HEALTHY MATERNITY.

Two Grateful Women Tell of the Help They Have Received From Mrs. Pinkham.

The climar of life force in woman is capable motherhood. The first requisite for a good mother is good health.

Health of body means health of the generative organs. Read what Mrs. G. A. NONNAMAKER, Bluffton, Ohio, says about Lydia E. Pinkham's Vegetable Compound, and how well it prepared her for maternity:

DEAR MRS. PINKHAM:-I must say a word in praise of your Vegetable Compound. I used three bottles of it when I was pregnant, and labor was not nearly as long

again, I shall use your Compound."

address is Lynn, Mass.

St., Brooklyn, N. Y .:

great believer in your Compound. I was almost despairing of ever again being and posts g, b and f. well, as I was a great sufferer, and had been for years. I suffered from womb After the hogs have been send led and trouble, and had terrible blind fits. After writing to you I tried your Com- all the hair removed in a gampound. The result was astonishing. I have used it and advocated it ever since. brels and with the have In childbirth it is a perfect boon. I have often said that I should like to have its the scraping platfo a swing them merits thrown on the sky with a search-light, so that all women would read, and around so they can be bung upon the beconvinced that there is a remedy for their sufferings."

A Million Women have been Benefited by Mrs. Pinkham's Advice and Medicine

Eston jackets falling in short rounded tabs below the waist line or belted Day made no mention of Miss Jessle scross the back and sides with the round tab ends only in front are extremely emart this season.

The Year Round.

All the year around chronic or neglected rheumatism hangs on. It is worse in chilly, damp weather, but never so bad that St. Jacobs Oil can't promptly and effectually cure it.

Hon. A. U. Wyman Ex-Treasurer of the United States and now President of the Omaha Loan and Trust Company, one of the largest negotiators of West ern Mortgages, writes: "To Whom This Comes, Greeting: I take pleasure in recommending the virtues of the remedies prepared by the Dr. B. J. Kay Medical Co. Having known of some remarkable cures of O naha people affected by the use of Dr. Kay's R-novator and Dr. Kay's Lung Balm, I believe that these great remedies are wor hy of the confidence of the public. " housands of the most prominent peop - in America know that the above are facts, and no remedies have affected so large a per cent of cures. Send for our large illustrated book. It has great values, but will be sent free and we will give free advice and samples on application. Ds B. J. KAY MEDICAL Co , Omaha, Neb.

The Americanization of Manile been auspiciously begun. Mr. Smith a member of one of our most numerou and illustrious families, has started Yankee newspaper there.

It is a very poor management to have the cows yielding milk liberally while on pasture, but when on hay in the winter seas n to be mere strippers. Give them warm stables, the right kind of food and water in abundance, and the income from them will be greater than that in the summer. Milk them early in the morning and feed them, that the interval may not be so long as to make them hungry and restless. All this pays well, indeed.

What He Was After. "I believe this a through train?" said the road agent.

"It is," replied the conductor. Then, I will proceed to go through adelphia North American.



For some unaccountable reason Judge

I never used so quick a cure as Piso's Cure for Consumption — J. B. Palmer, Box 1171, Scattle, Wash. Nov. 25 1806.

Spain calls it "the closing scene of a glorious colonial history." Spain shows a disposition to overwork the word "glorious" as badly as she overtaxed her colonies.

LADY and Gentleman Agents wanted. Best seller so bearth. No cubbing clothes. Acme Washing Comp and brings the must halfy sofest clothes perfectly shits without a yribbing, will not a jure the finest fabries. illers: serms; end de siamp for simple and terms acme compound to .884 armstrong Av. 81 Paul, Mine.

It will be some years, perhaps, before the merits and defects of the city "skyscrapers" will all be known. Thus far they have withstood severe tests exremely well. Not long ago a gale that wept over Chicago stopped many of he clocks in the upper stories of such buildings, but did not injure the buildngs. They are ugly. They cut off ight from the streets, and are otherwise objectionable. Nevertheless, thus far they have shown all needed strength. What earthquakes and the corroding teeth of the atmosphere-the quick and the slow forces of naturewill do to them is yet to be made manfest

| ee | St. Incobs | Oit | cure. | Kneumation. |
|----|------------|-----|-------|----------------|
| ĸ, | St. Jacobs | Oil | ** | Neuralgia |
| | St. Jacobs | OH | | Lumbago |
| | St. Jacobe | | **: | Scintica. |
| A | St. Jacobs | | ** | Sprains |
| 1. | | | 44 | Bruises |
| 18 | St. Jacoba | | 44 | Soreness. |
| | St. Jacobs | | п | Stiffness. |
| | St. Jacobs | | ** | Backache. |
| | St. Jacobe | | ** | Museular Anbes |
| | | | | |

