



Mrs. Elizabeth H. Thompson, of Lillydale, N.Y., Grand Worthy Wise Templar, and Member of W.C.T.U., tells how she recovered by the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I am one of the many of your grateful friends who have been cured through the use of Lydia E. Pinkham's Vegetable Compound, and who can to-day thank you for the fine health I enjoy. When I was thirty-five years old, I suffered severe backache and frequent bearing-down pains; in fact, I had womb trouble. I was very anxious to get well, and reading of the cures your Compound had made, I decided to try it. I took only six bottles, but it built me up and cured me entirely of my troubles. My family and relatives were naturally as gratified as I was. My niece had heart trouble and nervous prostration, and was considered incurable. She took your Vegetable Compound and it cured her in a short time, and she became well and strong, and her home to her great joy and her husband's delight was blessed with a baby. I know of a number of others who have been cured of different kinds of female trouble, and am satisfied that your Compound is the best medicine for sick women."—Mrs. Elizabeth H. Thompson, Box 105, Lillydale, N.Y. \$5.00 for six bottles if ordered above letter proving genuineness cannot be produced.

Disorder in a political meeting seldom begins until after it is called to order.

In Winter Use Allen's Foot-Ease.
A powder. Your feet feel uncomfortable, nervous and often cold and damp. If you have sweating feet or tight shoes, try Allen's Foot-Ease. Sold by all druggists and shoe stores. 25 cents. Sample sent free. Address Allen S. Olmsted, Le Roy, N. Y.

The man who buys and smokes cigars evidently has money to burn. Experience takes dreadfully high wages, but it is the best teacher.

DON'T SPOIL YOUR CLOTHES.
Use Red Cross Ball Blue and keep them white as snow. All grocers. 5c. a package.

The world will forgive a man almost anything except failure.

Was Officially Dead.

A curious incident occurred in an English police court recently where a man named Travis was sentenced to a month's imprisonment for obtaining a postal order by false pretenses. He pleaded that he was "officially dead," and his story was that when with the British army in South Africa he deserted, obtained some clothes from the Kaffirs, made his way to the coast and worked his passage home. He then discovered that he was reported dead, and though he subsequently gave himself up as a deserter the war office gave an official assurance that he had "died at the front" and would not arrest him.

He Was From New York.
Rev. George C. Lorimer, when he was pastor of Tremont temple, in Boston, entered one evening a Boston hall where a lecture was in progress. Mr. Lorimer stood in the vestibule a little while, listening to the lecture, and the janitor, a colored man, approached him respectfully. "A fair lecture, sah," said the janitor. "Oh, more than fair, don't you think?" murmured Mr. Lorimer. "I would call this lecturer a brilliant man." "Seemingly a brilliant man, sah," said the janitor. "Ah t'ink he's a fair man, sah, but not of de prima facie class. He's a good man sah, a well-meanin' man, but not a talented man. He's a New York man, sah."

TIMELY CALLING.

How the Pastor Saved a Life.

A man near Fort Gay, W. Va., made an entire failure in getting strength from the kind of food he ate and not knowing that the trouble was with the food kept on losing health until the doctors gave him up to die. It was supposed to be consumption because he was wasting away steadily and slowly dying. His minister called from time to time and one day brought along a package of Grape-Nuts, thinking from what he knew of the famous food that perhaps it might help him. The sick man took to it at once and from that day began to get well. In writing he says: "I walked to town to-day 3 miles. Have gained over 40 pounds in about 2 months and my neighbors don't know what to say. I frequently am told it was as if I am raised from the dead. Everybody here knows of my case, you can tell people to write to the Postmaster or Rev. L. D. Bryan. I will make a sworn statement that Grape-Nuts saved my life." Name given by Postum Co., Battle Creek, Mich.

This is another illustration that where all other food fails one can be brought back to health and strength on Grape-Nuts. "There's a reason."

Look in each pkg. for the famous little book, "The Road to Wellville."

FIGHTER OF NOTE

Parisian first, cosmopolitan next, Capt. H. Beaugrand, who is at the Brown Palace hotel, has led a life of adventure and is as near a prototype of the Dumms hero as any other living man. Member of the Legion of Honor, a devotee of belles lettres and a veteran of the war by which Maximilian lost his life instead of gaining an empire, there is little interest in the world that Capt. Beaugrand has not seen.

