MIDDLE LIFE

A Time When Women Are Susceptible to Many Dread Diseases—Intelligent Women Prepare for it. Two Relate their Experiences.

The "change of life" is the most critical period of a woman's existence, and the anxiety felt by women as it draws near is not without reason.

Every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition, or she is predisposed to apoplexy, or congestion of any organ, the tendency is at this period likely to become active—and with a host of nervous irritations make life a burden. At this time, also, cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound was prepared to meet the needs of woman's system at this trying period of her life. It invigorates and strengthens the female organism and builds up the weakened nervous system.

For special advice regarding this important period women are invited to write to Mrs. Pinkham at Lynn, Mass., and it will be furnished absolutely free of charge. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant before her decease, and for twenty-five years since her advice has been freely given to sick women.

Read what Lydia E. Pinkham's Compound did for Mrs. Hyland and Mrs. Hinkle:

Dear Mrs. Pinkham:—

"I had been suffering with displacement of the organs for years and was passing through the change of life. My abdomen was badly swollen; my stomach was sore; I had dizzy spells, sick headaches, and was very nervous.

"I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me and I have passed safely through the change of life, a well woman. I am recommending your medicine to all my friends."—Mrs. Annie E. G. Hyland, Chestertown, Md.

Another Woman's Case

"During change of life words cannot express what I suffered. My physician said I had a cancerous condition of the female organs. One day I read some of the testimonials of women who had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it and to write you for advice. Your medicine made me a well woman, and all my bad symptoms soon disappeared.

"I advise every woman at this period of life to take your medicine and write you for advice."—Mrs. Lizzie Hinkle, Salem, Ind.

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Hyland and Mrs. Hinkle it will do for other women at this time of life.

It has conquered pain, restored health, and prolonged life in cases that utterly baffled physicians.

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

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

MIXED FARMING
160 ACRES FREE FARMS IN WESTERN CANADA
WHEAT
RAISING
RANCHING

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 harvests."—Extract.

Coal, wood, water, hay in abundance; schools, churches, markets convenient. THIS IS THE ERA OF $1.00 WHEAT. Apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. T. Holmes, 815 Jackson St., St. Paul, Minn.; J. M. MacLachlan, Box 116 Watertown, South Dakota, and W. V. Bennett, 801 New York Life Building, Omaha, Neb., Authorized Government Agents.

Please say where you saw this advertisement.

THE SIGN OF THE FISH
TOWER'S FISH BRAND
has stood for the BEST during seventy years of increasing sales.
Remember this when you want waterproof oiled coats, suits, hats, or horse goods for all kinds of wet work.
WE GUARANTEE EVERY GARMENT. 416
A. J. TOWER CO. BOSTON, MASS. U.S.A.
TOWER CANADIAN CO. Limited TORONTO, CAN.

A Positive CURE FOR CATARRH
Ely's Cream Balm is quickly absorbed. Gives Relief at Once.
ELY'S CREAM BALM CURES COLD IN HEAD. CATARRH, HAY-FEVER, HEADACHE, DEAFNESS. 50 CTS. ELY BROS. NEW YORK
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.

SIOUX CITY P'T'G CO., 1,131, 13.—1906

CASH for your property, no matter where located or what kind. Have large list of buyers. If you want quick sale send description and price today. Bank references furnished on request. American Business Agency, Lincoln, Neb.

Collier's Weekly Sued by the W. T. Hanson Company.

Papers have been filed in Schenectady in an action for $100,000 damages for alleged libel, brought by the W. T. Hanson Company, manufacturers of Dr. Williams' Pink Pills, against Collier's Weekly, for alleged false statements regarding the company and its preparation. The suit is the result of the attacks made by Collier's on the patent medicine business and is similar in many respects to that of Dr. Pierce, of Buffalo, against the Ladies' Home Journal, in which the doctor was awarded heavy damages.

The National Flower.

From the New York Weekly.

Foreign Visitor—"What is your national flower?"

Minneapolis Belle—"Wheat."

For Rent—Several grain and stock farms. John Mulhall, 306½ Pierce street. Telephone 592, Sioux City, Ia.

SAVE THIS.

Usual Distance for Planting Vegetables.

