

# JOYS OF MATERNITY

## A WOMAN'S BEST HOPES REALIZED

Mrs. Potts Tells How Women Should Prepare for Motherhood

The darkest days of husband and wife are when they come to look forward to childless and lonely old age. Many a wife has found herself incapable of motherhood owing to displacement of the womb or lack of strength in the generative organs.



Mrs. Anna Potts

Frequent backache and distressing pains, accompanied by offensive discharges and generally by irregular and scanty menstruation indicate a displacement or nerve degeneration of the womb and surrounding organs.

The question that troubles women is how can a woman who has some female trouble bear healthy children?

Mrs. Anna Potts, of 510 Park Avenue, Hot Springs, Ark., writes:

My dear Mrs. Pinkham:— During the early part of my married life I was delicate in health; both my husband and I were very anxious for a child to bless our home, but I had two miscarriages, and could not carry a child to maturity. A neighbor who had been cured by Lydia E. Pinkham's Vegetable Compound advised me to try it. I did so and soon felt that I was growing stronger, my headaches and backaches left me, I had no more bearing-down pains, and felt like a new woman. Within a year I became the mother of a strong, healthy child, the joy of our home. Lydia E. Pinkham's Vegetable Compound is certainly a splendid remedy, and I wish every woman who wants to become a mother would try it.

Actual sterility in woman is very rare. If any woman thinks she is sterile, let her try Lydia E. Pinkham's Vegetable Compound and write to Mrs. Pinkham, Lynn, Mass. Her advice is free to expectant or would-be mothers.

Actual sterility in woman is very rare. If any woman thinks she is sterile, let her try Lydia E. Pinkham's Vegetable Compound and write to Mrs. Pinkham, Lynn, Mass. Her advice is free to expectant or would-be mothers.

## MAKES BEAUTY

Among the ladies no other medicine has ever had so strong a following, because, excepting pure air and exercise, it is the source of more beautiful complexions than any other agency, as

## Lane's Family Medicine

the tonic-laxative. It puts pure blood in the veins, and no woman can be homely when the rich, red blood of health courses in her veins. Sold by all dealers at 25c. and 50c.

## MIXED FARMING

WHEAT RAISING RANCHING FARMERS' WESTERN CANADA

Three great pursuits have again shown wonderful results on the

## FREE HOMESTEAD LANDS OF WESTERN CANADA

Magnificent climate. Farmers plowing in their shirt sleeves in the middle of November. "All are bound to be more than pleased with the final results of the past season's harvest."—Extract.

## SICK HEADACHE

## CARTER'S LITTLE LIVER PILLS

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Costed Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

## CARTER'S LITTLE LIVER PILLS

Genuine Must Bear Fac-Simile Signature REFUSE SUBSTITUTES.

## PAXTINE

## FOR WOMEN

troubled with its peculiar to their sex, used as a douche is marvelously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.

## TOILET AND WOMEN'S SPECIAL USES

When writing to advertisers they will be to your interest to say that you saw their "ad" in this paper.

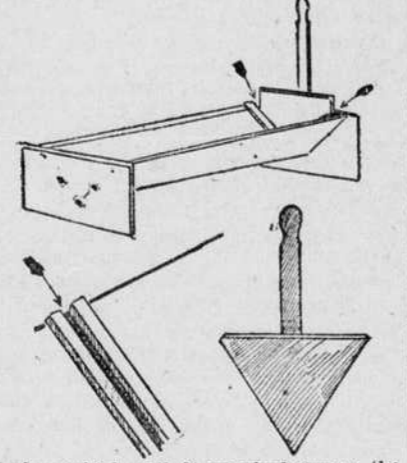
## PISO'S CURE FOR CONSUMPTION

Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.



## CLEANING THE HOG TROUGHS

Much of the health of the swine depends upon the cleanliness of the troughs used for swill and for mixed foods of various kinds. With the ordinary troughs it is almost impossible to keep them clean because there is no way of cleaning them thoroughly. Here is a plan for building the ordinary V trough in such a manner that it may be thoroughly cleaned.



V piece which will fit snugly between the sides. But instead of nailing in this end, the trough is attached to the side of the trough, on the inside, so that the piece may be slipped between the uprights forming the trough. To make this plan more useful fasten a handle to this V shaped upright which will enable one to lift the piece out readily when it is desired to clean the trough. With this one end removed it is an easy matter to thoroughly scour the trough because all of the cleaning water may be swept out thoroughly.