Too Generous for Him maker she urged upon him the necessity of getting married and settling down. "I have four eligible nieces," she said, "and all would make good or catching together a tiny rip here and He simply disavowed any intention

of making more than one woman his wife, and escared before she railied .-Detroit Free Press.

A queer idea that of Rider Haggard riting a novel to show the wickedness ! the law that makes vaccination comulsory. This opens up a new field in ction, and we may soon expect thrillig stories with microbes as the leading paracters and exciting sporting reauces devoted to hunting the frolicme bacteria.

The signs of the time in Germany are have much to make him still more im-

*************** BUARANTEED TO CURE every kind of Cough, Cold, La Grippe, Dr. Kay's Lung Balm. PREE AD It is, and age book of a Sold by Drugglets or sent by mell, recipes and FRI'I SAMPLE. Price, 10 cents and 25 cents.

Address Dr. B. J. KAY MEDICAL CO., (Western Office) Ornaha, Neb.

"A Good Tale Will Bear Telling Twice." Use Sapoliol ... Use ...

SAPOLIO



Butchering hogs has many disagreeable features, but some of these, particularly the lifting of the hogs before and after dressing, can be ronbed of as it was with my other babies; and many of their objections by having a my baby is so healthy to what the convenient arrangement for scalding. others were. I think every woman scraping, cleaning and hanging. One should use your Compound when preg- arrangement for lightening labor in nant, it will save them so much suffer. this way is shown in the accompanying ing and misery. I cannot say enough | illustration. The farm sled can be used in praise of it. If ever I need medicine as the scraping platform b. The scalding vat a may be any large barrel The most successful tonic known to which will hold water. Securely block medicine for women approaching ma- and brace it so that it will not be disternity is Lydia E. Pinkham's Vege- placed in putting the hog in and taking table Compound. It is a safeguard it out. In the iron kettle, c, the water for every woman who uses it, and is heated. The hog is killed and drawn the fullest benefit comes from its along the side of the scraping platform use with Mrs. Pinkham's advice opposite the iron kettle. Instead of freely offered to all woman. Her lifting the carcuss onto the platform by band, make use of the pivotal lever at-Here is a convincing statement, tached to the post d. Place a chain bearing directly on this subject, about the hind legs of the hog, book the from Mrs. E. Bienor, of 1848 Pacific short end of the lever into this chain and the hog is lifted easily. The post d DEAR Mas. PINKHAM:-I am a is equally distant from the platform b

> crossbars in posts g, b and f. A lot of heavy lifting is thus avoided. The turn around on a pivot in the direction



by boring a 1% inch hole in the top of the post. Use for crossbars 4 by 4 oak properly narrowed at the outer ends. Cross these on top of the posts, bore a 11/2 inch hole in the middle of the intersection and secure them in place by means of an iron pin which just fits into the 11/4 inch hole in the crosspleces and the post. Fasten the cross arms together and a first-class, cheap pivotal arrangement for hanging hogs is the result. With this device and the lever there is absolutely no necessity for heavy lifting .- American Agricul-

A Stitch in Time.

The weekly mending is always so much of a bore that the happy thought of applying the old adage, "a stitch in time," to this dreaded task has set me wondering why I have allowed myself to be troubled so long. Upon my dressing table I keep in a little tray a needle, thread and some darning cotton. Every night when I remove my stockings I When the young millionaire who is look them over-a glance suffices-and visiting the city called upon a lady I find the little holes that begin to come acquaintance who is a born match - vastly easier to mend than the yawning caverns that would otherwise be awaiting me on Tuesday. And so it is with other things. Sewing on a button there takes scarcely a minute, but the sum total of these rips and buttons would make a large inroad upon one precious week day morning otherwise. Perhaps this scheme will not commend itself to mothers. Certainly a halfdozen pairs of stockings, big and little, could not be mended every morning before breakfast, but it is admirable in the still economy of a bachelor girl's domain, and ought to be followed by many of the girls who believe in the old Remington saying, "To save time is to lengthen life."-M. I. McNeal, in Orange Judd Farmer.

