

HELPFUL ADVICE



You won't tell your family doctor the whole story about your private illness—you are too modest. You need not be afraid to tell Mrs. Pinkham, at Lynn, Mass., the things you could not explain to the doctor. Your letter will be held in the strictest confidence. From her vast correspondence with sick women during the past thirty years she may have gained the very knowledge that will help your case. Such letters as the following, from grateful women, establish beyond a doubt the power of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

to conquer all female diseases. Mrs. Norman R. Barnard, of Allentown, Pa., writes: "Ever since I was sixteen years of age I had suffered from an organic derangement and female weakness; in consequence I had dreadful headaches and was extremely nervous. My physician said I must go through an operation to get well. A friend told me about Lydia E. Pinkham's Vegetable Compound, and I took it and wrote you for advice, following your directions carefully, and thanks to you I am today a well woman, and I am telling all my friends of my experience."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backaches, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

John Milton's Cottage. One of the best preserved historic country houses in all England is John Milton's cottage at Chalfont St. Giles, to which the blind and aging poet fled when the great plague swept down on London. That was in July, 1665, and Milton had just finished "Paradise Lost" and received a five-pound note for it, with a promise of three more five-pound notes if the poem sold four editions of 1,500 copies each. The cottage stands at the top of the village, and it is in practically the same condition as when Milton left it. Here the poet received his distinguished guests during the latter part of his life.

Hog Cholera. The greatest drawback to the hog industry which breeders in this country have to contend with is what is known as "hog cholera" and "swine plague."

Hog cholera is a highly contagious disease and unless checked is liable to carry off a great number of hogs in a very short time. Mr. A. E. Williams, of Burnetts Creek, Ind., tells of an experience which he had with some hogs that had the cholera. "Five years ago," says Mr. Williams, "I was in the employ of Mr. J. D. Richardson, Lafayette, Ind., as his barn foreman. Some fine hogs that I was feeding took the cholera. I gave them Sloan's Liniment and did not lose a hog. Some were so bad they would not drink sweet milk and I was compelled to drench them. I have tried it at every opportunity since and always find it O. K."

Write for Dr. Sloan's free book on the treatment of Horses, Cattle, Hogs and Poultry. Address Dr. Earl S. Sloan, 615 Albany street, Boston, Mass.

Austrian mines are provided with rescue chambers at convenient locations underground. They are equipped with food and conveniences for miners in case of accident.

A BEAUTIFUL WATCH FOR FREE. To those who ship us \$5 worth of hides or to those who buy hides or traps to that amount. N. W. Hide & Fur Co., Minneapolis.

Punctuation marks were first used in 1490.

Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

Couldn't take the Job. An inland graduate came to New York to seek employment. Through a friend he received an offer of a place as shipping clerk to a certain firm. In reply he wrote as follows: "I regret that I cannot accept your kind offer of a position as shipping clerk, but the fact is that I am always sick when on the water."—Success Magazine.

Neighborly Cordiality. Mrs. Gabely (rising to depart)—Well, you must come and call on me some day. It's your turn now.

Mrs. Chilton-Kearney—Yes, I think it has been my turn for the last five or six times, hasn't it?—Chicago Tribune.

POPULAR SCIENCE

With a view to encouraging officials and workmen on the Imperial German Railways, the government has established a fund from which awards are made to men who invent any appliance which may be useful in railway practice; \$3,750 was paid to employees last year from the fund.

When a traveler in the grand duchy of Baden wants to send a telegram while he is on the train, he writes the message on a post card, with the request that it be wired, puts on a stamp and drops it into the train letter box. At the next station the box is cleared and the message sent.

It is now demonstrated, according to the Engineer, that the reason copper and iron will not alloy is on account of the carbon that the iron absorbs in melting. If the iron and copper be melted together in a clay crucible, so that no carbon can be taken up, the resulting alloy is perfectly homogeneous and free from any separated nodules.

It has long been recognized that various forms of dust, when mingled with air in certain proportions, are capable of producing destructive explosions when brought into contact with flame. This danger sometimes exists in flour mills. A historic instance is the explosion of three flour mills at Minneapolis in 1878. It was then demonstrated, by experiment, that two ounces of flour in two cubic feet of confined air, when ignited, would cause a violent explosion, and it was calculated that the contents of a flour sack distributed through 4,000 cubic feet of air would cause an explosion capable of throwing a weight of 2,500 tons to a height of 100 feet. Recently S. F. Peckham has shown that any dust that will burn may cause an explosion. An instance is known where sugar dust in a confectionery factory caused an explosion, and in another case dry soap dust proved equally dangerous.