Capt. Beaugrand was only a youth when he fought in Mexico, but his extraordinary bravery and his military education soon won for him a captaincy. During a scouting expedition Capt. Beaugrand and his men suddenly encountered an overwhelming force of the enemy. They beat a hasty retreat to the banks of the Rio Grande, where they made a last stand. Capt. Beaugrand ordered his men to leap into the river and try to reach the other side. The company had been decimated while the retreat was being conducted. About 100 men were left when the orders to cross the river were issued. Only nine reached the American side. The others were shot as they were swimming the river.

Capt. Beaugrand and his eight surviving soldiers found safety on this side of the Rio Grande, but after recuperating a few days they recrossed the river and by stealthy marches succeeded in rejoining the main command, whose officers had placed all their names on the list of the killed.

When the war terminated Capt. Beaugrand became a publisher for some time, after which he moved to Montreal, Canada. He was elected mayor of that city, but shortly afterward went to St. Louis.

He accepted a place on the editorial staff of the Globe-Democrat, where he became acquainted with the late J. B. McCullagh, who claimed to have originated the practice of newspaper interviewing. Eugene Field was at that time an employee of the St. Louis Republic.

Capt. Beaugrand has published a number of short stories, but, strangely enough, he has never told in print the many hairbreadth escapes of his own career. He will likely decide on the advice of his physician to make Colorado his permanent abode.—Denver News.

Comfort in Having Gout

"Gout is the most fashionable of all the diseases," said a prominent doctor. "In spite of the pain and inconvenience accompanying it, the majority of my gouty patients are inclined to be proud of their affliction. I look upon the popularity of the disease as the result of its associations. Ancient Greek physicians of the fourth century were the first to use the term 'gout,' and they attributed the disease to overindulgence and luxury. In the works of the early Greek writers the word is frequently used, particularly in Ovid and Pliny, and Seneca in his ninety-fifth epistle mentions the prevalence of gout among the Roman ladies of his day as one of the results of high living. Sir Thomas Watson says: 'The instances are not few of men of good sense and manners of themselves, who, being warned by one visitation of the gout, have thenceforward resolutely abstained from rich living and from wine and strong drinks of all kinds, and who have been rewarded for their prudence and self-denial by complete immunity from any return

of the disease, or upon whom, at any rate, its future assaults have been few and feeble.'

"Thus the word gout has indicated rich living and opulence for so long a time that, although it does not invariably attack the rich and well fed, there is always a smile and the usual pleasantness when a sickness is pronounced gout. You have the gout, old fellow! Been treating yourself too well, eh? I know physicians who, to humor their patients, take advantage of the general respect people have for gout by giving the name to various other ailments, such as rheumatism. The term is much more popular and the symptoms are somewhat similar. I have seen people who absolutely bragged about having the gout. I remember hearing a conversation on the subject between two old women and the voice of the speaker was high and boastful when she said: 'My son John is laid up with the gout. It is the real thing, too, red spots and all the regular symptoms. It is a result of to high living, the doctor says.'"

Place for the Laurel

The two laurel wreaths sat swinging idly by the roadside that led to the house of fame.

"It is inevitable," said the first laurel wreath, "that in the course of time we shall both of us rest upon the brow of the most deserving."

"Too true," said the second laurel wreath. "And I can not help but wonder who they will be. Here comes a modern poet. Brother, do you feel an impulse to spring upon his brow?"

"No, I can not say that I do. His hair is of the usual poetical length, he has the poet's rapt look, yet he is not the real thing. I shall let him pass."

"Well, then, here comes a magnate. Surely he is deserving of our consideration. His name is a household word. A list of his public benefactions would fill a long column. What say you? Shall we not give him a trial?"

"Never! To-morrow he will be forgotten. Besides, he is not entitled to consideration. He is in reality only a high-class robber."

Know Value of Trees

Tree planting in northern China is being strenuously enjoyed by the authorities, not only as a productive industry for the people, but also as a means of strengthening the river embankments against floods and of checking drought, says the Golden Penny. Of late years trees have been cut down wholesale for agricultural purposes, while the peasants do not take the trouble to plant fresh ones, because the soil is so loose that they must dig down very deep for a satisfactory foothold. So vast tracts of fertile land are left barren, while in the northern provinces especially the influx of sand carried by high winds from the Mongolian deserts threatens to fill up the unoccupied ground.

