

# 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, backache, 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 swooped 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 1,300 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 guns 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. Gaddis (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.

**DODD'S KIDNEY PILLS**  
FOR ALL KIDNEY DISEASES  
RHEUMATISM  
BRUISES AND SWELLINGS  
DIABETES BACKACHE  
"Guaranteed"

# 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 worry.

No man is a hero while seasick. Lafayette was sent by Washington and Congress to France to ask further supplies of men and money for the American colonies. He sailed from Boston in the frigate Alliance, and a passage had to be cut for his ship through the ice. Off the Newfoundland banks the ship was assailed by a terrible tempest, which threatened destruction, and Lafayette was very seasick. His aide-de-camp, the Chevalier de Pontbriand, who relates the incident in his memoirs, heard him soliloquizing thus on the hopelessness of the situation and the emptiness of glory:

"Diable! I have done well, certainly. At my time of life—barely twenty years of age—with my name, rank and fortune, and after having married Mile. de Noailles, to leave everything and serve as a breakfast for codfish!"

## THE LAPPS. SMALLEST PEOPLE IN EUROPE.



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 Laplanders, 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 climate 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 in our Santa Claus tales, is the Laplander'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 boat-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 in 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.

**Hippophagy.**  
Hippophagy being in low water in these later days, somebody has set himself to show what an exceedingly respectable history attaches to the practice. Among the ancients, especially in China, eating horse flesh was general, and it was only killed in Europe by a Papal decree of Gregory III, though why horse flesh should have been interdicted does not appear. It was only the famine caused by Napoleon's invasion that revived the practice in Germany, where it has survived ever since.—London Globe.

The rebuilding of San Francisco has been hampered greatly by the exorbitant wage schedule. The rates exceed by a dollar per day the maximum scale in New York.

**PURE FOOD.**  
No Food Commissioner of Any State Has Ever Attacked the Absolute Purity of Grape-Nuts.

Every analysis undertaken shows this food to be made strictly of Wheat and Barley, treated by our processes to partially transform the starch parts into a form of Sugar, and therefore much easier to digest.

## 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.

## A Seaside Hero.

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## FLASHES OF FUN

"Is the plot of your drama taken from life?" "Oh, yes; the hero meets his death in a motor car accident."—Lustige Blätter.

"Were you frightened during the battle, Pat?" "Pat—Not a bit, sir. Oh, I face most anything when I have me back to it."—The Circle.

"Your son joined a college fraternity, didn't he?" "No, it was tripping at the top of five flights of stairs that laid him up that way."—Puck.

Jones—I am going to marry an English girl, Bones—You will never again hear me say that the English have no appreciation of a joke.

"She has a very useful husband." "How do you make that out?" "He can always suggest something that he wants for dinner."—Detroit Free Press.

He—Neither can speak the other's language. She—How did he propose? He—Love's language is the same all over the world.—Cleveland Leader.

Mrs. Alenash—I was directed to you as a diamond expert. Mr. Wayupp Tepe—Just so, ma'am. I'm a baseball magnate.—New York Commercial Advertiser.

Mrs. Bacon—Why, that piano has several keys that make no sound at all. Mr. Bacon—Yes; and there are some other good features about it.—Yonkers Statesman.

Scribber—I'm writing a book called "How to Live on Five Hundred Dollars a Year." Scrawler—What's your object? Scribber—To get the \$500.—Philadelphia Record.

In several instances women have lately figured as footpads. There seems no way that a man may protect himself unless he be armed with a live mouse.—Philadelphia Ledger.

"You say that you have your own way about the house?" "Invariably," answered Mr. Meekton. "How do you manage it?" "By always agreeing with Henrietta."—Washington Star.

Mother—Why did you not scream when Hans kissed you? Daughter—He threatened me. Mother—How? Daughter—He said if I did he'd never kiss me again.—Meggendorfer Blätter.

"Young Golt makes quite a show with his speedy automobilizing, doesn't he?" "Well, from the way he keeps on getting arrested, the show is something of a continuous line performance."

"You know, Jessie, the good book says 'Love your neighbor,'" spoke the mother to her little girl. "Yes, mamma; but that was written before the days of flats."—Yonkers Statesman.

"What am I ever going to do with such a bad, bad boy?" sighed the fond mother. "O, you leave me alone," replied the young hopeful. "I'm not half as bad as I can be."—Brooklyn Life.

The Monument Man (after several abortive suggestions)—How would simply "Gone Home" do? Mrs. Newwoods—I guess that would be all right. It was always the last place he ever thought of going.—Puck.

Eph—How'd you get along ridin' in them there sleepin' cars when you took your trip? Slim—Got along all right, but I caught a colored feller tryin' to sneak away with my boots an' made 'im bring 'em back.—Indianapolis Star.

"So you enjoyed Venice?" said the traveler. "Yes," answered Mr. Cumrox. "It was kind of pleasant, for a change, to be robbed by a gondolier instead of a hack driver."—Washington Star.

"I know it breaks old Skulflint's heart to part with what, so I am curious to know what he did about his daughter's wedding gift. What did he give her when she got married?" "He gave her away."—

"Have you read of the thousands of pounds of guanine that are sent to Panama?" "I have," answered the man who jests on serious subjects. "And yet some people have tried to tell us that the canal is no great shakes!"—Washington Star.

