



Miss Gannon, Sec'y Detroit Amateur Art Association, tells young women what to do to avoid pain and suffering caused by female troubles.

"DEAR MRS. PINKHAM:—I can conscientiously recommend Lydia E. Pinkham's Vegetable Compound to those of my sisters suffering with female weakness and the troubles which so often befall women. I suffered for months with general weakness, and felt so weary that I had hard work to keep up. I had shooting pains, and was utterly miserable. In my distress I was advised to use Lydia E. Pinkham's Vegetable Compound, and it was a red letter day to me when I took the first dose, for at that time my restoration began. In six weeks I was a changed woman, and was utterly miserable. I felt so elated and happy that I want all women who suffer to get well as I did."

When one considers that Miss Gannon's letter is only one of the countless hundreds which we are continually publishing in the newspapers of this country, the great virtue of Mrs. Pinkham's medicine must be admitted by all.

Would Confiscate the Hats. Enthusiastic members of London's Audubon society propose a law to authorize the confiscation of all hats decorated with the skins of song birds.

Try One Package. "Defiance Starch" does not please you, return it to your dealer. If it does you get one-third more for the same money. It will give you satisfaction, and will not stick to the iron.

Our friendships are usually rowboats, while our hatreds are men-of-war.

ARE YOUR CLOTHES FADED? The Red Cross Ball Blue will make them white again. Large 3-oz. package, 5 cents.

If a man who falls in love at sight is wise he will take a second look before proposing.

Try me just once and I am sure to come again. Defiance Starch.

Example is the best argument.

Chaffee's Shoulder Straps. The first shoulder straps with the three stars of the lieutenant general that General Chaffee will wear after the senate confirms him in his new grade will be a pair presented to him by Lieutenant General Young, who retired recently. With the straps General Young sent this note: "Private Young, Company K, Twelfth Pennsylvania volunteer infantry, presents his compliments to Private Chaffee, Troop K, Sixth United States cavalry, and asks him to accept this pair of lieutenant general's shoulder straps."

Financier and Mirthmaker. American financiers who, when in London, have had occasion to meet the urbane, yet extremely business-like secretary of the Bank of England, were surprised to learn the other day that in his leisure he wrote stories that fairly bubbled over with the spirit of childhood. Between Mr. K. Grahame, important factor in the management of "The Old Lady of Threadneedle Street," and Kenneth Grahame, author of "The Golden Age" and "Dream Days," there would seem to be the wide gulf existing between poet and banker—always excepting my old friend, Edmund Clarence Steadman. If the attempt of a humorist to assassinate the bank secretary had not drawn wide attention to that financial factotum, with consequent publication of his biography, the fact that mirthmaker and money handler were one person would have been known only to a chosen few.

DR. FED HIMSELF. Found the Food that Saved His Life.

A good old family physician with a lifetime experience in saving people finally found himself sick unto death. Medicines failed and — but let him tell his own story. "For the first time in my life of sixty-one years I am impelled to publicly testify to the value of a largely advertised article and I certainly would not pen these lines except that, what seems to me a direct act of Providence, saved my life and I am impressed that it is a bounden duty to make it known. "For 3 years I kept falling with stomach and liver disorders until I was reduced 70 lbs. from my normal weight. When I got too low to treat myself, 3 of my associate physicians advised me to 'put my house in order' for I would be quickly going the way of all mankind. Just about that time I was put on a diet of Grape-Nuts cereal food. Curiously enough it quickly began to build me up, appetite returned and in 15 days I gained 6 lbs. That started my return to health and really saved my life. "A physician is naturally prejudiced against writing such a letter, but in this case I am willing to declare it from the households that the multiplied thousands who are now suffering as I did can find relief and health as easily and promptly by Grape-Nuts. If they only knew what to do. Sincerely and fraternally yours," Name of this prominent physician furnished by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."

