

Nervous Women

Their Sufferings Are Usually Due to Female Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Can we dispute the well-known fact that American women are nervous? How often do we hear the expression, "I am so nervous, it seems as if I should fly," or, "Don't speak to me." Little things annoy you and make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

The relation of the nerves and generative organs in woman is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability; spirits easily affected, so that one minute she laughs, the next minute weeps; pain in the abdominal region and between the shoulders; a tendency to cry at the least provocation—all these point to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydia E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, headache, loss of appetite. I could not sleep and would walk the floor almost every night.

"I had three doctors and got no better, and life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wonders for me.

"I am a well woman, my nervousness is all gone, and my friends say I look ten years younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick, weak and discouraged, exhausted each day, when you can be as easily cured as other women.

Sadness of it. "The woman in the case always names the wedding day, does she not?" queried the innocent youth.

"She does prior to the wedding," answered the gentleman with the scanty hair, "but in after years the man in the case sometimes calls it all the names that occur to him."

TERRIBLE SCALY ECZEMA.

Eruptions Appeared on Chest, and Face and Neck Were All Broken Out—Cured by Cuticura.

"I had an eruption appear on my chest and body and extend upwards and downwards, so that my neck and face were all broken out; also my arms and the lower limbs as far as the knees. I at first thought it was prickly heat. But soon scales or crusts formed where the breaking out was. Instead of going to a physician, I purchased a complete treatment of the Cuticura Remedies, in which I had great faith, and all was satisfactory. A year or two later the eruption appeared again, only a little lower; but before it had time to spread I procured another supply of the Cuticura Remedies, and continued their use until the cure was complete. It is now five years since the last attack, and have not seen any signs of a return. I have more faith in Cuticura Remedies for skin diseases than anything I know of. Emma E. Wilson, Lisle, Iowa, Oct. 1, 1905."

Umkind Fate.

Kind Lady—Poor man! Here's a quarter for you. Have you no home? The Tramp—Not now, ma'am. I must have a happy home with three square meals a day, but I lost it.

Kind Lady—How did that happen? The Tramp—My wife got de room-ertism an' couldn't take in no more washin', ma'am.

You Can Get Allen's Foot-Ease FREE.

Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Druggists and Shoe stores sell it. 25c.

Second-Hand.

Ascum—Why, I thought Cribber one of the wittiest comedians on the vaudeville stage. Apparently you didn't like the sort of jokes he uses. Recidit—Oh, but I do. That's why I couldn't laugh at him. He and I seem to read the same joke papers.—Philadelphia Press.

A GUARANTEED CURE FOR PILES.

Itching, Blind, Bleeding Protruding Piles. Druggists are authorized to refund money if PAZO OINTMENT fails to cure in 6 to 14 days. 50c.

Worse Than an Anarchist.

Towne—You say the fellow was arrested for making an incendiary speech in the theater? Bowne—Yes. Towne—The idea! An anarchist, eh? Bowne—Oh, no; he simply yelled "Fire!"—Philadelphia Press.

Worth Knowing

—that Alcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

Needless Request.

"I have come, sir," said the young man, as he entered the library, "to ask you to give me your daughter's hand."

"Why," rejoined the surprised parent, "when I came through the hall about an hour ago it was in your possession."

FARM AND GARDEN



CLEAN PIG GROWING.

My own experience of many years in growing hogs teaches me that cleanliness next to good blood is one of the most important things. I have compared my own management with that of my neighbors who do not take pains with their pigs, but let their pens get filthy, the pigs full of lice, and just go on pouring corn into their pens and doing nothing else. They have just as well bred hogs as I have, but my hogs at the same market age on an average weigh 25 to 50 pounds more than theirs, though we both finish and feed about the same corn; that is about all they will eat up clean at a time. Why is this so. I can account for it in only one way. I keep my pens cleaned out, whitewashed and scatter lime in them, every once in a while in the fall and winter I thoroughly disinfect the pens, and my barns, too. At the very first appearance of lice on any of my stock I kill them by using disinfectant mixed with water. In this way my hogs are not hurt with filth and they get the full benefit of the corn, and the lice don't torment them.

I do not think that careless farmers and stock growers have any idea how much of their stock feed is sacrificed to filth and vermin, or they would practice differently in their management of their live stock. What I expend in the way of disinfecting my pens and barns does not cost one per cent. of their losses in feedstuff.

