Miss M. Cartledge gives some helpful advice to young girls. Her letter is but one of thousands which prove that nothing is so helpful to young girls who are just arriving at the period of womanhood as Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot praise **Lydia E. Pinkham's Vegetable Compound** too highly, for it is the only medicine I ever tried which cured me. I suffered much from my first menstrual period. I felt so weak and dizzy at times I could not pursue my studies with the usual interest. My thoughts became sluggish, I had headaches, backaches and sinking spells, also pains in the back and lower limbs. In fact, I was sick all over.

"Finally, after many other remedies had been tried, we were advised to get **Lydia E. Pinkham's Vegetable Compound**, and I am pleased to say that after taking it only two weeks, a wonderful change for the better took place, and in a short time I was in perfect health. I felt buoyant, full of life, and found all work a pastime. I am indeed glad to tell my experience with **Lydia E. Pinkham's Vegetable Compound**, for it made a different girl of me. Yours very truly, MISS M. CARTLEDGE, 533 Whitehall St., Atlanta, Ga."—*$5000 forfeit if original of above letter proving genuineness cannot be produced.*

Mr. Theodore Wesley Koch, of the staff of the Library of Congress, at Washington, has just been appointed assistant librarian of the University of Michigan.

The Texas Woman's Press Association will meet at the world's fair during the world's press parliament week, beginning May 16. The association has arranged for a reception in the Texas building on Thursday afternoon to all visiting newspaper men and women.

AT THE FIRST SIGN

Of Torturing, Disfiguring Humors Use

CUTICURA

Every child born into the world with an inherited or early developed tendency to torturing, disfiguring humors of the Skin and Scalp, becomes an object of the most tender solicitude, not only because of its suffering, but because of the dreadful fear that the disfiguration is to be lifelong and mar its future happiness and prosperity. Hence it becomes the duty of mothers of such afflicted children to acquaint themselves with the best, the purest, and most effective treatment available, viz.: the CUTICURA Treatment, consisting of warm baths with CUTICURA Soap, and gentle anointings with CUTICURA Ointment, the great Skin Cure. Cures made in childhood are speedy, permanent and economical.

Sold throughout the world. Cuticura Soap, 25c.; Ointment, 50c., Resolvent, 50c. (in form of Chocolate Coated Pills, 25c. per vial of 60). Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Boston, 137 Columbus Ave. Potter Drug & Chem. Corp., Sole Proprietors.

Send for "How to Cure Torturing, Disfiguring Humors from Infancy to Age"

BEGGS' BLOOD PURIFIER
CURES catarrh of the stomach.

D. N. U. 824 - 21 YORK NEB.

THE OLD MAN'S GUESS

Daughter—"Here is a paragraph in the paper about 'pluck-me' stores. What are pluck-me stores?"

Father—"Um—I don't know—dry goods stores I, guess"

Dyeing is as easy as washing when PUTNAM FADELESS DYES are used.

The University of Michigan has received from Mrs. John S. Newberry, of Detroit, three hundred dollars for a fellowship in the classics during the coming college year.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain cures colic. Price 25c bottle

LIKELY TO REMEMBER

Friend—"I notice you have a string around your finger and a knot in your handkerchief, too"

Old Lady—"Yes, the string around my finger is to remind me that I have a knot in my handkerchief, and the knot in the handkerchief is to remind me that the things I want to remember are written on a piece of paper in my purse"

Piso's Cure for Consumption promptly relieves my little 5-year-old sister of croup.—Miss L. A. Pearce, 23 Filling street, Brooklyn, N. Y., Oct. 2, 1901.

HOW SHE REMEMBERED

Binks—"I don't see how you can remember the birthdays of all the children"

Mrs Binks—"It's very easy The first was born on August 17th I remember it because on that day you gave me a pearl necklace with my name and the date on the clasp The second was born July 20th On that day you gave me a fifty-cent book with my name and date on the fly leaf The third was born on May 9th On that day you got mad at a millinery bill which had just been sent in, and it isn't paid yet"

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.
Hall's Family Pills are the best.

A man weighing six hundred and thirty pounds, the heaviest human being in England, was buried the other day at Dover. His body lay in a coffin that was seven feet long, three feet wide and two feet and three inches deep Twelve men lifted it, and it was passed through a window into a hearse backed up on the sidewalk.

The Corcoran Cadet Corps, of Washington, D. C., will camp at the world's fair next fall.

