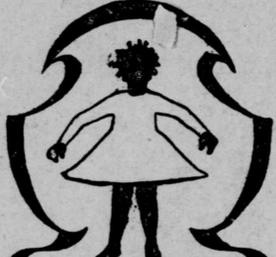




Miss M. Carledge gives some helpful advice to young girls. Her letter is but one of thousands which prove that nothing is so helpful to young girls who are just arriving at the period of womanhood as Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot praise Lydia E. Pinkham's Vegetable Compound too highly, for it is the only medicine I ever tried which cured me. I suffered from my first menstrual period, I felt so weak and dizzy at times I could not pursue my studies with the usual interest. My thoughts became sluggish, I had headaches, backaches, and sinking spells, also pains in the back and lower limbs. In fact, I was sick all over.

"Finally, after many other remedies had been tried, we were advised to get Lydia E. Pinkham's Vegetable Compound, and I am pleased to say that after taking it only two weeks, a wonderful change for the better took place, and in a short time I was in perfect health. I felt buoyant, full of life, and found all work a pastime. I am indeed glad to tell my experience with Lydia E. Pinkham's Vegetable Compound, for it made a different girl of me. Yours very truly, Miss M. CARLEDGE, 533 Whitehall St., Atlanta, Ga."—\$5000 forfeit if original of above letter proving genuineness cannot be produced.



A striking contrast between Defiance Starch and any other brand will be found by comparison. Defiance Starch stiffens, whitens, beautifies without rotting. It gives clothes back their newness. It is absolutely pure. It will not injure the most delicate fabrics. For fine things and all things use the best there is. Defiance Starch 10 cents for 16 ounces. Other brands 10 cents for 12 ounces. A striking contrast.

THE DEFIANCE STARCH CO. Omaha, Neb.



NEW HOMES IN THE WEST

Almost half a million acres of the fertile and well-watered lands of the Rosebud Indian Reservation, in South Dakota, will be thrown open to settlement by the Government in July. These lands are best reached by the Chicago & North-Western Railway's direct through lines from Chicago to Bonesteel, S. D. All agents sell tickets via this line. Special low rates.

HOW TO GET A HOME

Send for a copy of pamphlet giving full information as to prices of opening and how to secure 100 acres of land at nominal cost, with full description of the soil, climate, timber and mineral resources, towns, schools and churches, opportunities for business openings, railway rates, etc., free on application.

W. B. KNISKERN, Passenger Traffic Manager, CHICAGO, ILL.



TAKE THE WABASH TO SAINT LOUIS THE ONLY LINE TO THE WORLD'S FAIR MAIN ENTRANCE.

Baggage checked to World's Fair grounds.

BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.

A Young Merchant Prince.

J. E. Manis is 38 years old, and a native of Northampton, Conn. At 14 he swept the floor of a small retail store in that town and made himself generally useful at \$2 a week. Up to about ten years ago he was a clerk of the Edward Malley company, of New Haven. Today he is president of a company that represents forty-two large retail stores which do an annual business of \$30,000,000. Here's a self-made man for you. He worked his way from bottom to top. Associated with Mr. Manis is William T. Barr, son of Thomas Barr, vice president of the Corn Exchange syndicate of banks. The head of the company wears no frills. He is the most cordial, genial and approachable of men, worshiped by his personal staff of fourteen buyers.

A Cowboy in New York. Charles M. Russell, a Montana cowboy artist, who visited New Jersey recently, has returned to his Montana home, and in an interview says: "I'd rather live in a place where I know somebody and where everybody is somebody. The style in some of those New York saloons is something to remember. The bartender won't drink with you even. Now, I like to have the bartender to drink with me occasionally, out of the same bottle, just to be sure I ain't getting poison. They won't even take your money over the bar. Instead they give you a check, with the price of your drink on it, and you walk yourself sober trying to find the cashier to pay for it."

A Product of Nature's Art. In the fine mineral cabinet of John W. Campbell of Sellwood, Ore., is an agate in which is printed the face of an Indian woman. The face and part of the figure are so clear cut and distinct that there is no question about them. The agate was a very common appearing specimen when picked up on the Siletz Indian reservation. He saw there was something below the rude surface and he had that side polished, when the face made its appearance. Mr. Campbell says that the face is nature's photograph. "The sun caught the face and figure of the Indian woman as she was walking along the beach and fastened it on the agate."