Value of Enttermilk. Buttermilk posseses many valuable rowing formidable. Even with the qualities not generally recognized by terman army at his back, or at his farmers and dairymen. Some recent eck, Kalser Withelm is in danger of medical tests have proven that as an rious trouble. His subjects are any, agent of digestion buttermilk has no ing but loyal, in spite of the law superior on the farm. It is of great hich makes criticism of the Emperor value in typhoid fever and, being a laxa act of high treason. A number of ative, is excellent for habitual constie German parties which have hither pation. As a remedial agent in kidney supported the Emperor's plans are troubles it possesses good features, and ginning to voice their disgust with his in cases of gastric ulcer and cancer of ost cherished policies. Altogether the the stomach it can be retained when mpatient young Emperor will soon no other food will remain. These facts ought to be kept in mind and the medical virtues of buttermilk utilized in regaining health and keeping the body impervious to disease.-Farm and

> Feat on Apples and Pears. The Ontario Experiment Station reported a number of years ago that for

Dairyman.

the prevention of scab on apples and pears it is necessary to spray two years in succession to secure satisfactory results. The first year's spraying often appears to be of comparatively little benefit in combating this disease, Confirmation of this conclusion is found this year in reports from Michigan. where it is said that there is much scab this year, except in orchards which were sprayed last year.

Chicken Cholers. It is hardly worth while to doctor bens for this fatal disease, and the energy of the owner should be devoted to preventing its spread. Let him separate the sick hens, and then make up his mind to root up the germs of the disease from the premises by thorough a pure stree-phere. -Illinois Datry Re-cleating and disinfecting. The surface port.

of the henyard should be scraped and burned. Every part of the floor, roosts and nests should be scraped perfectly been married on the same day nearly fifly quarts of water. Experts even and the wages of both husbands were are not able to save enough of the vic- about equal. Each had been presented tims of cholera to pay for doctoring, with a son and helr, and both the sisbut anyone can check its spread by ters ought to have been happy, but thorough measures. - Ma sachusetts while Kit and her husband were al-Ploughman.

Saddle Forses, The favor in which Kentucky saddlebred horses are now held in the East, consequent upon repeated victories in the show rings, will surely encourage even closer attention in the breeding districts to the production of high class horses. The fact that the East prefers a walk-trot-canter horse to one that has all the accomplishments is in favor of the breeder and trainer, as it is much less work to finish the horse of the lesser education. Type, weight carrying and blood and saddle horse instincts and intelligence are what is wanted, and the breed of saddle horses chiefly festered in Kentucky and Missouri is abundantly able to furnish all these requirements. Action should not be overlooked not the action of a high stepper, but clean, true, attractive and balanced fore and aft. Front action that comes from the shoulder is demanded, while the books should follow promptly. Of all horses a saddle horse needs a leg always under him. There is a bright future for breeders of the saddle horse.-Breeders' Gazette.

To Make Shoes Last. keeping his boots in better condition and healthy looking as he ought to be, When an explanation was demanded afternoons?" he said: "It is nothing, I assure you. My man asks the cook for a knuckle gle, in a sad tone of voice, "There is After rubbing the leather with cream he then frotles them as hard as he can I don't have a minute to spare." with the bone. Usually my boots last me three years."

Economy of Horaless Cows. for winter, the cow that has no horns boy, and she is as blooming and fresh will be found to take much less room in appearance as a new-blown rose." than her neighbor who is tempted to and generally does hook and fight all understand it." (Here a tear crept into those near her. In the stable, of the little woman's eye and her lip trem course, each stall will accommodate its | bled.) "It isn't that I don't feel well. cow, horns or no horns. But horned but somehow or another I am always cattle are often kept in stables on tired. I am trying to keep things clean bright, pleasant, winter days, to keep and straight all the time, and yet I them from booking one another, when never seem to get ahead. God knows I they would be much healthier if allowed to run in a small yard. Most blow of fresh air, but I don't seem to barnyards are made much larger than be able to afford the time!" would be necessary if all horns were removed.

