

# Nervous Women

Their Sufferings Are Usually Due to Female Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Can we dispute the well-known fact that American women are nervous? How often do we hear the expression, "I am so nervous, it seems as if I should fly," or, "Don't speak to me." Little things annoy you and make you irritable; you are unable to sleep, you are unable to perform your daily tasks or care for your children.

The relation of the nerves and generative organs in woman is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability; spirits easily affected, so that one minute she laughs, the next minute weeps; pain in the abdominal region and between the shoulders; a tendency to cry at the least provocation—all these point to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes: "I cannot express the wonderful relief I have experienced by taking Lydia E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, backache, headache, loss of appetite, could not sleep and would walk the floor almost every night.

"I had three doctors and got no better, and life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wonders for me. "I am a well woman, my nervousness is all gone and my friends say I look ten years younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick, weak and discouraged, exhausted each day, when you can be as easily cured as other women.

## NOT YOUR HEART

If you think you have heart disease you are only one of a countless number that are deceived by indigestion into believing the heart is affected.

## Lane's Family Medicine

The tonic-laxative, will get your stomach back into good condition, and then the chances are ten to one that you will have no more symptoms of heart disease.

Sold by all dealers at 25c. and 50c.

## 25 Bushels of Wheat to the Acre

means a productive capacity in dollars of Over \$16 Per Acre

This on land, which has cost the farmer nothing but the price of tilling it, tells its own story. The Canadian Government gives Absolutely Free to Every Settler 160 Acres of Such Land

Lands adjoining can be purchased at from \$5 to \$10 per acre from railroad and other corporations. Already 175,000 farmers from the United States have made their homes in Canada. For pamphlet "Fertile Century Canada" and all information apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. F. Holman, 210 Jackson St., St. Paul, Minn., or to M. J. McLaughlin, Box 118 Waterbury, South Dakota, and W. V. Bennett, 611 New York Life Building, Omaha, Neb., Authorized Government Agents.

## SICK HEADACHE

Effectively cured by Carter's Little Liver Pills. They also relieve Indigestion from Dyspepsia, Indigestion and Too Heavy Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

## MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

A Certain Cure for Feverishness, Stomach Troubles, Teething Disorders, and Diarrhoea. It soothes the inflamed membrane of the throat in 15 minutes. At all Druggists. Sole Manufacturer—A. S. OLMSTED, La. Roy, N. Y.

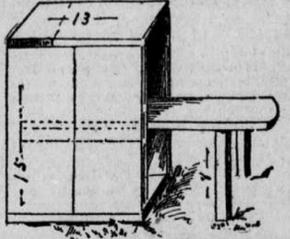
## GREGORY'S SEEDS

For sowing—sow early and late. Write for our new catalogue. J. H. Gregory & Co., 100 Broadway, N. Y.

# PRACTICAL FARM NOTES

## AN IDEAL MILKING STOOL

The milking stool on the average farm is of little value; usually it is an affair with one leg upon which the milker balances himself so that he can fall readily carrying the pail of milk with him, should the cow move quickly. A stool that will not tip over is readily made of a small box that is strong. The box should be about 15 inches high unless the cow is a short one in which case the box can be three inches lower. It should be from twelve to fourteen inches square to form a comfortable seat. Nail two cleats on the inside of the



box exactly eight inches from the bottom, then fit a bench or shelf on these cleats with one end extending out the sufficient length and held in place with two legs. On this the pail is set while the milker occupies the top of the box and straddles the pail. This appliance is readily made, is firm on the floor and except in unusual cases, the cow would be likely to upset either pail or milker. The illustration shows the affair very plainly.

## CARING FOR THE PIG PEN

The man who cleans his pig pens once a year, and that when the health officials make him do it, is the man whose pigs have cholera and all other troubles to which swine are heirs. The man who would make profit from swine cleans his pens daily of the bulk of the filth which has accumulated, just as he cleans his horse or cow stables; then, at least once a month he goes at the job thoroughly and uses plenty of lime and carbolic acid. If the swine get lousy or mangy a wash made of one-third kerosene emulsion and two-thirds water is used briskly with a hand broom. For the comfort of the animal the bed is always abundant, the straw used is bright and clean and dry so that even on cold nights the animals are reasonably warm. The feed given at night should be of a warming nature, during the winter, and in considerable quantity so the animals will not get hungry too soon. Roots should be given daily for the benefit of the digestive organs and anything in the way of hay that is given them should be moistened with hot water and given them as warm as they will eat it. All of this will benefit them immensely.