The German War on Quacks. The German police have begun a systematic campaign against quacks and quack medicines. They estimate that in ten years the population has increased 58 per cent, regular medical men 76 per cent, and quacks 1,567 per cent. There are more women quacks than men. Nearly 30 per cent of the men cited to appear at the police bureau have been in jail, of the women 15 per cent. More than 100 samples of quack medicines were analyzed by the police, and over 80 per cent were of absolutely no medicinal value.

New Scheme to Encourage Population. The latest scheme for the encouragement of population in France is that of the Paris, Lyons & Mediterranean Railway company, which has adopted the following scale in the case of employees who have large families: Employees whose wages do not exceed 2,100 francs per annum, and who have three children or persons to provide for, will receive a gratuity of \$6 per annum; for a family of four, \$16; of five, \$30; of six, \$48; of seven, \$70; of eight, \$82; of nine, \$166.

Jap Bullets Make Clean Holes. Russian surgeons say that the Japanese rifle bullets, while possessing a great deal of stopping power, make small, clean holes, which can be treated easily, and give excellent opportunities for the early recovery of the wounded unless some vital organ is pierced. There have been many cases of recovery after the intestines have been penetrated. Interesting contributions to surgical science will follow the ending of hostilities.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Was Uncle Sam's Oldest Clerk. William O. Conway, who had been employed in the land office in Washington for fifty years, is dead, aged 73. Mr. Conway was appointed from Maryland and was the oldest clerk in point of continuous service in Washington. He was appointed to a position in the land office in February, 1854. He began as a clerk and was steadily promoted until he became a law examiner. Until last Tuesday he attended to his work at the department.

To the housewife who has not yet become acquainted with the new things of everyday use in the market and who is reasonably satisfied with the old, we would suggest that a trial of Defiance Cold Water Starch be made at once. Not alone because it is guaranteed by the manufacturers to be superior to any other brand, but because each 16c package contains 16 oz. while all the other kinds contain but 12 oz. It is safe to say that the lady who once uses Defiance Starch will use no other. Quality and quantity must win.

The recent death of an old and much loved teacher in Philadelphia revealed the fact that she had been married sixteen years. She had kept her marriage secret, because she wanted to continue with her teaching, which the Philadelphia school law would not allow.

Do Your Feet Ache and Burn? Shake into your shoes, Allen's Foot-Ease, a powder for the feet. It makes tight or New Shoes feel Easy. Cures Swollen, Hot, Sweating Feet, Corns and Bunions. At all Druggists and Shoe Stores, 25c. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

SCIENCE and INVENTION

The Finzen Light Cure.

United States Consul Frazier of Copenhagen, Denmark, reports that in the Finzen Medical Light Institute, now a state sanitarium, 1,367 cases had been treated up to May, 1903, by the Finzen rays. Of these most were lupus vulgaris, and in about 1,000 cases the best results had been attained, so that "in most cases one may count definitely upon a cure," to use the official language. The doctors at the institute are extremely conservative and never promise to effect a cure; but the records show that in a majority of the cases where sufferers have been encouraged by being admitted as patients cures have been effected. In the one case of the American patient where the physicians have not yet determined whether they can give relief, it appears the patient is suffering from a rather deep-seated cancer, but the Finzen rays do not cure any but the most superficial cancers.

Protects From Gases. One of the greatest dangers with which the coal miner has to contend is the generation of deadly gas in the chamber in which he is at work. His lantern is so made as to guard against an explosion of this gas and even to indicate its proportion in the atmosphere, but the miner himself does not take the same precaution to prevent inhalation of the gas, relying on his ability to run out of danger. Often he is overcome in his flight and then the companions who



Supplies Oxygen to the Wearer. have escaped return to search for him and carry him to safety before it is too late to resuscitate him. This work is hampered by the presence of the deadly gas in the mine and often a man's fellows not only fail in his rescue, but lose their own lives. There has recently been introduced an apparatus which makes it possible for a man to go safely through a mine charged with deadly gas and come out without feeling any effects of the fumes. As here pictured, it consists of an air-tight hood to fit over the wearer's head and shoulders, with a compressed air chamber and automatic feeding arrangement attached to the hood. The air for breathing is discharged gradually into the hood to replace the air which has been breathed. The wearer of this apparatus can spend several hours, if necessary, in the presence of gas which would kill a man in a few minutes were it admitted to enter his lungs. The invention may also be utilized to enter smoke-filled rooms, affording protection to both the lungs and the eyes.

