

FACTS FOR SICK WOMEN



LYDIA E. PINKHAM

No other medicine has been so successful in relieving the suffering of women or received so many genuine testimonials as has Lydia E. Pinkham's Vegetable Compound. In every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound. Almost every one you meet has either been benefited by it, or has friends who have.

In the Pinkham Laboratory at Lynn, Mass., any woman any day may see the pills containing over one million one hundred thousand letters from women seeking health, and here are the letters in which they openly state over their own signatures that they were cured by Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Vegetable Compound has saved many women from surgical operations. Lydia E. Pinkham's Vegetable Compound is made from roots and herbs, without drugs, and is wholesome and harmless.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful is because it contains ingredients which act directly upon the feminine organism, restoring it to a healthy normal condition. Women who are suffering from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

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 Dwindling FREE. Good Farms with Low Taxation. Splendid Railways 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 choicest grain-producing lands in Saskatchewan and Alberta may now be acquired in these most healthful 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 of an attending homesteader. Entry fee in each case is \$10.00. For pamphlet, "Just West," particulars as to rates, routes, and where to go and where to locate, apply to D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 35 Jackson St., St. Paul, Minn., and J. M. MacLachlan, Box 110, Watertown, So. Dakota. Authorized Government Agents. Please say where you saw this advertisement.

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The Suspicious Man's Fate.

"To be unfair, to be prejudiced, to be suspicious, is always to judge wrongly," said Gov. Sheldon of Nebraska to the Indianapolis Star. "The suspicious man falls into error and makes a fool of himself."

"There was a very suspicious countryman who went to New York to see the sights. Coming to the Metropolitan Museum, he was amazed to find that the admission to this splendid building cost nothing. He mounted the steps and entered."

"Your umbrella, sir," said a uniformed official, extending his hand. "The countryman jerked back his umbrella, laughed scornfully and turned on his heel."

"I knowed there was some cheat about it when we got in free," he said.

Deplorable Business Error.

"Did you ever make a mistake, doctor?" "Yes, once I was called in by a patient and diagnosed his case as stomach ache—I only learned the following day that he was rich enough to have appendicitis."—Die Muskete.

CASE OF ECZEMA IN SOUTH.

Suffered Three Years—Hands and Eye Most Affected—Now Well and Is Grateful to Cuticura. "My wife was taken badly with eczema for three years, and she employed a doctor with no effect at all until she employed Cuticura Soap and Ointment. One of her hands and her left eye were badly affected, and when she would stop using Cuticura Soap and Ointment the eczema came back, but very slightly, but it did her a sight of good. Then we used the entire set of Cuticura Remedies and my wife is entirely recovered. She thanks Cuticura very much and will recommend it highly in our locality and in every nook and corner of our parish. I. M. Robert, Hypopolis, La., Jan. 5 and Sept. 1, 1904."

Editorials

Opinions of Great Papers on Important Subjects.

THE EBBING TIDE.

MUCH has been written about the enormous number of immigrants who sought the hospitable shores of the United States in 1907. Much less has been made of the number of aliens who returned to their native land, yet this is in many respects the more interesting fact of the two. During last year more than half a million returned to Europe from United States and Canadian ports; and in the last ten years the number reaches the astonishing total of two and a half millions, or nearly one-third as many as the number of immigrants in the same time.

Much has been discovered by the national commission appointed last year, even during its one year of service, as to the influence of this returning tide on European life. Nearly all of it is of a sort to stir the hearts of Americans with sympathy and pride. Not only have families been raised to a higher plane of comfort by the labor of certain members in the great "land of promise," but whole villages have felt the impetus and enjoyed the benefits. The United States is thus becoming a world power in a new sense, and a leader among nations by ways which involve no military oppression and no diplomatic selfishness.

No man need grudge to the returning immigrant the money he carries with him as something lost to the United States. It has been earned, in most cases doubly earned, by the hardest kind of labor, of which this country has had the benefit. The more becoming attitude is that of the man toward the garment which had served him for fifteen years. "Well," he said, as he finally relinquished it to the ragman, "it doesn't owe me anything for board."—Youth's Companion.