Mr. Editor, you are at liberty to publish this if you think it will help any of your readers to think of these things and turn over a new leaf during the coming year.—A. L. Stanley, in Indiana Farmer.

FEEDING ENSILAGE TO DAIRY COWS.

A practical and successful dairyman gives his plan of feeding his cows through the Jersey Bulletin, and among other things he says:

We make ensilage our main food. It is unnecessary to enlarge upon the value of ensilage, for every dairyman in the corn belt certainly knows the value of this great feed. We feed from 30 to 50 pounds of ensilage per day in proportion to the cow. It is our intention for our cows to have all they want, and in the best condition. In the winter the ensilage is not removed from the silo until feeding time and is fed steaming hot.

The ensilage ration is balanced with bran and clover hay. The bran is fed in proportion to the period of lactation of the cow, and as much as she will consume at a profit. We feed our ensilage and bran the first thing in the morning; then feed our milking and separating; then feed as much clover hay as the cows will clean up before noon. The same method is followed in the evening, feeding hay the last thing at night.

We do not depend on grass alone more than 60 to 75 days in the year, from about May 10th to July 20th. Then if we have any ensilage left over from winter we feed about 20 to 25 lbs. per day. If we have no ensilage we plant a small plot of sweet corn early in the spring and begin feeding as soon as it will do, cutting from the field and hauling to the pasture each day. This is a more expensive way of feeding than the ensilage, but it is far better than to let the cows go hungry; for a hungry cow won't give milk. Our cows must have all they want to eat 365 days each year.—Indiana Farmer.

RICH MILK FOR CHEESE.

Rich milk will give more cheese per hundred weight than poor milk, and the increased yields will be nearly proportional to the fat contents of the different kinds of milk.

The quality of the cheese produced from rich milk is better than that of cheese from thin milk, and will command a higher price. Dr. S. M. Babcock, in the 11th report of the Wisconsin Experiment Station, page 134, has shown that the price of cheese stands in a direct relation to its fat content. Professor Robertson, Dairy Commissioner of Canada, made the statement that the quality of cheese from milk containing from three or four percent of fat, was increased in value by one eighth of a cent for every two-tenths of a per cent. of fat in the milk. Payment on the basis of the fat content of milk is, therefore, the most accurate method for valuing milk for cheese making, and dividends should always be calculated from the results obtained by the testing of the milk delivered. Milk testing three per cent. with a correct lactometer reading of 1.032 will yield 8.84 pounds of cheese per hundred pounds of milk. Milk testing three per cent, with a corrected lactometer reading of 1.032 will yield 10.30 pounds of cheese per one hundred pounds of milk.

This object has been discussed frequently and exhausted during the late years in the dairy press of the country, and in experiment station publications throughout the length and breadth of this land, and it certainly seems that every Wisconsin butter and cheese maker, who reads dairy literature ought long ago to have determined answers to queries like the above for himself.—U. S. B., in Dairy

SOME ILLS OF POULTRY.

Clean, varied, easily digested food is itself a medicine.

Allments can be classed as colds, indigestion, vices and accidents. Birds can not tell their feelings, hence we must judge and prescribe from symptoms alone.

When a fowl sneezes, waters slightly at eyes and nostrils, and dumbs, it has a common cold, not regarded as a germ disease.

If digestive organs are clogged, irritated and congested, then the circulation of blood is impeded, and the system generally unbalanced.

When face and head swell a good deal, and the discharge from nostrils is profuse, fowls have croup or influenza. Irregularity of habit is apt to accompany colds of all kinds.

The throat is so tender in colds that bread and milk, warm mash and table scraps are about all which fowls can swallow. A little ginger or pepper in the mash is helpful.

If you have a scratching room in which to drive the flock, fumigate with sulphur their lodging-room. If you have no suitable place for them to go, burn oil of tar or resin in their presence.

Canker in the mouth may extend to throat and become diphtheria. The diphtheria of fowls and man are different according to the veterinarians, but attendants on sick birds have been known to take poultry diphtheria.

An ordinary cold, if taken at once, can be arrested by a one-grain pill of quinine forced down each sick bird. Give some bread crumbs in connection, to cause quick digestion.

OLD STOCK BEST FOR BREEDERS.

