Miss Rose Peterson, Secretary Parkdale Tennis Club, Chicago, from experience advises all young girls who have pains and sickness peculiar to their sex, to rely on **Lydia E. Pinkham's Vegetable Compound.**

How many beautiful young girls develop into worn, listless and hopeless women, simply because sufficient attention has not been paid to their physical development. No woman is exempt from physical weakness and periodic pain, and young girls just budding into womanhood should be carefully guided physically as well as morally.

If you know of any young lady who is sick, and needs motherly advice, ask her to write to Mrs. Pinkham at Lynn, Mass., who will give her advice free, from a source of knowledge which is unequaled in the country. Do not hesitate about stating details which one may not like to talk about, and which are essential for a full understanding of the case.

Miss Hannah E. Mershon, Collingswood, N. J., says:

"I thought I would write and tell you that, by following your kind advice, I feel like a new person. I was always thin and delicate, and so weak that I could hardly do anything. Menstruation was irregular.

"I tried a bottle of your Vegetable Compound and began to feel better right away. I continued its use, and am now well and strong, and menstruate regularly. I cannot say enough for what your medicine did for me."

How Mrs. Pinkham Helped Fannie Kumpe.

"DEAR MRS. PINKHAM:—I feel it is my duty to write and tell you of the benefit I have derived from your advice and the use of **Lydia E. Pinkham's Vegetable Compound.** The pains in my back and womb have all left me, and my menstrual trouble is corrected. I am very thankful for the good advice you gave me, and I shall recommend your medicine to all who suffer from female weakness."—MISS FANNIE KUMPE, 1922 Chester St., Little Rock, Ark. (Dec. 16, 1900.)

Lydia E. Pinkham's Vegetable Compound will cure any woman in the land who suffers from womb troubles, inflammation of the ovaries, kidney troubles, nervous excitability, nervous prostration, and all forms of woman's special ills.

Beware of the man with a grievance. He may make good.

Industry is something the lazy man admires in the other fellow.

Even the comparatively sober have no objection to the gold cure.

The bitterest controversies are usually based on trifles.

About all that is necessary is to be able to rise to the occasion.

210 Kinds for 16c.

It is a fact that Salzer's seeds are found in more gardens and on more farms than any other in America. There is a reason for this. We own and operate over 5000 acres for the production of our choice seeds. In order to induce you to try them we make the following unprecedented offer:

For 16 Cents Postpaid

25 cents wonderful onions,
25 cents elegant cabbages,
15 cents magnificent carrots,
25 peerless lettuce varieties,
25 rare luscious radish,
20 splendid beet sorts,
75 gloriously beautiful flower seeds,

in all 210 kinds positively furnishing bushels of charming flowers and lots and lots of choice vegetables, together with our great catalogue telling all about Macaroni Wheat, Billion Dollar Grass, Teosinte, Brooms, Spelts, etc., all for only 16c. in stamps and this notice.

Onion seed at but 60c. a pound.

JOHN A. SALZER SEED CO., La Crosse, Wis.

The Genuine TOWER'S **POMMEL SLICKER** HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY, LIKE ALL TOWER'S WATERPROOF FISH BRAND CLOTHING. It is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere. STICK TO THE SIGN OF THE FISH.

TOWER CANADIAN CO. Limited, TORONTO, CAN. A. J. TOWER CO. BOSTON, MASS. U.S.A.

ELY'S LIQUID CREAM Balm is prepared for sufferers from nasal catarrh who use an atomizer in spraying the diseased membranes. All the healing and soothing properties of Cream Balm are retained in the new preparation. It does not dry up the secretions; price, including spraying tube, 75c. At druggists or by Mail. Sample 10c. ELY BROS., 56 Warren St., N. Y., U. S. A.

Chicken Soup.

