

# A TRAINED NURSE

### After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.



Mrs. Martha Pohlman

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would build after eating and frequently become nauseated. Had severe and painful discharges and pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

There is no other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

## MIXED FARMING

### Wheat Raising Ranche

Three Great Pursuits have again shown wonderful results on the FREE HOMESTEAD LANDS OF WESTERN CANADA

Magnificent climate—farmers plowing in their shirts in the middle of November. "All are bound to do more than profit when the final results of the past season's harvest"—Extracts from Coal, Wood, Water, Hay in abundance, schools, churches, markets convenient. Apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. T. Holmes, 315 Jackson St., St. Paul, Minn., J. McLaughlin, Box 120, Watertown, S. Dakota, and W. V. Bennett, 301 New York Life Building, Omaha, Neb., Authorized Government Agents.

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Sioux City Independent List.

## FOR SALE BY

### Southern Guaranty Investment Co.

Cedar Rapids, Iowa

Store building and lot, Laneboro, Ia. Restaurant building and fixtures. Lot 2x2 1/2 and building 28x20. General store, good location; snap. Residence, modern, centrally located, good town. Restaurant, Marshalltown, Ia. Bargain. Residence, store building, Iowa. Marshalltown, Ia. Residence, 7 rooms, Marshalltown, Ia. Drug store, Bargain, Iowa. Residence and 6 lots, Marshalltown, Ia. No acre farm, Chardon, Neb. Modern 10 room residence with barn, Marshalltown, Ia.



## W. L. DOUGLAS SHOES \$3.50

W. L. DOUGLAS SHOES \$3.50 are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that cost from \$6.00 to \$10.00. Hold their shape longer, wear longer, and are of greater value than any other \$3.50 shoe on the market to-day. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores, the principal cities, and by shoe dealers throughout the world, wherever you live. W. L. Douglas shoes are the "Best I Ever Wore."

"I write to say that I have worn your \$3.50 shoes for the past five years, and find them the best I ever wore."—Mrs. Frank E. Evelyn, 608 East Jefferson St., Louisville, Ky.

Boys wear W. L. Douglas \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than other makes.

W. L. Douglas uses Corona Colton in his \$2.00 shoes. Corona Coll is conceded to be the best patent leather produced.

Fast Color Eyelets will not wear brassy.

W. L. Douglas has the largest shoe mail order business in the world. No trouble to fit a foot by mail. 50 cents extra prepays delivery.

If you desire further information, write for Illustrated Catalogue of Spring Styles.

W. L. DOUGLAS, Brockton, Mass.

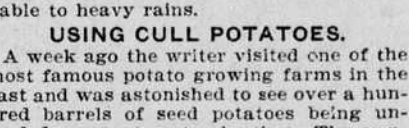
When writing to advertisers, please say you saw their "ad" in this paper.

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



## PROTECTING YOUNG CHICKS.

If every one who raises young chicks could realize how susceptible they are to colds more care would be taken to protect them. A fertile source of trouble is the moist ground of the wetter grass early in the morning. It will cost but little to arrange some coops like that shown in the illustration which will keep the chicks dry until the sun has absorbed the moisture on the grass. Make the slatted run in the regulation manner and then cover the top and the sides with cloth, letting it run down the end and the sides half way to the ground and holding it in place with a few tacks. After the chicks



use the same ground for potatoes two years in succession. We plow under clover, follow it with a corn crop and the third year with potatoes. By this time the humus supplied by the clover crop has been largely used by the corn crop and only what the soil actually needs is left by the time the potatoes come along. Sometimes, if the plowed-under clover crop was a heavy one we find it necessary to spray for rot once and sometimes twice more than would ordinarily be the case, but it pays to do this. We cultivate thoroughly whether the season be wet or dry and usually find that four, five and often six sprayings are necessary for proper results. Do not be fearful of over-doing the spraying.