At the solicitation of the publisher of The American Boy, Detroit, Mich., the managers of the World's Exposition at St. Louis have set apart July 5th as American Boy Day. Fine programs for boys will be given in Festival Hall on that day—the programs being under the supervision of the editor of the American Boy

The banqueting hall of the British building at the world's fair is furnished in fine reproductions of historical examples of the Queen period The furniture consists of chairs after the originals in the possession of the Earl of Westmoreland, old console tables that were part of the collection of Viscount Hilton at Morstam House and a number of cabinets and tables of historic interest.

Peacock hatpins are becoming the rage.

BAD DREAMS

Indicate Improper Diet, Usually Due to Coffee.

One of the common symptoms of coffee poisoning is the bad dreams that spoil what should be restful sleep. A man who found the reason says:

"Formerly I was a slave to coffee. I was like a morphine fiend, could not sleep at night, would roll and toss in my bed, and when I did get to sleep was disturbed by dreams and hobgoblins, would wake up with headaches and feel bad all day, so nervous I could not attend to business. My writing looked like bird tracks, I had sour belchings from the stomach, indigestion, heartburn and palpitation of the heart, constipation, irregularity of the kidneys, etc.

"Indeed, I began to feel that I had all the troubles that human flesh could suffer, but when a friend advised me to leave off coffee I felt as if he had insulted me. I could not bear the idea, it had such a hold on me, and I refused to believe it the cause.

"But it turned out that no advice was ever given at a more needed time, for I finally consented to try Postum, and with the going of coffee and the coming of Postum all my troubles have gone and health has returned. I eat and sleep well now, nerves steadied down and I write a fair hand (as you can see), can attend to business again and rejoice that I am free from the monster Coffee." Name given by Postum Co., Battle Creek, Mich.

Ten days' trial of Postum in place of coffee will bring sound, restful, refreshing sleep. There's a reason.

Look in each pkg. for the famous little book, "The Road to Wellville."

Toasted Cod.

Secure the fattest, best cured of dry codfish; strip and freshen in warm water. Let it soak a day and a night, changing the water once or twice, according to the degree of salt it contains. When fresh enough to be pleasant to the taste set it on the stove and let the water come gradually to the scalding point. (Never boil cod that has been previously salted and dried. That makes it hard and will not have the soft white that as when treated thus.) Place in bread toaster when drained, and toast a delicious brown over the live coals. While still hot have ready a gravy of sweet cream and butter, seasoned with pepper and a pinch of salt, unless the fish is decidedly salt still. Place in covered dish for table and pour over it the gravy. If cream be not obtainable a gravy almost equal to it is made by rubbing two tablespoonfuls flour smooth in a half cup cold water, pouring it in a saucepan over fire, and adding half cup boiling water. Cook slowly, stirring constantly, then add butter size of an egg and cup of hot milk or cream. Season.—What to Eat.

Washington Pie.

Beat three eggs with one cup of sugar, add two cups of flour, sifted, with one teaspoonful of cream of tartar and one-half teaspoonful of soda. Bake the cake in layer tin or two "Washington pie" tins. Make the filling of one pint of milk, half a cup of sugar, a scant half cup of flour, one egg and a little salt. Flavor it with lemon extract or the grated rind of a lemon. Cook it like a boiled custard until it is thick and spread it on one of the cakes, putting the other layer over it. Sprinkle the top with powdered sugar.

Artichokes a la Bordelaise.

Put one-fourth cup of butter and half a cup of sifted breadcrumbs into the blazer and light the lamp; when the crumbs are well moistened with the butter, add a teaspoonful of fine-minced parsley, one pint of cooked artichokes cut into small cubes, half a teaspoonful of salt, a dash of cayenne and half a pint of rich, sweet cream. Let boil up once and put out the flame; add a teaspoonful of lemon juice and half a teaspoonful of the grated rind of a lemon (or omit the grated rind); stir well and serve at once.

Some Tests for Oven Heat.

To judge of an oven's heat, try the oven every ten minutes with a piece of white paper. If too hot the paper will blaze up or blacken; when the paper becomes dark brown—rather darker than ordinary meat-pie crust—the oven is fit for small pastry. When light brown, the color of nice pastry, it is ready for tarts. When the paper turns dark yellow you can bake bread, large meat pies or pound cakes; while, if it is just tinged, the oven is fit for sponge cake and meringues.

Gold Cake.

Cream a half-pound of butter with a pound of sugar, whip in the well-beaten yolks of ten eggs and beat hard for five minutes. Now add the grated rind of one orange and the juice of a large lemon. Stir thoroughly; add a teaspoonful of baking soda dissolved in a little hot water and a pound of flour that has been sifted. Add this gradually, not putting in the whole quantity if less thickens the batter sufficiently. Bake in loaf tins.