Exposure-Timing Device. To the professional photographer or amateur, who is constantly at work on his apparatus, making several exposures every day, it is a simple matter to take account of the amount of light which is available for affecting the sensitive plate and gauge the time of the exposure properly without the aid of any scale or watch. But for those who use the camera infrequently and are liable to change the brand of plates from time to time, the scale is almost a necessity. Then, after the proper amount of exposure has been ascertained, he must guess at the length of the fraction of a second called for, a very difficult thing to do without having previously studied it out by practice.

Now, however, there is no necessity for experimenting and guessing when such picture is taken, the operation having been narrowed down to mechanical operation by the introduction of a camera attachment. This timing device is operated in conjunction with the shutter-working buttons, being so connected that the act of opening the shutter sets it in motion and causes it to act on the closing button at the proper instant. This timer can be regulated to operate at any fraction of a second or any number of seconds desired, the operator having only to set it by the gauge just before making the exposure.

William E. Mulholland of Juneau, Alaska, is the patentee of this device.

Atmospheric Electricity. Physicians have for many years recognized the fact that atmospheric electricity disseminated by thunderstorms keenly affects human beings, and investigators have shown that positive electricity produces vigor and a feeling of general good health, while, on the contrary, negative electricity has a depressing effect. We are submitted to these contrary effects according to the state of the atmosphere, sometimes negative electricity dominating, at others the positive element, it being possible to determine the electrical condition by means of delicate instruments.

Cable for Alaska. Gen. Greely, chief signal officer of the army, has, according to Electricity, decided to award the contract for about 925 miles of submarine cable to a New York firm. The cable will be used to connect Sitka, Alaska, with Fort Lisicum, near Valdez, in Prince William sound. It will be shipped by rail from New York to Seattle, and will probably be laid during the coming summer.

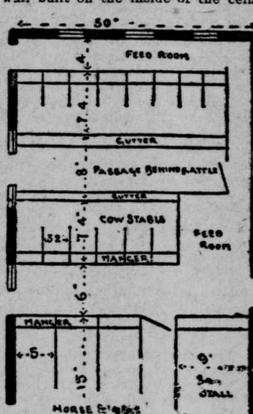
FLOOR PLAN OF BARN.

Roomy and Comfortable and Can be Constructed Cheaply.

J. J. F.—Please publish a floor plan of a barn 30 by 50 feet, containing three single horse stalls, one box stall, feed room, 10 by 12 feet, and stalls for about 20 head of cattle. 2. A stone cellar with 2-foot walls admits frost. How would it answer to stud it up inside and line it with matched lumber?

Ans.—The accompanying plan should suit J. J. F. The upper floor would have a 16-foot mow over the horse stable, a 12-foot drive floor and a 22-foot mow over the cattle. The basement contains 3 single horse stalls, and box stalls, 14 single cattle stalls, and feed rooms. The writer built just such a barn 36 by 48 feet in 1897, the carpenter work of which cost \$110.

2.—If there were a four-inch brick wall built on the inside of the cellar



Floor Plan of Stock Barn 30 by 50 Feet.

with a three or four-inch hollow space between the stone and brick, it would make the cellar very much warmer, and would be far better than one lined up with lumber. If the top were covered over with matched lumber and ceiled with sawdust it would keep the cellar from freezing from the top. The only drawback to putting in a wood ceiling is that it decays very quickly. The writer has arched a good many outside cellars with a four-inch row of brick giving the arch a two-inch rise to every foot in width, three-quarter-inch rods were placed through the cellar at the spring of the arch six feet apart to keep it from spreading. This was covered with earth or sawdust; the brick never rots and makes a clean pure cellar.

Manure for Potatoes. W. D.—1. What is the best manure to force potatoes? 2. Will new land not yet broken produce good potatoes? 3. Would lime help to warm the soil? Is there any fertility in it?