## GIVING MEDICINE TO HORSES

Many farmers are constantly dosing their horses for fear they may be ill sometime which is, of course, foolishness. There are times when horses need medicines and at such times the animals should receive the best of care. If possible they should be taken from the stall usually occupied and placed in roomy box stall so that they may lie down in comfort if they wish. The food should be light, rather loosening on the bowels in its general effect and there should be plenty of bedding and the animal should have frequent drinks of clean fresh water. If a liquid medicine is to be given, do not follow the usual plan of pouring it out of a bottle down the throat of the animal but get a piece of garden hose fourteen or fifteen inches long and a bottle with a neck so that the hose will fit over it nicely. Then run the hose down the throat of the horse, attach the bottle and pour away. There will be no danger, in this plan, of the horse breaking the bottle and getting it into his throat nor of knocking it out of one's hand. After giving medicine to a horse turn him into a clean stall with just a little nice hay for him to munch, if he will, and the dose is over.

## WATCH THE POULTRY CLOSELY

Once more the advice is given to be very careful in the selection of the breeding stock. The only way in which this can be safely done is to know what the birds have done in the way of laying and to know something, if possible, of their ancestors. Many of the pests are carefully brought to laying time, may have proved, if watched, to be of little value as layers and they should be marketed at once so as to get rid of the expense of feeding them. To a certain extent the same is true with the old hens lay it is often found that an old hen will stop laying until mid-summer. If the hen is a year or more old and stops laying for a month in mid-winter one can safely calculate that her usefulness is past. If she gets broody use her as an incubator; if not, get her to the market as soon as she can be properly fattened. The birds that are being pushed with an idea to mating them for breeding purposes ought to be well fed but not so much that they will be likely to stop laying. Above all things see that the feed given them is in considerable variety and that they have plenty of opportunity to exercise.

## PLANNING EXPERIMENT PLOT

The writer is in receipt of many letters thanking him for so constantly urging on farmers and gardeners and fruit growers the starting of a plot on which to experiment with new varieties and with fertilizers. Under such conditions the liberty is taken of agitating the subject again. The assertion is made without fear of contradiction that if farmers would adopt this experiment plot plan they would save large sums now wasted. The idea is to take a plot of ground average in character and richness and fertilize it as one would a strip on which any crop was to be grown. Then buy a few of the new varieties of fruits, vegetables, grains or grasses in which one is interested and test them one or more years on this plot. Many of them will prove utterly worthless the first year while others will require two or even three seasons' test to prove that a new sort is thoroughly fit for the soil. The beauty of the plan is that if any of the new sorts are of value with you one is in a position to plant largely as soon as the seeds or plants are sold at a moderate price which is usually after the second year. In no other way can one test a new sort so thoroughly for there is no guess work about it; you know just what it will do under normal conditions on your own soil. In most cases the crop from the experiment plot will be sufficient to warrant the expense of time, seeds or plants and labor so that it is a profitable operation in more ways than one.

## BROADENING FARM OPERATIONS

The writer is known as an old time farmer; that is, one who learned his early

## lessons in agriculture by the hardest and

who formerly worked along the lines of his father and grandfather before him. For twenty years farming was carried on in this way and the results were a good living. One day while attending a matter of legal business in a town where a farmers' institute was held, I wandered into the hall and sat spell-bound at what I heard. I got new ideas of farming and the following winter (the month I was forty-two years old) I took a short course in agriculture at the state college. From then on I grew fast. I learned to broaden out; to make my brains take the place of my hands, to some extent; to realize that what farmers I could use soil in connection to grow the heaviest crops possible; to make horses and tools do the work men would do; to do a hundred other things which years before I would have considered fool hardy. Farmers are working along too narrow lines; they fear to broaden out and they may well fear unless they are willing to acquire the knowledge first which will enable them to carry out successfully the larger plans. One of the ways in which I learned wisdom was to spend a portion of the winter months in traveling and calling on all the very successful farmers I could find. In one case one day I found a successful farmer who was not only willing but glad to tell me how he succeeded with the crops in which I was interested; thus I acquired an immense amount of information which was put to good use when I returned home. Farmers need to know about such things as they are willing to learn more with those who have been successful they would broaden out and reap the reward which comes from intelligent effort applied on a broad scale.

