

## LIVING TOO HASTILY AMERICAN WOMEN BREAK DOWN

Irregularities and Female Derangements Result—Cured by Lydia E. Pinkham's Vegetable Compound.

Owing to our mode and manner of living, and the nervous haste of every woman to accomplish just so much each day, it is said that there is not



Mrs. Chester Curry

one woman in twenty-five but who suffers with some derangement of the female organism, and this is the secret of so many unhappy homes.

No woman can be amiable, light-hearted and happy, a joy to her husband and children, and perform the duties incumbent upon her, when she is suffering with headache, dizziness, nervousness, sleeplessness, bearing-down pains, displacement of the womb, spinal weakness or ovarian troubles.

Irritability and snappy retorts take the place of pleasantness, and all sunshine is driven out of the home, and lives are wrecked by woman's great enemy—womb trouble.

Read this letter:

Dear Mrs. Pinkham:—  
"I was troubled for eight years with irregularities which broke down my health and brought on extreme nervousness and despondency. Lydia E. Pinkham's Vegetable Compound proved to be the only medicine which helped me. Day by day I improved in health while taking it until I was entirely cured. I can attend to my social and household duties and thoroughly enjoy life once more, as Lydia E. Pinkham's Vegetable Compound has made me a well woman, without an ache or a pain."  
—Mrs. Chester Curry, 42 Saratoga Street, East Boston, Mass.

At the first indication of ill health, painful or irregular menstruation, pain in the side, headache, backache, bearing-down pains, nervousness or "the blues," secure at once a bottle of Lydia E. Pinkham's Vegetable Compound and begin its use.

The most successful preventative and cure for wrinkles is a sweet temper, but a woman can't have a sweet temper unless her dresses fit and are stylish. If husbands would pay more money to the dressmaker they'd have to pay less to the masseurs and beauty experts.

Louis Rung, of Basle, Switzerland, harbored such an intense animosity toward his daughter that he poisoned three hundred apple trees in their orchard with arsenic. The next time the family made a pie, those who ate it became dangerously ill. Rung confessed and was sentenced to five years' imprisonment.

## Just Discrimination in Railway Rates.

All railroad men qualified to speak on the subject in a responsible way are likely to agree with President Samuel Spencer of the Southern Railway when he says: "There is no division of opinion as to the desirability of stopping all secret or unjustly discriminatory devices and practices of whatsoever character."

Mr. Spencer, in speaking of "unjustly discriminatory" rates and devices, makes a distinction which is at once apparent to common sense. There may be discrimination in freight rates which is just, reasonable and imperatively required by the complex commercial and geographical conditions with which expert rate makers have to deal. To abolish such open and honest discrimination might paralyze the industries of cities, States and whole sections of our national territory.

This distinction between just and unjust discrimination is clearly recognized in the conclusions of the International Railway Congress, published yesterday:

"Tariffs should be based on commercial principles, taking into account the special conditions which bear upon the commercial value of the services rendered. With the reservation that rates shall be charged without arbitrary discrimination to all shippers alike under like conditions, the making of rates should as far as possible have all the elasticity necessary to permit the development of the traffic and to produce the greatest results to the public and to the railroads themselves."

The present proposal is, as Mr. Walker D. Hines of Louisville showed in his remarkable testimony the other day before the Senate committee at Washington, to crystallize flexible and justly discriminatory rates into fixed government rates which cannot be changed except by the intervention of some government tribunal, and by this very process to increase "the temptation to depart from the published rate and the lawful rate in order to meet some overpowering and urgent commercial condition."—New York Sun.

