

Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period - how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women: - I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said job is to be done, this cutting back this was due to an inflamed condition of the uterine appendages caused is quite necessary, as otherwise a by repeated and neglected colds.

"If young girls only realized how dangerous it is to take coid at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to that has not been cut back will be take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my color is good, and I feel light and happy." - Miss Agnes Miller, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regula struction and makes those periods painless.

#### READ WHAT MISS LINDBECK SAYS:

"DEAR MRS. PINKHAM: - Lydia E. Pinkham's Vegetable Compound has greatly benefitted me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdo-3 "A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods." - Jessie C. Lindbeck, 1201 6th Street, Rockford, Ill.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

Nature doesn't use self-made beauties for patterns.

Don't you know that Defiance Starch, besides being absolutely superior to any other, is put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds?

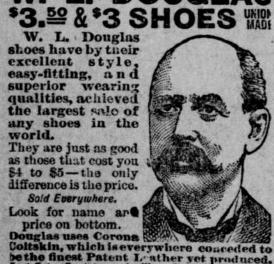
It is easier to endure failure than to bear success.

# free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Nebr., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same but it's different with fresh paint. money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be The tickets to the Exposition will be sent by registered mail September Laxative Bromo Quinine Tablets. Price 25c. 5th. Starch for sale by all dealers.

A bald-headed man can't lose anything by trying a new patent hair re-

W. L. DOUCLAS





As the wise man knows he is a fool he is miserable; the fool imagines he

FREE ADVICE TO WOMEN. -

# Another new thing. Can be cut six

is wise and is happy.

Salzer's Teosinte it will make more green fodder than anything else; cheap as dirt and grows everywhere. Of Salzer's Renovator Grass Mixture, just the thing for dying out pastures and meadows, Mr. E. Rappold, East Park, Ga., writes, "I sowed Salzer's Grass Mixture on soil 'so poor two men could not raise a fuss on it.' and in forty-one days after sowing I had the grandest stand of grass in the county, Salzer's Grass Mixtures sprout quick-ly and produce enormously." 100,000 barrels choice Seed Potatoes. SALZER'S NEW NATIONAL OATS.

Here is a winner, a prodigy, a marenormously prolific, strong, healthy, vigorous, producing in thirty states from 150 to 300 bu. per acre. You had best sow a lot of it, Mr. Farmer, in 1904, and in the fall sell it to your neighbors at \$1 a bu. for seed. JUST SEND 10c IN STAMPS

to the John A. Salzer Seed Co., La Crosse, Wis., and receive in return their big catalog and lots of farm seed samples free. (W. N. U.)

Fresh people ought to be sat upon,

# Stops the Cough and

That which is useless cannot be harmless.

# FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. Dz. R. H. Kling, Ltd., 531 Arch Street, Philadelphia, Pa

Dogs and porous plasters are frequently attached to mankind.

All creameries use butter color TINT BUTTER COLOR.

Stationers are about the only men who are able to keep diaries.

Sensible Housekeepers will have Defiance Starch, not alone because they get one-third more for the same money, but also because of superior quality.

A man is as anxious to get away

from a baby as a woman to get to it. Am I in favor of expansion? Every thing that grows expands. See how the State Farmers' Mutual Insurance Company of South Omaha has grown

12 distribute.					CHICAL		, Pr.	444
Jan.	1, 1	896	we	had		\$	50,21	5.00
**	" 1	897	we	had		4	38,85	0.00
44	" 1	898	we	had		2,6	96,16	5.00
3 (198	" 1	899	we	had		4.2	24,37	5.00
**	" 1	900	we	had		7.5	38.97	3.00
	" 1	901	we	had		10.4	80.48	3.00
	" 1	902	we	had		13,5	41,36	7.00
	" 1	903	we	had		16.4	13.86	9.00
***	" 1	904	we	had		18,4	16,38	8.32
Do	n't	you	th	ink	you '	would	like	e to
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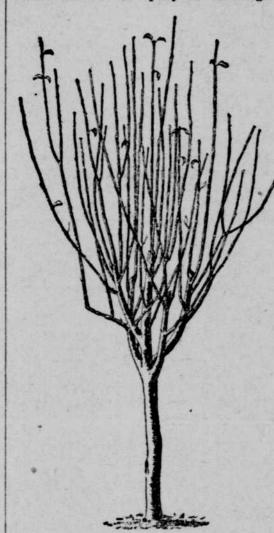
South Omaha, Nebr. Short prayers have the surest aim



Applying Lime Sulphur Wash. The preparing of lime sulphur wash for eradicating the San Jose scale was treated of last week. From a bulletin of the Virginia Experiment Station we reproduce four illustrations of trees that have been cut back to make their treatment easier. Cut 1 is an apple tree that has been cut back, and cut

