Miss Nellie Holmes, treasurer of the Young Woman's Temperance Association of Buffalo, N.Y., strongly advises all suffering women to rely, as she did, upon Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Your medicine is indeed an ideal woman's medicine, and by far the best I know to restore lost health and strength. I suffered misery for several years, being troubled with menorrhagia. My back ached, I had bearing-down pains and frequent headaches. I would often wake from restful sleep, and in such pain that I suffered for hours before I could go to sleep again. I dreaded the long nights as much as the weary days. I consulted two different physicians, hoping to get relief, but finding that their medicine did not seem to cure me. I tried your **Vegetable Compound** on the recommendation of a friend from the East who was visiting me.

"I am glad that I followed her advice, for every ache and pain is gone, and not only this, but my general health is much improved. I have a fine appetite and have gained in flesh. My earnest advice to suffering women is to put aside all other medicines and to take **Lydia E. Pinkham's Vegetable Compound.**"—MISS NELLIE HOLMES, 540 No. Division St., Buffalo, N.Y.—*$5000 forfeit if original of above letter proving genuineness cannot be produced.*

Plymouth Church War Organ.

From the Binghampton Republican:

What is known as the "war organ" in Plymouth church, Brooklyn, which was set up under the pastorate of Henry Ward Beecher, forty years ago, is to be removed to make room for a new organ. An organ which is forty years old is a somewhat venerable institution, and the Plymouth organ is not an exception. It made music many years for Mr. Beecher's services, and was listened to by Abraham Lincoln, Secretary Stanton, Gov. Sprague of Rhode Island, Gov. Buckingham of Massachusets, Charles Dickens, Horace Greeley, Henry J. Raymond, Wendell Phillips, William Lloyd Garrison, Fred Douglas and thousands of other men almost as well known, who had been led to drop in and listen to Mr. Beecher's sermons when they had occasion to spend Sunday in the metropolis.

In consequence of the memories which cluster around the forty years of services of the venerable organ, some of the members would just as soon part with the church as to part with the organ.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Nebr., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up in 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

Hard to Bear.

Mrs. Fondman—John, why will you insist upon calling the twins Togo and Kuroki?

Fondman—Because they are yeller terrors, Maria.

I can recommend Piso's Cure for Consumption for Asthma. It has given me great relief.—W. L. Wood, Farmersburg, Ind., Sept. 8, 1901.

Brave to Rashness.

Philadelphia Press: "Oh, George," sighed the romantic girl, "I wish you like the old-time knights; I wish you'd do something brave to show your love for me."

"Gracious," cried her fiance, "haven't I agreed to marry you, and me only getting $20 a week?"

New York is going to begin her $101,000,000 canal in August.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

GOOD CIGARS
VIRGINIA BEAUTY
DIRECT FROM FACTORY TO SMOKER
To introduce our Virginia Beauty Cigar we will deliver to your nearest express or post office, a box of 100 for $1.50. Entire satisfaction guaranteed, or your money back.
DIXIE TOBACCO CO. Bedford City, Va.

LAND SCRIP Safe, quick, economical method, acquiring Government Land. Hugo Seaberg, Raton, N.M.

AGENTS—Either sex; light work; quick seller; good money; 2-cent stamp for particulars; write now. Odo-Mann Co., 246 West 58th St., New York.

If afflicted with sore Eyes, use Thompson's Eye Water

A Record-Breaker.

Three fellow travelers in the smoking-room of a fast train were discussing the speed of trains.

"I was in a train once," said the first man, "that beat everything I ever rode in for speed. Why, it went so fast that the telegraph poles at the side of the track looked like an immense fine-toothed comb."

"That's nothing," said the second traveler; "I remember riding in an express on the——and——that went at such a gait that the telegraph-poles looked like a solid board fence."

The third man made an exclamation of impatience.

"Ah, you fellows don't know what high speed on a railroad is. Why I traveled west from Chicago last month in a train that went at such a pace that when we passed some alternate fields of corn and beans they looked like succotash!"—Harper's Weekly.

Proved Beyond a Doubt.

Middlesex, N. Y., July 25.—(Special.)—That Rheumatism can be cured has been proved beyond a doubt by Mrs. Betsey A. Clawson, well known here. That Mrs. Clawson had Rheumatism and had it bad, all her acquaintances know. They also know she is now cured. Dodd's Kidney Pills did it. Mrs. Clawson tells the story of her cure as follows:

"I was an invalid for most five years caused by Inflammatory Rheumatism, helpless two-thirds of the time. The first year I could not do as much as a baby could do; then I rallied a little bit and then a relapse. Then a year ago the gout set in my hands and feet. I suffered untold agony and in August, 1903, when my husband died I could not ride to the grave.