BEHIND CLOSED DOORS.

HOW much better it would be for the American people if the courts here were to close their doors occasionally and shut out the public when gross details of immoral relations or of crime are required to elucidate the issues involved in celebrated cases! As long as the doors remain open publicity is inevitable. The better class of newspapers prune and trim down their reports as far as they can, and even yet there will remain at times a residue which offends the finer sensibilities. The less considerate press treats its readers to the full dish of nauseating stuff. Meanwhile the courtroom is packed with a morbid crowd of sensation seekers, gleaning over the spectacle of shamed womanhood or wretched manhood and carrying away the most demoralizing impressions to be scattered broadcast by word of mouth.—Washington (D. C.) Star.

INTERNATIONAL MARITAL MIXES.

PLAIN people sigh when they read of a new international marriage between an American heiress and a European of title. What the title may be, or what they may happen to know about the contracting parties, signifies little. They distrust these marriages and are apt, when they hear of a new one, to think that another American girl is about to make a bad bargain.

We must remember, however, that the international alliances that turn out disastrously and end in the divorce court are those that make the most noise, and also that our own divorce courts at home are kept pretty busy.

HER FIRST LION.

The roar of a lion, hunting, is a never-to-be-forgotten sound, declares Miss Agnes Herbert in "Two Dianas in So-ma-land." She describes hearing the lions, following them up through the jungle, and the nearly fatal results to herself in their capture.

In one tense second I realized that I had seen two monstrous moving beasts, yellowish and majestic. They were very close, and moved at a slow pace from the bush ahead into a patch of still thicker cover to the left. I remember that though the great moment for which we had planned and longed and striven was really at hand, all my excitement left me, and there was nothing but a cold, tingling sensation running about my veins.

The jungle cover parted, and with little, stretched shoulders a lioness shook herself half-free of the density, then crouched low again. Down, until only the flat of her skull showed, and her small twitching ears. In one moment more she would be on us.

Sighting as low as I could on that half-acre of yellow I pulled the trigger, and Cecily's rifle cracked simultaneously. The head of the lioness pressed lower, and nothing showed above the ridge of grass and thorn. The lioness must be dead. And yet, could one kill so great a foe so quickly?

Then I did an inanely stupid thing. It was my first lion-hunt, and my ignorance and enthusiasm carried me away. I ran forward to investigate, with my rifle at the trail. I had forgotten that the bush contained another enemy.

A snarling road, and almost before I could do anything but bring up my rifle and fire without the sights, a lion broke from the side of the brake. My nerves seemed to relax, and I tried to hurl myself to one side. There was no power of hurling left in me, and I simply fell sideways, and that saved me. For the great cat had not bargained for a victim slightly to the right or left. His weight fell on my legs merely, and his claws stuck in.

Before he had time to turn and rend me, almost instantaneously my cousin fired. The top of the lion's head was blown to smithereens, and the heavy body sank. The whole world seemed to me to be bounded north, south, east and west by lion.

The men pulled the heavy carcass away. I sat up, feeling indescribably shaky. I don't remember anything else until I found myself in my tent, with my cousin rendering "first aid."

Polliteness and Chivalry.

"Over-Who's that awful old frump over there?" "Oh—that, sir, is my mother."

"Er—uh—oh, yes—um. Well—ahem—you just ought to see mine!"—Harvard Lampoon.

A word that we dislike very much is that word "natural," when used by women in describing the appearance of a corpse.

separating the mismatched in whose antipathies race differences have no part. Furthermore, some of our girls who have married titles have accepted with them men of such demonstrated worthlessness that there was no chance of living happily with them. Such women had not sense enough to make good marriages anywhere.—Harper's Weekly.

OVER THE SEA ON CONCRETE.