After plucking a foul carefully, clean the skin with a wet cloth, remove the pin-feathers and singe off the hairs; then wipe the bird with a wet cloth, and cut the flesh in small pieces, separating the bones, but not breaking them so fine as to endanger their remaining in the soup after straining it. The head and feet are to be skinned and scalded after cutting off the beak and claws, and the heart, liver and gizzard properly cleaned and put into the soup. Allow a quart and a pint of water to each pound of chicken, and season rather below the taste, because the quantity of soup will be lessened by boiling. Cover the soup kettle, place it at one side of the fire where it will boil gently for several hours until the meat falls apart; the soup will then be ready to strain, removing the bones, and finish for the table by the addition of some delicate dumplings, such as batter-flakes or egg-barley dumplings.

Floor Stain.

Floors that are stained and oiled are easily kept clean. The material costs very little, and any one can apply it. For an oak stain, take raw sienna, add a little umber to it, and mix half a pint of linseed oil and one quart of turpentine. A tablespoonful of Japan dryer put into the turpentine will make it dry quickly. A cheap dark brown stain, which is better for old floors than a lighter color, is made by mixing one-fourth of a pound of permanganate of potash in one quart of water. Apply with an old paint brush, and give the floor two coats if one does not make it dark enough. After the floor is stained give it a coat of boiled linseed oil. If the oiling is repeated every spring or fall, your floor will always look well.

Whole-Wheat Bread.

Dissolve a cake of compressed yeast in a gill of lukewarm water. Pour into a bowl a pint of milk and stir into this a pint of boiling water, add a teaspoonful each of salt and sugar, and when the mixture is bloodwarm add the dissolved yeast. Stir in a quart of whole wheat flour—or enough to make a batter. Beat for ten minutes, adding toward the last enough whole-wheat flour to make a dough that can be kneaded. Turn upon a floured board and knead for ten minutes and set to rise with a towel over it. At the end of three hours knead for five minutes, make into loaves, knead each of these for two minutes and set to rise for about an hour before baking in a steady oven.

Care of Lamps.

Buy the best oil.

Fill the lamps by daylight.

Lamps should be kept well filled.

Never attempt to light a lamp that is only partly filled.

Keep the oil can closed and in a cool place.

Lamps to be carried should be of metal and have handles.

See that any hanging lamps you may have are securely hung.

When buying lamps select those in which the end of the burner is considerably elevated above the body of the lamp.

Watch your wicks closely, and change them before they become too short.

If burning oil gets upon the floor, smother with woolen blankets or rugs.

Eggs a la Creme.

Boil twelve eggs fifteen minutes. Line a dish with very thin slices of bread and fill with layer of eggs cut in slices, strewing them with a little grated bread, pepper and salt; rub a quarter of a pound of butter with two tablespoonfuls of flour, put it in a saucepan with a tablespoonful of chopped parsley, a little onion grated, salt, pepper and half a pint of milk or cream; when hot pour over the eggs; cover the top with grated breadcrumbs and put it in the oven, let it heat thoroughly and brown.

Corned Beef Hash.

Put in a large frying-pan one ounce of butter; when hot add four ounces of potatoes and six ounces of corned beef, both cut in three-sixteenths of an inch squares. Season with pepper and nutmeg and fry, slowly inclining the pan so that the hash assumes the shape of an omelet. When a fine color drain off the butter, and turn it on to a long dish the same as an omelet.

Chocolate Caramels.

Put together in a porcelain-lined saucepan two pounds of brown sugar, a half-pound of good chocolate broken into bits, and a cup of cold water. Boil until a little dropped in cold water hardens; stir in two teaspoonfuls of vanilla and two tablespoonfuls of butter, turn into buttered pans and cut into squares.

Lemon Butter Sauce.

Put a large tablespoonful of cornstarch, two heaping tablespoonfuls of granulated sugar, a pinch of salt, the grated rind of a lemon and the juice of an ounce of butter and the yolks of two eggs in a saucepan and beat them together until smooth and light; then add quickly a pint of boiling water; and cook until it begins to thicken.

Taffy Apples.