Cocoanut Macaroons.

Sift a scant cupful of flour, and add to it one cupful of granulated sugar and two cupfuls of the best shredded cocoanut. Mix these ingredients thoroughly, and fold into the mixture the whites of three large eggs whipped to a very stiff froth. Roll the batter into small, flat cakes, and bake for twenty minutes in a moderate oven, or until they are crisp and a golden brown.

Macaroon Custard.

Crush a dozen macaroons. Make a custard of six yolks of eggs and a pint and one-half of light cream, with a tablespoonful of powdered sugar. Cook this custard slowly till it thickens; stir in the macaroon crumbs, and serve, when cool, heaped on a dish garnished with strips of angelica.

Short Suggestions.

Always keep your celery roots and dry them. They are good for seasoning soups and sauces.

Table oilcloths or the linoleum on the kitchen floor can be kept fresh and cleaner with oil than with soap and water.

A good general rule always to remember in the use of gelatins is to soften the gelatin in cold water, then to dissolve in boiling water. Neglect of either part of the process will cause trouble in making jellies.

When weighing molasses sprinkle the scale well with flour and then it will slip off again quite easily without sticking.

A plain brown or green wall paper makes an ideal background for pictures, and the absence of pattern on walls adds immensely to the apparent size of the room.

To save the knees of boys' ribbed stockings one mother re-enforces them by sewing a piece of strong black cloth behind them before they are worn at all. It is remarkable how much longer stockings wear when treated in this way.

DISPARAGING PEOPLE

There are people who disparage everything and everybody. They are constantly looking for faults and blemishes. There are homes where the children hear continual criticism from their parents, where the conversation is made up largely of adverse judgments of everybody and everything, where every character is dissected and the flaws rather than the good traits held up to view. Whether these judgments be just or not, the effect upon the children is the same—they learn suspicion, contemptuousness and denunciation, three things quite unnatural to the child mind. As a result we have pessimists, made such not by harsh experiences of life, but by the habit of looking on the wrong side. Parents should remember that their view-points are those of the little ones, and will be theirs until each young life has its own experiences

CONUNDRUMS

What color does it make a boy to be whipped?

It makes him yellow (yell "Oh!")

What kind of a wind should a hungry sailor wish for?

One that blows foul (fowl) and chops about.

When may a chair be said to dislike you?

When it can't bear you.

Why is a proud girl like a music book?

Because it is full of airs.

Why is a pig in a parlor like a fire?

Because the sooner it is put out the better.—Herald and Presbyter.

The latest unique trip to the world's fair is one contemplated by Henry Hoffman of La Crosse, Wis. Hoffman who is a deep water sea liver, intends to walk from La Crosse to St. Louis, a distance of 90 miles on the bed of the Mississippi river. He will start as soon as the water warms up a little and he expects to make the trip in four months time. He will be accompanied by a boat carrying air pumps and provisions and claims he will save the water only for meals and to sleep. Hoffan has ordered special diving suit in which to make the novel trip.

The married condeshun has sum just-klas-trials, the single state haz its seckond-rate plezzares. Yung man, take yure pick.

God remits sins, not consequences. Those who get their knowledge in the school of experience learn their lessons well.

Street car conductors in New York City are required to serve their transfer tickets dry. That is, they must not moisten with their mouths the fingers which tear off a ticket from a packet, just before giving it to a passenger It is asserted that transfer tickets thus moistened spread disease.

"I Have Every Reason to Praise Pe-ru-na," WRITES MRS. KANE, OF CHICAGO.

Mrs. K. Kane, 172 Sebor Street, Chicago, Ill., writes:

"Peruna has been used so long in our family that I do not know how to get along without it. I have given it to all of my children at different times when they suffered with croup, colds and the many ailments that children are subject to, and am pleased to say that it has kept them in splendid health. I have also used it for a catarrhal difficulty of long standing and it cured me in a short time, so I have every reason to praise Peruna."—Mrs. K. Kane.

Pe-ru-na Protects the Entire Household Against Catarrhal Diseases.

One of the greatest foes with which every family has to contend is our changeable climate. To protect the family from colds and coughs is always a serious problem, and often impossible.

Sooner or later it is the inevitable fate of every one to catch cold. Care in avoiding exposure and the use of proper clothing will protect from the frequency and perhaps the severity of colds, but with the greatest of precautions they will come. This is a settled fact of human experience. Everybody must expect to be caught somewhere or somehow.

Perhaps it will be wet feet, or a draught, or damp clothes, or it may be one of a thousand other little mishaps, but no one is shrewd enough to always avoid the inevitable catching cold.