THE great ocean railway linking Florida's mainland with Key West and bringing Cuba 100 miles nearer the United States is nearing completion. The undertaking is doubtless the most remarkable piece of railway building now under construction. The distance from Miami, the Florida terminal, to Key West is 156 miles. Of this distance 104 miles will be constructed on land; counting, of course, the coral formation of the keys as land. The rest of the route, which will connect the string of keys, will be constructed over swamp and water, of which about twenty-five miles may be considered swamp and twenty-five miles open water. On the entire route fifty keys must be crossed. Some of these are of considerable size—that is, they have an area of several square miles, but the larger number can be measured in square yards. The distances apart vary considerably, and the depth of water between varies from a depth of thirty inches to thirty feet, the average being about six and one-half feet. Included in the 156 miles will be six miles of concrete viaduct and some eighty miles of embankment, which rises about thirty-one feet above the water, this height being considered ample to protect the track from the action of the storms.—Popular Mechanics.

AGRICULTURAL PROSPERITY.

THE ten years of prosperity that this country has enjoyed since 1897, and the revolution which has been wrought in the agricultural industry, has placed the American farmer in a position of financial and economic independence such as the rural population of this or no other country has ever known before. The fixed capital represented in the agricultural industry to-day is approximately \$25,000,000,000, or more than four times the capital invested in all of the manufacturing industries in the country. From the position the American farmer now occupies, no financial disturbances, no business failures in the outside world, no failure of any one or several crops, no hysteria or political agitation, can hope to dislodge him.—Van Norden Magazine.

VALUE OF COLLEGE EDUCATION.

NEVER was the need of a college education for all who would engage in professional work more widely recognized. There has been much running to the mechanical and technical fields of labor, but there has never been a time when a good old-fashioned education was not the best preparation for the larger life. The college course should precede the technical and the professional course, and any omission of college work in the hope of a short cut to practical success is a mistake. In the future professional men must be better equipped than ever before if they expect to hold their own and to rise to distinction.—Indianapolis News.

MOURNERS ON SKATES: STRANGE FUNERAL CORTEGE.



Among the Wends, a remnant of the ancient Slavonic race inhabiting the Spreewald, a region enclosed by an arm of the Spree about fifty miles south of Berlin, Germany, all the traffic is carried on waterways. In winter funeral processions pass along the ice. The coffin is carried on a sledge, and is drawn by six mourners, who wear long black streamers on their hats. The whole company goes on skates, and the women wear the ancient national costume.

THE CHORUS GIRL.

Her life a hard one but she has the manners of a "Grande Dame." There are lots of chorus girls, says Rose Stahl, struggling, plucky, spunky, straight and good-hearted. They are funny, but they are pathetic, too, and they have a hard life. I studied the chorus "lady" on and off the stage for years. It's a sight for the gods and humorists to see her at a lunch counter on the road. She falls off the train and rushes into the station to get a sandwich and a glass of milk, or a doughnut and a piece of pie. She gives her orders as King Richard might call for his horses, or Cleopatra her barge, and heaven help the poor attendants if they do not fly to do her bidding. She is disdainful of her food and scathing in her comments on the service. She pays her check with the air of an injured queen and stalks out, leaving the lunchroom menials under the impression that they have failed to please Miss Duse or Sarah Bernhardt.

Then she goes back to the train and will sit up half the night sewing frills on her costumes, to make a brave showing on the opening night in the next town, and then, after a night of work, she trudges out of the station in the chilly dawn to search for a cheap lodging.

These girls have a long idle summer to get through on their savings of the winter, and many of them have a younger sister to look after or a mother at home to help, and they manage somehow to do it. And most of them run straight and true down the Johnnies who think like the villain in the play, that they can pay for the havoc they cause.

Where does the chorus lady come from and what becomes of her? Why not ask, what becomes of the

plus? She comes from the country as a rule. The mirror over the washstand in her farmhouse bedroom told her that the country was no place for her, so she packed her carpetbag, bought some high heel shoes and a big hat, and came to town to show it what real youth and beauty are.

Dartmouth Tale Revived.

A while ago an item started the rounds of the college papers, beginning, it appeared, with the Daily Illini, at the University of Illinois, and working like a soft-nosed bullet both ways through the college publications. The story was about what was called a recent happening at Dartmouth. It detailed how the tax assessor of the district of Hanover, N. H., decided recently that the students of Dartmouth College ought to pay taxes. Thereupon the students decided that if they could be taxed they also could vote.