Make a thick sirup of sugar and a very little water. Do not stir while boiling. When it threads, take off the fire and in five minutes dip the apples in it. Set on paper to drip and dry.

What to Learn.

Learn to laugh. A good laugh is better than medicine.

Learn to attend strictly to your own business—a very important point.

Learn to tell a story. A well told story is as welcome as a sunbeam in a sick room.

Learn the art of saying kind and encouraging things, especially to the young.

Learn to avoid all ill-natured remarks, and everything calculated to create friction.

Learn to keep your troubles to yourself. The world is too busy to care for your ills and sorrows.

Learn to stop croaking. If you cannot see any good in this world, keep the bad to yourself.

Learn to hide your aches and pains under a pleasant smile. No one cares whether you have the earache, headache or rheumatism.

Learn to greet your friends with a smile. They carry too many frowns in their own hearts to be bothered with any of yours.—Christian Life.

Honors For Colonial Mayors.

King Edward has conferred the title of lord mayor on the mayors of Melbourne and Sydney in Australia. The turn of the mayors of Montreal and Quebec and Toronto should come next year.

King Edward a Linguist.

King Edward is able to speak Hindustani, and during the coronation he addressed the Indians in their native language when they were reviewed at Buckingham palace.

A Four Cornered Fight.

Jim and Lou Smizer, of near Paris, killed a bald eagle under unusual circumstances a few days ago. It attacked a big turkey. While it and the turkey were fighting, some crows attacked the eagle. The eagle clung to the turkey with its talons while it beat off the crows with its back and wings. The contest was getting interesting when one of the Smizers fired into the fluttering bunch and killed the eagle. It measured seventy-eight inches from tip to tip.—Kansas City Journal.

Strikes You Any Time.

Never know when or where backache pains will strike you. The Kidneys will go wrong, and when they do, the first warning is generally through the back. Do not fail to help the Kidneys when they're sick. Neglect means many serious ills; 'tis only a short step from common backache to Rheumatic pains, urinary disorders, Dropsy, Diabetes, Bright's Disease. Doan's Kidney Pills cure all ills of the kidneys and bladder. Read this testimony. It tells of a cure that lasts:

Mr. A. W. Lutz, carriage wood worker, of 109 17th avenue, Sterling, Ill., says: "After procuring Doan's Kidney Pills in the month of November, 1897, I took a course of the treatment which cured me of backache and other annoyances due to over-excited or weakened kidneys. During the three years which have elapsed, I have had no occasion to retract one word of my statement made at that time. I now unhesitatingly and emphatically re-indorse the claims made for Doan's Kidney Pills.

A FREE TRIAL of this great kidney medicine which cured Mr. Lutz will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

Most be Healthy Town.

Norfolk, England, has four centenarians—two men and two women.

Thousands of Americans for Western Canada.

"There will be thousands of Americans coming up here in the spring," was the remark made by a farmer from the vicinity of Langdon, North Dakota, when he arrived in Winnipeg, Manitoba, the capital of Western Canada, a few days since. He was the advance guard of a large body who are following him, and he has already invested in several farming sections for himself and others and purposes to take up his permanent abode in this country. He went on to say: "Hundreds are coming from my district alone. I know this to be a fact, for many of them are neighbors of mine. The chief topic of conversation with the farmers is the coming immigration in the spring."

"The impression general in the part of Dakota where I live that farmers can get from 10 to 15 cents more a bushel for wheat on the American side of the line than on the Canadian has not prevented people from turning their eyes to Canada as a place to live in. They know they can get land in this country which is every bit as fertile as that in Dakota at about one-quarter the price. It is safe to say that the exodus from Dakota into Canada this year will exceed the expectations of all Canadians."

