

SADIE ROBINSON.
 Pretty Girl Suffered From Nervousness
 and Pelvic Catarrh—Found Quick
 Relief in a Few Days.



**NERVOUSNESS AND
 WEAKNESS CURED
 BY PE-RU-NA.**

Miss Sadie Robinson, 4 Rand street, Malden, Mass., writes: "Peruna was recommended to me about a year ago as an excellent remedy for the troubles peculiar to our sex, and as I found that all that was said of this medicine was true, I am pleased to endorse it."

"I began to use it about seven months ago for weakness and nervousness, caused from overwork and sleeplessness, and found that in a few days I began to grow strong, my appetite increased and I began to sleep better, consequently my nervousness passed away and the weakness in the pelvic organs soon disappeared and I have been well and strong ever since."

Address Dr. S. B. Hartman, President of the Hartman Sanitarium, Columbus, O., for free medical advice. All correspondence strictly confidential.

FRESH AIR AND VENTILATION.

Some Directions Relating to Bed Rooms and Clothing.

Living Church: First, and very important: Keep your bed and bedroom warm and dry during the day. An open window and a cold room will make the bed damp and cold, and will give its unfortunate occupant a severe cold at least if not worse. A damp bed is a veritable brooding place of bacteria. Many housekeepers have heard of the necessity of fresh air, leave the bedroom window open during the day, filling it with cold air when none is needed, and then close the window for the night, when the room is occupied and fresh air is needed in abundance. Any one can see how contrary to common sense such procedure is.

The custom of some housekeepers to keep the "spare room" closed at all times and then opening it only or warming it just before putting a guest into, is, to put it mildly, very thoughtless. Cold objects, bedding included, when exposed to a sudden heat, condense the moisture in the air, and consequently such beds are always damp and cold, and are the most unhealthy and should be avoided even by guests. Better go to an up to date hotel or walk home any number of miles, than to sleep in such a bed.

Second: All your clothing worn in the daytime, footwear included, open out and hang over chairs, or on hooks near the stove or register to dry and air during the night. If you neglect this simple sanitary measure, your clothing will feel damp and cold in the morning, because it still contains the evaporations from your body during the previous day, and after a while your clothing will have an unpleasant odor for these evaporations. Drying and airing your footwear during the night will keep your feet from sweating, coldness and bad odors.

Third: Your bed and room warm and dry, have plenty of light weight bedding. Then just before retiring, close the door and open a window from the bottom. When more than one person sleeps in a room, the window must be raised higher. This will give an abundance of fresh air while you sleep. Place the bed so that the fresh air current will not strike you directly. Protected in your dry, warm bed—as cozy as a bug in a rug—the air, cold, pure and fresh, freighted with oxygen, a very elixir of life, will quiet your nerves, will rest you, will soothe you, and give you health and strength. When arising in the morning, close the window quickly and let neat come into the room. Then dressed in your aired and dry day clothing, you will feel clean, fresh and vigorous.

Fourth: Keep your living rooms well ventilated in daytime. If no other provision is made for ventilation, get one of those attachments to a stove pipe or flue which take cold air from the floor. Foul air being heavier than warm, naturally sinks to or near the floor, and by the above mentioned apparatus escapes to the flue. How many sitting rooms of even well to do people have a very offensive odor from lack of ventilation!

Fifth: Our northern wells contain the most excellent mineral waters. Morning and evening cleanse your nasal passages and gargle the throat with fresh cold water. This will cure catarrh without the aid of medicine, and will relieve most colds.

"Just You, Dear."

O hide me not that others seek my hand,
 That favors I bestow on friends sincere.
 But ask me what I have in this broad land
 And I'd reply so quickly—just you, dear.

Just you, dear, because no other one can bring
 Such joys and hopes, and sweet content,
 so dear

Just you, because my heart doth ever sing
 A happier, sweeter song when thou art near.

Because in thee I find a friend and lover true
 A willing heart to comfort and to cheer,
 A strong right arm to battle for me, too,
 My ideal, my destiny is—just you.
 —Jessica Owen.

USE OF CEMENT IN BUILDING.

The growing prices which we have to pay from year to year for lumber, together with the fact that the latter seems to be of less value in many cases as the price goes upward, points to the desirability of some other material that will take the place of at least a part of the lumber we use. That cement will do this is surely the case. The proper gravel to use is not attainable in many parts of our prairie country, but sidewalks are made in many of our towns with quite fine sand. Anything that will stand the wear of human feet for years will make a good feeding floor for hogs. This wet weather there is need for some place to put feet that it will not be wasted. There is cement of good quality made not far away, and the cost of putting in a cement floor should be less than that of plank. To accomplish this result, however, most probably the farmer will have to do the work himself, for the men who do this work in most places want to get paid for about three or four days for each one they work.