"I only took two boxes of Dodd's Kidney Pills and in two weeks I could wait on myself and saw my own wood. I dug my own potatoes and gathered my own garden last fall. Dodd's Kidney Pills cured me."

Rheumatism is caused by uric acid in the blood. Dodd's Kidney Pills put the Kidneys in shape to take all the uric acid out of the blood.

MOUNTAINEER FIDDLERS.

Sets Instrument Against Chest and Wields Bow With Jiggling Movement.

Harper's Magazine: There is hidden among the mountains of Kentucky, Tennessee and the Carolinas a people of whose inner nature and its musical expression almost nothing has been said. The music of the southern mountaineer is not peculiar, but like himself, peculiarly American.

Nearly all the mountaineers are singers. Their untrained voices are of good timbre, the women's being sweet and high and tremulous, and their sense of pitch and tone and harmony remarkably true. The fiddler or the banjo player is well treated and beloved among them, like the minstrel of feudal days.

The mountain fiddler rarely cuddles his instrument under his chin. He sets it against the middle of his chest, and, grasping his bow near the middle, wields it with a jiggling movement quite unlike the long sweep of the accomplished violinist's bow arm. It is sometimes complained that their playing is too rapid and jerky, but the tunes are composed for his tempo, and no other would be found suitable.

Prominent among the elements of this music is that the leading American characteristic, humor; not the sparkling with of the French, nor the broad, clumsy jollification of the Teuton, nor sarcasm nor irony, but the keen wholesome, freakish American love of a laugh; and it pervades directly or indirectly almost every line. The music, too, while usually minor, is not of a plaintive tendency; there are few laments, no sobbing and wailing. In this it differs radically from that of the savage peoples. Neither has it any martial throb or clang. It is reflective, meditative, with a vein of genial and sunny philosophy; the tunes chuckle, not merrily, but in amused contemplation.

The Ways of Genius.

"Did he leave many creditors?"

"Well, his loss will be felt wherever he was known."

Bad for Picnics.

Baltimore Sun: The importation of red ants for the Texas cotton boll weevil will probably lessen the picnics in that state.

He Knew 'Em All.

Jones—Brown has a fever?

Smith—Yellow, scarlet, gold or hay?

RACE DONE?

Not a Bit of It.

A man who thought his race was run made a food find that brought him back to perfect health.

"One year ago I was unable to perform any labor; in fact, I was told by my physicians that they could do nothing further for me. I was fast sinking away, for an attack of grip had left my stomach so weak it could not digest any food sufficient to keep me alive.

"There I was just wasting away, growing thinner every day and weaker, really being snuffed out simply because I could not get any nourishment from food.

"Then my sister got after me to try Grape-Nuts food which had done much good for her and she finally persuaded me, and although no other food had done me the least bit of good my stomach handled the Grape-Nuts from the first and this food supplied the nourishment I had needed. In three months I was so strong I moved from Albany to San Francisco and now on my three meals of Grape-Nuts and cream every day I am strong and vigorous and do fifteen hours work.

"I believe the sickest person in the world could do as I do, eat three meals of nothing but Grape-Nuts and cream and soon be on their feet again in the flush of best health like me.

"Not only am I in perfect physical health again, but my brain is stronger and clearer than it ever was on the old diet. I hope you will write to the names I send you about Grape-Nuts, for I want to see my friends well and strong.

"Just think that a year ago I was dying, but to-day, although I am over 55 years of age, most people take me to be less than 40, and I feel just as young as I look." Name given by Postum Co., Battle Creek, Mich.

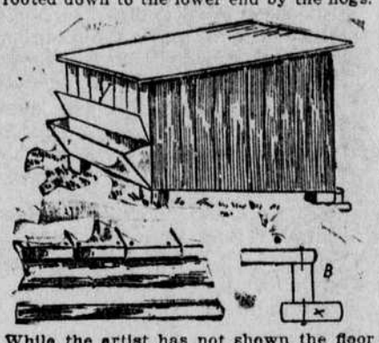
There's a reason.

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

PRACTICAL FARM NOTES

A Summer Hog Pen.

Where swine are to be kept in a somewhat small enclosure and fed in the house it is not always easy to keep the floor of the house clean. The plan here suggested will accomplish this and give the hogs something to keep them busy besides. The hog house is built with a slanting floor and in the end at the high part is cut a trough the entire width of the house, into which is thrown leaf mould or broken sod. This the swine will root down and it will act as an absorbent of the manure, particularly the liquid portions. If the floor is made quite slanting most of this sod, etc., will be rooted down to the lower end by the hogs.