The Government has established agencies at St. Paul, Minn.; Omaha, Neb.; Kansas City, Mo.; Chicago, Ill.; Indianapolis, Ind.; Milwaukee, Wis.; Wausau, Wis.; Detroit, Sault Ste. Marie and Marquette, Mich.; Toledo, Ohio; Watertown, S. D.; Grand Forks, N. D., and Great Falls, Mont., and the suggestion is made that by addressing any of these, who are the authorized agents of the Government, it will be to the advantage of the reader, who will be given the fullest and most authentic information regarding the results of mixed farming, dairying, ranching and grain-raising, and also supply information as to freight and passenger rates, etc., etc.

Town With Short Name.

The shortest name possessed by any town or village in Great Britain is Oa, the name of a village in Islay.

Motor Car Race Course.

Berlin will shortly possess a motor car race course 938 yards long.

In Honor of De Wet.

One of the new engines for the Cape railway is to be christened De Wet.

Denounces Christian Science.

Preaching on Christian Science at Norwich, England, Dean Lefroy referred to its teachings as "raving nonsense."

Time From Moon to Moon.

The time from new moon to new moon is twenty-nine days, twelve hours, forty-four minutes and two and eighty-seven hundredths seconds.

Through and Through.

New Bedford, Mass., March 2.—At 658 First street, this city, lives a very happy man. His name is Ulric Levasseur and he certainly has good reason to feel glad and proud.

Mr. Levasseur has been sick for a long time with general weakness and a sore pain in his back. At the last he got so very bad that he could not walk without great misery. Now he is well and in speaking of this wonderful change in him he says:

"I believe it to be my duty to tell everybody how I was cured. I was so weak that I could not stoop, in fact, I was unable to walk without great pain. I began taking Dodd's Kidney Pills and after a two months' treatment I am well and sound again.

"Dodd's Kidney Pills are a God-sent remedy. I will always praise them for their wonderful cure of my case. They cured me through and through. I am as strong and able a man now as I ever was."

Agriculture in Great Britain.

The agricultural returns of Great Britain for 1902 show that the total under crops and grass was 32,387,765 acres, a decrease of 29,480 compared with 1901.

Many School Children Are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York. Break up Colds in 24 hours, cure Constipation, Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels and Destroy Worms. Sold by all druggists or by mail, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

SPRING PURIFICATION

of the Skin and Blood Should Begin NOW

BLOOD HUMOURS, Skin Humours, Scalp Humours, Baby Humours and every kind of Humour from Pimples to Scrofula, with Premature Loss of Hair, may now be speedily, permanently and economically cured by Cuticura Resolvent, greatest of Blood and Skin Purifiers, assisted by the external use of Cuticura Ointment and Cuticura Soap.

Thousands of the world's best people have found instant relief and speedy cure by the use of Cuticura Resolvent, Ointment and Soap in the most torturing and disfiguring of ITCHING, BURNING, and SCALY HUMOURS, ECZEMAS, RASHES, ITCHINGS and INFLAMMATIONS.

Thousands of Tired, Fretted Mothers, of Skin-Tortured and Disfigured Babies, of all ages and conditions, have certified to almost miraculous cures by the Cuticura Remedies when the best medical skill has failed to relieve, much less cure.

Cuticura Treatment is local and constitutional—complete and perfect, pure, sweet and wholesome. Bathe the affected surfaces with Cuticura Soap and Hot Water to cleanse the skin of Crusts and Scales and Soften the Thickened Cuticle, dry without hard rubbing, and apply Cuticura Ointment freely to allay Itching, Irritation, and Inflammation, and Soothe and Heal, and lastly take Cuticura Resolvent to Cool and Cleanse the Blood, and put every function in a state of healthy activity.

To those who have suffered long and hopelessly from Humours of the Blood, Skin and Scalp, and who have lost faith in doctors, medicines, and all things human, Cuticura Remedies appeal with a force hardly to be realized. Every hope, every expectation awakened by them has been more than fulfilled. More great cures of Simple, Scrofulous, and Hereditary Humours are daily made by them than by all other Blood and Skin Remedies combined, a single set being often sufficient to cure the most distressing cases when all else fails.