So in the important province of Chih, which contains the capital, Peking, there is a government proclamation notifying the "eight directions for tree plantation"—most minute instructions as to the kind of tree required, the depth they should be planted and the fertilizers to be used—and the "ten benefits to be derived from the same," such, among others, as the sale of timber and fruit, the beneficial influence of trees in attracting rain, preserving the just equilibrium of wind influence, and purifying the atmosphere, while "travelers and families will find shade and rest under the branches"—a poetic touch for conclusion.

At the Auction Sale

The farmer folk come over the hill, And up from the neighboring vale, To bid and bargain for, and buy The last of my goods for sale! The postern out on the countryside Said: "Everything must go!" But I'll have to turn my eyes away From one poor bid, I know. One cheap little bid of a mother young Who lives a mile to the west; She has come to bid my cradle in For the babe upon her breast— And a babe of love's first dawn— I'll have to turn my eyes when I hear That "going—going—gone!" I remember how the song of the lark In the sky came trembling down The morning I brought the little crib In my wagon out from town!

The daisies curtsied along the road, And the thrushes took a leap, I know they guessed that the tiny bed Was a nest for a baby's sleep! And while the larks and the thrushes piped In the morning diamond-dew, The mother sang by her baby's nest, And the baby frowned and cooed. Till the baby's fancy passed away One night on a stormy gleam, And the mother followed him, to hear The end of his little dream! What need of a house and a cradle now? What need of a rest for me? The silence is my only mate, And the babe is memory! I give the crib to the mother young, With the babe on her breast at play— But I'll have to turn my eyes, I know, When she carries it away! —Aloysius Coll in Housekeeper.

SISTERS OF ST. JOSEPH

RELY ON PE-RU-NA TO FIGHT CATARRH, COUGHS, COLDS, GRIP



Peruna for coughs and colds in children.



SISTERS OF ST. JOSEPH

Use Pe-ru-na for La Grippe and Winter Catarrh.

IN EVERY country of the civilized world, the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs.

Whenever coughs or colds, la grippe or pneumonia make their appearance among the children, these Sisters are not disconcerted, but know exactly the remedies to apply.

With so many children to take care of and to protect from climate and disease these wise and prudent Sisters have found Peruna a never-failing safeguard.

Sisters of St. Joseph, of the Deaf Mute Institute, 1849 Cass Ave., St. Louis, Mo., writes: "We appreciate Peruna very much. It certainly does good work with catarrh and also with colds and la grippe. We have faith in Peruna and have inspired many others with the same. We do not like to be without it. It has certainly kept us from being very sick. It did a world of good last winter for our little ones. Thanking you for your kindness to us and our afflicted ones, we remain, yours gratefully, SISTERS OF ST. JOSEPH."

Dr. Hartman receives many letters from Catholic Sisters from all over the United States. A recommend recently received from a Catholic Institution in Detroit, Mich., reads as follows: "Dear Sir:—The young girl who used the Peruna was suffering from laryngitis, and loss of voice. The result of the treatment was most satisfactory. She found great relief, and after further use of the medicine we hope to be able to say she is entirely cured."—Sisters of Charity.

This young girl was under the care of the Sisters of Charity and used Peruna for catarrh of the throat, with good results as the above letter testifies. From a Catholic Institution in Central Ohio comes the following recommendation from the Sister Superior: "Some years ago a friend of our Institution recommended to us Dr. Hartman's Peruna as an excellent remedy for the influenza of which we then had several cases which threatened to be of a serious character. We began to use it and experienced such wonderful results that since then

Peruna has become our favorite medicine for influenza, catarrh, cold, cough and bronchitis."

Another recommend from a Catholic Institution of one of the Central States written by the Sister Superior reads as follows: "A number of years ago our attention was called to Dr. Hartman's Peruna, and since then we have used it with wonderful results for grip, coughs, colds and catarrhal diseases of the head and stomach."

"For grip and winter catarrh especially it has been of great service to the inmates of this institution."

SISTERS OF CHARITY

All Over the United States Use Pe-ru-na for Catarrh.