There is nothing requiring special intelligence in mixing sand and cement, or more difficult labor than is usual among farmers in general, and where the material is not too scarce the farmer will do well to experiment a little in the use of this plan of building. For making foundations it is very suitable. There is a tendency for the dealer to charge the farmer too much for the cement. The best sorts are all called Portland, though native in many parts of the country. They are the result of burning and grinding limestone having a certain proportion of clay. There was a report of a contract for a large amount of cement to be used in construction of railroad bridges at about one-fourth what is charged in most places by the dealers. An exchange says: "Cement should be had for \$2.50 to \$3 per barrel. If the dealer wants \$4, ask him why."

The test recommends for the amount of cement to use is to mix the other materials intended to be used and fill in all the water that it will contain, and this is the proper amount of cement to use. The material must be well mixed and the cement must be thoroughly incorporated with it. A little experience is needed, and tests can be readily made. The top surface should be richer in cement than the lower layers. This is something that our readers who are not posted on the subject may well study.

A GREAT DISCOVERY.

When we find that we have in our country a disease of animals that causes a damage amounting to a sum between \$8,000,000 and \$10,000,000 annually, it becomes a matter that we will engage the attention of the best scientists, says The Country Calendar. Such a disease is hog cholera. It is an old disease that is prevalent and persistent in every country where there are hogs, but so far it has baffled all efforts for its control. The larger sum named as the amount of annual damage is probably not too great for the United States, and it is about nine per cent. of the total value of all the hogs born in this country.

The first step toward the suppression of a disease is to ascertain its cause, and Drs. D. E. Salmon and Theobald Smith, two distinguished scientists, thought, as long ago as 1889, that they had discovered that the disease is due to a micro-organism which they named bacillus cholerae suis. In their experiments they readily transmitted the disease from one animal to another by inoculation with diseased blood. It developed, however, that no line of experiments based on the above conclusion gave satisfactory results. Dr. Salmon, at the head of the bureau of animal industry, continued to encourage every effort to solve the problem, and he announces now that the investigations conducted in his bureau by Drs. Dorset, Bolton and McBryde prove that the head of the bacterium mentioned above is not guilty of producing the disease, but that the blame must be placed upon another and an invisible micro-organism—one that is too small as yet even to receive a name, but which is responsible for an enormous amount of trouble.

These scientists, who divide their honors with Dr. A. E. de Schweinitz, who died last year, found that, by using the best filters made, they could not filter out the so-called hog cholera virus, and they are now trying to filter out the filtrate give the disease of hog cholera to well animals. A long series of experiments followed, which are given in detail in bulletin No. 72, of the bureau, and they all confirm the deadly work of the little invisible but mighty micro-organism.

A NORTHERN ORANGE.

The department of agriculture has a commendable way of doing things, says A. S. Neale. It sees a want and at once starts some expert out to fill it. He is told to keep peeing away at this one line of work until he accomplishes something definite. It may take years, but if possible the work will be done. It is this never-give-up spirit that leads me to believe that we may gather oranges as far north as the 40th parallel, or the northern limit of the hardiest member of the orange family.

There is only one orange that is hardy in the north. This is the Japanese hedge orange, the fruit of which is absolutely worthless, being small, very sour and full of seeds. From it the cold resisting ability of the proposed hardy variety must come. Dr. H. J. Webber, in charge of the plant breeding laboratory in Washington, has the task of breeding a hardy orange. He began by fertilizing the Japanese orange flower with pollen from the Florida orange bloom. Several of these crosses were made. So far two promising hardy fruits have been produced—the Rusk and a new unnamed sort. The Rusk is hardy as far north as North Carolina, Tennessee and Oklahoma. It lacks the flavor of the Florida fruit, but is much improved over the Japanese parent, and will be a useful variety.

The unnamed sort is of good size and excellent flavor; a real orange. Dr. Webber says that at present he cannot define the northern limit of this new variety, but that he had no reason to believe it will not be as hardy as the Rusk. He also states that the limit of hardness will not be reached until we have an orange that will stand as much cold as the Japanese parent.

TUBERCULOSIS IN HOGS.

Strenuous efforts are being made to ascertain the cause of tuberculosis of hogs. It is said that one big packing house in Chicago recently condemned 150 head in one day. The situation is really alarming. Some lay the blame to the practice of feeding so much dairy refuse, arguing that many of the dairy herds are infected, and this way the hogs contract the disease. The losses have been so heavy lately that packers are making a rigid investigation. It appears there is no way to detect the disease in the live hog, and invariably it is the prime heavyweights that are affected.