Asparagus, rows 3 to 4 feet apart, 1 to 2 feet apart in rows.
Beans, bush, 2 to 3 feet apart, 1 foot apart in rows.
Beans, pole, 3 to 4 feet each way.
Beets, early, in drills, 12 to 18 inches apart.
Beets, late, in drills 2 to 3 feet apart.
Cabbage, early, 16x28 inches to 18x30 inches.
Cabbage, late, 2x3 feet to 2½ to 3½ feet.
Carrots, in drills, 1 to 2 feet apart.
Cauliflower, 2x2 feet to 2x3 feet.
Celery, rows 3 to 4 feet apart, 6 to 9 inches in row.
Corn, sweet, rows 3 to 3½ feet apart, 9 inches to 2 feet in rows.
Cucumber, 4 to 5 feet each way.
Egg-plant, 3x3 feet.
Lettuce, 1x1½ feet or 2 feet.
Melon, musk, 5 to 6 feet each way.
Melon, water, 7 to 8 feet each way.
Onions, in drills from 14 to 20 inches apart.
Parsnips, in drills 18 inches to 3 feet apart.
Peas, in drills, early kinds, usually in double rows from 6 to 9 inches apart; late, in single rows 2 to 3 feet apart.
Pepper, 15 to 18 inches x 2 to 2½ feet.
Potatoes, 10 to 18 inches x 2½ to 3 feet.
Pumpkins, 8 to 10 feet each way.
Radish, in drills 10 to 18 inches apart.
Rhubarb, 2 to 4 feet x 4 feet.
Salsify, in drills 1½ to 2 feet apart.
Spinach, in drills 12 to 18 inches apart.
Squash, 3 to 4 feet x 4 feet.
Sweet potatoes, 2 feet x 3 to 4 feet.
Tomato, 4 feet x 4 to 5 feet.
Turnip, in drills 1½ to 2½ feet apart.

A Fateful Title.

From the New York Weekly.

Theatrical Manager—to applicant for position—"Do you think you would make a good walking gentleman?"

Actor—suspiciously—"Um—er—how far west are you going?"

Homely Wit.

A magazine editor was praising sadly William Sharp, recently deceased in Sicily, who achieved no little fame as a poet, under the pen name of Fiona McLeod.

"Sharp," he said, "wrote melancholy, dreamy things, but he was personally a cherry, vigorous soul. No one liked a joke better than he.

"He was one day praising the real literary talent that humble, uneducated people often show in conversation.

"He said that, in Londonderry one afternoon, he was seated in a barber shop when a farmer entered to get his hair cut.

"The farmer's locks had an odd, ragged look, and the barber, after regarding them scornfully, said:

"'Who cut your hair last, old man?'

"'My wife,' the farmer answered, with an awkward smile.

"The barber snorted.

"'What did she do it with?' he asked. 'A knife and fork?'"

Necessary Protection.

"Good land, Herbert! What are you putting your rubbers on for? You said you were going to stay home this evening."

"So I am. I'm going to sit down and read this new society novel you've been raving about."

"But what——"

"Why, I always put my rubbers on when I expect to wade through a lot of slush."

DISFIGURED WITH ECZEMA.

Brushed Scales from Face Like Powder—Worse Under Physicians—Cuticura Works Wonders.

"I suffered with eczema six months. I had tried three doctors, but did not get any better. It was on my body and on my feet so thick that I could hardly put a pin on me without touching eczema. My face was covered, my eyebrows came out, and then it got in my eye. I then went to another doctor. He asked me what I was taking for it, and I told him Cuticura. He said that was a very good thing, but that he thought my face would be marked for life. But Cuticura did its work, and my face is now just as clear as it ever was. I told all my friends about my remarkable cure. I feel so thankful I want everybody far and wide to know what Cuticura can do. It is a sure cure for eczema. Mrs. Emma White, 641 Cherrier Place, Camden, N. J., April 25, 1905."

Still Another.

From the Philadelphia Press.

"Some people are the worst rubbernecks," Pepprey was growling.

"What's the matter now?" asked Saphead.

"Oh, some fellows are never satisfied to know that things are thus or so; they always want to know the why and wherefore of it."

"That's true! I wonder why it is."

Worth Knowing

—that Allcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

Women Use Safety Razor.

From the Minneapolis Journal.

"Well, she's the pioneer in a new line of trade for us, certainly she is," said the drug store proprietor after the door closed behind a stunning brunette.

"I never though of it before. The safety razor should certainly be a godsend, a perfect treasure, to the fair ones with a tendency to superfluous hair on the face. Without doubt she will tell some one else in confidence and the sale of these razors will go on. I ought to have given her that razor for nothing, because she will prove to be the vanguard of a host of women customers when she finds how smoothly the thing works.

"You know, the feminines are all afraid of the strop and the shining steel, and they couldn't keep an edge up at all. The safety solves the question. Gee, what a great thought." And the drug man saw himself the Columbus of a new idea.

According to the drug man it is a common thing for women of the middle class to buy lather cups and brushes and razor strops for their husbands. They are accustomed to shopping for men and therefore the safety razors can be bought without any comment being passed, or any unfortunate hazards ventured as to what use the instrument is really intended.

"Formerly, you know," said the drug proprietor, "it was a mark of beauty for a woman to have a faint dark line on her upper lip and down her oval cheeks, but that day has passed. The main care now is to get rid of the hirsute growth without leaving any traces. A woman wielding a flat razor would be a curiosity. A caseknife would be as effective and not half as dangerous.

"Secrecy is the main thing, and they hate to go even to a dermatologist for removal of the incipient beard. It is a family secret, a skeleton in the closet."

FOOD HELPS

In Management of a R. R.

Speaking of food a railroad man says:

"My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food.

"For seven years I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so muddy and foggy that it was hard for me to discharge my duties properly.