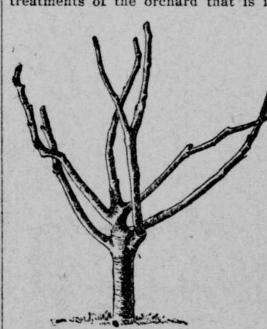


Cut 1. Six-year-old apple tree cut back and washed by hand. 3 is a peach tree that has been treat ed in the same way. If a thorough scale here and there may escape the effects of the application. The cutting back makes it easy to treat them, with certain success. A large tree found difficult to spray so thoroughly



way of spraying material Hand-mopping is one of the most common ways be used.

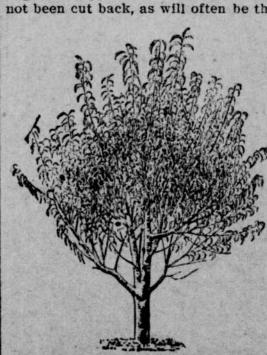
The Virginia station advises two treatments of the orchard that is in-



Cut 3. Six-year-old peach tree cut back and washed by hand. Limbs should or-dinarily be cut shorter.

fested. The first one should be in the fall and the second one in March. Whether the fall application has or

the scale. plication of this wash must be made during the time when the trees are the surface of the leaves, stems and dormant and not after the foliage has | fruit. In the summer it develops winbegun to appear. Where trees have ter spores which are encased in hard



Cut 4. Tree that was cut back like preceding, after summer's growth. case, the trees will have to be sprayed. As to the use of spray pumps the bulletin referred to says: "In regard to spray pumps, we urgently advise the rge outfits designed for rapid work. owever, iron pumps will prove more sistant to corrosion by this wash than the usual brass pumps. The pumps and fittings should always be

washed with clean water after each day's use."

From different parts of the bulletin we quote: "It is very easy for the men to waste the liquid, if they are not careful. \* \* \* The men found the wash quite unpleasant to their hands and very obnoxious to the face and eyes, and it became necessary for them to wear gloves and cover their faces with veils, which were made by using plain strips of thin muslin or calico. These were fastened around the hat band, and holes were cut for the eyes. Though crude in design, they are very useful in keeping the spray out of the face. \* \* \* It was also found best to cover the horses with thin cloth blankets to protect them and the harness from becoming coated with the spray."-Farmers' Re-

### The King of Fruits.

may talk of our orange groves, of our 61/4 cents for each pound of protein olive groves and of the many varieties in the bran. The gluten cost \$23.00, of our plumbs and peaches, yet there but there was 540 pounds of it in a are more apple trees in the United ton, which was a cost per pound of States to-day than of all other fruit 41/4 cents. Any man can see the point trees combined. And there is no oth- and that the high-priced feed was the er kind of fruit that it is so impossi- cheapest when values are considered. ble to overproduce. The peach crop | The above is but an illustration of may be so immense that thousands of the recklessness shown by many in carloads will go to waste before they the buying of feed. can be taken care of. But the apple We heard of a man recently who, world has a big mouth.

For the home orchard, the apple is addition to the cost of grinding. would hold anything and stored in all whether it has merit or not. kinds of places, from damp cellars to hot garrets! Yet, in spite of that, the apple has furnished fruit for an entire winter, and when it consisted Robt. Pethbridge said: Successful worst of conditions, what will it do for its long keeping?

## The Farmer's Fruit.

It has been asserted that the farmer is the most backward fellow in the world, so far as looking after his own comfort is concerned, and that may be stretched to include the comfort of his family. There is no question that the farmer and his family should be the best fed people in the world, but are they? Some are and some are not. Some have gardens, orchards, flocks of poultry and everything that can add to the comfort of the farm home. Most do not. Yet Cut 2. Same tree after summer's at the back door of every farm house is a nice piece of land that, with a as to cover all the twigs. When the little care, would yield many kinds branches have been mostly cut off it of comfort to his family through evis easy to do the work by hand, which ery month in the year. The farmer will mean a great deal of saving in the that does not care to go into fruit raising unless he can make it a commercial operation is losing sight of of treating such trees after they have one of the chief joys of raising fruittimes during a season and sprouts been cut back. A rag mop or heavy that of having an abundant supply for again with lightning rapidity. Next to paint brush or whitewash brush may his own table. What a pleasure it is to see the children and the women of the household reveling in their ripe fruit, both at picking time and at eating time!

