us Emma Cole Says that Lydia R. Pinkham's Vegetable Compound has Sayed Her Life and Made Her Well. How many lives of beautiful young girls have been sacrificed just as they were ripening into woman good! How many irregularities or displacements have been developed at this important period, resulting in years of suffering!



A mother should come to her child's aid at this critical time and remember that Lydia E. Pinkham's Vegetable Compound will prepare the system for the coming change and start this trying period in a young girl's life without pain or irregularities.

Miss Emma Cole of Tullahoma, Tenn.,

Dear Mrs. Pinkham: "I want to tell you that I am enjoying bet-er health than I have for years, and I owe thall to Lydia E. Pinkham's Vegetable Com-

it all to Lydia E. Pinkham's Vegetable Compound.

"When fourteen years of age I suffered almost constant pain, and for two or three years I had soreness and pain in my side, headaches and was dizry and nervous, and doctors all falled to help me.

"Lydia E. Pinkham's Vegetable Compound was recommended, and after taking it my health began to improve rapidly, and I think it saved my life. I sincernly hope my experience will be a help to other girls who are passing from girlhood to womanhood, for I know your Compound will do as much for them."

If you know of any young girl who is

If you know of any young girl who is sick and needs motherly advice ask her to write Mrs. Pinkhum, Lynn, Mass., and she will receive free advice which will put her on the right road to a strong, healthy and happy womanhood. Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge.

African Manioc.

The native food of the Malunda country, in southern Africa, comprises manioc, and that alone. It is a plant particularly adapted to wet, marshy sell, says the author of "In Remotest Barotseland." It takes two years to arrive at maturity, and while growing requires very little attention.

The root when full-grown is about the size, and has very much the appearance of a German sausage, although at times it grows much larger. the shrub has several roots, and the extraction of two or three is no way impairs the growth of the remainder.

When newly dug it tastes like a chestnut, and the digestion of the proverbial ostrich can alone assimilate it raw; but when soaked in water for a few days until partly decomposed, dried on the roofs of the huts and stamped, it forms a delightfully white soft meal, far whiter and purer than the best flour. Then it is beaten into a thick paste and eaten with a little flavoring, composed of a locust or a caterpillar which the natives seek in decayed trees.

Another way of eating this native luxury is by baking the roots, after sonking them, and eating it as you would a banana. Taken as a whole, it forms the best all-the-year-round native food; but I should advise all intending consumers to abstain from any other food for three or four days before giving it a prolonged trial.

His Own Manufacture. Sir William Bailey "played this off," as be expressed it, at a dinner at which the late Cardinal Vaughan sat near to him. "Where did you get that bit of history from?" the cardinal asked. "I didn't get it from anywhere," Sir Will iam answered. "I make history as 1 go on."-Manchester Guardian.

Local Color. Mrs. Goodsole-What odd contrasts on foods in society! Mrs. Redpep-O, yes; in the bluebook you find the names of ever so many peo-

ple that are hopelessly green. A DOCTOR'S TRIALS.

He Sometimes Gets Sick Like Other

People. Even doing good to people is hard work if you have too much of it to do No one knows this better than the hard-working, conscientious family doctor. He has troubles of his own-often gets caught in the rain or snow, or loses so much sleep he sometimes gets out of sorts. An overworked Ohlo doctor tells his experience:

"About three years ago as the result of doing two men's work, attending a large practice and looking after the detalls of another business, my health broke down completely, and I was little better than a physical wreck.

"I suffered from indigestion and coustipation, loss of weight and appetite. bloating and pain after meals, loss of memory and lack of nerve force for continued mental application.

"I became irritable, easily angered and despondent without cause. The heart's action became irregular and weak, with frequent attacks of palpitation during the first hour or two after retiring.

"Some Grape-Nuts and cut bananas came for my lunch one day and pleased one particularly with the result. I got more satisfaction from it than from anything I had eaten for months, and on further investigation and use, adopted Grape-Nuts for my morning and evening meals, served usually with

cream and a sprinkle of sait or sugar. "My improvement was rapid and permanent in weight as well as in physical and mental endurance. In a word, I am filled with the joy of living again, and continue the daily use of Grape-Nets for breakfast and often for the evening meal.

"The little pamphlet. The Road to Wellville,' found in pkgs., Is invariably saved and handed to some needy patient along with the indicated remedy." Name given by Postum Co., Battle Creek Mich. "There's a reason."