So at a town meeting the students, who far outnumbered the other residents, united in support of two projects. One was to have erected a schoolhouse 500 feet long and one foot wide, and the other to have laid a boardwalk from Hanover to Lebanon, about five miles away. Immediately thereafter the tax assessor made up his mind that the students need not be taxed.

To Measure Molecules. An apparatus for measuring the seven-hundred-millionth part of an inch has been made by Dr. P. Shaw, of Nottingham University, England, says Technical World Magazine. It works upon the principle of electric touch, and consists of a fine micrometer screw and six levers. The apparatus is so sensitive and delicate that it is impossible to manipulate it before an audience. It is hung by rubber bands, covered with thick felt, and must be worked at dead of night, when there is no traffic or factory working. The smallest distance that this mechanism measures is about the distance between a solid and a liquid molecule. Dr. Shaw's invention was first made in 1906, but its great improvement of late has made it the wonder of physicists throughout the world.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hail's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 735 E. W. Take Hail's Family Pills for constipation.

A Sheep's Legs.

A nobleman against whom insanity was imputed by his relatives was asked during the examination by Lord Loughborough, "How many legs has a sheep?" "Does your lordship mean a live or a dead sheep?" asked the nobleman. "Is it not the same thing?" said the chancellor. "No, my lord; there is much difference. A live sheep has four legs, a dead sheep but two. The others are shoulders."

WHAT WINTER WHEAT IS DOING FOR SOUTHERN ALBERTA.

Splendid Crops on the Former Ranching Plains of Canadian West.

That portion of the country in Western Canada formerly recognized as ranching country has developed into one of the best winter wheat districts in the continent. Yields are quoted running from 30 to 60 bushels to the acre, and giving a return to the farmer of from \$25 to \$50 per acre. These lands are now selling at from \$12 to \$20 per acre, and pay well at that figure. H. Howes, of Magrath, Alberta, Western Canada, had 50 acres of land in wheat, which averaged 45 bushels to the acre; his yield of oats was 35 bushels. The value to him per acre of wheat was \$37. J. F. Haycock of the same place says, "I had 65 acres of wheat, 35 acres of oats and 4 acres of barley. My average yield of oats to the acre was 80 bushels; wheat—winter—60 bushels and Red Eye 33 bushels, and barley 50 bushels. The value to me per acre was wheat, \$28; oats, \$32, and barley, \$24." J. E. Bradshaw, of Magrath, had 1,030 acres of wheat in crop that averaged 39½ bushels to the acre, his oats 32 bushels, barley 53 bushels. He threshed 31,000 bushels of wheat from 540 acres. He also had 250 tons of sugar beets from 25 acres worth \$5,02½ per ton. W. S. Sherod, of Lethbridge, says, "I came to Lethbridge from Souris, North Dakota, in April, 1907, having purchased 900 acres of land in this district last fall. I had 128 acres of Alberta Red Winter wheat, which was put in on breaking in the fall of 1907, which yielded forty-one and a half bushels to the acre, for which I received 87½ cents per bushel, which paid me \$36.30 per acre. I had 190 acres 'stubble' in," that is, disc'd 22 bushels to the acre at 87½ cents per bushel, which paid me \$19.25 to the acre. I also had 350 acres of strictly volunteer crop, which was intended to prepare in the summer; but when it was seen that it was a good-looking crop, it was allowed to go. From this we threshed 15 bushels to the acre, which paid us at the rate of 87½ cents per bushel, or \$13.12 per acre. Our total crop yielded us 14,742 bushels of first-class wheat. Taking it as a whole, I consider that I had a first-class crop all the through; and, taking into consideration the fact of part of the crop having been 'stubble' in, and part strictly volunteer (which was never touched at all until the binder was put into it) I consider I had a heavy crop. I might say that I was in North Dakota five years, and I never grew as heavy a crop during that time. This is the 25th day of November, and my teams are still ploughing, and from the appearance of the weather, will be for some time yet." B. W. Bradshaw, of Magrath, says, "I had this year 400 acres in crop; viz., 200 acres of wheat and 200 acres in oats. My average yield of oats to the acre was 60 bushels, and wheat 22½ bushels. The value to me per acre for wheat was \$19 and oats \$17. The highest price obtained by me this year or offered me for my grain was for wheat 82 cents per bushel and \$1.05 per hundred for oats. I also had 100 tons of hay worth \$12 per ton, and will say my wheat was all volunteer this year. Lots of wheat is averaging from 50 to 60 bushels per acre on summer fallow, and on new breaking, when the breaking was done early in the spring." Writing from Spring Coulee, Alberta, W. L. Thompson says, "I had this year 3,000 acres in crop; viz., 2,000 acres of wheat and 1,000 acres of oats. My average yield of oats to the acre was 30 bushels and of wheat 35 bushels. The value to me per acre for wheat was \$27 and for oats \$15."