While the artist has not shown the floor slatting as it should be in the illustration otherwise the cut will show just how the pen should be built. In the lower part of the illustration figure A shows the end of the plank floor with a strong timber supporting the edge and a heavy piece of plank underneath forming the edge support. Figure B, the end section, shows exact mode of construction, the upper piece O floor and X the method of spiking together to support. This rather complicated finish is to prevent the hogs from rooting under the floor.

"Little Peach" Disease.

Experienced peach growers who have watched the disease known as "little peach" for a long time agree with the scientists that the only way to stamp out the trouble is to pull out the tree. It has been thoroughly demonstrated that the disease is contagious and that a single tree affected will soon spread the disease to an entire orchard and to adjacent orchards. The one difficulty in the way of permanently stamping out the disease is the reluctance with which growers pull up the tree. As a rule they wait until the tree ceases to bear fruit of any value before pulling out the tree, when if they would do the work as soon as the disease was noticed there would be little danger to the trees. Peach growers in every section should combine to eradicate this disease by agreeing with each other to destroy the trees as soon as the trouble was noticed.

Early Plowing for Wheat.

While all wheat growers recognize the necessity for late sowing of wheat to avoid as far as possible, the ravages of the Hessian fly, all do not see the necessity for early preparation of the soil. It is generally believed that much of the loss from winter freezing might be avoided by the early plowing of the ground for winter wheat. Early preparation of the seed bed is easier than late plowing, it gives one a chance to get rid of the weeds more effectively, the seed bed may have one or more extra harrowings and, altogether, put in much better condition than when the plowing is done late. Then, too, should the ground be not in the best condition at seeding time the thorough preparation previous will count for a great deal, enabling one to catch the ground for the final harrowing and rolling whenever it chances to be right for such working. The question of varieties should also receive more consideration than it does and an excellent way is to look up the best wheat fields in your county on similar soil and ascertain what varieties are grown. In addition to this every wheat grower, large or small, should have a test ground for new sorts. It will pay for its cost in giving one accurate knowledge of sorts on their own grounds.

Sand Vetch as a Cover Crop.

Those who believe in the winter cover crop and the summer cultivation for young orchards and who have not found rye and similar crops satisfactory should try sand or hairy vetch. The writer has used it for two winters with entire satisfaction and its hardiness makes it especially valuable in cold sections. Our method was to sow the seed at the rate of one and one-half bushels an acre, after plowing under a good coat of manure. The orchard had had the summer cultivation up to the last week in July when the seeding was done. In warm sections, south of the 42d degree sowing could be delayed until the middle of August. At the close of the growing season in the fall the vetch had formed a thick carpet of green about three inches tall, a perfect protection to the young roots of the tree. The first season we let it ripen during the summer, but thought this drew too heavily on the soil, so now we plow under the crop of vetch in May and start in at once on the summer cultivation, sowing the vetch crop again in summer at the time indicated. In this way the crop is grown for the benefit of the trees, which is as it should be. The sand vetch is worth experimenting with and, particularly for the young orchard going into its first winter.

Poultry Raising for Women.

Each year sees many women added to the ranks of those who raise poultry for market and there is little doubt but what the industry offers many opportunities for women who have the necessary ground and the determination to gain their experience slowly. The writer recently spent a week with a friend at a popular summer resort along the sea coast of New Jersey and profoundly wished he had his poultry with him. Chickens of the size for roasters sold for 35 cents a pound in the markets, while guaranteed fresh eggs were in demand beyond the supply at 40 cents a dozen. While these prices are exceptional, there is no doubt but what there is a profitable demand for both eggs and poultry in nearly every section of the country. Women can bring to the work of poultry raising that care for the small details so necessary to success in the work and a characteristic lacking in the majority of men. It is a well known fact and every honest farmer will admit it, that two hens set at the same time one by a man and the other by a woman will show a decided difference in the number of chicks hatched and it will always be in favor of the hen set and cared for by the woman. The man forgets to give the hen water or food or some other attention she needs during the period of incubation. Women with a rural training should do some close studying of the poultry business this summer and make a start in the winter or next spring.

Again, What About Manure?

A reader of this department asks about compositing his manure this summer with weeds and much of a questionable character. The answer is don't, and this reply we consider a good one on the compositing subject in general where it is intended to use a considerable amount of manure. The more one goes into the question of saving manure the more one is convinced that the best place to save it is on the field. We have tried all sorts of cellars, sheds and cement bottom places and while the shed with a bottom of cement is preferable to any other place, we still insist that the place for the manure is on the land and that it should be placed there as soon after it is made as possible. Not placed in piles, but spread out evenly so that the soil will absorb it properly. If there is no other place to put it why not give the grass lands the benefit of it? It will not be wasted there, one may be assured, and the next grass crop will prove the wisdom of carrying out the suggestion. Don't have manure piles; get it onto the soil where it will make money for you.