The foundation of success in the poultry business is good breeding stock, that from which the future layers are to come. In selecting and saving breeding stock for next year, keep the old geese, turkeys and ducks, also all hens that have done good service. It is quite probable that they may have fallen behind those that are young as egg producers, but it is a rule that the strongest young stock are procured from the matured birds. The hundreds of chicks that, as a rule, fall by the way side and perish from no apparent cause are the offspring of pullets. Breeding from the younger stock every year destroys the turkeys. This fault is not so frequent with geese, as the old ones are not salable in the market, the young ones only being sold and the result is that geese give less trouble in raising than any other class of poultry. There is a tendency to place too much reliance upon young ducks for breeding purposes, resulting in an increased loss of ducklings every year. When the old ducks only are used, and breeders select the best and most virgous for breeding purposes, the difficulty of weak offspring will be overcome.—Farmers' Advocate.

SEED FOR MEADOWS.

As a rule farmers are little inclined to ask for help in the way of advice in working out the troubles of the farm. A man will go to his tailor and rely on the latter's judgment as to material and cut; he will be guided by the advice of his grocer to some extent, and so all through the list of those from whom he buys with the one exception of the seedsman. This seems to be particularly true in the matter of the selection of grass seeds. Seedsmen who make a speciality of grass seeds have experimented proper combinations for use to the best effect on certain soils.

It is safe to say that if a farmer will describe in detail the character of his soil, and the purpose for which the grass crop is to be used, the seedsman can make a selection of grasses which would give much more satisfactory results than if the selection were made by the farmer himself. So to some extent with the State experiment stations—many of them have experimented extensively with grass seeds and are in a position to advise planters as to selection. Farmers ought to make more use of the information that may be had from numerous sources for the asking than they do.—Indianapolis News.

ABOLISH THE BLINDERS.

The best handlers of horses are condemning blinders.

The purpose of blinders is to shut off from view any object from behind the horse that might cause the horse to become alarmed and try to run away.

As to this, blinders have proven more disastrous than beneficial. If a horse passes some object that is not fully understood by him, and causes fright, the shutting off from view of this scarecrow by blinders only increases the fear.

Any horse of ordinary good sense can soon be taught not to scare at flags, cars, covered wagons, umbrellas, etc., by letting him see them and understand them.

Give the horse the full power of all his senses; let them see, hear and smell, if need be, to satisfy his fears.—Kansas City Live Stock Indicator.

TWITCHING NERVES

A Serious Hereditary Trouble Cured By Dr. Williams' Pink Pills.

Sufferers from ailments that have afflicted in regular succession one generation after another of their family are, as a rule, inclined to submit to them as inevitable. The case which follows proves that such hereditary difficulties are not beyond the reach of curative forces and should inspire hopefulness and a readiness to try remedies that have effected signal cures, such as that which is here given.

Mrs. Elizabeth Rannels, of No. 408 East Seventh street, Newton, Kansas, gives the following account of her ailment and her cure:

"For two years I suffered from a trying nervousness in my lower limbs from my knees down, as my mother and my grandmother had suffered before me. The situation was for many years accepted as unavoidable because hereditary. But about two years ago, when my son was realizing benefit from the use of Dr. Williams' Pink Pills, I thought there might possibly be some good in them for me. My trouble had then become so serious as to make it difficult for me to sleep. I often had to walk the floor in restlessness the whole night. After taking some six boxes the twitching disappeared and I ceased to use the remedy. I evidently stopped a little too soon for nervousness came back after a month or so and I used the pills again for a short time. Relief came at once and since I stopped using them the second time I have been free from any return of the twitchings or from any interference with my sleep."

Dr. Williams' Pink Pills have cured the worst cases of bloodlessness, indigestion, influenza, headache, lumbago, sciatica, neuralgia, nervousness, spinal weakness and the special ailments of girls and women. For further information, address the Dr. Williams Medicine Co., Schenectady, N. Y.

THE CHARM OF CHINA.

Beauty of Its Landscapes, the Tea-houses and its Landscapes.