## CRISIS OF GIRLHOOD BOOK NEWS

Tom Masson's forthcoming book The Von Blumers," deals with married life. He leaves the romances of the very youthful to others, but finds romance enough, as well as a vast fund of humor, in the marital relation. Yet "The Von Blumers" is not without the music of wedding bells.

A western poet sent the Chicago Record-Herald a poem entitled "The Lay of a Setting Hen," but the editor was too old a bird to be caught with chaff. He referred the matter to an expert in benology and returned the manuscript to the brazen-cheeked author with a severe reprimend and the information that setting hens do not lay.

"Typographical errors," said William Dean Howells, the famous novelist. "are always amusing. When I was a boy in my father's printing office, in Martin's Ferry, I once made a good typographical error. My father had written: 'The showers last week. though coplous, were not sufficient for the millmen.' I set it up 'milkmen.' - Chicago Inter Ocean.

Harvey J. O'Higgins' "Don-Dreams," it is said, will prove altogeth er different from anything he has before published. It is the romance of a Canadian lad, "a lover, a poet, a gentle solitary" who seeks his fortune in New York. Bohemian New York is described and the characters include a gifted and visionary dramatist, a prominent manager, a clever and flippant dramatic critic, and "the most beautiful woman on the American stage."

Hamlin Garland, who has been spending some time abroad since his illness of last spring, returned to his home at West Salem, Wis., the last week in September. Mr. Garland is now in good health and spirits, and at work on a travel skit, to be called "A Trailer's Impressions of Europe, wherein he takes one of his western characters through France, Italy, Switzerland and Scotland. It is to be in the western vernacular, but not in dialect, and will probably take the form of a Colorado miner's talk to his friends. It will form a very candid and direct statement of the way in which the Old World strikes a deeply prejudiced observer from the New. A new volume of choice selections

from Mark Twain's writings will be published shortly by the Harpers under the title of "The \$30,000 Bequest." A great number of these stories have never before appeared in book form. and among them are some of the very best that the humorist has ever done; such as his "St. Joan of Arc." published in Harper's Magazine; "Italian Without a Master," "Italian With Grammar," "Amended Biographies," 'Advice to Little Girls," "The Danger of Lying," "Post-Mortem Poetry," "The Five Boons of Life," "A Helpless Situation," and others. The very touching and tender story of Cromwell's time, "The Death Disk," is also included. These stories, with additional material -mostly from his recent writings-will ake up a fat volume.

ALASKAN FISHERIES.

Salmon, Halibut and Cod are Shipped All Over the World.

The salmon fisheries of Alaska have juletly grown to be the largest single fishery in the United States, if not in the world. Its proportions, says the Pacific Monthly, are most staggering.

The extensive coast line of the territory seems everywhere abundant with hallbut, which has become almost a luxury in the east. There the fishing is done at great hazard and at long distances from markets, while in Alaska, the fisherman leaves his home in the morning and returns in the evening with the fruits of his labor.

A little off the ceast of Alaska and In many places among the numerous islands along the shores there exist great cod banks. These are little known and while they are now fished to some extent it might be said the industry is wholly in its infancy.

When we consider the enormous extent of these banks as compared with those off the New England coast and the very few fish now taken on them as compared with large numbers taken on the Atlantic it can readily be seen to what an extent this fishery can also be expanded. Here also the element of safety is greatly in favor of the industry on the Pacific coast.

At present in a small way both hallbut and cod are shipped clear across the continent to Boston and New York. With better and cheaper facilities the markets of the whole United States will soon be opening up to the Pa-

The salmon fishing is now wholly done for canning and in a small way salted. The extent to which this part of the industry has grown is more famillar to the world than any other.

During the past few years the fresh fish industry has made inroads even on the canned supply and mild cured salmon are now being shipped all the way to Germany for smoking. During the past winter buyers from German houses in Hamburg have appeared in Alaska towns and eagerly taken all the product they could secure. This is but a beginning and development in time in the way of improved means of transportation will extend the shipping of salmon fresh from the waters of Alasks to all prets of the world.

firleks.

There is no building material so durable as well made bricks. In the British museum are bricks taken from the buildings in Nineveh and Babylon which show no signs of decay or disintegration, although the ancients did not burn or bake them, but dried them in the sun. The baths of Caracalla and of Titus in Rome and the Thermae of Diocletian have endured the rayages of time far better than the stone of the Collseum.