Cottonseed Meal for Cows.

Dairymen find it difficult to carry the cows along properly during the droughty days of summer on pasture alone, and all proper grains have been tried with varying results. One of the best summer grains is cottonseed meal, for while feeding it will not materially increase the milk flow, it will keep it nearly to the standard, and will keep up its quality, which is quite as important. The feeding of it always makes better butter at all times, and particularly during the summer. While the quantity of feed varies according to circumstances, from two to four pounds per cow daily is about a fair ration, and will give results which will warrant the expense at any season.

Shade for Swine on the Range.

Shade for swine is quite as necessary as for other animals, and when one has a tree or two in the pasture the question of shade is readily settled. If there are no trees plant three or four, and while they are growing use portable houses for shade, making them with a sill set on runners and with a ring set in the front sill, so that a horse may be attached and the houses moved when necessary. These houses may be made of any cheap material and the roof arranged so that a portion of it may consist of three limbs laid over boards set far apart. The cost need not be great and the results will pay for the time and labor spent.

Treating Heaves Properly.

Directions for treating heaves have been given in this department before, but a number of recent inquiries calls for the information at this time. In all cases of heaves it is desirable to change the ration for a time, and all water given the horse should be given before he eats. All food should be wet with lime water, and if considerable hay is used this should be well moistened before being fed. Use care in keeping the stall and manger free from anything which will create dust and have the stable well ventilated at all times. As a medicine give the horse one-half ounce doses of Fowler's solution of arsenic night and morning. An ordinary case of heaves will submit to this treatment, but in bad cases add to the treatment advised ounce doses of glycerine, given three times daily in the mouth, using a syringe. If the combined treatment does not complete the cure the case is hopeless.

Summer Strawberry Planting.

Most fruit growers are familiar with the pot-grown strawberry plants offered by nurserymen for setting in the summer. As a rule such plants are too expensive to set in any considerable number, but this is an ideal way to obtain plants of new sorts for testing; though much more costly than the layer plants one will get from them a crop, next summer, of sufficient size to determine the desirability of the variety. Then, too, it is possible to increase one's own plantation by taking from the old beds the new plants and setting them out in the new beds any time this month. To do this with the best results, cut the runner which connects the new plant with the parent, then a week later, just after a rain, dig up the young plant with a liberal amount of soil attached to the roots and set it with the soil on the roots in the new bed. With care not a plant will be lost in the transplanting, and these plants will give one a crop of berries next summer equal to those from year-old-set plants. The precaution to be taken is to have the lump of soil adhere to the roots so that the growth of the young plant will not be materially disturbed by the transplanting. Where but a few hundred plants are to be reset one can easily supply the water to the soil necessary to make the soil stick to the roots.

Handling Bags of Grain Easily.

In grain growing sections more or less grain in bags has to be handled by man power, and this becomes considerable of a burden after a time. A device for assisting in this work may be easily constructed by any handy man. Set a heavy post in the ground so that it will stand about two and one-half feet above the surface. Then take a heavy board, the wider the better, and about ten feet long. Cut two pieces of board wedge shape and fasten to the lower edge of the board. Cut these pieces so that when they rest on the ground with the other end of the

board resting on the beveled top of the post the whole thing is firm. Then have a hook formed with a short handle, such a hook as is used by truckmen in the cities. With the hook lift the sack of grain on the lower edge of the board, haul it up the smooth surface of the board and when at the end set on the sloping post it may be easily transferred to one's shoulders. In the illustration figure 1 shows how the wedge shape pieces must be cut, figure 2 how the post should be beveled, figure 3 the iron hook and figure 4 the slope of the board.

A Beautiful Young Society Woman's Letter.

ST. PAUL, MINN. 521 Wabasha St.
Dr. Hartman, Columbus, O.,
Dear Sir:

"I took Peruna last summer when I was all run down, and had a headache and backache, and no ambition for anything. I now feel as well as I ever did in all my life, and all thanks is due to your excellent Peruna."—Bess F. Healy.

The symptoms of summer catarrh are quite unlike in different cases, but the most common ones are general lassitude, played-out, tired-out, used-up, run-down feelings, combined with more or less heavy, stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost.

Skin eruptions, sallow complexion, biliousness, coated tongue, fitful, irregular sleep, help to complete the picture which is so common at this season.