"This lasted till about a year ago, when my attention was called to Grape-Nuts food by a newspaper ad. and I concluded to try it. Since then I have used Grape-Nuts at nearly every meal and sometimes between meals. We railroad men have little chance to prepare our food in our cabooses and I find Grape-Nuts mighty handy for it is ready cooked.

"To make a long story short, Grape-Nuts has made a new man of me. I have no more burning distress in my stomach, nor any other symptom of indigestion. I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book "The Road to Wellville," in pkgs

GET RID OF THE GAS

Dr. Williams' Pink Pills Strengthen the Stomach and Enable It to Do Its Work.

When the stomach is feeble the food lies in it undigested, decays and throws off poisonous gases that distend the walls of the stomach and cause interference with other organs, especially with the action of the heart and lungs. These gases have other ill effects. The nerves and the brain are disturbed and discomforts such as dizziness, hot flashes, sleeplessness, irritableness and despondency originate from this source.

Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words, it needs a tonic that will rouse it to do the work of changing the food into nourishment.

Miss Minerva C. Ladd, of Ipswich, Mass., says: "I had a weak stomach from the time I was a little child. Whenever I took hearty food it would cause terrible faintness, and I would finally vomit what I had eaten. At times there would be the most intense pains through the upper part of my body. For days in succession, I would have to lie down most of the time. The distress was often so great that I could hardly bear it, and the frequent and violent belching spells were very disagreeable, too.

"My doctor's medicines gave me little relief and it was not until I tried Dr. Williams' Pink Pills that I found a cure. Within three weeks a decided improvement was noticeable. The belching spells were less frequent, the pains through my body were not so intense, my food was retained and after taking the pills for a few weeks longer I found that I was altogether free from the miseries I had so long suffered."

Every dyspeptic should read "What to Eat and How to Eat." Write the Dr. Williams Medicine Co., Schenectady, N. Y., for a free copy.

Uses of Matrimony.

From the New York Weekly.

Guest—of an evening—"Well, it is getting late, and, as your wife has excused herself, I think I ought to tear myself away."

Host—"Oh, don't hurry. I shan't go upstairs for an hour yet."

"You will not?"

"Oh, no. After my wife retires, I always allow plenty of time for the bed to get warm."

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free. F. J. CHENEY & CO., Props., Toledo, O.

Sold by Druggists, price 75c.

Take Hall's Family Pills for constipation.

Wasted Sarcasm.

The New York man had business which detained him a few days in a small town, and finding himself in need of new insoles, he sought the rural shop.

"I wish the buy a pair of insoles for No. 8 AA shoes," he said to the clerk, and flattered himself that he had stated his needs succinctly.

The clerk contemplated him with the mild gaze of the provincial, and asked: "Do you wish to wear them in your shoes?"

"No," said the New York man with guarded thoughtfulness, "I was thinking of having a filet of sole for my luncheon."

And when he left the shop the clerk was still batting his eyes.

The Wrong Number.

"What's this man charged with?" asked the judge.

"Bigotry, yer Honor," answered the sprouting limb of the law for the defense.

"Bigotry? Why, what's he been doing?"

"Married three women, yer Honor."

"Three! That's not bigotry; that's trigonometry."

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, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Druggists and Shoe stores sell it. 25c.

Short Kings.

There is hardly a king in Christendom today whose wife does not overtop him by a head.

The English king is quite 6 inches shorter than Queen Alexandra.

The czar, a little man, is overtopped a full head by the czarina.

Kaiser Wilhelm is of the medium height, but the German empress is tall, and that is why the proud kaiser will never consent to be photographed beside his wife unless she sits while he stands.

The king of Italy, short and squat, hardly comes up to the shoulders of the tall, athletic Queen Helena.

The king of Portugal, though fatter, is less tall than his queen.

Even the prince of Wales is shorter a good 4 inches than the princess.

And the young king of Spain is several inches shorter than his new bride.

Say Amen and Sit Down.

One afternoon a Sunday school was about to be dismissed and the youngsters were already in anticipation. They relaxed their cramped little limbs after the hours of confinement on straight backed chairs and benches. Then the superintend arose, and, instead of the usual dismissal, announced: "And now, children, let me introduce Mr. L——, who will give us a short talk."

Mr. L—— smilingly arose, and, after gazing impressively around the classroom, began: "I hardly know what to say," when the whole school was convulsed to hear a small, thin voice in the rear of the class lisp:

"Thay amen and thit down."

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES

900 DROPS
CASTORIA
A 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.
Recipe of Old Dr. SAMUEL PITCHER
Pumpkin Seed - Alx. Senna - Rochelle Salts - Anise Seed - Peppermint - Bi Carbonate Soda - Worm Seed - Clarified Sugar - Wintergreen Flavor.
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac Simile Signature of Chas. H. Fletcher.
NEW YORK.
At 6 months old 35 DOSES—35 CENTS
EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

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

PUTNAM FADELESS DYES
Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Vaiesville, Missouri