The good book says something about "All men telng liars." The only trouble is the statement is too narrow. It should have included women and chil-

Suisides Saxony, Austria, Prance, and Desmark show the largest percentages of suicide annually. In Saxony thirtyone in every one hundred thensand people living are salefdes. In Austria the rate is a little over twenty-one. In Denmark it is almost twenty-six, and in France twenty-three. The United States, Russia, Ireland and Spain have the lowest rates of spicities.

Prescription Didn't Fit. Upgardson-Don't mope, old fellow. Look on the bright side of things.

Atom-Which is the bright side of tull headache?

The Original Porous Plaster. It's Allcock's, first introduced to the people sixty years ago, and to-day undoubtedly has the largest sale of any external remady—millions being solid annually throughout the whole civilized world. There have been imitations, to be sure,

There have been imitations, to be sure, but never has there been one to even compare with Allcock's—the world's standard external remedy.

For a weak back, cold on the chest or any local pain, the result of taking cold or over-strain, there's nothing we know of to compare with this famous plaster.

Table Mustard.

Common, ordinary, every-day table mustard obtained its name in a romarkably curious way. It is said that Philip, Duke of Burgusdy, granted to Dijon some armorial bearings on which was the motto, "Moult me tarde."

This was later carved in a stone archway of the city, but as the years went by the central word became effaced, A certain firm in the city was engaged in the manufacture of sinapi, which was the former name for mustard, and, wishing to label its products with the

city arms, copied the incomplete motto. Thus, ignorant people seeing the name "moult-turde" on the jars, fell into the custom of calling the contents by that title. In time "manifetande" was contracted to montarde (mustard).



## SECURITY

Genuine Carter's Little Liver Pills.

Must Bear Signature of

Breut Sood

to take as sugar. CARTER'S FOR BEZZINESS.

Very small and as easy

FOR BILIOUSHESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION Price Durely Vegetable.

CURE SICK HEADACHE.



Over Ninety Million Bushels of wheat from the harvest of 1906, means good money to the farmers of Western Canada when the world has to be led. Cattle raising, Dairring, Mixed Farming are also probable callings. Coal, wood, water in abundance; churches and schools convenient, markets easy of access. Taxes low. For advice and information address the Superintendent of Immigration, Ottawa, Canada, as the authorized Canadian Government pent, W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 3ts Jackson St., St. Paul, Minn, and t. M. MacLachian, Box 116, Watertown, So. Dakota Authorized Government Agents. Please say where you saw this advertisement.



A Positive CURE FOR CATARRH Ely's Cream Balm is quickly shearbed. ELY MACE

It cleanses, soothes, heals and protects the diseased membrane. It curse Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. rull size 50 cts, at Druggists or by mail; Trial size 10 cts. by mail.

Ely Brothers, 56 Warren Street, New York.



The goose plant is a native of Gua

temala, and its name is truly descrip-

tive. Its bud has the perfect shape of a goose, with head and neck proudly

arched as if floating in the water. The

average length of a bud is 16 inches.

As it bursts into bloom the breast opens,

showing a delicate, cone-shaped orifice,

lined with a rich purple, velvety sur-

leaf about 50 inches in circumference;

It has a long, string-like tail 2 feet 6

inches in length. In some respects it

What Causes Smut in Corn?

Last year my corn was about 5 per

cent smut, says J. N. Francis, of Ne-

braska. This year one-half of 1 per

cent will cover the loss from that

cource. Why it is different I have been

anable to figure out. Last year I wrote

to the Nebraska experiment station for

Lyon replied that no investigation on

the subject had been made. He believed

smut remained in the ground, from

year to year, and could be prevented

by rotation of crops. I have never fol-

owed corn with corn, so that could not

I examined two of my neighbors'

cornfields, both on ground that was in

corn last year. They have no more

smut than I have. Last spring I treat-

ed part of my seed corn with a solu-

tion of one pound of formaldehyde to

forty gallons of water, the formula for

tween the corn from the treated and

Some time ago I read an article writ-

ten by a farmer who says he cleaned

his corn of smut by being careful to

pick no seed corn from near where a

smutted ear had grown. He believed

smut to be carried from year to year

on the grain. Perhaps the weather has

something to do with it. Last year

was a wet corn season; this year the

season has been a dry one. Smut has

been increasing in my corn for several

years until this year, which is the first

Cruelty in Shipping Fowls.