MADE NEW STRENGTH

QUICKER THAN DOCTOR'S TONICS, SAYS TYPHOID PATIENT.

Young Lady Left by Fever in Very Weak State Uses Dr. Williams' Pink Pills with Gratifying Results.

After a fever, such as typhoid or scarlet, has run its full course there remains the recovery of strength. The tonic that will most rapidly increase the red corpuscles in the blood is the one that will most quickly restore color to the pale cheeks, strength to the weak muscles, and elasticity to the sluggish nerves. So far nothing has ever been produced superior to Dr. Williams' Pink Pills for this purpose.

Miss Midendorf had been ill with typhoid fever for fourteen weeks. She had a good physician who carried her safely through the critical stages. When he left, nothing remained to be done except to build up her strength, which was very feeble, and he gave her some prescriptions for that purpose. Here, however, she met with disappointment.

"I took the doctor's tonics," she says, "for two months after I had recovered from the fever, but they did not do me the good I looked for. My strength came back so slowly that I scarcely seemed to be making any progress at all. Just then I read in a book thrown in our yard some striking testimonials showing what wonderful blood-builders and strength-givers Dr. Williams' Pink Pills are. I got a box of them soon after this and after I had taken only about half of them I could see a very great improvement in my condition. When I had used up two boxes, I felt that I did not need any more medicine. I have remained strong ever since."

Miss E. B. Midendorf lives at No. 1501 Park street, Quincy, Ill. Dr. Williams' Pink Pills are the best remedy to use in all cases of weakness, from whatever cause the system may be run down. In cases of debility due to overwork they minister fresh strength and overcome nervous symptoms. They are a specific for anemia or bloodlessness. They are particularly helpful to girls on the verge of womanhood. They meet all the requirements of the period known as the change of life. They correct spring languor. They strengthen weak digestion and rouse up sluggish organs. No other tonic combines so many virtues. All druggists sell them.

Wonderful Sport in Newfoundland.

L. F. Brown in The Country Calendar: Brook trout and brown trout are not appreciated in Newfoundland, being far more common than are the perch and sunfish of the states. Catching them will soon surfeit the angler who casts his flies from the shore of almost appalling in the vast solitude. It is possible to over-expose, there is less liability than with a lens. Nor is the work of the pinhole objective confined to any one subject, for with it most pleasing portraits can be made. And it is said that work requiring the sharpest definition, such as copies, reproductions of documents, etc., can be better done by the pinhole objective than it can with a fine lens. The reason is obvious. A lens focuses often sharper than the eye, giving a staring, unnatural effect to the resulting print.

Naming a Cigar.

Chicago News: Stubb—the idea of naming a cigar after that booding politician? I think it's an outrage. Penn—So do I. He is sure had they should have named a cigar after him.

LENSELESS PHOTOGRAPHY.

Good Pictures, with Softness of Tone, Taken with Pinhole Camera.

Scientific American: The taking of a photograph, and a good one, too, with a camera without a lens may seem to many utterly incredulous. Nevertheless, it is done, and this innovation in photography has become an interesting feature with many lovers of the photographic art.

A piece of tinfoil, through which was pierced a fine needle hole, to serve the purpose of a lens in admitting the light to the sensitive plate, was secured to the front piece of the camera in place of a lens, and the exposure made in the regular manner. Pictures thus made are now popularly known as pinhole photographs. The pictures, however, were not wholly satisfactory, owing to a difficulty of getting a perfectly round and smooth hole through this soft, flexible metal, for in this lay the main principle of success. But this has led to the bringing out of a new invention called the "radioscope," which consists of a very thin piece of hammered brass plate, through which is bored an accurately round and smooth hole, and so mounted that it can be quickly adjusted to any camera, or any light tight box that fancy may dictate. There is a lack of that extreme sharpness produced by the regular photographic lens; but, as has been wisely said, this is more than compensated for by a softness of tone equaled only by the brush of an artist.

The interest manifested in this new objective is due to the fact that it is of universal focus—the rays focusing in the stop; the perspective is true, no part of the picture being out of focus, while the interior and architectural photographs are rectilinear, that is, without distortion of any kind, for the rays of light fall directly upon the plate without interference of any kind. Nor is the work of the pinhole objective confined to any one subject, for with it most pleasing portraits can be made. And it is said that work requiring the sharpest definition, such as copies, reproductions of documents, etc., can be better done by the pinhole objective than it can with a fine lens. The reason is obvious. A lens focuses often sharper than the eye, giving a staring, unnatural effect to the resulting print.

ALL DONE OUT.