There is no fact of medical science better known than that Peruna cures catarrh wherever located. Thousands of families in all parts of the United States are protected from colds and catarrh by Peruna. Once in the family Peruna always stays. No home can spare Peruna after the first trial of it.

We have on file many thousand testimonials like the ones given above. We can only give our readers a slight glimpse of the vast array of unsolicited endorsements we are receiving every month. No other physician in the world has received such a volume of enthusiastic and grateful letters of thanks as Dr. Hartman for Peruna.

Mrs. A. Hobson, 225 Washington St., Lansing, Mich., writes:

"Peruna has been such a blessing to my only child, as well as myself, that I feel induced to give my testimonial. He has always suffered from catarrh of the head and throat, and I had to use extra precautions so as not to have him exposed to damp or cold weather. Last year he was taken with la grippe, and as it was a severe case, caused me much anxiety. No medicine helped him till he took Peruna. I noticed an improvement at once and in three weeks he was a different child; the grippe had been completely cured and I noticed that the catarrh was made better. He kept taking it two weeks longer, when he was entirely well. I now use it off and on for colds, cramps, indigestion or general indisposition, and find it superior to any doctors or medicine I ever tried. It keeps me, as well as my child, in perfect health, and I gladly recommend it to mothers."—Mrs. A. Hobson.

The more a man studdys himself, the less fault he will find with his nabor

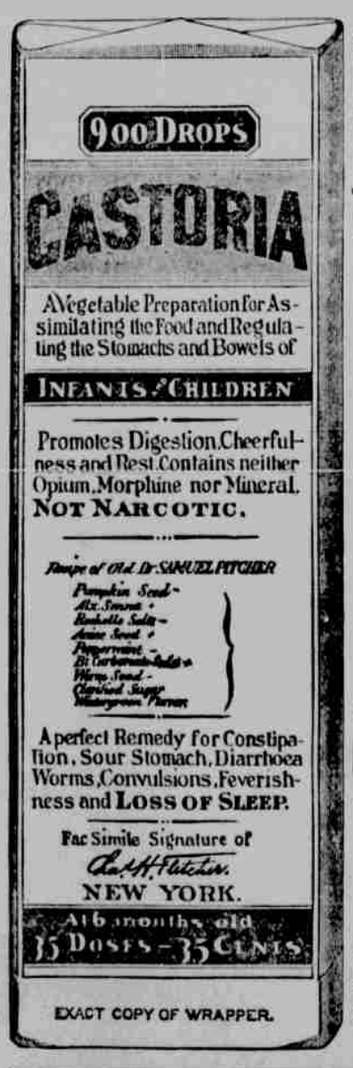
Three students will this year receive the degree of Master of Science in Forestry at the University of Michigan. Of these one has been appointed forester by the state of Michigan, and two will take the United States civil service examination leading, if passed, to positions either in the Bureau of Forestry of the Department of Agriculture, or in the forestry service in the Philippines.

A man lives in our street whose egotism is several sizes too large for him.

As a general rule, the folks who ought to cuckceed are those who do.

Yung sinner, reckollect one thing, whatever yu git dishonestly yu hav got to divide with the devil, and he allwuss takes the lion's share.

Dear Sally—don't marry a man simply bekause yu respekt him, 'thare may cum along a phellow afterwards that yu will fall in luv with, and then the devil will be to



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.

Looking for a Home?

Then why not keep in view the fact that the farming lands of

160 ACRE FARMS IN WESTERN CANADA FREE

Western Canada

are sufficient to support a population of 50,000,000 or over! The immigration for the past six years has been phenomenal.

FREE Homestead Lands

easily accessible, while other lands may be purchased from Railway and Land Companies. The grain and grazing lands of Western Canada are the best on the continent, producing the best grain, and cattle (fed on grass alone) ready for market.

Markets, Schools, Railways and all other conditions make Western Canada an enviable spot for the settler.

Write to the SUPERINTENDENT IMMIGRATION, Ottawa, Canada, for descriptive Atlas and other information, or to the authorized Canadian Government Agent

W. V. Bennett, 801 New York Life Bldg., Omaha, Neb.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16 ounce package of Defiance cold water laundry starch. This means from your own home anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Nebr., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of another kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch on sale by all dealers.

The hardest working and the poorest paid people in this world are those who have nothing to do

I hav sed to 2 thirds ov all the riten men in the world, make the most ov yure munny, for it makes the most ov yu

The Columbus Guards, Columbus, Ga., embracing fifty officers and men will camp at the world's fair July 17 to 23 inclusive.

If afflicted with sore Eyes, use **Thompson's Eye Water**

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