CUTICURA REMEDIES are sold throughout the civilized world. PRICES: Cuticura Resolvent, 50c. per bottle (in the form of Chocolate Coated Pills, 25c. per vial of 60), Cuticura Ointment, 50c. per box, and Cuticura Soap, 25c. per cake. Send for the great work, "Humours of the Blood, Skin and Scalp, and How to Cure Them," 64 Pages, 300 Diseases, with Illustrations, Testimonials, and Directions in all languages, including Japanese and Chinese. British Depot, 27-28 Charterhouse Sq., London, E. C. French Depot, 5 Rue de la Paix, Paris. Australian Depot, R. Towns & Co., Sydney. POTTER DRUG AND CHEMICAL CORPORATION, Sole Proprietors, Boston, U. S. A.

Madam Patti's Talisman.

Madamee Patti, it is said, preserves as a talisman the boots she wore at her debut over forty years ago.

Jaw Loosely Socketed.

The human jaw is very loosely socketed in the skull, so that it is often dislocated by the mere act of yawning.

Sometimes it is hard to distinguish between envy and emulation.

FARM SECTION WESTERN CANADA FREE

WESTERN CANADA

Is attracting more attention than any other district in the world.

"THE GRANARY OF THE WORLD."
"THE LAND OF SUNSHINE."

The NATURAL FEEDING GROUNDS for STOCK

Area under Crop in 1902—1,987,550 Acres.
Yield in 1902—117,922,754 Bushels.

Abundance of Water, Fuel, Plentiful. Cheap Building Material; Good Grass for pastures and Hay, a fertile soil, a sufficient rainfall, and a climate giving assured and adequate season of growth. Homestead Lands of 160 Acres Free, the only charge being $10 entry. Close to Churches, Schools, etc.; Railways tap all settled districts.

Send for Atlas and other literature to Superintendent of Immigration, Ottawa, Canada, or to W. V. Bennett, 801 New York Life Bldg., Omaha, Neb. Or to authorized Canadian Government Agent.

YOU CAN DO IT TOO

Over 2,000,000 people are now buying goods from us at wholesale prices—saving 15 to 40 per cent on everything they use. You can do it too.

Why not ask us to send you our 1,000-page catalogue?—it tells the story. Send 15 cents for it today.

Montgomery Ward & Co.
CHICAGO
The house that tells the truth.

POTATOES $2.50 a Bbl.

Largest growers of Seed Potatoes in America. The "Rural New Yorker" gives Salzer's Early Wisconsin a yield of 741 bu. per a. Prices Birchcoop, Mammoth seed oats and sample of Teosinte, Spelts, Macaroni Wheat, 65 bu. per a. Giant Clover, etc., upon receipt of 10c postage. JOHN A. SALZER SEED CO. La Crosse, Wis.

New Use For Electricity.

The first electrical fire engine run with power secured by tapping street railway or electric light wires is in successful use in Rouen, France.

Best Time to Work.

Tolstoy believes that the best time for literary work is between 9 a. m. and 3 p. m., and he seldom writes at other times.

"What Luck!"

LIBBY LUNCHEONS made ready in a few moments. The Wafer Sliced Smoked Beef, Pork and Beans, Veal Loaf, Potted Chicken, and lots of good things to eat.

Are U. S. Government Inspected

Keep in the house for emergencies—for suppers, for sandwiches—for any time when you want something good and want it quick. You simply turn a key and the can is open. An appetizing lunch is ready in an instant.

Libby, McNeill & Libby
Chicago, Ill., U. S. A.

Write for our free booklet, "How to Make Good Things to Eat."

GREGORY'S SEEDS

Found reliable for 40 years. New Catalogue free. J. J. H. Gregory & Son, Marblehead, Mass.

AGENTS WANTED Men and Women town & country, to sell our Medicines, Toilet Preparations and Flavoring Extracts. Entirely new. Experience or money unnecessary. LIBERAL COMMISSIONS. Pay Daily. Write at once. LEWIS, IVINS & CO., Dept. 76, Kankakee, Iowa.