IN WOMAN'S INTEREST

Girl's Costume. Yoke dresses are always becoming to young girls and are shown in many variations. This one is exceptionally pretty and includes a skirt yoke, as well as one in the waist, that gives smooth fit over the hips while allowing fullness below. The original is made of sapphire blue Henrietta with the yokes, sleeve caps and cuffs made of narrow bands of silk, interlaced and held by fancy stitches and laid over white, but all the simpler materials of fashion are suitable and the yokes can be of lace silk or any



4618, Girl's Costume, 8 to 14 years.

contrasting material or, made of bands of velvet or silk ribbon in place of the folded silk. The waist is made over a body lining on which the full front and backs and the deep pointed yoke are arranged. The sleeves are the full ones of fashion with caps that combine with the yoke to give the needed broad effect. The skirt is straight, gathered and joined to the yoke, which in turn is joined to the waist.

The quantity of material required for the medium size (12 years) is 5 1/2 yards 21 inches wide, 5 1/4 yards 27 inches wide or 3 1/2 yards 41 inches wide, with 30 yards of banding to make as illustrated.

The pattern 4618 is cut in sizes for girls of 8, 10, 12 and 14 years of age.

How to Cook Liver. Here is an appetizing way to have liver for a dinner, that may be new to some. Cook or fry about three slices of fresh pork to a pound of liver, have fried onions with it, and also a gravy improves it. Cut all the meat up in quite small pieces, put it altogether in a deep dish with the onions and gravy poured over. Don't buy the red liver, it is not near as good as the yellow, try it, and you will see, and don't cook the liver the least bit too much, cook as frequently happens; it will be so different when just cooked through.

Frozen Meat.—When using frozen meat the great point is to slowly and thoroughly thaw it before cooking. Mint Sauce.—When chopping mint for mint sauce, add a little sugar, and you will be able to chop it far more easily.

Brushes.—The backs of brushes of silver or nickel can be kept bright by rubbing with a flannel dipped in ammonia.

Fruit Tarts.—Put the sugar used for sweetening fruit tarts in the middle of the fruit, not on the top, or it will soften the pastry.

Stale Leaves.—Wrap stale leaves in a cloth. Dip into hot water for half a minute, take off the cloth and shake for a quarter of an hour in a steady oven.

In the Wash.—The linen turns yellow after washing because it is not rinsed enough. The soap left in at the laundry turns the garments yellow in wear.

Cleaning Fancy Collars. Net and lace collars, that there is danger of pulling out of shape during the washing process, should be carefully

Painted Pins in Fashion Again. Miniature painted pins are again in fashion, but this time they are of copper instead of china. They are mounted in gunmetal, all shapes and sizes, and are prettier than any miniature pin shown in many years. They are used for belts, brooches, hat pins and coin cases. The coin cases have the appearance of being watches, and the stones are usually surrounded by tiny rhinestones. On opening the case by the spring, just as a watch would open, and touching an interior spring, the coin emerges. This is a clever arrangement, and there is no danger of losing the coins.

Pretty Blankets. One or two ballingins, or Italian silk blankets, are good investments in a household. They are inexpensive, and often very pretty in color and design. They are used for couch covers, and are decidedly convenient for extra bed

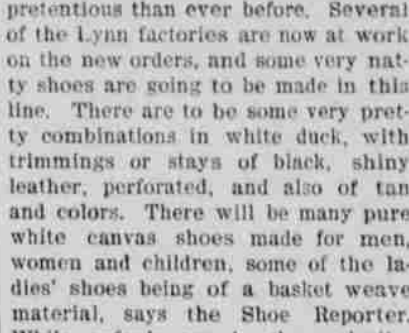


Bertha waists of all sorts are in vogue, but none other has the peculiar charm of the handkerchief sort the grace of which is apparent at a glance. This one is made of violet crepe de Chine with yoke and cuffs of chiffon velvet and trimming of serena lace, but both yoke and cuffs can be omitted and the waist made low with elbow sleeves when desired. The pointed outline of the yoke and the

fully folded and sewed lightly together before being put into the suds. Never rub things of this kind. Make a suds with soap-jelly and warm water. Lay the folded collars in this and leave for twenty minutes or half an hour.

Then squeeze in your hand and souse up and down in suds till clean. Repeat the process in another clean lot of suds if there is any doubt of the cleanliness, and finally rinse in warm water and squeeze as dry as you can. If ironed at once on a well-covered board, wrong side up, first under a cloth and then without, no starch will be needed.