A recommend recently received from a Catholic Institution in the Southwest reads as follows: "A Prominent Mother Superior Says: 'I can testify from experience to the efficiency of Peruna as one of the very best

medicines, and it gives me pleasure to add my praise to that of thousands who have used it. For years I suffered with catarrh of the stomach, all remedies proving valueless for relief. Last spring I went to Colorado, hoping to be benefited by a change of climate and while there a friend advised me to try Peruna. After using two bottles I found myself very much improved. The remains of my old disease being now so slight, I consider myself cured, yet for a while I intend to continue the use of Peruna. I am now treating another patient with your medicine. She has been sick with malaria and troubled with leucorrhoea. I have no doubt that a cure will be speedily effected."

These are samples of letters received by Dr. Hartman from the various orders of Catholic Sisters throughout the United States.

The names and addresses to these letters have been withheld from respect to the Sisters, but will be furnished on request.

One-half of the diseases which afflict mankind are due to some catarrhal derangement of the mucous membrane lining some organ or passage of the body. A remedy that would act immediately upon the congested mucous membrane restoring it to its normal state, would consequently cure all these diseases. Catarrh is catarrh wherever located, whether it be in the head, throat, lungs, stomach, kidneys or pelvic organs. A remedy that will cure it in one location will cure it in all locations. Peruna cures catarrh wherever located.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

CONSUMERS OF SHOES

ALWAYS ASK FOR THE BEST WESTERN MADE SHOES.

These Brands will guarantee you a good shoe for men: Star and Crescent Comet E. Z. Walker Cock of Walk Our PRAIRIE QUEEN leads all others in Women's and Children's Shoes. See that our name is on the shoes you buy.

F. P. KIRKENDALL & CO. Manufactured in OHIO.

WINCHESTER

Take-Down Repeating Shotguns

Don't spend from \$50 to \$200 for a gun, when for so much less money you can buy a Winchester Take-Down Repeating Shotgun, which will outshoot and outlast the highest-priced double-barreled gun, besides being as safe, reliable and handy. Your dealer can show you one. They are sold everywhere. FREE: Our 166-Page Illustrated Catalogue. WINCHESTER REPEATING ARMS CO. NEW HAVEN, CONN.

Little white lies live long and prosper.

Alfalfa Clover.
For years the editor has been urging farmers to sow Alfalfa Clover, and glad he is that thousands of wide-awake farmers scattered all over America are doing this now, to their great benefit and satisfaction.

A Walford, Westlone Farms, Pa., writes: "I have 60 acres in Salzer's Alfalfa Clover. It is immense. I cut three crops this season and have lots of pasture besides." Hon. H. F. Hunter, S. D., says, "Salzer's Northern Grown Alfalfa clover cannot be beat. I have solved the question of stock raising here. Salzer's Alfalfa is good for 3 rousing crops of hay, Salzer's Spelts for 60 bu. of grain and 3 tons of hay, Salzer's Macaroni Wheat for 60 bu. best hog fattening wheat, and Salzer's Hanna Barley, for arid, dry land, is good for 70 bu. per acre. These are all great hog, sheep and cattle fatteners, and last but not least, Salzer's Victoria Rape for sheep, and Salzer's Tossinte, good for 80 tons of green food for cattle, and Salzer's Billion Dollar Grass, Bromus Inermis for lots and lots of good hay. These things make it possible for me to grow live stock by the thousands.

Have you heard of Earliest cane? Gives six mowings a year, and Teosinte, the \$3 ton per acre fodder wonder? JUST SEND THIS NOTICE AND 10c IN STAMPS to the John A. Salzer Seed Co., La Crosse, Wis., and receive their big catalog and lots of farm seed samples free. (W. N. C.)

Too many men are incapable of doing their own thinking.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c bottle.

MEXICAN Mustard Liniment

cures Sprains and Strains.

GREGORY'S Warranted SEEDS

Pure, fresh, reliable. Catalogue from J. J. H. Gregory & Son, 212 Broadway, New York.

The FREE Homestead LANDS OF



Are the STAR ATTRACTIONS for 1904.

Millions of acres of magnificent Grain and Grazing lands to be had as a free gift, or by purchase from Railway Companies, Land Corporations, etc.

THE GREAT ATTRACTIONS Good Crops, delightful climate, splendid school system, perfect social conditions, exceptional railway advantages, and wealth and affluence acquired easily. The population of Western Canada increased 125,000 by immigration during the past year, over 50,000 being Americans. Write to nearest authorized Canadian Government Agent for Canadian Atlas and other information; or address Supr. of Immigration, Ottawa, Canada; W. V. Bennett, 261 New York Life Building, Omaha, Neb.