## THE ALFALFA IS VALUABLE

One of our correspondents takes up to ask for so persistently advising alfalfa ar asks "what's the matter with clover?" There is nothing the matter with clover for it is one of the most valuable plants grown on the farm, but from a feeding value, and alfalfa is considered only from this viewpoint, clover has less than half the quantity of protein in it per acre than alfalfa. The latter has nearly nine times as much protein as timothy to say nothing of its other food elements existing in liberal proportions. This is why alfalfa is desirable as a forage crop even if we do not consider its other great value.

## A RATION FOR SWINE.

The argument that swine can be fed more cheaply on corn than on anything else is fallacious if one counts for any value the increased gain in a given period under the other ration. True if corn is low in price and other rations excessively high then the corn is the cheaper food provided the carcass brings a fairly high price. It has been demonstrated repeatedly that in most localities the ideal balanced ration for swine during the winter is one-half middlings and one-half corn meal varying the ration by an occasional feed of corn on the ear without, of course, the middlings. A still cheaper ration giving quite as good results consists of one-third soybean meal and two-thirds corn meal provided the former can be bought at a fair price. It has been proved beyond question that an entire corn ration lays the animal open to various diseases and that, beyond a certain point, the exclusive corn ration adds practically nothing to the weight of the animal so that nothing is gained by feeding more than is necessary to sustain life. Try one of the balanced rations suggested and you will find it profitable as others have.

## EARLY WINTER POULTRY NOTES

Consider that the birds that have been on the range all winter will miss the abundance of fresh air during the first week's confinement and turn to one-half the yards for exercise every pleasant day allowing them to stay there as long as they wish and while they are out take the opportunity to throw open all the doors and windows to obtain thorough ventilation and to purify the house. If there is no scratching shed arrange some plan whereby the house can be made as light as possible during the day and especially so that plenty of sunlight will scatter itself over the floor. Above all things see that the floor is dry at all times particularly if it is an earthen floor. If it is piping with water in one end of the box, keep the floor dry. Above all things see that the floor is dry at all times particularly if it is an earthen floor. If it is piping with water in one end of the box, keep the floor dry. Above all things see that the floor is dry at all times particularly if it is an earthen floor.

## ROOT CROPS AS A RATION.

While many, or indeed most, of the root crops contain considerable food value it is not claimed by those who advocate feeding them that they contain elements which will make them a prominent ingredient in the balanced ration. Not understanding this many dairymen, especially, have objected to root crops for their cows, hence have discarded a most valuable adjunct to the ration for milch cows. In their way roots supply to the cow the same essential succulent feed that does silage and there is nothing better for keeping the bowels in perfect conditions to say nothing of the value of roots as an appetizer. Take the average daily ration of corn meal, wheat bran and oil meal with the necessary roughage and a daily feed of even a small quantity of roots will add greatly to the appetite of the cow, keep her in excellent condition and materially assist in increasing the quantity of milk given. Add to this sort of feeding a clean, light and well ventilated stable with plenty of salt and plenty of clean, fresh

## PRACTICAL FARM NOTES

water daily and one has given the cow every possible opportunity to produce results and on a most economical basis. Those who have tested root crop feeding properly, without materially cutting down the price of ration, find the value of them and would not think of cutting them out of the regulation feeds.

## THE VALUE OF SKIM MILK.

The feeding value of skim milk to calves, or pigs depends much on what the animals are to be used for. If one is raising a fine pig or calf the skim milk has a greater value than if the animal is to go to the block. Further, some skim milk is of such little value that it ought not to be fed at all. Indeed, it may be fairly said that if the skim milk is not fresh and sweet its main value is that of so much mixing fluid. It seems to those who have experienced with the feeding of skim milk that it has its greatest value when given to poultry; beyond a question it is one of the greatest egg producers that can be fed either by itself or mixed with bran and other meals forming mash. Unless one has pigs or calves that it is desired to rear, it is not worth the trouble of getting the bulk of the skim milk that is fresh and sweet go to the poultry; at least give them all they will consume. By careful watch it will be seen that such feeding is an economy even though it did not largely increase the egg production, which it does.

## THE CITY FARMERS FAIL.

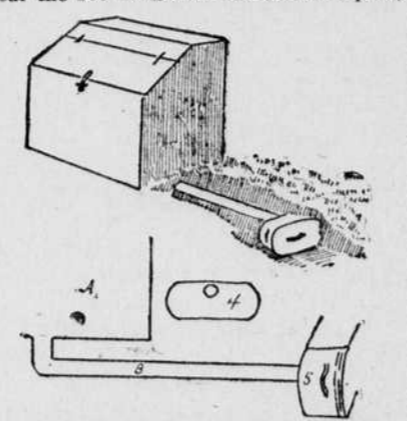
The writer is thoroughly in sympathy with the city farmer, and he has seen as shown by many city residents but there are many conditions so different from the old life which must be met in the new. It is hard to advise just what to do under all circumstances. An anxious city man writes that he is earning nearly \$50 a week in his city work. It is advised that he make a wise move for him to throw up his job, move onto a farm and go into debt about \$2,000. Here is a case where we can advise strongly to the negative. The unfortunate part of the proposition is that the man in question says he is able to save but little money. "Oh, yes, he can, in the way I like best. He is very good at dancing attendance."