Waist With Fancy Yoke Collar. Every woman knows the value of a gown that can be made high or low neck an occasion demands. This very charming model accomplishes that end and is eminently smart under both conditions. As shown it is made of white crepe meteorite with heavy



4607 Waist with Fancy Yoke Collar, 32 to 40 bust.

cream lace as trimming. The yoke collar is separate and can be worn over the waist made low, as shown in the small sketch, or over the entire foundation as preferred. The sleeves form full soft puffs that extend slightly below the elbows and can be made with or without the deep cuffs. To make the waist for a woman of medium size will be required 4 1/2 yards of material 21 inches wide, 4 yards 27 or 2 3/4 yards 41 inches wide, a May Manton pattern, No. 467, sizes 32 to 40 will be mailed to any address on receipt of ten cents.

An Underskirt. Any girl who has an old party frock of taffeta can make a very pretty underskirt to wear with her house and evening gowns. For the ruffle get wash net, or point d'esprit, and across the bottom place bias bands of silk. Sew the ruffle to the skirt with another band and you have a very dainty affair.

Floral Chains in Place of Beads. Floral chains are taking the place of the bead ones, which have been so popular until recently. These floral fancies are made of ribbon or silk, and are worn chain fashion. Violet, bou-tan roses and forget-me-nots are the favorites.

Knife cleaning will be more easily accomplished if you mix a little carbonate of soda with the bath brick on the knife blade.

When making cakes begin by warming the basin. This will cause the ingredients to mix more readily and the result will be a lighter cake. If a cork seems too big for the neck of a bottle, soak it for three or four minutes in boiling water and then try it again. It will probably go in then quite easily.

Wash children's slates occasionally with water in which washing soda is dissolved. This will take off the greasiness which makes writing on the slates a difficulty.

The man's face brightened. "My wife and I'll have there. Some day I go back." A woman who was assisting in the packing, and who was supposed to be well bred, remarked facetiously: "Aren't you afraid your wife will run away with some other Chinaman while you are away, Lee?"

The Chinaman gave her one swift look of contempt, then quickly responded with a respectful bow. "My wife no Molian woman—she Chinese lady."

Smiles and Tears. Through her tears my darling's smiling, And the world is bright again, As, when saddest hearts beguiling, Breaks the sunlight through the rain; To her lashes still are clinging, Crystals, quivering with her sighs, Golden stars of sunshine flinging, From the rainbow of her eye.

All the days cannot be rainless; Elixir cannot be always clear; Darling's life cannot be painless; Sorrows' lurking somewhere near. But since tears must come to sadden, Bring with them better sighs; May the smiles that follow gladden, In the rainbow of her eyes! —New York Herald.

A Wilder Witticism. It recently happened that Marshall P. Wilder was in the company of a number of men who were discussing the wonders of invention and of discovery during the last hundred years. During a lull in the conversation Wilder ventured to intimate that to him dynamite seemed the most wonderful of all inventions. "Why dynamite?" asked one of the men. "Because there's nothing in the world that can hold a candle to it." Whereupon the company chased Marshall from the room.—New York Times.

Laudable Industry. The way Robert Grier Monroe is going after the trusts is simply great, isn't it? I tell you, if he keeps up his good work they will all have to go out of business," remarked William Leary the other day. "Why, what has he been doing?" asked a chorus in the "Amen" corner of the Fifth Avenue. "Collected \$525,000 water tax from the sugar trust last week!" said Leary.—New York Times.

Taken Goat Census. Uncle Sam recently counts a source of wealth. From the Proud Angora to the Lowly Common Varieties Which Lard It Over Vacant City Lots, All Have Been Enumerated.

Uncle Sam has counted his goats. The funny persons of the United States had been paying attention to them long before Uncle Sam did, but they did not spread quite the same facts about them. According to the goat is really only a humorous object, living mostly on ash heaps and eating loose property, such as shirts hung out to dry.