## "Yes" Churches School Houses and Homes

ought to be decorated and made beautiful and healthful by using

### Alabastine

THE SANITARY WALL COATING

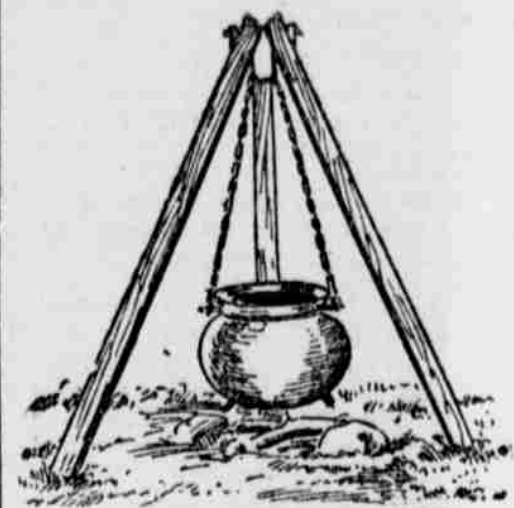
**A Rock Cement** in white and beautiful tints. Does not rub or scale. Destroys disease germs and vermin. No washing of walls after once applied. Any one can brush it on—mix with cold water. Plain tinting and whitening, and the most elaborate relief, stencil work and frescoing may be done with it. Other finishes (bearing fanciful names and mixed with hot water) do not have the cementing property of Alabastine. They are stuck on with glue or other animal matter, which rots, feeding disease germs, rubbing, scaling and spoiling walls, clothing, etc. Such finishes must be washed off every year—costly filthy work. Buy Alabastine only in five-pound packages, properly labeled. Tint card, pretty wall and ceiling designs. "Hints on Decorating, and our artists' services in making color plans, free."

ALABASTINE COMPANY, Grand Rapids, Mich., or 105 Water St., N. Y.



The Hanging of the Kettle.

There are many farmers in need of something convenient to hang a large kettle on. Many support the kettle on three stones, which is unsatisfactory, especially if the heat cracks one stone and the kettle tips over. The accompanying cut is drawn from a photograph I took recently on a neighboring farm, and it comes very near to explaining itself. The device consists of three moderately heavy pieces

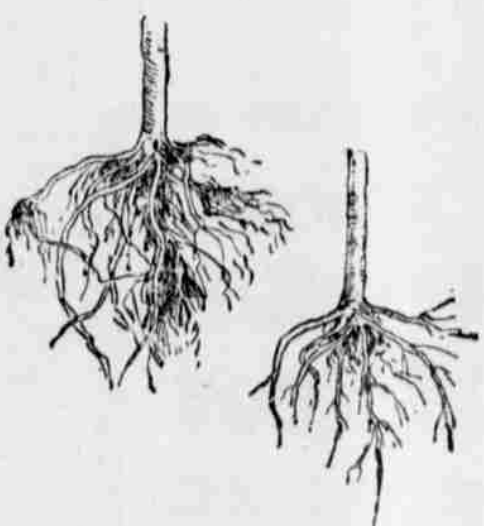


KETTLE PROPERLY SUSPENDED.

of wood for legs, which are attached together at the top by a heavy bolt. Some six or eight inches below the union of the three legs a heavy clevis is secured to the middle leg. From this clevis two chains extend downward to proper distance and double backward to fasten on to the ears of the kettle, which then hangs suspended. The length of the legs will depend on convenience and the size of the kettle they are to support. Those shown in the cut are eleven feet in length and were made from medium sized well seasoned fence rails. When the derrick is not in use it can be lowered, folded together and laid away.—Cor. Orange Judd Farmer.

## Pruning Roots of Trees.

While there may be merit in the method of planting known as the Stringfellow plan, which provides for cutting away most of the roots of the young tree as well as the top, it is a plan which does not work well with all species of trees nor in all soils. As a result the average orchardist will stick to the best of the old methods



HOW ROOTS ARE PRUNED.

which provides for a cutting back of the top so as to form a proper head and balancing the roots somewhat after the manner of the lower cut in the illustration. The upper cut shows the roots of the two-year-old tree after it is dug in the nursery and the lower drawing shows how all the mass of fibrous roots, which would die anyway after exposure to the sun, have been cut away and most of the longer roots shortened. It is easier to plant a tree prepared in this manner and strong young rootlets will form from the ends of the roots which were cut, forming a mass of roots during the one growing season following planting which will give the young tree a good start in life.—Indianapolis News.

## Aberdeen-Angus in the Dairy.

In Australia the Aberdeen-Angus cows are highly esteemed for dairy purposes. A correspondent, writing to a Scotch exchange, says that pure bred heifers are not to be had in sufficient numbers and that breeders are mating the Angus bull with Ayrshire cows to obtain good milkers. At the royal show at Sydney in 1902 a cow of this cross was champion in the dairy test and gave in three days 134.14 pounds of milk, yielding 6.95 pounds of butter fat.