## INGREDIENTS IN SPRAYING MATERIALS

While there is no direct proof that any of the materials used in Bordeaux mixture and other insecticides are adulterated, it is known as we do, the tendency to adulterate many of the commercial commodities of the age. Copper sulphate enters largely into the composition of nearly all spraying materials and it is always safest to buy it in lump form. It is not quite so convenient to use in this way as the pulverized form, but, at least, it cannot be adulterated. One of the troubles in successfully spraying is the poor material and this combined with too much haste often upsets the while effectiveness of the job. If spraying is worth doing at all it is worth doing well and to do it well the tree must be entirely covered with it in the form of a fine spray. To do this requires time, but when it is properly done it is certainly a most profitable operation.

## THE GRIT AND LIME BOX

The box filled with grit, sharp pieces of stone or crockery or coal ash for the use of poultry to assist them in grinding their food is very necessary, but this material will not take the place of the shells and other material with lime in them which the hens need to form the egg shells. It is an excellent plan to mix the bits of oyster or clam shells with the grit so that the birds may pick out whichever they need. Clever hay also furnishes considerable lime to the poultry which will help them in the shell making process, but it is not wise to depend upon this. It is generally considered by poultrymen that the best shell-making material is the oyster shell and this is obtainable nearly everywhere in towns and cities so that one can have at least a small supply on hand at all times.

## WATER FOR THE COWS

When it is considered that the cow in normal condition needs from six to eight gallons of water daily to enable her to properly discharge the functions of her body it is not plain that every effort should be made to get her the best of the very best quality and given in such a way that the cow can get all she needs? Pure fresh water is as essential to the cow as to the human being and, at this season, when the cow has little in the way of food that is succulent there is all the more reason why the water should be pure and the temperature which she can drink. Here is where that simple fire pot set near the barn but well protected so that there is no danger of fire, will come in handy. A few blocks of wood will heat enough water to take the chill off of all the water the cows will need at one time. The plan is well worth trying just to see the increase in the milk supply.

## LEGUMES AND STOCK

Recognizing as we must the value of nitrogen to the soil and appreciating the expense of it in chemical form it would seem as if the sooner we formed a combination of live stock (for the manure) and the growing of nitrogen-gathering plants the sooner we would bring up the farm on a small expense. Legumes are readily grown with the possible exception of crimson clover on some soils, and if we learn to feed the cows for the best milk returns and to properly save the manure so that the valuable liquid portion gets onto the land in some way, we are in the right road toward increased prosperity in farming.

## BRACING A POST

Oftentimes it is necessary or politic to curve the farm fence at a certain point and those who have built such fences appreciate the difficulty of setting the post at the sharpest point of the curve. It will not pull over. Any of the ordinary methods of bracing do not seem to answer the purpose. An excellent brace may be made by the following plan. Place the post in position, then dig a hole two feet deep around about six feet from the post. Obtain a heavy stone and fasten a stout



piece of wire to it, long enough to reach to the post and wrap around it two or three times. Then bury the stone in the hole covering it with the soil and tramping the soil down tightly. The other end of the wire is then wrapped about the post tightly and held in position with staples. It should be drawn taut. It will not be possible for the post to draw away from this brace under any ordinary conditions. The illustration shows how simple the plan is.

# Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated long before any benefit can be realized. Their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating action upon the stomach and liver. These are: Golden Seal root, Queen's root, Stone root, Bloodroot, Mandrake root. Then there is Black Cherrybark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, indigestion, and thin blood, the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy. Although some physicians have been averse to the high medicinal value of the above mentioned plants, yet few have used pure glycerine as a solvent and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

## Golden Medical Discovery

is a scientific preparation compounded of the glyceric extracts of the above mentioned vegetable ingredients and contains no alcohol or harmful habit-forming drugs.