dislike cruelty to dumb animals to wit-

ness the conditions existing at a place

where fowls are sold in coops on com-

mission. Load after load of coops ar-

rive on the hottest days, with the poor

birds packed in them almost as closely

as sardines in a box. There may be a

cup of water at some point in the coop,

but the majority of the birds don't

know of its existence and couldn't

reach it if they endeavored to do so on

account of the congested condition of

the coop. Not one in a dozen coops

arriving in market indicates for the

shipper one spark of mercy or sympa-

thy for the birds. Many of them will

ers hurl maledictions upon the head of

deducts for "shrinkage" in weight in

his remittance. They apparently ignore

for the deduction, because they have

Alfalfa.

Indeed, nitrogen may be present in the

soil and if the alfalfa bacteria be lack-

ng the alfalfa plants will not thrive.

of alfalfa are themselves without pow-

er to gather and store nitrogen from

the nir, but the bacteria, working in

connection with the roots, will gather,

secrete and store up nitrogen from the

the commission merchant because he

It is almost revolting to those who

year I have noticed a decrease.

wheat smut. I see no difference be-

that from the untreated seed.

make the difference in my case.

10 TO CO.

Some men are both boggish and mulish; they squeat and kick at everything.

As the hog pastures began to fall, the farmer is fortunate who has a patch face, exquisite in coloring and tracing. of sowed corn to cut up and feed to the In bloom it resembles an enormous

Smut on corn lucreases from spores and the way to prevent spreading of resembles the night-blooming cereus. this trouble is to get the smut before the spores ripen and blow away.

The prices for light and medium hogs are about the same as for beavy hogs. One hundred and seventy-five pounders bring as much per hundred as 300-pounders do.

Do not kick the cow because you are angry; go and kick the barn door or information on the subject. Professor the milking stool instead until you recover your senses. A few lessons will break you of the kicking habit.

Skunks, minks and disreputable bipeds are the chief enemies of the poultry raiser, and experience is likely to convince him that a well loaded shotgun is the best weapon to use in all

Mate up your fowls early, for oceasionally one of the hens will want to sit during the latter part of winter, and it is a nice thing to have some eggs ready in order to hatch some chicks early in the spring.

The census report shows that there are in the United States this year 3,404,061 mules, valued at \$334,680,520. This is an increase during the past three years in the number of mules of 675,973, with an increase in valuation of \$36,827,193.

Cutting up corn is hard work, but when "the frost is on the punkin and the fodder's in the shock" there is a feeling that the country is safe. There is so much good feed in fodder that the stock breeder can scarcely afford to let it go to waste.

It is a most difficult thing to interest a man in the alfalfa business by showing him illustrations of plans and in writing articles about its production. The best way is to show him the plants growing. He should see the whole process-seeing is believing.

Dressed fowls and fresh eggs are constantly in demand, at fair prices, and farmers who are naturally good salesmen will find it advantageous to run retail routes, weekly. People in the cities are willing to pay good prices for something they know is

be dead on arrival and what with the A new disease among goats has been discovered and described by the United excessive heat of the atmosphere, the States Bureau of Animal Industry. It animal heat of their own bodies and is contagious and is called "takosis." the fatigue and fright attending the Thus far it has been found only in the journey, there is quite naturally a loss northern and eastern states, where the of weight in those that are so fortuclimate is quite humid. The natural nate as to survive. These same farmrange for Angoras is a dry region.

Do not let the high price of pork induce you to sacrifice the tried and trusty brood sow. She will come handy the fact that they alone are responsible when next year's crop of pigs is wanted. On the other hand, this is a good allowed to exist, the conditions which year to realize on those dames that fool led up to the shrinkage. By crowding away their time and your money in raising a pair of ordinary twins.

Look at the peaches that ripen in the bright sunshine and see the perfect coloring and freedom from rot; then look at those hanging in dense shade and notice that they ripen later, are more subject to rot, and are partially covered with little black fungus spots. Great is sunshine as a fruit perfecter and fungleide.

South of latitude 38, turnips may be left in the patch to make early "greens" for the first spring weather, Where pine grows, a common usage is to cover the turnips before freezing the growth of alfalfa. The one is a soil with a thick cover of pine branches. These do not prevent freezing, but seem to insure an earlier crop of greens than can be had from those left uncovered.