But the things that would make a commercial orchard and a commercial berry patch unprofitable will not militate with the establishing of such for the hiring of labor, there are many the supply of the family. Often the commercial fruit enterprise is a ques- land, Ireland, Germany and Scantion of markets, but with the home orchard there is no question of a market. The fruit patch, whether it in- York, and they naturally seek an emclude vines or trees or both, is a ployment agency, and those who wish source of health to the whole family, to hire this class can make applicaand a delight to the younger members | tion, and they will not be disappointed of the family that they will remem- if they are willing to do the fair thing ber to their latest days.

Gooseberry Mildew. Gooseberry mildew is a disease that has made it very difficult to grow European gooseberries in this country. The mildew has paid particular attention to the European varieties. but has not entirely neglected the American sorts. However, the mildew can be quite readily eliminated from has not been made, the time is now | the list of enemies of the gooseberry, here to make the spring attack on but not without some labor. The fungus that affects it has two general It must be remembered that the ap- stages, that of the spring and summer. In the spring it is found only on Why not do as they do-use JUNF not been cut back, as will often be the shells that are not affected by spray or any other application. It is therefore advisable to begin work in the spring while the fungus is in its first stage and entirely susceptible to the effects of poisons or chemicals. The spraying solution should consist of one ounce of potassium sulphide to two gallons of water. That would the trier. Now, I do not propose to make a solution that costs about one discuss here any method of working cent a gailon. Two sprayings will probably do the work, but if the fun- approve of making butter of this gus reappears it will be well to do a sind, but I do believe the question of little more than seems necessary, so a proper overrun is one of the most that the trouble may be obviated for important questions that confronts subsequent years. Tests with this the manufacturer of to-day.-Prof. G. solution have given very good results. L. McKay. The chemical dissolves best in hot water.

Transsiberian Railway.

no time since it was opened been was one of the earliest converts to able to handle all the freight offered Joseph Smith, and was one of his it. Not being standard gauge, rolling closest friends until his death. Twice, stock ready made cannot be bought in the early and troublous days of in other countries. Its mileage is Mormonism, she helped to save the about the same as that of the Penn- lounder's life. sylvania system.

matrimonial warfare goes down to de ing in order to support him.—Chicago



Buying Feeds.

A good many farmers make light of balanced rations and equally so of the constituents of the feed they buy. They purchase their feed supplies largely on the market quotations based on a certain weight. When bran was selling at \$15.00 per ton recently and gluten feed at \$23.00 there was a great demand for bran. Yet the bran contained only about 12 per cent of digestible protein and the gluten feed 27 per cent. Let us figure a little. There were about 240 pounds of protein in the ton of bran,

crop can always be taken care of when oats were selling at about \$20 The man that wants fruit for his home per ton, ground them and fed them to or to sell thinks first of the apple, and his dairy cows. That was certainly he does well. The markets of the an absurd thing to do when protein world are demanding it more every feeds in other forms could be bought year. The man that plants an or very much cheaper. The wise thing chard of long-keeping apples will nev for him to have done would have been er have trouble in disposing of the to sell the oats and put the money fruit. The world wants it, and the into other feeds, thereby saving sevural dollars per ton on his oats in

the first thing to consider. It may It is indeed true that, as some say be planted in so many varieties that "a man needs to have a liberal eduits product will be coming into mel cation" to know just what feeds to lowness at all seasons, from July to buy. But it is also true that the almost July again. Happy is the com- farmer that expects to succeed in his munity that can raise apples, and hap- business in these days must make py are the men that know how to se a study of his business to the same handle their orchards that they will extent as the city business man has give them a fair crop every year. The to do. When farmers do that, the great factor that makes the apple the sellers of feed will sell what the king of fruit is its rich flavor. The farmers really need to buy rather than second great quality is its ability to what will make the dealers the most keep for months when even poorly money. Dealers in all kinds of goods taken care of. How the apple has generally sell to the "intelligent been treated in the past in the way of trade" the things that have merit, but storage! Shaken from the tree, to the "unintelligent trade" they sell packed into all kinds of things that anything that will yield a profit,