Well rotted yard manure with an admixture of poultry manure is considered the best fertilizer for potatoes. An application of ashes is also good. 2. New land is well adapted to the growing of potatoes. A common method of preparing new ground is to plow it, harrow it down well and plant the potatoes with a hoe. 3. If the land is heavy and cold and application of lime would warm and mellow it. Lime is not a fertilizer. It is necessary for land to contain a good stock of plant food before lime can be of any benefit; its function is to liberate and turn over to the young plants that plant food contained in the manure or fertilizer. It is used also for correction of acidity in the soil. Beyond these mechanical functions lime is not considered a fertilizer in a strict sense of the word.

A Frame Ice House. B. K.—How should the walls of an ice house be constructed, and with what should they be packed? How can the roof be secured to be cool enough for storing meat? The building is 12 by 12 feet, with 8 feet posts and a sharp roof.

A frame ice house should have a space of six or eight inches between the inside and outside boards; this space should be filled with dry sawdust. In putting in the ice it should be kept six or eight inches from the inside boards and filled with sawdust or dry straw well tamped down.

You cannot keep meat or anything above an ice house, the ice must be above the meat, as cold always descends. You must have refrigerator separate from your ice house. You can get them already and shipped in sections so that you can put them together yourself.

Walls of Basement Stables. J. J. C.—1. How thick should the walls be for a stable 30 by 40 feet? 2. Could I use large stones in the bottom allowing them to rest against the bank as high as the surface of the ground? How many barrels of Portland cement would be required for two 40-foot walls, 7 feet 6 inches high?

1. The footing should be 18 inches thick and the walls above ground 9 inches thick. 2. Yes, it is only above ground that stones should be kept away from the face of the wall. 3. Two walls 40 feet long 7 feet 6 inches high and 15 inches thick at the bottom and 7 inches thick at the top would require 17 barrels of Portland cement. This is for walls without doors or windows. The concrete would be one of cement to seven of gravel, with field stone as fillers.

CATARRH IS THE CAUSE OF MOST KIDNEY DISEASES.

PE-RU-NA CURES CATARRH.



SAMUEL R. SPRECHER

Samuel R. Sprecher, Junior Beadle Court Angelina, 8,422 I. O. O. F., 205 New High St., Los Angeles, Cal., writes: "I came here a few years ago suffering with catarrh of the kidneys, in search of health. I thought the climate would cure me, but found I was mistaken. But what the climate could not do Pe-Ru-na could and did do. Seven weeks' trial convinced me that I had the right medicine, and I was then a well man. I know of at least twenty friends and members of the lodge to which I belong who have been cured of catarrh, bladder and kidney trouble through the use of Pe-Ru-na, and it has a host of friends in this city."

SAMUEL R. SPRECHER.

Catarrh of the Kidneys a Common Disease—Kidney Trouble Often Fails to Be Regarded as Catarrh by Physicians.

Catarrh of the kidneys is very common indeed. It is a pity this fact is not better known to the physicians as well as the people. People have kidney disease. They take some diuretic, hoping to get better. They never once think of catarrh. Kidney disease and catarrh are seldom associated in the minds of the people, and, alas, it is not very often associated in the minds of the physicians. Too few physicians recognize catarrh of the kidneys. They doctor for something else. They try this remedy and that

Captain James L. Dempsey, Captain 2nd Precinct Troy Police Force, writes from 198 Ferry St., Troy, N. Y., as follows:

"From my personal experience with Pe-Ru-na I am satisfied it is a very fine remedy for catarrhal affections, whether of the head, lungs, stomach or pelvic organs. It cures colds quickly, and a few doses taken after undue exposure prevents illness. Some of the patrolmen under me have also found great relief from Pe-Ru-na. It has cured chronic cases of kidney and bladder troubles, restored men suffering from indigestion and rheumatism, and I am fully persuaded that it is an honest, reliable medicine, hence I fully endorse and recommend it."

JAMES L. DEMPSEY.

Officer A. C. Swanson writes from 607 Harrison St., Council Bluffs, Ia., as follows:

"As my duties compelled me to be out in all kinds of weather I contracted a severe cold from time to time, which settled in the kidneys, causing severe pains and trouble in the pelvic organs."