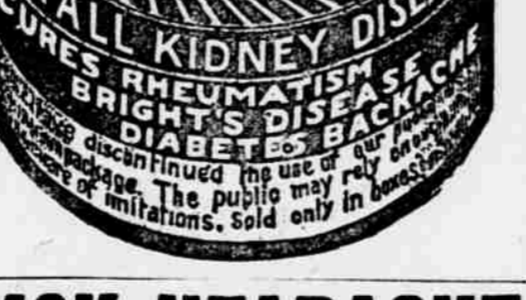
With all the offensive sights and smells there is no denying a mysterious and alluring fascination in China for all who come in contact with her people under their native conditions. Even the recollection of the discomforts of travel by the native means cannot blot out the beauty of the landscape, the terraced mountain sides, the diminutive gardens, the little patches of ripening grain, and the great tolling throng, always cheerful and contented in spite of their unending tasks.

All who have been visitors to China seem irresistibly drawn back to the country. They hear the call of the East, and they never cease to look forward to the time when they shall return to it again.

Those who have once lived in China are never satisfied to live anywhere else. Soothing and insinuating, the fatalism of the Chinese creeps upon them, and they, too, learn to accept things as they come. Other landscapes lose their interest, the oldest ruins of other climes seem cheap and new, while the bustle and haste of Occidental life, with its harsh customs and abrupt manners, bruise their spirit and they long for the peace of Cathay.

An Aid to Memory.

The Sword Swallower—Who tied that knot in the bow constrictor? The Albino—The snake charmer. She wanted to remember something.—Cleveland Plain Dealer.



SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Headache, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER, They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

A Positive CURE CATARRH

Ely's Cream Balm is quickly absorbed. Gives Relief at Once.

It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50c., at Druggists or by mail; Trial Size 10c., by mail. Ely Brothers, 56 Warren Street, New York.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—how to dye. Black and Mix Colors. MONROE DRUG CO., Unionville, Missouri.

To Protect the Public.

A highway protection league has been formed in England. It will prevent the highways being used to the danger, injury, annoyance or discomfort of the public, to investigate cases of danger or injury caused by the highways being improperly used—where expedient, assisting persons to obtain redress—and to take steps for the due enforcement of the law.

To Color Woolen Goods Black.

An old and reliable way to color black is to thoroughly dissolve 4 oss. of extract of logwood in three gallons of warm water; add 2 oss. blue vitriol and 1 oss. coppers. Wet the goods well, then put into the dye and let simmer, stirring often, until dark enough. Wash two or three times in a strong suds of Ivory Soap. Rinse and press well damp. ELEANOR R. PARKER.

Just Like a Woman.

It was 2 o'clock in the morning when he staggered up the stairs. "Here you come at last!" exclaimed his better half. "I've worried myself half to death over your absence." "Well, if that ain't (hic) jus' like a woman," he replied. "They only (hic) half do things."

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Seemed to Have Him Cornered.

The teacher was discoursing to the class on the wonders of nature. "Take the familiar illustration of the sting of the wasp," he said, "as compared with the finest needle. When examined through a microscope the sting is still sharp, smooth and polished, while the needle appears blunt and rough. "It is so with everything. The works of nature are infinitely superior to those of art. Try how we may, we cannot improve on nature."

"It isn't so with my eyes, teacher," said a little girl in the class. "Why, how is that, Nellie?" he asked. "Cause nature made me cross-eyed," she said, "and the doctors fixed my eyes all right."

RAISED FROM A DEATH-BED.

Mr. Pitts, Once Pronounced Incurable, Has Been Well Three Years. E. E. Pitts, 60 Hathaway street, Skowhegan, Me., says: "Seven years ago my back ached and I was so run down that I was laid up four months. I had night sweats and fainting spells and dropped to ninety pounds. The urine passed every few minutes with intense pain and looked like blood. Dropsy set in and the doctors decided I could not live. My wife got me using Doan's Kidney Pills, and as they helped me I took heart, kept on and was cured so thoroughly that I've been well three years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

At the Hotel. Guest—Didn't I telegraph for the best room in the house? Clerk—Yes, sir. Guest—Why didn't you save it for me? Clerk—I've already given the best room in the house to fifty people to-night, and I thought you wouldn't like to be crowded.—Cleveland Leader.

Western Lady Shoes



Western Lady

Shoes next time you need shoes and get the best wearing, dressiest and most comfortable shoes you ever wore.

Any reliable shoe dealer will supply you. If not, write to us. Look for the Mayer trade-mark on the sole. We also make the "Martha Washington" Comfort shoes.