## FOREST TREE CULTURE.

Newspapers and agricultural papers are taking up the subject of forest tree culture but the former, generally, have a confused idea of the subject while the agricultural press are laying too great stress on whether the work will pay. This department has taken up the subject and has concluded it is the correct one, that it is but a question of a comparatively few years when state and federal governments will prohibit the further cutting of trees on public (state and nation) domains, forced to this extremity by the alarming devastation of our forests. Butling material, especially lumber, is going higher yearly and for every hundred trees cut there is not more than one being planted. The inevitable result must follow. On eight farms out of ten there is land which is not available for profitable cropping on which wood trees could be grown which, in twenty or twenty-five years would be very valuable and at practically no cost for cultivation or care after the first three years. So much for the "will it pay" side of the question. There is a sentimental side which is embraced in this question. Have we of this generation any more right to cut down and not replace the trees which the creator placed here? Have we any right to say to posterity, "we wanted these trees for firewood and for building and we didn't care a fig whether you had any or not; nor whether the denuding brought you fertile fields or droughts. The whole subject is worthy the careful and honest consideration of any man who has land on which trees could be planted and especially when they can be set without in any way subtracting from his income.

## PIANO BOX SMOKE HOUSE.

The thrifty farmer prepares his own pork for home consumption and if he is short of cash with which to build an up-to-date smoke house he will appreciate the following plan which will enable him to carry out his ideas at small cost. Buy an old but good upright piano box and after making it smoke tight with paper set it in the desired place and dig a trench so the piping will enter at one end of the box through the bottom. Then take an old wash boiler with a good copper bottom and have a tinsmith make a hole in one side near the bottom and in this fasten a piece



of tin water pipe or four inch stove pipe. The buy additional lengths of pipe and make the connections yourself having an elbow to go into the box. Make the smoke fire in the boiler, the smoke will pass into the box and, on a small scale, one will have a first class smoke house. As little heat is required to make and keep up the fire sufficient to give the desired amount of smoke, there is no danger of the wash boiler being too frail for the purpose. The illustration shows the plan perfectly, the details of the piping being shown in the lower part of the cut.

From Grave to Gay. P. F. Rothenel, counsel for the Lake Superior corporation, as the reorganized Consolidated Lake Superior is called, was complimented the other day on the excellent year that the concern has had. "Yes, the company has gotten quickly on its feet," he replied. "It has recovered quickly. It was not badly hurt, after all. And this it resembles a widow of whom I heard recently. "This lady's husband died, and, a day or two after the funeral, a neighbor called to extend her condolences. She expected to find the widow frantic with grief. She found her at the piano, singing a gay song. And, astonished at so quick a recovery, the visitor said: "Well, well, I expected to see you in the deepest distress. "Ah," said the widow, pathetically, 'you should have seen me yesterday.'"

## AILING WOMEN.

Keep the Kidneys Well and the Kidneys Will Keep You Well. Sick, suffering, languid women are learning the true cause of bad backs and how to cure them. Mrs. W. G. Davis, of Groesbeck, Texas, says: "Backaches hurt me so I could hardly stand. Spells of dizziness and sick headaches were frequent and the action of the kidneys was irregular. Soon after I began taking Doan's Kidney Pills I passed several gravel stones. I got well and the trouble has not returned. My back is good and strong and my general health better."

Location Still Unknown. From the Chicago Tribune. Noah Pentz—I beg pardon, but where have I seen you before? "Oh, yes, he can, in the way I like best. He is very good at dancing attendance." We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. J. C. KENNEDY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by him.

Her Slave. From the Philadelphia Ledger. "Why do you always have him to escort you to dances? He can't dance." "Oh, yes, he can, in the way I like best. He is very good at dancing attendance."

A GUARANTEED CURE FOR PILES. Itching, Blind, Bleeding Protruding Piles. Druggists are authorized to refund money if PAIN EXISTENT fails to cure in 6 to 14 days. 50c.

Her Slave. From the Philadelphia Ledger. "Why do you always have him to escort you to dances? He can't dance." "Oh, yes, he can, in the way I like best. He is very good at dancing attendance."

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. J. C. KENNEDY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by him.

A Day to Remember. Translated for Tales from Meggendorfer Blatter. Sweet Young Thing—Oh, this has been a wonderful day—my 16th birthday! I've had my first kiss from Arthur and my last box on the ears from mamma!