## FEEDING MILLET TO STOCK.

Many complaints are made concerning the bad effects coming from feeding millet to stock generally but, we think, investigation will prove that no serious injury results from feeding millet to any stock but horses. When eaten generally by horses it creates a trouble closely allied to rheumatism but fed to cows it has no bad effects when it does not comprise more than one-half the roughage. We find it best to mix it with corn stover when feeding to cows but frequently vary this by feeding it as one-third of the roughage in a week. The millet seed is particularly good for poultry and adds one more grain with which to form the desired variety. Feeding it in mixtures of about one-third millet to two-thirds of the other grain whether corn, wheat, buckwheat or rye, it gives better results than when fed alone. It is an ideal grain to use in the scratching shed and we use more of it in this way than in any other.

## HOW OFTEN TO FEED THE COW

There is considerable controversy going on in the agricultural press as to how many meals a day the cow should have. Most dairymen are settled in their minds by feeding grain with or without roughage at morning and night and giving a fair allowance of roughage at noon more to keep the cows busy than for any great amount of value to be found in the food. Sometimes individual cows are found who do much better on three meals a day than on two, and when such cows are in the herd care must be used to ascertain beyond a doubt if she pays for the third meal of grain. She may be used to ascertain beyond a doubt if she pays for the third meal of grain. She may be quite willing to take it but only the Babcock test and the scales will determine whether it is profitable to feed such quantities. This is a question concerning which no general rules may be laid down for himself, according to the requirements of his herd.

## SORE TEATS IN COWS.

While there are a number of causes for sore teats in cows, it is safe to say that in nine cases out of ten the trouble is due to dirt on the hands of the milker coming in contact with a scratch on the teat of the cow which may be easily gotten in the pasture. It is also safe to say that nine-tenths of the troubles with the udder and teats might be avoided with proper attention to cleanliness: cleanliness in grooming the cow and keeping her bag and teats from soil, and cleanliness on the part of the milker, hands clean and warm instead of rough, cold and dirty. It takes but a few minutes to wipe the udder and teats dry with a soft cloth after gently washing them if badly soiled during the night. This handling of the udder, especially if it is full, will relieve the strain and the cow will give down the milk more readily in consequence.

## COMBINATION RACK FOR SHEEP

For feeding sheep out of doors a combination rack made in the following manner will be found not only a great convenience but will save feed. The rack may be made the height desired but it should be only about 6 inches wide at the bottom and 18 inches or more wide at the top with the slats just far enough apart so that the sheep may readily get at the

use the same ground for potatoes two years in succession. We plow under clover, follow it with a corn crop and the third year with potatoes. By this time the humus supplied by the clover crop has been largely used by the corn crop and only what the soil actually needs is left by the time the potatoes come along. Sometimes, if the plowed-under clover crop was a heavy one we find it necessary to spray for rot once and sometimes twice more than would ordinarily be the case, but it pays to do this. We cultivate thoroughly whether the season be wet or dry and usually find that four, five and often six sprayings are necessary for proper results. Do not be fearful of over-doing the spraying.

## SIMPLE PLANTS FOR THE BORDER

If the purse is lean this spring and most of the money must go for necessities, at least squeeze out a dime and invest it in seeds of mixed dwarf nasturtiums. Plant these seeds now in a box containing about two inches of good garden soil, water them and keep them in the window of the kitchen or in a warm corner on the veranda. Set the seeds an inch apart and when the plants are about two inches high take them up with a little bunch of earth with the roots and set in good soil around the base of the veranda or anywhere you wish where the plants can have considerable sun and yet a fair amount of shade. The dime's worth of seeds should give one thirty or more plants and all of them will live and thrive with only ordinary care and furnish one's little experience in flower raising in the fall. If one has a little more than a dime to spend on seeds, say 25 cents, then buy five named sorts, one package of each, so as to be sure of a greater variety in the shades of colors. These nasturtiums are excellent for the children who have little experience in flower raising because they are almost certain to grow.

## WHERE STRAWBERRIES ARE PROFITABLE.

While it is probably safe to say that full three-quarters of the varieties of strawberries generally would work on this same plan, in a modified degree perhaps, they would get results which could not fail to be profitable. There is nothing, with the possible exception of wheat, where poor seeds cause such serious loss as in potatoes, and it is fair to say that about one-half of the tubers used for seed potatoes are culls and should be fed to stock where they will accomplish much more in the way of money-making than by planting for a crop.