#### The Dairy Laborer.

of russets and Black Oxfords, has dairying cannot be carried on where been found on the table of the grower labor is short, or where the hired even in March and April. If the ap- help is lacking. In my travels I find ple has done so well for us under the this to be a great complaint among dairymen that they cannot get help, when it shall be given reasonable care but I am sure it is mostly their own under conditions scientifically correct fault, for I can name many successful dairymen who have no difficulty in that line, because they are treated in a proper and business like manner, such as fair wages, regular hours and liberal treatment. He must compare the dairy help with the city laborer in wages; they will vary in different parts of the country in hours of labor; the city man has his 10 hours daily and pay for overtime, whereas the country man as a rule works longer hours and no pay for overtime. This is one of the great objections of the man working on the farm, for I have known by experience that many a day I have been at work 14 hours in the field with a team and previous to that did the milking and feeding of ten cows and four horses. and then at night have to do the same thing again, when I ought to have been studying or taking some recreation to improve my mind and body, to render it better fit for the duties of the morrow. Liberal treatment will do more to bring employer and employed together, than wages. The giving of a cottage with a garden patch and allowing them to keep a cow for the use of the children in addition to the weekly wage gives the country employer the advantage over the city and more work can be accomplished and your man can be relied on, which is very important. In good dairy hands coming from Engdinavian countries, who are glad to get a job when they arrive in New

Water in Butter. We have been able during the past season to make butter containing 42 per cent water, giving an overrun of 62 per cent, without the use of any butter increaser. Butter of this kind, however, does not possess good keeping qualities. The high per cent of water seems to effect the color, giving some time. In my experience as a would be able to distinguish the dif- the time.-John Cownie. ference in water content of butter between 10 per cent of water and that containing 17 or 18 per cent, but I could readily tell when the water content got up to 20 per cent. Our experiment butter containing 42 per cent was sold on the New York market for 3c less per pound than western extras. Mr. Healy's comments were that the butter was short grained, and would not draw well on n 40 per cent of water, as I do not

Aged Mormon Woman Dies. Mrs. Sarah C. Bigler, known among Mormons as "Saint Sarah," died at The Transsiberian railway has at Plymouth, Utah, at the age of 98. She

A man keeps his wife in hot water Many a good man who engages in when she is forced to take in wash-



Will Price of Beef Advance? Some of our beef makers express the belief that beef will, twenty-five years hence, be much higher than at the present time. More than that, they assert that the general average price for beef during the twenty-five years to come will be very much higher than during the twenty-five years just past. We are afraid that this will prove true. It certainly will unless we find some way of feeding beeves more economicaly in the future than in the past. It is desirable that The king of fruits is the apple. We and that cost \$15. This was paying food, and they cannot get an abunthe people have an abundance of meat dance of meat food unless it is cheap. Let not the beef maker imagine that he will be the gainer by a greatly increased price of beef in the future. If beef becomes high, it will be because the cost of producing it has become great. In the domain of beef making there is still open competition, and there probably will be for a good many years to come.

But that the price must advance cal seems about certain. The area of cheap land on which cheap beef has been made in the past is being constantly reduced, and more and more of our market cattle are being produced on high-priced land. On such lands it is becoming every year a greater problem how to so feed beeves as to make money out of them.

There are a good many farmers always going out of beef raising because they have become discouraged at trying to solve the problem of how to make beef on high-priced land. Every man that thus gives us beef production increases the price of beef by reducing the supply.

The only factor that would seem to enter into the problem on the side of low price for beef is the effort now being made by our experiment stations to encourage the growing of forage crops with greater nutrients than in the past, such 48 alfalfa and get busy. where it can be grown, and a highly developed variety of corn carrying an unusual proportion of protein. If it ever becomes possible to grow a aches and pains. variety of corn having double the usual amount of protein in stalk and grain, with no lessened yield per acre, the process of beef making may be reversed, and the silo fed steer become the cheap meat producer.

Localizing Sheep Raising. For several decades there has been a very strong tendency for the sheep raising industry to localize itself in the vicinity of the Rocky Mountains. That tendency is still strongly apparent, as is seen by reference to the statistics of sheep population state by state. There is at the present time no increase of sheep in any of the states east of the Mississippi river, though the population in that region is constantly on the increase. No inproduce feed for sheep.

a gradual shifting of sheep-raising tralian bush. interests toward the east, accompanied by an increase of price paid for sheep on the hoof. More sheep must be raised than have been raised a sensation has been created here by in the past, and the expansion must the publication of the story of G. W. come on the farms of the county east | Gray who, after a special treatment of the Great River.