## What Ailed the Senator

From the Cleveland Plain Dealer. The senator approached the lowing landlord. "I want a larger room," he said, "and I want it in a part of the house where I won't be disturbed, as I may have to walk the floor a good deal nights and occasionally I'm likely to kick over a chair or two."

"And may I ask what causes this violent agitation?" the landlord politely inquired.

"I'm trying to think up things to do to Roosevelt," the senator snarled.

## To Color Woolen Goods Black

An old and reliable way to color black is to thoroughly saturate a pound of logwood in three gallons of warm water; add 2 ozs. blue vitriol and 1 oz. copperas. Wet the goods well, then put into the dye and let simmer, stirring often, until dark enough. Wash two or three times in a strong suds of Ivory Soap. Rinse and press while damp.

ELEANOR R. PARKER.

## The Scheme Did Not Work

From the Kansas City Star. The dignified gentleman with a buckskin gloves saw a pin lying on the pavement. He stooped to pick it up without removing his gloves. The first grab assayed about three grains of dust, but the dignified gentleman persisted. A bookbinder, a newsboy and two loiterers stopped to see the performance and with this nucleus the crowd gathered rapidly and began offering advice.

"Good for you, old boy!"

"Now you've got it!"

"Somebody get him a spade!"

"I say, ain't you afraid of apoplexy?"

"Stick to it," called a voice with a suspicious intonation of insincerity. Then the pin was picked up and the dignified man drew a small box from his waistcoat pocket, opened it and exclaimed:

"Well, my friend, 'stick to it' has always been my motto and you will find it down to each and every bottle of this justly celebrated muclage, which I am offering at the small price of five cents a bottle. It—"

But the crowd had melted away, with the exception of the man who had spoken the "cue."

## RAISED FROM A DEATH-BED

Mr. Pitts, Once Pronounced Incurable, Has Been Well Three Years. E. E. Pitts, 60 Hathaway street, Skowhegan, Me., says: "Seven years ago my back ached and I was so run down that I was laid up four months. I had night sweats and fainting spells and dropped to ninety pounds. The urine passed every few minutes with intense pain and looked like blood. Dropsy set in and the doctors decided I could not live. My wife got me using Doan's Kidney Pills, and as they helped me I took heart, kept on and was cured so thoroughly that I've been well three years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

## A Practical Joke

From the New York Weekly. "Tramp—You gave me a counterfeit five-dollar bill a few months ago. Practical Joker—He! he! he! he! he! Found it, out, eh?"

"Yes, sir; and, on my information, an officer is now looking for you. Gimme five dollars in good money, and I'll throw 'em off the track. Thanks. Ta, ta!"

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, produced incurable cases. Science has discovered catarrh to be a constitutional disease and therefore requires constitutional treatment. F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. The offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc.

## Take Hall's Family Pills for constipation.

Appropos of a Drink. From the Princeton Tiger. Boggs—How has the world been treating you? Hogg—Not often enough, old man.

## PUTNAM FADELESS DYES

Color more vibrant and longer lasting than any other dye. One 10c package colors all fibers. They do not fade under any conditions. Non-toxic. Write for our new color fastness test. Write for our new color fastness test. Write for our new color fastness test.

# The Father of Emperors.

From the London Mail. An anecdote, hitherto unpublished, concerning Archduke Francis Charles, father of the emperor of Austria, appears in a new book written by a retired diplomat, says our Vienna correspondent. During a walk alone in the Styrian hills the archduke got into conversation with a talkative farmer, who, after giving a good deal of information about his own family, suddenly asked the archduke: "What's your father?" "Emperor," was the answer. "Look here," said the farmer, "if you want to be funny don't you shout. There are gendarmes about, and you might easily get run in for lese majeste! I dare say you've a brother. What's he?" "Oh, he's an emperor, too."

"Well, you're funny chap," said the farmer, laughing heartily. "Have you any children?" "Yes, thank God; there's my boy, Francis Joseph."

"What's he?" "Emperor," roared the farmer, digging the father of emperors in the ribs. "Have you any more sons of that sort?" "Yes, a second called Max."