Improved Incubator House. he inconvenience of rising temperature in the incubator bouse when the sun is shining, especially late in the spring or in the summer. Then it is difficult to keep a uniform heat in the machines, as the house becomes over-



the roof. A simple way out of the difficulty is to put on an additional roof. leaving an air space between the two. The inner roof can be covered with cheap boards and roofing paper, with lath battens. The outer roof should be shingled, as a black roof absorbs the heat readily.- New England Homestead.

Wherever lawns are highly manured, s most well-kept lawns are apt to be, a dressing of salt sometime during the winter will greatly benefit them. Salt in small quantities, as it must be used i drop into the grave! Hereafter you'll when applied to land, is one of the best solvents known. We are so used to putting salt in extra amounts to harden and pick vegetables that we are apt with her regularly from this day to forget that in very small amounts it | rots them. Salt is especially valuable to release mineral fertilizers that have become inert in the soil.

Pairy Pointers. If the butter is mottled work it a lit tle after salting.

If the butter is too soft feed the cow ome potatoes. Stringy milk can be cured by keep-

ing the cows clean. Wash all the milk vessels with cold water before scalding. Whitewashed stables mean fewer and weary."

fles and more milk. Crosses are usually better for farmrs than pure breeds. Whenever possible test the cow's milk

before buying her. A cow that tests below 3 per cent. is not worth keeping. Cows and horses should not be allow

ed in the same pasture. Richer food does not mean richer milk; it means more milk. Many dairymen like an ounce of salt to the pound of butter.

Do not wet your hands when milk ing; if you do you flavor the milk You waste 25 per cent, of your butter in summer by not using a separator.

Adding hot water to cream while churning is the worst of all practices. Heating milk to 100 degrees Pasteurizes it. Stir it continually while hot. When butter is poor don't blame the cow. Blame your own want of skill.

If the butter takes too long to come add one to two fresh cows to the dairy Warm milk from the cow does not "Kie and hat seems

against the second second adopted the second and an analysis the second second and the second second

Kitty Riley and her s ster Maggie had clean, and then disinfected with a liq- wo years ago. Both had married honuid made of one pint of carbolic acid to est workingmen, with steady positions, ways in good spirits, light hearted, conented and pleased with their lot, there seemed to be a shadow hanging over the household that was ruled by Kit's dster.

It was not that any trouble or misanderstanding existed between Maggle and her husband. Far from it. They loved each other dearly, and were always happy in each other's society, as | rue wives and husbands ought to be, but there soon crept into the young wife's eyes a careworn, worried look that betokened secret sorrow of some kind. Between care for her baby and her household duties her time was fully occupied-indeed, it was noticed that she did not take her infant out for an airing anything like as often as did her sister Kit. At first her husband, John Clarke, was too busy to notice any change in his wife, and it was only when Kit's husband, Tom White, began to ask if Maggie was ailing that poor John directed his attention to his wife's appearance.

"Maggie," he said one evening in a self-reproachful way, "I have been rather neglectful of you of late, I am afraid, and I haven't been taking care of your health and comfort. You are A new wrinkle may be learned from beginning to look pale and thin, and, an English soldier, who was noted for now I notice it, the baby is not as making them last longer than any of You'll have to go out more. You don't his brother officers. When asked what get enough of fresh air, and neither he did to them to prevent the leather does the child! Why don't you put him crossbars can be made so that they will from cracking and keping it soft and In the baby carriage and take him out smooth, his reply was: "Mutton bone." | for an hour or so in the mornings and

> "I haven't time, John," replied Magbone, which he cleans and then bakes, so much to be done in the house, you know, and between that and the baby

"Well, your sister Kit has just the same to contend with. She keeps her house clean and attends to little Tommy, and yet she finds time to take a When it comes to putting up cows run in the park every day with the

"I know she is, John, and I can't would often like to take baby out for a

"Well, see here, now. Maggie," said her husband kindly. "Your health and the child's is of much more importance The cut shows a plan for obviating so much cleaning! It isn't a bit necessary. I've noticed you scrubbing and rubbing many a time when I couldn't see the use of a. Take more healthy exercise and do less hard work."

beated from the effect of the sun upon have some restful exercise, but not at

"Well, it is clean; I'll give you credit for that," said her husband quickly, "but then you are too particular. Give as much care to yourself and the baby as you do to the housework, and you'll feel better and so will I! Now just get baby and yourself ready, and we'll walk over to your sister's-there's a good girl."