A farmer lad married a neighborhood choel teacher, who was a town girl. She undertook to cook some rice after marriage, and filled the pot with rice. When it began to swell she had to place it in two pots. Soon the swelling proceeded until all the cooking vessels she had were full of rice. She went out and flagged her husband to come to the house before the swelling rice would push out the kitchen windows.

Never in the history of improved agriculture did there exist such a necessity for choice clover seed as at this very time. More farms are seeded to foul weeds by the introduction of really poor seed than in almost any other way. It will pay every man to buy a small magnifying gloss and look at the seed he buys. He should buy the best and insist on getting it. Buy only a seed test. Buy seed like buying gold The reason for this is that the roots

Good Cheap House Paint. A writer in Practical Farmer says: I

will give my experience of how to make a cheap white house paint. Take two air in quantities so great as to proquarts of skim milk, eight ounces fresh vide not only for the alfalfa growing, ly slaked lime, six ounces fluseed oil, but abundant supplies for succeeding two ounces white Burgundy pitch and crops. This interesting truth about three pounds of Spanish white. Slake alfalfa bacteria is known and apprectthe lime in water, expose it to the air ated by scientists, but no man can tell and mix in about one-quarter of the with certainty without scientific promilk; the oil. In which the pitch has cess where such bacteria exist or where seen previously dissolved, to be added they are absent.—Agricultural Epitoa little at a time, then the rest of the mist.

NOVEMBER AILMENTS W. L. DOUGLAS

November is the month of failing will be a sent in the month of failing temperators, of Over all the temperate cannot be equiled at any piles regions the hot weather has passed and the first rigors of winter have appeared.

As the great bulk of civilized nations is located in the Temperate contains in the month of the contains the contains the month of the contains t located in the Temperate Zones, the

ine Human System effect of chang-ing searons is a Must Adjust itself question of the to Changing Tem tance. When the peratures.

peratures. weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, suitry days, the human body must adjust itself to this changed condition or busish. or purish. The perspiration incident to

weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration.

Most of the poisonous materials re-tained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overwith the polacuous excretory materials. flame the kidneys, producing functional diseases of the kidneys and sometimes Bright's Disease, Peruna acts upon the skin by stimu-

Peruna acts upon the skin by stimu-lating the emunctory glands and ducts, thus preventing the desention of poison-cus materials which should pass out. Peruna is vigorates the kidneys and en-courages them to fulfill their function in spite of the chills and discouragements of cold weather. Peruna is a com-bination of well Peruna is a World-

bination of well Peru na is a World tried harmless Renowned Rem remedies that edy For Climatic test of time. Discuses.

remedies have been used by doctors and by the people in Europe and America for a hundred years.

Peruna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantlated over and over by many thousands of homes.

MAKES BEAUTY

Among the ladies no other medi-cine has ever had so strong a fol-lowing, because, excepting pure air and exercise, it is the source of more beautiful complexions than any other agency, as

Lane's Family Medicine

the tonfe-laxative. It puts pure blood in the weins, and no woman can be homely when the rich, red blood of health courses in her veins, Sold by all dealers at 25c. and 50c.

they excel other makes.

If I could take you into my large factories at Brackton, Mass., and show you how carefully W.L. Douglas show are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L.

than any other make.

Wherever you live, you can obtain V Dougha shoes. His name and price is sta on the buttom, which protects you sgainst prices and infactor shoes. Take no sattate. Ask your dealer for W. L. Doughas and insist upon having them.

Fast Cofor Evelste used: they will nature of Wells for flustrated Catalog of Poli Sty (W. L. DOUGLAS, Dept. 14, Brocktes, 1

YOU CANNOT

all inflamed, ulcerated and catarrhal con-ditions of the mucous membrane such as

nasaicatarrh, uterine catarrh caused by feminine ills, sore throat, sare mouth or intlamed eyes by simply dosing the stomach.
But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic is the troys the disease germs checks are a stops pain, and heals the minution and soreness. Paxtime represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE R. PAXTON CO., Boston, Most

Just a Bint. An Irish provincial paper recently printed the following notice; "Whereas, Eatrick O'Connor lately left his locations of the control of the c ings, this is to give notice that if does not return at once and pay &

S. C. N. U. - - No. 48-1906

the same he will be advertised."





Sale Ten Million Boxes a Year. HOKKEWHILEYOU BEST FOR THE BOWELS