## Growth of Agriculture.

According to the statistical abstract of the United States, issued from the Department of Commerce and Labor, there were, in 1900, 5,739,657 farms in this country, an increase of 1,175,016 in ten years. There were engaged in agriculture, in 1900, 10,438,219 persons, while in 1890 there were 8,565,026, an increase of 1,872,203. The increase in the total population for the period stated was 13,071,484, so of this increase over 14 per cent must have been engaged in farming.

The value of farms and farm property increased from \$16,082,267,689 in 1890 to \$20,514,001,838 in 1900, a difference of \$4,431,734,149. The value of farm products increased \$1,304,070,252, the value in 1900 being \$3,764,177,706. This does not include value of products not fed to live stock.

The total number of acres in farms in 1900 was 838,591,774, the average number of acres to a farm being 146.2, while in 1890 it was 136.5. The per cent of improved farm land was decreased 8 per cent in the last ten years.

The greatest increase in the number of farms has been in the States of Colorado, Arizona, Idaho, Montana and New Mexico.

In the production of corn and wheat there has been a corresponding increase. In 1890 there were 1,489,970,000 bushels produced and in 1900 2,105,102,516 bushels, while of wheat in 1890 the crop was 399,262,000 bushels and it increased to 522,229,505 bushels in 1900.

Thus it will be seen that whatever the gain in commerce and manufactures the relative gain in farming has held its own. Agriculture, too, has been lifted to a higher plane than formerly. It is no longer said that "any body can farm." Agriculture is rapidly attaining the dignity of a profession, and special preparation and educational equipment are now regarded as necessary for success in this avocation as in any other.

## Radishes.

The radish is one of the early season garden crops, quick growing and hardy. For best development it requires rather cool weather, and to grow tender radishes it is necessary to have a continuous growth from beginning to end.

As soon as the ground can be worked in spring, sow large, heavy seed. The soil should be clean, rich garden soil. It is advisable to sow a new crop every ten days, to keep up a continuous supply. In about four to six weeks after planting, the radishes will be ready for table use.

The rows should be from six inches to a foot apart, and the seed covered about half an inch in depth. Drop two or three seed every inch in the row. It will require about an ounce of seed for 100 feet of row; eight to ten pounds for an acre.

When grown in hot weather, radishes are apt to be stringy and tough.

Winter radishes are planted the latter part of July or the first of August, and are grown the same as turnips. Being firm and tender they keep well over winter if stored in pits or a dry cellar.

The most popular market radish is the French Breakfast, Scarlet Short Top, Charter and Wood Early Frame.

For winter the White and Black Nipples and the White Vienna are very good.

## Preserving the Eggs.

By the water glass method eggs may be preserved, and be in good condition for use several months later, although they will not pass as strictly fresh eggs. The procedure is as follows: Obtain the water glass from the druggist and dilute one pint of it with nine pints of water. Use a vessel of some kind not metal. The old-fashioned crockery three or four gallon jars are ideal. Have the eggs fresh, put them in daily and see that the shells are not cracked. Put the water glass solution in the crock and then put in the eggs, seeing that the eggs are completely covered with the solution at all times. When the eggs are taken out of the solution rinse them in clean water, wipe them dry and they are ready for use.

## Feeding Young Pigs.

Pigs after weaning should have more or less milk, as it is one of the most economical as well as profitable feeds that can be supplied. Wheat bran fed to the brood sow aids materially in securing a good development of bone and muscle in the offspring.

## Hen on Goose Eggs.

Early in spring give a hen four to six eggs, according to her size. A large Cochin hen can incubate six or seven eggs in a warm nest. Set eggs on the ground if possible and use some straw in the nest.

## ATAXIA IS CURABLE

REPORTED CURE STANDS TEST OF FULL INVESTIGATION.

A Former Victim of Locomotor Ataxia Now Free from Suffering and Actively at Work.

"Yes," said Mr. Watkins to a reporter, "it is true that I have been cured of ataxia by Dr. Williams' Pink Pills."

"Are you sure you had locomotor ataxia?"

"The doctors themselves told me so. Besides I recognized the symptoms."

"What were they?"

"Well, the first indications were a stiffness about the knee joints that came on about four years ago. A few months after that appeared, my walk got to be uncertain, shaky-like. I lost confidence in my power to control the movements of my legs. Once, when I was in the cellar, I started to pick up two scuttles of coal, and my legs gave way suddenly, and I tumbled all in a heap in a basket. I couldn't close my eyes and keep my balance to save my life. Then I had fearful pains over my whole body and I lost control over my kidneys and my bowels."