Maggie rose and dressed the baby and handed him to papa while she prepared herself. In the midst of her preparations she said. "Really, John I don't see how I can afford the time to go That kitchen floor ought to be scrubbed to night and I was going to clean ut all the door knobs and brasswork " "Let the brasswork be-photograph

ed!" exclaimed John, somewhat testily, You'll keep on rubbing and scrubbing. and brushing and cleaning until you have to go out every day for at least two hours. I insist on it, and I'm going to ask Kit to come over and take you

At Kit's house they naturally me with a cordial recention from Tom and his wife. The house was as trim and neat and straight as busy bands could make it, but Kit and the baby had been out in the park all the afternoon John Clarke sighed as he noticed the different complexions of Kit and her sister. The one was ruddy with health the other pale, wan and sickly looking "You poor dear!" exclaimed Kit, com

miseratingly, "I'm sure she must be ill John, or she would not look so tired

"I am not ill. Kit-indeed I am not and you know I never was lazy, but somehow I don't seem to keep up with my work, and yet you get ahead of yours always. I was always as strong as you were, and naturally as quick but I honestly cannot understand how you manage to get through all your housework and yet have so much time to yourself

"Perhaps," said Tom White, as light gleamed in his eyes, "perhaps this secret is easily solvable after all. Tell us, Maggie, do you use Sapolio in your houseeleaning?" "Why no! I use almost anything I

can buy at the store."

"There," cried Kit, triumphantly, "that is really the secret of your troubles! You just use Sapolio as I do Maggie, and you'll find the work easier in every way. You'll have lots of time to yourself, and therefore you'll feel better, and enjoy good health!"

"The Chinese," says a contemporary, "have three differently sounding words shoorb odors. While cooling keep it in y denote a large, a small and a round yeter." But the Chinese, on the other nd, are not subject to any complica-

dred thousand times each day. One hundred thousand supplies of good or bad blood to your brain. Which is it?

If bad, impure blood, then your brain aches. You are troubled with drowsiness yet cannot sleep. You are as tired in the morning as at night. You have no nerve power. Your food does you but little good.

Stimulants, tonics, headache



will. It makes the liver, kidneys, skin and bowels perform their It removes all impurities from the blood. And it makes the blood rich in its lifegiving properties.

To Husten Recovery.

You will be more rapidly cured if you will take a laxative dose of Ayer's pills each night. They arouse the sluggish liver and thus cure biliousness.

We have the exclusive services of the of the most eminent physicians in United States. Write freely all the

DIED BY HER HUSBAND

The Wife Refused Life Unless He Could Be Saved.

"I will stay with ?" if you cannot save him," said Mrs. A. C. Howe, when the windows of her room in the Hotel Dakotah at Grand Forks were veiled with flame-shot smoke. And she knelt down beside the bed where her husband lay in the chains of paralysis and hid her face in his bosom, reports the Chicago Journal.

Outside was the tumult of voices, the clatter of horses' hoofs, the roll of wheels, and the sharp clang of fire bella. A ladder had been thrown against the blazing wall, and a lithe young fellow with a fireman's belimet on his head ran swiftly up to the window of the room where Mr. and Mrs. Howe were known "Come." he shouted fr midst of a pillar of fiame.

The wife struggled to lift her bushand in her arms, but she was powerless to

"Al. dear one!" she cried in agony. "See the fire! Try. oh, try to lift just a little. I will hold you! Oh, help! help! The fireman leaned forward from a background of fiame.

"Come," he cried, "the ladder is burning! I can only save one of you! Then it was the woman nestled down beside the man she loved.

"I will stay with Al," she said simply. The ladder sprang outward and the fireman made the ground in a flying leap. A sound of a woman's voice in singing came to the ears of the borrified watchers below. Then there was a crash of falling walls, a mighty, upward shooting cloud of spark-filled smoke and yellow blase and all was

A Spanish official says Spain was ruined by too much army. Too much American army, he probably meant.

the season's output for the Klondike was only \$9,000,000, but considering the age and previous condition of the coun-

They allow women to wear male attire in France, but they are taxed for the privilege. The French Government charges women \$10 to \$12.50 per year for wearing the trousers. This, however, does not give every woman who is willing to pay the tax a right to wear such garments The Government confers the right as a tribute to great merit, and makes it in fact, a sort of decoration given to women, as the ribbon of the legion of honor is given to men



Pinaspat, Palatoble, Potont, Topio Gogs, Bo