Veteran Joshua Heller, of 706 South Walnut street, Urbana, Ill., says: "In the fall of 1890 after taking Doan's Kidney Pills I told the readers of this paper that they had relieved me of kidney trouble, disposed of a lame pack with pain across my loins and beneath the shoulder blades. During the interval which has elapsed I have had occasion to resort to Doan's Kidney Pills when I noticed warnings of an attack. On each and every occasion the results obtained were just as satisfactory as when the pills were first brought to my notice. I just as emphatically endorse the preparation today as I did over two years ago."

Foster-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, price 50 cents per box.

Everything Utilized.

McClub—Yes; I manufacture sausage. Sieeth—What are your by-products? McClub—By-products? Good gracious, man! I manufacture sausage.

**900 DROPS
 CASTORIA**

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.
NOT NARCOTIC.

Prepared by
**DR. J. C. WELLS & CO.,
 NEW YORK.**

Fac-Simile Signature of
Dr. J. C. Wells

35 Doses—35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA
 For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

In Use For Over Thirty Years

CASTORIA

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 use 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 settler), then follow one of the following recipes:

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 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.

Craig-y-Nos Castle, the beautiful Welsh home of Mme. Patti (Baroness Cederstrom), is announced to be sold at a price regardless of "cost or associations."

If afflicted with Thompson's Eye Water
 SIOUX CITY PITTING CO., 1,001-25, 1903

Constipated All His Life

Wilbert Thompson never knew a well day—he had been constipated all his life—many doctors treated him, but all failed to even help him—his health failed rapidly and on January 21, 1903, Mrs. Thompson asked us to suggest a treatment for her husband—we thought the case too serious and recommended that a specialist be consulted—but he also failed to help the patient—NOW HE IS WELL.

MULL'S GRAPE TONIC CURED HIM

Mrs. Thompson first wrote us as follows: "My husband, aged 41, suffers from sharp pains in his stomach and sometimes thinks it is his heart. Let me know by return mail what causes the pain, if you can. Mr. Thompson has been treated by several doctors, but they have given him up."

We promptly advised that a first-class specialist be consulted. We quote: "We want to sell Mull's Grape Tonic, because we know it will cure constipation, but see a bottle is no object to us when a human life is at stake and if my husband's case is as serious as you state, we suggest you consult a reliable specialist, not the advertising kind, promptly." At the same time, knowing that Mull's Grape Tonic could do no harm, we advised its use until a physician could be consulted. January 25 Mrs. Thompson wrote that a physician had been consulted. He diagnosed the case as chronic constipation and dyspepsia. His treatment was followed faithfully, but there was no perceptible improvement in Mr. Thompson's health. Then he began taking Mull's Grape Tonic and on September 3, 1903, we received the following letter from Mrs. Thompson:

"You will remember that I wrote to you last January in regard to my husband's health. It is four months since he quit taking Mull's Grape Tonic for constipation, which he suffered from since birth. He took just 24 bottles of it and is perfectly cured. He is much stronger and has gained considerable in flesh. I can not thank you enough for Mull's Grape Tonic. 'It is worth its weight in gold.' Just \$12 cured him and he has spent hundreds of dollars with doctors who did him no good. It did all you claimed it would."

Very respectfully yours, MRS. W. H. THOMPSON, 801 Main St., Peoria, Ill.

Mr. Thompson stopped taking Mull's Grape Tonic in June, 1903. He has been completely cured and has taken no other medicine since that date. Almost two years and no return of the disease, should prove a permanent cure.

LET US GIVE YOU A BOTTLE

FOR HOT WEATHER ILLS
 Constipation, Stomach Trouble, Indigestion, Dyspepsia, Blood Poison, Skin Diseases, Sore, Sudden Bowel Trouble, Diarrhea, Cholera, Etc.

No one whose bowels are healthy and active contracts these complaints. Invariably they are the result of constipation which means decay. There is only one right course and that is to treat the cause. Revive and strengthen the bowels and intestines. We will prove to you that Mull's Grape Tonic cures Constipation and all life—nothing else will.

Write for This Free Bottle Today

Good for ailing children and nursing mothers.

FREE COUPON

Send this coupon to Mull's Grape Tonic Co., 21 3rd Ave., Rock Island, Ill., and receive an order on your druggist for a free bottle of Mull's Grape Tonic. A Blood Tonic and Constipation Cure.

My Name _____

Address _____

City _____ State _____

Write yours and your druggist's name and address plainly on a separate piece of paper and mail at once with this coupon.

CAUTION: DO NOT ACCEPT MULL'S GRAPE TONIC UNLESS IT HAS A DATE AND NUMBER STAMPED WITH INDELIBLE INK ON THE LABEL