But Uncle Sam finds that his goats are extremely valuable possessions of the United States. His census men collected the figures from all the states and found to their amazement that there are almost two millions of goats in this country.

There are more than 1,871,000 on farms only. More than 700,000 of them are the beautiful Angora goats, but the rest, which are just the plain, ordinary, common goat, are not to be despised. The value of all the goats on the farms is estimated at being a little more than three and a quarter millions of dollars.

Yet with all these goats in the country the United States still imports all of its goat skins from other lands. This is not due to the fact that the business isn't worth having, for last year the imports of goat skins amounted to twenty-five millions of dollars, but the fact appears to be that the goat herders and the goat skin makers of other countries demand so little money and live so poorly that there is nothing in it for the American farmer, and he prefers to raise his goats for their hair, as in the case of Angoras, while he uses the common goat to furnish milk and meat.

The twenty-five million dollars' worth of goat skins that are imported by Uncle Sam each year give work to many strange races, and draws on goat herds from Uruguay and Australasia to the White Sea in Russia and Labrador in far northern Canada.

On the oceanic peaks of the Azores, in the beautiful Madeira islands, where the days are all as dreams, afar in the wild country around the Black Sea, high among the clouds of the Swiss Alps, the herds are feeding today to furnish skins for the shoes and gloves and other wearing material of the boys and girls of the United States.

The soft, velvety skin that forms your gloves today may have passed through adventures before it reached you that would make a story in the most thrilling of story books seem pale.

The man of deeds has little time to waste on words. You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.

The best cure of a bad habit is the culture of a good one. What a grand and glorious world this would be if every man would follow the advice he gives to others.

Gives to Salzer's Oats its heartiest endorsement. Salzer's New National Oats yielded in 1903 from 150 to 300 bu. per acre in 30 different states, and Mr. Farmer can beat this in 1904, if you will. Salzer's seeds are pedigree seeds, bred up through careful selection to big yields.

Salzer's Beardless Barley yielded 121 bu. Salzer's Home Builder Corn, 500 bu. Salzer's and Macaroni Wheat, 60,000 lbs. Salzer's Victoria Rapes, 60,000 lbs. Salzer's Teosinte, the quick-growing fodder wonder, 160,000 lbs. Salzer's Billion Dollar Grass, 25,000 lbs. Salzer's Pedigree Potatoes, 1,500 bu. No such yields pay and you can have them, Mr. Farmer, in 1904.

Send for our 1904 catalog and notice to the John A. Salzer Seed Co., La Crosse, Wis., and you will get their big catalog and lots of farm seed samples free. (W. N. U.)

No ordinary man can love a woman as much as she thinks he ought to and attend to his work at the same time.

THE LINCOLN IMPORTING HORSE CO. Lincoln, Nebraska. German Coach, Percherons, English Shire, French Draft and Belgians. The LARGEST Importers of HORSE. CLASS stallions of any country in all the West. OVER 50 BRED TO SELECT FROM. On arriving in Lincoln take the State Farm Street car which runs directly to our barn. Come and see us in person. L. S. State Farm, Tel. 575. A. L. Sullivan, Manager.

CAPSICUM VASELINE. A substitute for all superior to vasoline or any other vaseline, and will not blister the most delicate skin. The penetrating and curative qualities of this article are wonderful. It will stop the itching at once, soothe the inflamed and sore throat, relieve the pain of the rheumatism and all other ailments. We recommend it as the best and most essential remedy for pains in the chest and stomach and all rheumatic, neuralgic and neuritic complaints. A trial will prove what we say. Capsicum Vaseline is for sale in every drug store in the household. Many people say "it is the best of all your remedies." Price 12 cents, at all druggists or other dealers, or by sending this amount to us in postage stamps we will send you a tube by mail. No outside order will be accepted by the public unless the same comes our label, as otherwise it is not genuine. CHESTERHOLM WORKS, 17 State Street, New York City.

MEDICAL EXAMINER

Of the United States Treasury Recommends Pe-ru-na.

DR. LEWELLYN JORDAN. Medical Examiner of the U. S. Treasury Department, graduate of Columbia College, and who served three years at West Point, has the following to say of Peruna: "Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change and I now consider myself a well man after months of suffering. Fellow sufferers, Peruna will cure you."