"I am now like a new man, am in splendid health and give all praise to Pe-Ru-na."—A. C. Swanson.



CAPTAIN JAMES L. DEMPSEY.

remedy. The trouble may be catarrh all the time. A few bottles of Pe-Ru-na would cure them.

Pe-Ru-na Removes the Cause of the Kidney Trouble.

Pe-Ru-na strikes at the very centre of the difficulty, by eradicating the catarrh from the kidneys. Catarrh is the cause of kidney difficulty. Remove the cause and you remove the effect. With unerring accuracy Pe-Ru-na goes right to the spot. The kidneys are soon doing their work with perfect regularity.

Thousands of Testimonials.

Thousands of testimonials from people who have had kidney disease which had gone beyond the control of the phy-

sician are received by Dr. Hartman every year, giving Pe-Ru-na the whole praise for marvelous cures.

Pe-Ru-na Cures Kidney Disease.

Pe-Ru-na cures kidney disease. The reason it cures kidney disease is because it cures catarrh. Catarrh of the kidney is the cause of most kidney disease. Pe-Ru-na cures catarrh wherever it happens to be located. It rarely fails.

If you do not derive prompt and satisfactory results from the use of Pe-Ru-na, 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, O.

Libby's
Natural Flavor Foods
When you are at a loss to know what to serve for luncheon—when you crave something both appetizing and satisfying, try
Libby's (Natural Flavor) Food Products
Among the many Libby's delicacies are Boneless Chicken, Maine Pate, Best Lean Peas, Water-Sliced Dried Beef, Potted Ham and Corned Beef Hash, etc.—wholesome foods that are as dainty as they are good—so substantial as they are appetizing.
Ask your Grocer for Libby's.
Libby, McNeill & Libby Chicago

CONSUMERS OF SHOES
ALWAYS ASK FOR THE BEST WESTERN MADE SHOES.
These brands will guarantee you a good shoe for men:
Star and Crescent **E. Z. Walker**
Comet **Cock of Walk**
Our **PRAIRIE QUEEN** leads all others in Women's and Children's Shoes.
See that our name is on the shoes you buy.
F. P. KIRKENDALL & CO. Manufactured in OMAHA.

SOLD BY DRUGGISTS. Sample Free. ANTISEPTIC PILE CONE CO., Creola, Neb. **CURE WHILE YOU SLEEP.**

Austrian Officers for Persia.
The Shah of Persia has made application to the Austrian government for the dispatch of twelve competent military officers to supervise the re-organization of the Persian army. The Shah wants Austrian officers, because Austria has no political axes to grind in Persia.

When Your Grocer Says
he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

When a Girl Angles in the matrimonial sea she is apt to catch a sucker instead of a goldfish.
Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. The best.

One good turn deserves another, particularly if it is a turn-down.
Try me just once and I am sure to come again. Defiance Starch.

SORE FEET SORE HANDS
One Night Treatment with CUTICURA
Soak the feet or hands on retiring in a strong, hot, creamy lather of CUTICURA SOAP. Dry, and anoint freely with CUTICURA OINTMENT, the great skin cure and purest of emollients. Bandage lightly in old, soft cotton or linen. For itching, burning, and scaling eczema, rashes, inflammation, and chafing, for redness, roughness, cracks, and fissures, with brittle, shapeless nails, this treatment is simply wonderful, frequently curing in one night.

Lawn Fence
Iron or wire, many styles, for residence, church, school, cemetery; poultry and hog fence; farm gates. Send for catalogue. Manufactured by OMAHA, NEB.

Wiggle-Stick
Wiggle-Stick LAUNDRY BLUE. Won't spill, break, freeze nor spot clothes. Costs 35c, and equals 25c worth of any other bluing.
Portrait Agents
Our goods the best. Prices the lowest. Promptly delivered. Delivery of all portraits guaranteed. Send for catalogue and prices free. Address: ADAM J. KNOLL & CO., New Era Bldg., Chicago.
PISO'S CURE FOR CONSUMPTION
Cures where all else fails. Best Cough Syrup. Tastes Good. Does not Injure. Sold by Druggists.
W. N. U., Omaha. No. 25—1904