How hot is the sun's surface? This long-disputed question receives a new answer from Prof. J. M. Schaeberle of the Ann Arbor Observatory. Formerly the effective surface temperature of the sun was estimated at millions of degrees. Then came a revolution from these extreme estimates, and lately the tendency has been to place the solar temperature as low as 6,000 degrees Centigrade. Prof. Schaeberle returns to higher estimates. According to his calculations, assuming the correctness of Prof. Poynting's value for the absolute temperature of the "small black particle" which serves as the basis of calculation, the sun's temperature would be 12,000,000 degrees. But he adopts another value for the black particle, from which he deduces a temperature of 20,000 degrees. Prof. Schaeberle uses for his researches a specially constructed reflecting telescope of two feet aperture and three feet focus, which he describes as "by far the most powerful telescope for this kind of work ever constructed." It promises additional facts and calculations. In the meantime it seems best to say that we do not know how hot the sun is.

THE CRIME OF WORRY. How This Deadly Epidemic Undermines the Health. Worry is the epidemic of the day—an epidemic more widespread and deadly than any pestilence that has ever afflicted this long suffering world. Everybody worries nowadays. The man worries about his business, his family relations, and so on. The woman worries about her household, her children, her clothes. Worst of all, even little children do not escape wor-

ry—their lessons, their examinations, their little failures and punishments at home or school. In order to realize the deadly effects of worry we must remember that all the various activities of the body, breathing, digestion, blood circulation, elimination of waste and so on—that all these are under the immediate control of the nervous system; and that the nervous system in turn is governed by the mind. Now, worry is a kind of intellectual pandemonium—a state of mental confusion, indecision and distress. Such a condition of mind throws the nerves out of order and thus deranges the functions which these nerves control. Let us trace this in a single case, just as you are finishing dinner you receive a telegram. You open it. You read: "Father badly hurt. Come home immediately."



Two Pictures in Upper Line Show Winter and Summer Homes of the Lapps. Lower—Lapland Women; the Lapland Express, Most Northern Railway in the World; (Reindeer Horn Seller.

Among the strange people of the world are the Lapps, regarded as the smallest inhabitants of Europe. The Lapp calls no one country his home, and he is little concerned in the affairs that interest other residents of his native land. Altogether there are about 28,000 Lapps, and they are scattered over parts of Sweden, Norway and Russia. Perhaps the greater number are Norwegians. Those in Sweden are closely allied to the Finns. They range in height from four to five feet, very rarely more than that. However, they are a strong and hardy race, and possessed of great powers of endurance. For untold generations they have lived in the frigid clime of the far north, and although they suffer severely from the intense cold of their native land, they do not thrive at all in a less rigorous climate.

The reindeer, made famous the world over in our Santa Claus tales, is the Lapplander's mainstay of life. Without this faithful friend he could not long exist. Its milk and flesh supply him with food, and from its hide and fur he gets his clothing. During the long winter it is harnessed to a board-shaped sled, and will swiftly draw the sled and a load not exceeding 200 pounds over the frozen lakes and anywhere in the vast expanse of hard, dry snow. This queer animal, whose food is necessarily scant throughout the winter, will thus burdened travel at a speed of from nine to ten miles an hour for many hours at a time. It is estimated there are about 400,000 reindeers in Lapland. For the most part these are in a semi-wild state. These shift for themselves. To be sure, the reindeer is found elsewhere in Europe, and four or five centuries ago was found in countries far to the south of the Arctic regions. Deer from Lapland have been taken to Alaska, where they are flourishing.

To Aim Straight is Human. Anthropologists have remarked that taking aim is a human characteristic that even the anthropoid apes cannot be said to share. Apes and monkeys frequently throw nuts and sticks, sometimes with unpleasant consequences to others, but they show little or no ability to take accurate aim. The baboon is said to excel somewhat in this respect, but still it would never pass for a marksman. Accuracy of eye and the judgment of direction and distance that are involved in real aiming have been developed only by man, and are among the tokens of his intellectual superiority.—St. Louis Republic.



THE MAN WHO WORRIES.

These poisons are absorbed from the stomach into the blood and are carried by the blood to every part of the system. They produce a wide range of symptoms, varying all the way from simple headache or dizziness to sudden death from what is popularly called "heart failure."

This is the effect upon only one organ. The influence of worry upon the heart, lungs, liver and other organs is, however, just as direct and as disastrous.

Worry is a curable disease, but he who would cure it must cure himself. First of all, he must realize that worry is never of the slightest use, but that, on the other hand, by preventing clear thinking, worry makes matters worse. So—stop worrying. Think, plan, decide, act. Then await the result. Thought, decision, action—these are for man. Results are with God.—W. R. C. Latson, M. D.

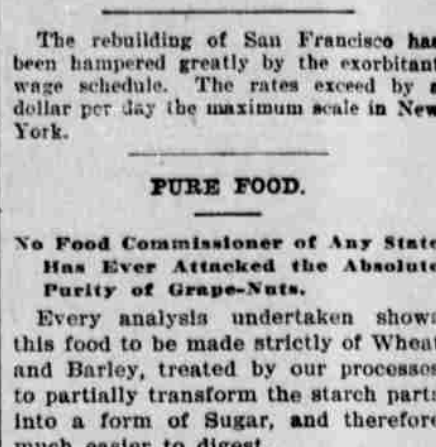
THE LAPPS, SMALLEST PEOPLE IN EUROPE.

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A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-relieving and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "It is the best of all your preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine.

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