"How about your general health?"

"Sometimes I was so weak that I had to keep my bed and my weight fell off twenty pounds. Things looked pretty bad for me until I ran across a young man who had been cured by Dr. Williams' Pink Pills and who advised me to try them."

"Did these pills help you right away?"

"I didn't see much improvement until I had used six boxes. The first benefit I noticed was a better circulation and a picking up in strength and weight. I gradually got confidence in my ability to direct the movements of my legs, and in the course of seven or eight months all the troubles had disappeared."

"Do you regard yourself as entirely well now?"

"I do the work of a well man at any rate. I can close my eyes and stand up all right and move about the same as other men. The pains are all gone except an occasional twitch in the calves of my legs."

Mr. James H. Watkins resides at No. 72 Westerlo street, Albany, N. Y. Dr. Williams' Pink Pills can be obtained at any drug store. They should be used as soon as the first signs of locomotor ataxia appear in a peculiar numbness of the feet.

## Are the Packers Receiving Fair Play?

When the Garfield report on the business methods of the packers appeared, after eight months' investigation, it was severely criticized and roundly denounced. After three months of publicity it is significant that those who attempted to discredit it have failed to controvert the figures contained in that exhaustive document. The public is beginning to notice this omission, and the feeling is rapidly growing that the sensational charges out of which the "Beef Investigation" arose were without foundation. If the official statements of the report are susceptible of contradiction, a good many people are now asking why the facts and figures are not furnished to contradict them.

The truth seems to be that most of the charges contain unfounded sensational assertions. A flagrant example of this appeared in a recent article in an Eastern magazine, to the effect that "forty Iowa banks were forced to close their doors in 1903-4 by the Beef Trust's manipulation of cattle prices." Chief Clerk Cox, of the banking department of the Iowa State Auditor's office, has tabulated the list of banks given in the magazine article and has publicly denounced the statement as utterly untrue. He gives separately the reasons for each failure mentioned and officially states that they have been caused by unwise speculations and by reckless banking methods. It may be well to suspend judgment upon the packers until the charges against them are proved.

## EVERY WALK IN LIFE.

A. A. Boyce, a farmer, living three and a half miles from Trenton, Mo., says:

"A severe cold settled in my kidneys and developed so quickly that I was obliged to lay off work on account of the aching in my back and sides. For a time I was unable to walk at all, and every makeshift I tried and all the medicine I took had not the slightest effect. My back continued to grow weaker until I began taking Doan's Kidney Pills, and I must say I was more than surprised and gratified to notice the backache disappearing gradually until it finally stopped."

Doan's Kidney Pills sold by all dealers or by mail on receipt of price, 50 cents per box. Foster-Milburn Co., Buffalo, N. Y.

PISO'S CURE FOR  
CURES WHERE ALL ELSE FAILS.  
Best Cough Syrup. Pure Good. Use  
in time. Sold by druggists.  
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## Conviction Follows Trial

When buying loose coffee or anything your grocer happens to have in his bin, how do you know what you are getting? Some queer stories about coffee that is sold in bulk, could be told, if the people who handle it (grocers), cared to speak out.

Could any amount of mere talk have persuaded millions of housekeepers to use

## Lion Coffee,

the leader of all package coffees for over a quarter of a century, if they had not found it superior to all other brands in Purity, Strength, Flavor and Uniformity?

This popular success of LION COFFEE can be due only to inherent merit. There is no stronger proof of merit than continued and increasing popularity.

If the verdict of MILLIONS OF HOUSEKEEPERS does not convince you of the merits of LION COFFEE, it costs you but a trifle to buy a package. It is the easiest way to convince yourself, and to make you a PERMANENT PURCHASER.

LION COFFEE is sold only in 1 lb. sealed packages, and reaches you as pure and clean as when it left our factory.

Lion-head on every package.

Save these Lion-heads for valuable premiums.  
**SOLD BY GROCERS EVERYWHERE**  
WOOLSON SPICE CO., Toledo, Ohio.



## Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

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THEY WORK WHILE YOU SLEEP

BEST FOR THE BOWELS