F. Mayer Boot & Shoe Co., Milwaukee, Wis.

NOT YOUR HEART

If you think you have heart disease you are only one of a countless number that are deceived by indigestion into believing the heart is affected.

Lane's Family Medicine

the topic-laxative, will get your stomach back into good condition, and then the chances are ten to one that you will have no more symptoms of heart disease. Sold by all dealers at 50c. and 50c.

25 Bushels of Wheat

to the Acre means a productive capacity in dollars of Over \$16 Per Acre

This on land, which has cost the farmer nothing but the price of tilling it, tells its own story. The Canadian Government gives

Absolutely Free to Every Settler

160 Acres of Such Land

Lands adjoining can be purchased at from \$6 to \$10 per acre from railroad and other corporations. Already 175,000 FARMERS from the United States have made their homes in Canada. For pamphlet "Twenty Century Canada" and all information Apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. J. Holmes, 515 Jackson St., St. Paul, Minn., and J. M. McLaughlin, Box 156, Wisnarton, So. Dakota, Authorized Government Agents. Please say where you saw this advertisement.

That Delightful Aid to Health

Paxtine

Toilet Antiseptic

Whitens the teeth—purifies mouth and breath—cures nasal catarrh, sore throat, sore eyes, and by direct application cures all inflamed, ulcerated, and catarrhal conditions caused by feminine ills. Paxtine possesses extraordinary cleansing, healing and germicidal qualities unlike anything else. At all druggists. 50 cents. LARGE TRIAL PACKAGE FREE. The R. Paxton Co., Boston, Mass.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN,

A Certain Cure for Febrile Eruptions, Cephalalgia, Constipation, and all the Stomach Troubles, Febrile Disorders, and Deafness of Infants. They Break up Cold, Croup, Whooping Cough, and all the troubles of Infancy. Sold by all Dealers. A. S. OLMSTED, Le Roy, N. Y.

GREGORY'S SEEDS

Large assortment of seeds and vegetables for sale at low prices. Write for our catalogue. J. J. H. Gregory & Son, Harborside, Mass.

HELP WANTED

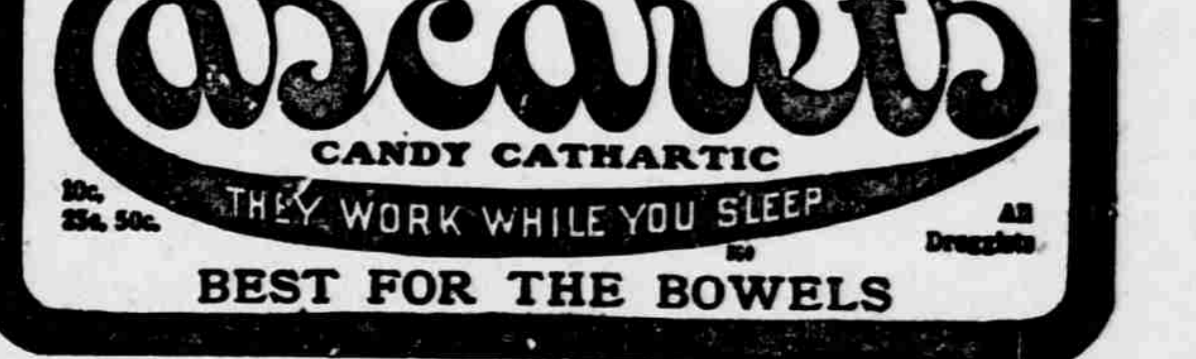
California, the land of sunshine, has need of thousands of men and women from the over-crowded East. For reliable information regarding opportunities for employment, climate, etc. send \$1. California Institute, box 126, Los Angeles, Cal.

WHEN WRITING TO ADVERTISERS

In this paper, please say you saw the advertisement in this paper.

S. C. N. U. - - - No. 8—1906.

Sale Ten Million Boxes a Year. THE FAMILY'S FAVORITE MEDICINE



CASCARETS CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP. BEST FOR THE BOWELS. 25c. 50c.

ANTI-GRIPINE

IS GUARANTEED TO CURE GRIP, BAD COUGHS, HEADACHE AND NEURALGIA. I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE. F. W. Dwyer, M.D., Manufacturer, Springfield, Mo.

MONROE DRUG CO., Unionville, Missouri