## SKIN-TORTURED BABIES.

Instant Relief in Warm Baths with Cuticura Soap and Gentle Anointings with Cuticura Ointment.

The suffering which Cuticura Remedies have alleviated among the young, and the comfort they have afforded worn-out and worried parents, have led to their adoption in countless homes as priceless curatives for the skin and blood. Infantile and birth humors, milk crust, scalded head, eczema, rashes, and every form of itching, scaly, pimply skin, and scalp humors, with loss of hair, of infancy and childhood, as speedily, permanently and economically cured when all other remedies suitable for children, and even the best physicians, fail.

## Distressing.

San Antonio Express: Mrs. Hetty Green, the noted financier, was talking about the vicissitudes of housekeeping.

"Accidents occur in housekeeping," she said, "as distressing and as terrible as any that occur in the world of finance."

"A woman of Bellows Falls gave a party last year. Pie was served at the party, apple pie with the crust prettily ornamented."

"The woman called the cook into the dining room."

"Mum," she said, "this crust looks nice. How did you scallop it so beautifully?"

"With your false teeth, mum," the cook answered.

## OVER-FERTILIZING THE FARM.

Possibly it is not fair to say that many farms are over-fertilized, but it is certain that many of them are fertilized unwisely, especially in the older states where dependence has long been placed on commercial fertilizers. The trouble is not that the farms have too much fertilizer, but that they have too much in the way of mineral fertilizer and not sufficient of vegetable fertilizer. Here is where the farmer who raises stock and utilizes the stable manure in connection with commercial fertilizers has the advantage of him who depends wholly upon commercial fertilizers. For a long series of years southern cotton fields were cropped without much in the way of fertilizers; then, when the soil began to run down, commercial fertilizers were used. For a time the results were satisfactory and again the soil began to run down and it was plainly seen that humus or vegetable matter was needed. Some stock was raised and the want supplied, but by far the majority of farmers used cow peas and obtained nitrogen and humus at the same time. Valuable as commercial fertilizers are we must not lose sight of the fact that humus in the soil is essential and either the soil must be stable manure or it must be green-manured by turning under some vegetable growth. It is hard to beat the combination of stable manure dropped by properly placed and not sufficient of vegetable fertilizer intelligently used. One has only to study the needs of his particular soil to grow the crops he desires and grow them with a fair profit.

## STABLE MANURE AND POTATO CROP.

Slowly but surely we are learning to successfully light the potato root and one of the things we have learned is that a soil well filled with humus gives us trouble when we attempt to grow potatoes, particularly if it is a soil inclined to be heavy. To get around this it has been found an excellent plan to use commercial fertilizers entirely on the potatoes and never to

# A JUDGE'S WIFE

BACK AND SIDE



MRS. MINNIE McALLISTER.

## Quickly Cured by a Short Course of Pe-ru-na.

MRS. MINNIE E. McALLISTER, wife of Judge McAllister, writes from 1217 West 33rd street, Minneapolis, Minn., as follows:

"I suffered for years with a pain in the small of my back and right side. It interfered often with my domestic and social duties and I never supposed that I would be cured, as the doctor's medicine did not seem to help me any."

"Fortunately a member of our Order advised me to try Peruna and gave it such high praise that I decided to try it. Although I started in with little faith, I felt so much better in a week that I felt encouraged."

"I took it faithfully for seven weeks and am happy indeed to be able to say that I am entirely cured."

"Words fail to express my gratitude. Perfect health once more is the best thing I could wish for, and thanks to Peruna, I enjoy that now."

Pain in the back, or on the right side. How often a physician hears this complaint!

Over and over we hear women say: "I have a pain in the small of my back. I have a pain in my right side, just below the ribs."

These symptoms indicate pelvic or abdominal catarrh.

They indicate that the bowels are not acting properly—that the liver is out of order—that the pelvic organs are congested.