Peruna so exactly meets all these conditions that the demand is so great for this remedy at this season of the year that it is nearly impossible to supply it.

Pe-ru-na Contains No Narcotics.

One reason why Peruna has found permanent use in so many homes is that it contains no narcotics of any kind. Peruna is perfectly harmless. It can be used any length of time without acquiring the drug habit.

Thousands of women suffer from pelvic catarrh and catarrhal nervousness and don't know it. If you feel fagged out, begin at once taking Dr. Hartman's Peruna. It will relieve your catarrhal affliction and all your organs will be restored to health. Buy a bottle to-day, as it will immediately alleviate your case.

Sale Ten Million Boxes a Year.
THE FAMILY'S FAVORITE MEDICINE
Cascarets
CANDY CATHARTIC
10c, 25c, 50c. THEY WORK WHILE YOU SLEEP All Druggists
BEST FOR THE BOWELS

Now Published Weekly

Have you seen The Farmer and Breeder, the leading agricultural and pure-bred stock paper, recently? It has been changed from a semi-monthly to a weekly paper and is a better paper than ever before. No up-to-date farmer or stock raiser can afford to be without it. Send for a free sample.

The Farmer and Breeder
504-506 Pierce Street, Sioux City, Iowa.

POLITICS IN LAVENDER.

Mr. Dooley Has His There Now.

"Well," said Mr. Hennessy, "th' labors iv th' con-vintions ar're at an end!"

"If that's what ye call thim, they ar're," said Mr. Dooley. "As Hogan says, th' Dimmycratic convintion labored and brought forth a muss. Th' Raypublican convintion labored too, like a cash register. It listened to three canned speeches, adopted a predigested platform, nommynated a cold storage vice-prisidint, give three espicially prepared cheers and' wint home. Th' convintion's mind was all made up f'r it befure it met. There was a little too much shake up, but who cares f'r that? Not so, th' Dimmycratic mind. That's a good, plain, unvarnished, freckled mind that is niver made up. Not that us Dimmycrat's haven't policies. We have more than anybody else. Th' attic iv ivry Dimmycrat's house is filled with ol' policies that he wanst used, policies that have faded, or punctured a tire or broke a mainspring or been run over be a band wagon. I often go up and fondle me ol' policies an' think iv th' days when we thought free thrade was so becomin' an' th' income tax and th' silver question. I've laid thim away in lavender, Hinnissy. 'Tis no good bein' onfash'nable, on'y sometimes I object to th' party wearin' th' castoff duds iv th' raypublicans. Rather thin that I'd see it go naked iv policies entirely f'r a while an' thin make itself a suit iv clothes that bore no tailor's tag.

Equal to the Emergency.

Miranda—Now, what would you do if you were in my place?

Algernon—Oh! I'd squeeze up a little bit and make room for you to sit beside me.

Do Your Feet Ache and Burn?

Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes feel easy. Cures Corns, Bunions, Swollen, Hot and Sweating Feet. At all Druggists and Shoe Stores, 25c. Sample sent FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Good Salesman.

Proprietor—How is that new salesman doing?

Floor Walker—Great. Why, he could sell a box of writing paper to a man who couldn't write his name.

MRS. WINSLOW'S SOOTHING SYRUP for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

Couldn't Use Poetry.

Tom—She said I was a poem.

Dick—I guess that's why her old man turned you down.

DOMINION EXHIBITION

WINNIPEG, MANITOBA, (CANADA)

JULY 26th to AUGUST 6th

The Best Exposition of Agricultural and Industrial Resources of Canada ever made :: :: ::

An aggregation of attractions never before attempted at an exhibition of this kind :: ::

Ample Accommodations for Visitors

Low railroad rates from all United States points. Particulars given by CANADIAN GOVERNMENT AGENTS or nearest ticket agent.

RIPANS TABULES. Ripans Tabules are the best dyspepsia medicine ever made. A hundred millions of them have been sold in the United States in a single year. Constipation, heartburn, sick headache, dizziness, bad breath, sore throat and every other illness arising from a disordered stomach are relieved or cured by Ripans Tabules. One will generally give relief within twenty minutes. The five-cent package is enough for ordinary occasions. All druggists sell them.

FOR SALE—Chautauqua hand corn planters; all metal; the best there are; guaranteed. Every corn grower needs one or more. Special price of 75 cents. Address The Tribune Co., Sioux City, Ia.

SIOUX CITY P'T'G CO., 1,044—31, 1904.

BEGGS' CHERRY COUGH SYRUP cures coughs and colds.

25 CTS PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION 25 CTS