"Isn't he an emperor?" "Yes, he is also an emperor."

After relieving his feelings by giving a "wild" in the air the farmer clapped the archduke on the shoulder and said: "Look here, old friend. The next time you're passing Mariasell asylum drop in and see if there happens to be a place vacant."

## A GUARANTEED CURE FOR PILES

Itching, Blind, Bleeding Protruding Piles. Druggists are authorized to refund money if PAZO OINTMENT fails to cure in 6 to 14 days. 50c.

## True—True.

"Secret marriages are no good. You can't possibly conceal them very long." "Oh, I don't know."

"No, you don't. As soon as a divorce is applied for its all bound to come out."

## You Can Get Allen's Foot-Ease FREE!

Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, hot, swollen, itching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Druggists and Shoe stores sell it. 25c.

## He Didn't Go Up.

H. A. Buck was calling on Professor Jenks of Cornell at the St. Francis hotel the other day. They were exchanging raillery and beclouing the ambient atmosphere with much smoke when a brass-buttoned bellboy cut short their banter by handing the Cornell professor a card.

"Fardon me for a moment, Harry," said Professor Jenks, as he proceeded to read an inscription on the card. It read:

"Some years ago, on the occasion of a visit to Alaska, I enjoyed the pleasure of meeting your father, and I would be deeply indebted to the privilege of your shaking hands with his son."

"About 30, sir," said the bellboy.

A thought clouded the brow of President Roosevelt's representative for a moment. Then he wrote something on the back of the card and handed it back to the bellboy. The something on the back of the card read:

"My father died thirty-seven years ago. If you have any other good reason for wishing to see me I should be pleased to have you come up."

## HELP WANTED

Callifornia, the land of sunshine, has need for thousands of men and women from the over-crowded East. For reliable information regarding opportunities for employment, please send 1c. California Institute, box 150, Los Angeles, Calif.

SIoux CITY P'T'G CO., 1,125—8, 1908

# TWITCHING NERVES

A Serious Hereditary Trouble Cured By Dr. Williams' Pink Pills.

Sufferers from ailments that have afflicted in regular succession one generation after another of their family are, as a rule, inclined to submit to them as inevitable. The case which follows proves that such hereditary difficulties are not beyond the reach of curative forces and should inspire hopefulness and a readiness to try remedies that have effected signal cures, such as that which is here given.

Mrs. Elizabeth Rannels, of No. 408 East Seventh street, Newton, Kansas, gives the following account of her ailment and her cure:

"For two years I suffered from a trying nervousness in my lower limbs from my knees down, as my mother and my grandmother had suffered before me. The situation was for many years accepted as unavoidable because hereditary. But about two years ago, when my son was realizing benefit from the use of Dr. Williams' Pink Pills, I thought there might possibly be some good in them for me. My trouble had then become so serious as to make it difficult for me to sleep. I often had to walk the floor in restlessness the whole night. After taking some six boxes the twitching disappeared and I ceased to use the remedy. I evidently stopped a little too soon for nervousness came back after a month or so and I used the pills again for a short time. Relief came at once and since I stopped using them the second time I have been free from any return of the twitchings or from any interference with my sleep."

Dr. Williams' Pink Pills have cured the worst cases of bloodlessness, indigestion, influenza, headache, lumbago, sciatica, neuralgia, nervousness, spinal weakness and the special ailments of girls and women. For further information, address the Dr. Williams Medicine Co., Schenectady, N. Y.

## A Positive CATARRH CURE

Ely's Cream Balm is quickly absorbed. Gives Relief at Once.

It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts., at Druggists or by mail. Trial Size 10 cts. by mail. Ely Brothers, 56 Warren Street, New York.

## That Delightful Aid to Health

# Paxtine

## Toilet Antiseptic

Whitens the teeth—purifies mouth and breath—cures nasal catarrh, sore throat, sore eyes, and by direct application cures all inflamed, ulcerated and catarrhal conditions caused by feminine ills.

Paxtine possesses extraordinary cleansing, healing and germicidal qualities unlike anything else. At all druggists. 50 cents.

LARGE TRIAL PACKAGE FREE

The R. Paxton Co., Boston, Mass.

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