#### The Hos Pasture. Another important thing is the pas-

ture. I have one pasture, hog-tight. forty acres, which is close to a hoghouse. You should have two or three pastures, and, after putting one in stages. This is what he says: pasture five or six years turn it out to corn. Don't have too small a pasture-five or six acres. They will read everything we could find about root, and then you will have to put | Bright's Disease, hoping that I would rings in their snouts. I don't like be able to find a remedy. After many to do that. Give them a large field failures my wife insisted that I should and there will be practically no root | try Dodd's Kidney Pills. I praise God ing. Confine a hog and he will start for the day when I decided to do so around in the morning. In the sum- for this remedy met every phase of mer the hog gets up about 4 o'clock | my case and in a short time I was and starts around the fence to see if able to get out of bed and after a few there is an opening. If there is, he will find it; but if he makes a start | man. Dodd's Kidney Pills saved my and goes around and there is no open- Nfe." ing, he begins to root, if the inclosure it a dead appearance, and the butter is small; but if you put him in a forty is short in grain and does not draw acre pasture and he starts around it, out on the trier. The tendency for it will take him a mile, and he gets tainly the most wonderful discovery such butter is to sour after standing | tired before 10 o'clock and lies cown | which modern medical research has or goes to feeding. Give him an eighty given to the world. butter judge, I do not believe that I acre tract and it is good pasture all

# Maturing Meat.

After an animal is killed for meat the carcass should be left to "ripen," flavor to the meat. The great packing establishments in Chicago have reduced this to a system, and most meats are properly ripened before being put on the market. Many animals are killed for meat on the farm, but this principle of ripening the meat is paid no attention to, the meat being frozen at once if possible to keep it from spoiling. Meat that has not been ripened is tough and lacks flavor.

A butcher says that after an animal is killed he should be kept in a temperature of about 38 degrees for ten days at least before being frozen.

Another Conjugal Tomanarum. The law's conuc rums have not all been guessed 'It is the duty of the husband." says Judge Tuley of Chicago, "te make his wife obey." But if she won't obey, and he "makes" her with his fists or with a stick, it then becomes the man't painful duty to ge to the police court-and charge it up to Tuley.-New York Mail.

Only after repeated failures to catch on does a girl announce her de cision never to marr;



The reformer never thinks it neces ary to practice on himself

The people who look for trouble are

# \$100 Reward, \$100.

enerally those who find fault.

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 is taken 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 all Druggists, 75c.

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

It is no sign that a man is riding to heaven because he is driving others

Words are but the things that truth

Storekeepers report that the extra quantity, together with the superior quality of Defiance Starch makes it next to impossible to sell any other

If the wife isn't the boss during the honeymoon, she doesn't amount to much as a ruler.

Morality is motor and not mechani-

The elevator boy is poorly paid when one considers the fool questions he is asked.

Parading a cross is no proof of pas sessing a crown.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces to nammation, allays pain, cures wind colic. 25c a bottle. A quiet wedding is often the pre-

lude to a noisy divorce. Follies of life are the amusements

Dealers say that as soon as a cus tomer tries Defiance Starch it is impossible to sell them any other cold water starch. It can be used cold

Don't sit down and wait for something to turn up: turn up your sleeves

The average man either boasts of his good health or howls about his

DON'T SPOIL YOUR CLOTHER.

#### Use Red Cross Ball Blue and keep them show. An grocers, oc. a package Lived on Milk and Sugar.

Emile Brazeau, who recently died at Montreal, while a child was medically placed upon a milk and sugar diet, and this he continued unchanged to his death, presumably from choice. His daily rations were three pints of milk and one pound of sugar. Although solid food was thus a thing unknown to him he is said to have been physically robust and suffered from no illness until the attack of creup which ultimately proved fatal.

# Venom Collecting as a Business.

For a risky and exciting and profit crease in numbers of sheep means a able mode of earning a livelihood, a comparative decrease, as the supply new Australian industry can be confi is not keeping pace with the increas- dently recommended. It is the collecing demand. But we do find the tion of snake venom, a substance that, states along the foothills of the like radium, is valued by the grain. Rockies showing larger populations A pound of it is said to be worth \$25,of sheep every year. Were the range | 000. It is in active demand by chemthere unbounded, we might look for a ists. It is obtained from three specontinued movement of the sheep pop- cies-the death adder, the brown adulation toward it. But it is evident der and the tiger snake. The reptiles that the limit of sheep population must be caught uninjured, and it goes there has been about reached. Ev. without saying that the industry "deery available acre has been levied mands considerable knowledge and upon, and is now doing all it can to skill in capture." Tiger snakes are the best, for they carry most venom. We may expect before long to see Snakes are still numerous in the Aus-

A Wonderful Discovery.

Broadland, S. D., March 28.-Quite for three months was prostrate and helpless and given up to die with Bright's Disease. Bright's Disease has always been considered incurable, but evidently from the story told by Mr. Gray, there is a remedy which will cure it even in the most advanced

"I was helpless as a little babe. My wife and I searched everything and weeks' treatment I was a strong, well

A remedy that will cure Bright's Disease will cure any lesser Kidney Disease. Dodd's Kidney Pills are cer-

Political clubs are used chiefly to put opposing candidates out of busi-



Use the old reliable remedy

Price, 25c. and 50c.