not enlightening to the average man of the
present day, seeing that all evidence
by which the precise locality might
have been fixed has long since disappeared.

BATHROOMS FOR SCHOLARS.

BATHROOMS FOR SCHOLARS.

A Regular Adjunct of All New Schools in Boston.

Five new Boston schools have been opened up this fall, each of which is equipped with bath rooms. This innovation was first tried in the Revere school about two years ago, and proved so successful that it is announced all future schools in Boston are to have bath rooms as a regular adjunct. When a questionable-looking urchin comes to the schools the eacher conducts him to the bathroom and instructs him in one of the first requisites of cleanliness and good citizenship. It is said that the effect has been very beneficial on the general behavior and bearing of the pupils.

To Connect Two Seas.

The Russian Hydro-Technical Congress has recently been seriously considering the project of constructing a canal between the Black and Casplan seas. The industrial center of Russia keeps steadily moving southward, owing to the development of the naphtha, iron and coal industries. At present the yield of naphtha in that part of the empire amounts to some 400,000,000 poods (about 7,400,000 tons) annually, and that of coal to 600,000,000 000,000 poods (about 7,400,000 tons) annually, and that of coal to 600,000,000 poods (10,800,000 tons.) The existing railways are even now unable to satisfactorily handle the large traffic, and new means of transportation are urgently needed. The proposed canal is to have a depth of 22 feet and a breadth of 150 feet. It is to commence at Astrachan, and its terminus will be at the roads of Taganrog, on the Azov sea. The estimate cost is 40,000,000 roubles (\$20,000,000.)

A postal card sent from Paris the Paris via Moscow, Vladivostock and San Francisco made the trip around the world in 80 days, at a cost of two cents.

cents.

84. Jacebs Oil For Chest-Colds, Bronchitis, Croup, and Pleurisy.

An outward application for bronchial deficulties is many times far more effective than syrups, coup mixture, cod liver oil, &c., simply because it penetrates through to the direct cause, which is, as a rule, an accumulation of matter or growth tightly adhered to the bronchial tubes.

81. Jacobs Oil, possessing as it does those wonderful penetrating powers, enables if to loosen these adhesions and to induce free expectorations. Lavo been examined after St. Jacobs Oil has been applied, and the exact formation was clearly shown, where the afterious have downed or pulled off the bronchial tubes. All irritation of the delate mucous membrane of the bronchia is quickly removed by the healing and soothing quickly removed by the healing and soothing bronchial tubes. All irritation of the bronchia is lease mucous membrane of the bronchia is quickly removed by the bealing and southing properties of St. Jacobs Oil. In cases of croup and whooping cough in children St. Jacobs Oil will be found superior to any other remedy.

St. Jacobs Oil is for sale throughout the

St. Jacobs Oil is for sale throughout the world. It is clean to use—not stall greasy or oily, as its name might imply. For rheumatism, gout, stiatics, neuralgin, cramp, pleurisy, lumbago, sore throat, bronchitis, soreness, stiffness, bruises, toothache, head-sche, backache, feetache, pains in the chest, pains in the shoulders, prins in the limbs, and all bodily aches and pains it has no equal. It acts like magic. Safe, sure, and never failing.

King Edward is the first British mon-arch to play golf since the days of James II.

Brooklyn, N. Y., Oct. 31.—After investigating Gardield Tea, which is quite universally acknowledged to be the best family remedy, it is not difficult to explain its success—it is the medicine for good results! It is manufactured nere by the Gardield Tea Co, in their new and attractive laboratory and is made wholly from simple, sweet, and withni, health-giving herbs. Gardield Tea is the original herb cure for constipation and sick headache.

"You give me a pane," remarked the broken window to the glazier.

FITS permanen My eurod. No fits or nervous-ness after first day's use of Dr. Kline's Great Kerve Restore. 62 trial bottle and treatise free Dr. R. H. KLINE, LAd., 931 Arch St., Phila. Pa. It seems funny that people go to the salt ocean for fresh air.

Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma-tion, allays pain, cures wind colic. 25c a bottle Even the most expert equilibrist can's always balance a set of books.

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

A woman's idea of being stingy is to know a secret and not tell it.

Burns from a Cold Substance.
That a man can sustain serious burns from a small quantity of cold mineral substance carried in his pocket seems almost too absurd for belief, yet there is no doubt that this paradoxical accident has taken place. It is now well known that Roentgen rays, if sufficiently intense and in sufficiently long duration, exercise a destructive action upon the skin, which peels off and leaves an open sore that is slow to heal. The similar rays given out by certain minerals and called Becqueral rays, after their discoverer, now appear to be capable, at Burns from a Cold Substance coverer, now appear to be capable, at very short range, of inflicting "burns" also. It has been recently announced that the invisible rays emitted by radium, one of these substances, have an especially active effect upon the human skin.

man skin.

Largest in the World.

Walter Baker & Co. Ltd., Dorchester, Mass., are the largest manufacturers of cocoa and chocolate in the world. They received a gold medal from the Paris Exposition of last year. This year they have received three gold medals from the Pan-American exposition at Buffalo. Their goods are the standard for purity and excellence:

the standard for purity and exceeding the standard for purity and exceeding the standard does b-u-l-l-yspell?" Johnny-"What does b-u-l-l-yspell?" Johnny-"Why, er-u'm-m-"
Teacher "Come! Come! Suppose a great big boy were to strike a little fellow, what would you call him?"
Johnny-"I don't dast to tell yer Ma'am." - Cathelie Standard and "limes.

Sweat and stutt some was not discolor goods dyed with PUTNAM FADELESS DYES. Sold by all druggists. When a girl dreams of an elopement she allows her imagination to run away with her.

The average woman is generally too busy talking to stop and think.

Intervence worken is generally too busy talking to stop and think.

S100 Meward. S100.

The readers of this paper will be pleased to fearn that there is at least one dreaded discase 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 disease. requires a constitutional treatment. Hall's Catarrh Cure is taken intermily, acting directly upon the blood and mincous 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 faithin its curative power that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address. Send for list of testimonials. Address. Send for list Family Pills are the best.

Some poets write because they are in-

Some poets write because they are in-

Best For the Bowels.

No matter what alls you, headache to a cancer, you will never get well until your bowels are put right. Cancaratra help nature, curre you without a gripe or pain, produce case natural movements, cost you just 10 conts to start getting your health back. Cancaratra Candy Cathartic, the genuine, put up in metal boxes, every tablet has C.C.C. stamped on it. Beware of imitations.

Success often depends upon knowing when to quit.

MRS. IDA L. ROSER Grand-Niece of Ex-President James K. Polk, Writes to Mrs. Pinkham Saying:

"DEAR MRS, PINKHAM: —I have been married for nearly two years, and so far have not been blessed with a child. I have, however, suffered with a complication of female troubles and painful mentruation, until very recently.



MRS. IDA L. ROSER.

"The value of Lydia E. Pinkham's Vegetable Compound was called to my attention by an intimate friend, whose life had simply been a torture with inflammation and ulceration, and a few bottles of your Compound cured her; she can hardly believe it herself to-day, she enjoys such blessed health. I took four myself cured. I am once more in fine health and spirits; my domestic and official duties all seem easy now, for I feel so strong I can do three times what I used to do. You have a host of friends in Denver, and among the best what I used to do. You have a now friends in Denver, and among the lo count, Yours very gratefully.— N IDA L. ROSER, 326 18th Ave., Den Col."—55000 forfeit if above testimonical in

genuina.

If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write to Mrs. Pinkham, Lyan, Mass., for special advicetit is free.

P N U 45, '01