Disappointed in Love. From the Dallas News. Simpson—Billings looks awfully troubled; what's his him. Simpson—He's been disappointed in love. Simpson—Girl jilted him, eh? Simpson—No; she married him.

It is wrong for you to suffer from Constipation, Bowel and Stomach Trouble when there is a positive, natural and harmless cure—MULL'S GRAPE TONIC. Have you noticed the large number of Typhoid Fever cases lately? Typhoid Fever, Malarial Fever, Appendicitis, Impure Blood, Pimples, Sick Headaches, Skin Disease, Piles, Female Troubles, Stomach Troubles, Heart Troubles, etc., are the result of Constipation. There is a remedy how to be had that cures these troubles absolutely. A full sized bottle is furnished you free to prove it. Remember we give only one bottle to each family. If your druggist fails to supply you with Mull's Grape Tonic send us this coupon together with name and address of the druggist and we will mail you a bottle. Try all the druggists before you write us as the bottle he is authorized to give you for this coupon is three times as large as the one we are allowed to send by mail. The following coupon will not be honored unless it is cut out of the paper in one piece including the Patient's coupon, Retail Druggist's coupon and Wholesale or Jobber's coupon, they must not be separated. CUT OUT THIS COUPON, SIGN AND TAKE IT TO YOUR DRUGGIST WHO IS AUTHORIZED TO GIVE YOU A FREE 2c. BOTTLE FOR IT. I hereby certify that I have never taken Mull's Grape Tonic, that I will apply for only one free bottle, that I will not sell or give it away and that I will take it myself for Constipation, Bowel and Stomach Trouble as soon as I obtain it. Patient sign your name here very plainly. Write your full address here very plainly. NONE BUT THE RETAIL DRUGGIST MUST SIGN THIS: TO THE RETAIL DRUGGIST: This coupon void unless you sign your name and address on the line below. Send this full coupon to the jobber of whom you purchased this remedy, and he will give you 35 cents in cash or trade for each coupon, properly signed, which you send him. All jobbers have the 35c. and \$1.00 sizes. The \$1.00 bottle contains nearly 6 times the 35c size and 4 times the 50c size. Retail Druggist, sign your name here. Your address here. NO ONE BUT THE WHOLESALE DRUGGIST MUST SIGN THIS: TO THE JOBBER: You will please accept this coupon if the same is properly signed, and give to the retailer buying the remedy from you, 35 cents in cash or trade for same. This coupon void unless you sign your firm name and address. Forward all coupons to us, and we will remit you 35 cents for each coupon properly signed by the consumer, retailer and yourself. Jobber, sign your name here. Address here. Cut out the above three coupons in one piece. Do not separate. MULL'S GRAPE TONIC CO., Makers, No. 21 Third Ave., Rock Island, Ill.

PRICE, 25 Cts ANTI-GRIPINE IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA. I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE! F. W. Diemer, M.D., Manufacturer, Springfield, Mo. Sale Ten Million Boxes a Year. THE FAMILY'S FAVORITE MEDICINE. Cascarets CANDY CATHARTIC THEY WORK WHILE YOU SLEEP. 10c, 25c, 50c. BEST FOR THE BOWELS. All Druggists.

ROSEINE This name stands for the best kerosene made in the world. A rare Pennsylvania product. No oil "just as good." Try a gallon. It's the kerosene you've been looking for. Marshall Oil Co., sole refiners, Marshalltown, Ia., Lincoln, Neb. When writing to advertisers, please say you saw their "ad" in this paper. SIOUX CITY P'TG CO., 1,116-50, 1905.

THE ONLY ONE There is only One Genuine-Syrup of Figs, The Genuine is Manufactured by the California Fig Syrup Co. The full name of the company, California Fig Syrup Co., is printed on the front of every package of the genuine. The Genuine-Syrup of Figs- is for Sale, in Original Packages Only, by Reliable Druggists Everywhere. Knowing the above will enable one to avoid the fraudulent imitations made by piratical concerns and sometimes offered by unreliable dealers. The imitations are known to act injuriously and should therefore be declined. Buy the genuine always if you wish to get its beneficial effects. It cleanses the system gently yet effectually, dispels colds and headaches when bilious or constipated, prevents fevers and acts best on the kidneys, liver, stomach and bowels, when a laxative remedy is needed by men, women or children. Many millions know of its beneficial effects from actual use and of their own personal knowledge. It is the laxative remedy of the well-informed. Always buy the Genuine-Syrup of Figs MANUFACTURED BY THE CALIFORNIA FIG SYRUP CO. Louisville, Ky. San Francisco, Cal. New York, N.Y. PRICE FIFTY CENTS PER BOTTLE