(Information regarding the districts mentioned, best way to reach them, low rates, certificates, etc., can be secured from any agent of the Canadian government, whose advertisement appears elsewhere.—Ed.)

S. C. N. U. — No. 11—1908.

Files for Panama Hats. Mr. William C. Heese, who is the government authority on Panama hats, gives the following rules for the care of your best Panama, says Technical World Magazine: "Don't crush up a Panama hat as though it were a cloth cap. It can not stand such treatment; it will break. The stories of the indestructibility of Panama hats are untrue. Don't attempt to clean a Panama hat yourself except with soap and water. It is folly to use lemon or acid on this sort of hat, and it is the height of folly to let the irresponsible and ignorant street fakir do your cleaning. For he inevitably uses the rankest acid. Don't fail to brush your Panama hat at least once a day. Straw hats should be brushed as often as derby hats. I brush mine twice a day, and it is as clean at the end of the summer as it was at the beginning. Don't fail to remove a crease that may be anywhere in your hat. Such a crease is bound to cure the straw. Don't be careless of your Panama hat. Treat it with consideration, and it will last you all your life."

Its Only Lack. Nevada Man—I tell you, sir, nature has done a great deal for this State. Tourist (from the East)—Why, yes. All you need is to get a few people to come and live here.—Chicago Tribune.

Success. "Yes, sir, this town is booming," said the prominent citizen, proudly. "Only last week the new railroad was finished and started running trains." "And is it successful?" "You bet it is. Just ask that man over there?" "Who's he?" "The receiver."—Cleveland Leader.

You can't get Allen's Foot-Ease FREE. Write to Allen A. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, aching, hot, swollen, itching feet. It makes new or tight shoes easy, certain cure for Corns and Bunions. All Druggists and Shoe Stores sell it. 25c.

Only One "BROMO QUININE"

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

Uncle Allen's Gloomy Forecast.

"They say," reflected Uncle Allen Sparks, "that this new singer—what's her name—Tetterly something or other—Tetrazzini, is it? Thank you—well, they say she's a greater singer than Patti. That's going to make trouble. The first thing you know, 'Patti will come back to this country and give another farewell tour, just to show 'em it isn't so, 'jucks'—Chicago Tribune.

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ALCOHOL 3 PER CENT.
Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN.
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Facsimile Signature of *Dr. J. C. Fletcher* NEW YORK.
A 6 months old child 35 DROPS—35 CENTS
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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-allaying 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.
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About the first thing the doctor says—How are your bowels? Then, "Let's see your tongue." Because bad tongue and bad bowels go together. Regulate the bowels, clean up the tongue. We all know that this is the way to keep well. You can't keep the bowels healthy and regular with purges or bird-shot pills. They move you with awful gripes, then you're worse than ever. Now what you want is Cascarets. Go and get them today—Cascarets—in metal box—cost 20c. Eat them like candy, and they will work gently—while you sleep. They cure, that means they strengthen the muscular walls of the bowels, give them new life. Then they act regularly and naturally. That's what you want. Cure guaranteed. Be sure you get Cascarets. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

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