Riding in an omnibus up Revent street recently, an old lady was annoying the other passengers by her remarks. The conductor remonstrated with her, saying, "Ma'am, remember you are in a public vehicle, and behave as such."—Spectator.

"All alone in a trackless desert," wailed the heroine. "Not a tree, not a rock in sight. Here come the ferocious lions! Oh, what shall I do?" "Dive into the trap!" shouted a friendly stage hand. "Yure standin' right over it, fuddy."—Houston Chronicle.

"I tell you, golf is going to be the salvation of the nation. It is going to make athletic men and women of our puny offspring and lengthen our days by decades." "But our ancestors didn't go in for golf!" "And where are they now? Dead! All dead!"—New York Times.

"It would please me mightily, Miss Stout," said Mr. Mugley, "to have you go to the theater with me this evening." "Have you secured the seats?" asked Miss Vera Stout. "Oh! come now, he is protesting; you're not so heavy as all that."—Catholic Standard and Times.

"That was an unlicky thing that Peck, the engineer, done," said the brakeman. "They gave him one of them new engines yesterday, an' he named it after his wife." "How was that unlicky?" asked the track-walker. "Why, the blasted thing blew him up this morning."—Canadian Courier.

**Fore-sight and Delicateness.**  
In Chicago is a woman who combines the functions of caterer and trustee medium, serving her customers with refreshment, physical or physical, according to their wishes.

Either she or the sign painter whom she employed must be a humorist, for her sign reads thus:

"Madame Blank, caterer and trustee medium. Groceries and Previsions."

Patience—Have you tried diabolo yet? Patrice—No; I never use anything on my teeth but pure water!—Yonkers Statesman.



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**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought  
Bears the Signature of  
Dr. J. C. Hathorn  
In Use For Over Thirty Years  
**CASTORIA**

900 DROPS  
ALCOHOL 3 PER CENT.  
A Vegetable Preparation that Stimulates the Food and Regulates the Stomach and Bowels of  
**INFANTS - CHILDREN**  
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**  
Beware of cheap imitations.  
Aperient Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.  
Fac-Simile Signature of  
J. C. Hathorn  
NEW YORK.  
At 6 months old  
35 Doses - 35 Cents  
Guaranteed under the Food Act  
Exact Copy of Wrapper.

**NO MORE MUSTARD PLASTERS TO BLISTER**  
THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.  
**Capsicum-Vaseline.**  
EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASILINE.  
**DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY**  
A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS.  
A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating 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.  
Send your address and we will mail our Vaseline Booklet describing our preparations which will interest you.  
17 State St. CHESEBROUGH MFG. CO. New York City

**They act like Exercise.**  
**Carelets**  
-for the Bowels  
All Druggists  
Ten Cents

**W. L. DOUGLAS SHOES**  
\$3.00 \$3.50  
SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY.  
MEN, BOYS, WOMEN, MISSES AND CHILDREN.  
W. L. Douglas makes and sells more men's \$2.00, \$3.00 and \$3.50 shoes than any other manufacturer in the world. Because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.  
W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equaled At Any Price.  
CAUTION: W. L. Douglas makes and sells shoes in all parts of the world. Beware of cheap imitations. W. L. Douglas, Brockton, Mass.

**NO RELIEF FROM ECZEMA**  
For Over Two Years—Patent Medicines, Quack Cures and Doctors Fail—Cuticura Succeeds.  
"I was very badly afflicted with eczema for more than two years. The parts affected were my limbs below the knees. I tried all the physicians in the town and some in the surrounding towns, and I also tried all the patent remedies that I heard of, besides all the cures advised by old women and quacks, and found no relief whatever until I commenced using the Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. In the Cuticura Remedies I found immediate relief, and was soon sound and well. C. V. Beltz, Tippa-noc, Ind., Nov. 15, '05."

**160 ACRES FARMS FREE**  
What a Settler Can Secure in WESTERN CANADA  
160 Acres Grain-Growing Land FREE. 20 to 40 Bushels Wheat to the Acre. 40 to 50 Bushels Oats to the Acre. 35 to 50 Bushels Barley to the Acre. Timber for Fencing and Building FREE. Good Laws with Low Taxation. Splendid Railroad Facilities and Low Rates. Schools and Churches Convenient. Satisfactory Markets for All Productions. Good Climate and Perfect Health. Chances for Profitable Investments.  
Some of the best grain-producing lands in Saskatchewan and Alberta may now be acquired in these most beautiful and prosperous sections under the  
**Revised Homestead Regulations**  
by which entry may be made by proxy (on certain conditions), by the father, mother, son, daughter, brother or sister, intending homesteader. Entry fee in each case is \$10.00. For pamphlet, "Last Best West," particulars as to rates, routes, best time to go and where to locate, apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 35 Jackson St., St. Paul, Minn., and J. M. MacLachlan, 215, Watertown, So. Dakota. Authorized Government Agents.  
Please say where you saw this advertisement.

**Northwestern Harness Co.**  
Established 1881. 30 years square dealing.  
312-314 Pearl St., Sioux City, Iowa  
Order direct from our Factory and save the cost of the jobber's profit. All harness made by our own hands.  
\$27  
Just as good as sells for \$35.00  
S. C. N. U. - No. 7-1905.  
If affiliated with Thompson's Eye Water, cure eye, use