Pelvic catarrh—that is the name for it. Peruna cures pelvic catarrh, when all of these symptoms disappear.

The catarrh may be all in the abdominal organs, when it would be properly called abdominal catarrh.

At any rate, it is one of those cases of internal catarrh which can be reached only by a course of treatment with Peruna.

We have on file thousands of testimonials similar to the above. It is impossible here to give our readers more than one or two specimens of the number of grateful and commendatory letters Dr. Hartman is constantly receiving in behalf of his famous catarrh remedy, Peruna.

Mrs. Carrie King, Darlington, Mo., writes:

"I have suffered for years with biliousness, and kidney and liver trouble."

"If I caught a little cold, the pains were increased and backache and headache were frequent occurrences."

"However, Peruna cured me—twelve bottles made me a healthy woman."

## Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

# Caraceta

CANDY CATHARTIC

10c, 25c, 50c. AD

THEY WORK WHILE YOU SLEEP

BEST FOR THE BOWELS

## The Secret of Good Coffee

Even the best housekeepers cannot make a good cup of coffee without good material. Dirty, adulterated and queerly blended coffee such as unscrupulous dealers shovel over their counters won't do. But take the pure, clean, natural flavored LION COFFEE, the leader of all package coffees—the coffee that for over a quarter of a century has been daily welcomed in millions of homes—and you will make a drink fit for a king in this way:

### HOW TO MAKE GOOD COFFEE.

Use LION COFFEE, because to get best results you must use the best coffee. Grind your LION COFFEE rather fine. Use "a tablespoonful to each cup, and one extra for the pot." First mix it with a little cold water, enough to make a thick paste, and add white of an egg (if egg is to be used as a setter), then follow one of the following rules:

1st. WITH BOILING WATER. Add boiling water, and let it boil THREE MINUTES ONLY. Add a little cold water and set aside five minutes to settle. Serve promptly.

2d. WITH COLD WATER. Add your cold water to the paste and bring it to a boil. Then set aside, add a little cold water, and in five minutes it's ready to serve.

3. Don't boil it too long. Don't let it stand more than ten minutes before serving. DON'T Don't use water that has been boiled before.

TWO WAYS TO SETTLE COFFEE.

1st. With Eggs. Use part of the white of an egg, mixing it with the ground LION COFFEE before boiling.

2d. With Cold Water instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

Insist on getting a package of genuine LION COFFEE, prepare it according to this recipe and you will only use LION COFFEE in future. (Sold only in 1 lb. sealed packages.) (Lion-head on every package.) (Save these Lion-heads for valuable premiums.)

**SOLD BY GROCERS EVERYWHERE**

WOOLSON SPICE CO., Toledo, Ohio.

## MOST PROFITABLE FARM INVESTMENT.

This is what the Cream Separator has proved to be. Twenty years of experience upon the part of hundreds of thousands of users in every country of the world bears witness to the fact. No one disputes it. There never was a better time to make this important farm investment than the present. Butter is undesirably high in price. It is most profitable that none be left to waste, and that the quality be such as to command top prices.

If you have cream to separate you cannot afford to delay this investment a single day. If you haven't the ready cash the machine will earn its cost while you are paying for it.

**THE DE LAVAL SEPARATOR CO.**  
Randolph & Canal Sts. 74 Cortland Street  
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**PENSION** JOHN W. MORRIS, Washington, D.C. Successfully Prosecutes Claims. Late Principal Examiner U.S. Pension Bureau. 3 yrs in civil war. 15 adjudicating claims, 65% success.

PLEASE MENTION THIS PAPER.

SIoux CITY P.T'G CO., 1,085—19, 1905

## PISO'S CURE FOR CONSUMPTION

QUITTING WHERE ALL ELSE FAILS. Cures Cough, Spasms, Asthma, Hoarseness, Weakness, Emaciation, Loss of Appetite, and all other symptoms of Consumption. Sold by Druggists.

**He Didn't Meet It.**  
The Tenderfoot—How did Alkali like meet his death?  
The Westerner—He didn't meet it. The sheriff overtook him.