A constantly increasing number of physicians prescribe Peruna in their practice. It has proven its merits so thoroughly that even the doctors who once had a prejudice against so-called patent medicines and recommended it to their patients. Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half of the people of the United States.

Robert H. Roberts, M. D., Washington, D. C., writes: "Through my own experience, as well as that of many of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients." Robert H. Roberts.

Dr. R. Robbins, Muskogee, I. T., writes: "Peruna is the best medicine I know of for coughs and to strengthen a weak stomach and to give appetite. Besides prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it fits so many cases."

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and the suffering."

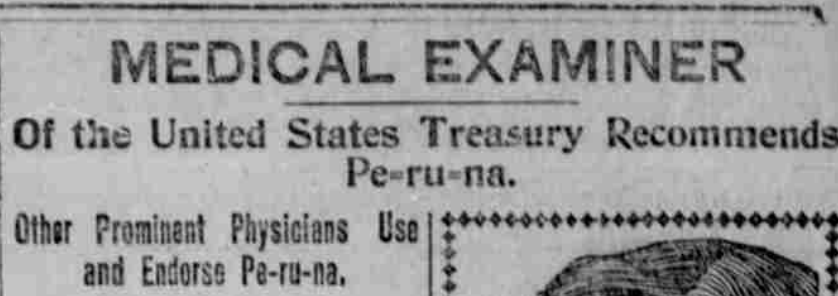
Dr. M. C. Gee writes from San Francisco, Cal.: "Peruna has performed so many wonderful cures in San Francisco that I am convinced that it is a valuable remedy. I have frequently advised its use for menorrhagia, I find it restores from such painless menstruation, cures leucorrhoea

and ovarian troubles, and builds up the entire system. I also consider it one of the finest catarrh remedies I know of." M. C. Gee, M. D.

Catarrh is a systemic disease curable only by systemic treatment. A remedy that cures catarrh must act directly at the depressed nerve centers. This is what Peruna does. Peruna immediately invigorates the nerve centers which give vitality to the mucous membranes. Then catarrh disappears. Then catarrh is permanently cured.

If you do not derive prompt and satisfactory results from the use of Peruna write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of the Hartman Sanitarium, Columbus, Ohio.



Dr. Lewellyn Jordan, Medical Examiner United States Treasury.

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WINCHESTER

"NEW RIVAL" BLACK POWDER SHELLS. It's the thoroughly modern and scientific system of loading and the use of only the best materials which make Winchester Factory Loaded "New Rival" Shells give better pattern, penetration and more uniform results generally than any other shells. The special paper and the Winchester patent corrugated head used in making "New Rival" shells give them strength to withstand reloading. BE SURE TO GET WINCHESTER MAKE OF SHELLS.

Men who know when they get enough may be too full for utterance after getting it.

Lewis "Single Binder." The richest quality cigar on the market at 50c per pack. Always reliable. You pay 10c for cigars not so good. Lewis' Factory, Peoria, Ill.

Once there was a man who fell in love with a woman's voice! she seldom used it. The man of deeds has little time to waste on words.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.

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UMC SHOT GUN SHELLS are found on every American farm where there is a live boy. New Club loaded with black powder. Nitro Club and Arrow loaded with 6.7 smokeless powder. They are "Duck Killers." Catalogue free. The Union Metallic Cartridge Co., BRIDGEPORT, CONN. Agency, 313 Broadway, New York.



WE DEMAND YOUR ATTENTION. If anyone offered you a good dollar for an imperfect one, would you take it? If anyone offered you one good dollar for 75 cents of bad money, would you take it? We offer you 16 ounces of the very best starch made for 10c. No other brand is so good, yet all others cost 10c. for 12 ounces. Ours is a business proposition. DEFIANCER STARCH is the best and cheapest. We guarantee it satisfactory. Ask your grocer. THE DEFIANCER STARCH CO., Omaha, Neb.

W. N. U., Omaha, No. 5-1904

WISCONSIN CURE FOR CONSUMPTION