



Miss Rose Peterson, Secretary Parkdale Tennis Club, Chicago, from experience advises all young girls who have pains and sickness peculiar to their sex, to use 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. Another woman,

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."

—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Lydia E. Pinkham's Vegetable Compound will cure any woman in the land who suffers from womb troubles, inflammation of the ovaries, and kidney troubles.

## The FREE Homestead LANDS OF



Are the STAR ATTRACTIONS for 1904.

Millions of acres of magnificent Grain and Grazing lands to be had as a free gift, or by purchase from Railway Companies, Land Corporations, etc.

### THE GREAT ATTRACTIONS

Good Crops, delightful climate, splendid school system, perfect social conditions, exceptional railway advantages, and wealth and affluence acquired easily.

The population of Western Canada increased 125,000 by immigration during the past year, over 50,000 being Americans.

Write to nearest authorized Canadian Government Agent for Canadian Atlas and other information—for address Superintendent Immigration, Ottawa—W. V. Bennett, 801 New York Life Building, Omaha, Neb.

### Hydrogen.

The atom of hydrogen is the smallest of the "ultimate atoms" of the chemists, but it is 1,780 times as large as the corpuscles which have recently been demonstrated as the elements of the atoms.

Mrs. Winslow's Soreness Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

### A Great Man's Cowardice.

The late Earl of Beaconsfield was gifted with any amount of moral and political courage, but he was an abject coward physically. When he was still plain Mr. Disraeli his wife once said of him: "Benjamin is the greatest coward I ever saw. Why do you know I always have to pull the string of his shower bath?" And the great man was fain to confess that this was actually the case.

### The Romance of Anthracite.

The anthracite trade began with an output of 1,965 tons in twelve months. It has grown to 70,000,000 tons annually. In 1803 the city of Philadelphia bought 100 tons of anthracite for use in the pumping works, but the engineers, not knowing how to burn it, broke it up to gravel the walks in the yards. In 1814 two arklloads were sold at the falls of the Scuykill for \$21 a ton. A morning was wasted in futile attempts to burn this coal, and at noon the employer and his workmen, discouraged at their ill luck, shut up the furnace and went to dinner. On their return they were astonished to find a roaring fire, the furnace doors red hot and the furnace itself in danger of melting. From that day dates the successful use of anthracite in America.

### Reads Like a Miracle.

Friarspoint, Miss., Nov. 30.—The Butler case still continues to be the talk of the town. Mr. G. L. Butler, the father of the little boy, says:

"The doctor said my boy had disease of the spinal cord, and treated him for two months, during which he got worse all the time. Finally the doctor told me he did not know what was the trouble. The boy would wake up during the night and say that he was dying. He would be nervous and trembling and would want to run from the house, saying he saw ugly things which frightened him. After we had tried everything else, I read an advertisement of Dodd's Kidney Pills as a cure for Nervous Troubles. I purchased some and used them until he had taken altogether eight boxes when he was sound and well with not a single symptom of the old trouble. This was some months ago, and I feel sure that he is permanently cured. We owe to Dodd's Kidney Pills all the credit for his restoration to good health."

A man is caught more times in his speech than a woman, because you can't interrupt a woman.

## Modes of Hair Dressing



Sweet Simplicity.

1830 Style.

The Modern Pompadour.

Cavalier's Peruke.

The vanity of men used to be evident in the fashion in which they fixed their hair. Nowadays they have little variety of coiffure and many bald heads, while women can wear their hair high or low, puffed or smoothed, and everything is permissible except short hair.

The pride of the savage chief is in his hair. Sometimes, when he tired of bushy effects an naturel, he dyed part of his hair one color, and part another, or he shaved off part and

varnished the rest. In some tribes the women are not allowed decorative effects. Their simplicity must be a foil to the gorgeousness of the other sex. But when they do begin they are capable of most unusual styles.

What women have ever taken to wearing heavy white wigs and perukes as did the men at one time, and as do the English judges of to-day? And what men have ever reached the beautiful simplicity of the little maiden

who binds her hair with ribbon? The pompadour in its extreme form is inartistic and is now passing. Hair worn low makes the face youthful and frames the face naturally and picturesquely. For others, the half-high coiffure adds to the beauty of the shape of the head.

Hair combed back smoothly gives severity even to a kindly face; fluffy hair softens the expression of a hard face.



A Savage Chief.

A Savage Bride.

Seventeenth Century Style.

A Quaint Effect.

### NEVER FORGOT HIS MANNERS.

Two Good Stories Told of Major-General Plumer.

In the Matabeleland campaign of 1896-97 Colonel, now Major-General, Plumer, raised and led a battalion of mounted riflemen, and he used to return to Bulawayo in the evening as clean and spruce as though he had just come in from a stroll down Bond street. As an example of his unvarying "drawing room manners," as a brother officer once styled them, a story is told of him that during the Matabele campaign his small force found itself in a very hot corner, and men were falling rapidly in all directions. Plumer had two machine guns with him, and these, he considered, were not doing as well as they might be. He called up an orderly, therefore, and said to him: "Will you kindly go to Captain Blank (who commanded the guns) and tell him that I think he might do better if he would please move his guns a little further to the right. Thank you." And then he calmly went on with his direction of the fight in the same quiet, easy manner. Again, he was rather badly hit while in command of a column during the recent South African war, and sent a message to his second in command to the effect "that he was rather badly scratched, and he would be greatly obliged if Colonel Blank would take over the command of the force pending further orders."—Men and Women (London).

### Talked with Its Feet.

"Parrots? No, there isn't a great demand for parrots any more," said the dealer. "A man from Mt. Airy came in the other day with a fine-looking bird which he said was a good talker, and sold it to me cheap. I know the nature of parrots pretty well, and when this one failed to show off its accomplishments I attributed it to the natural stubbornness of the bird. But day after day went by, and it never uttered a sound. All it would do was to sit on its perch and gesticulate with its feet, making all sorts of fantastic motions with its toes. About a week later the man who sold it to me came in. I thought you said that parrot you sold me was a good talker," I said. "It hasn't shown any evidence of it. All it does is to sit and wriggle its toes." "That's all right," said the Mt. Airy man, "it was raised in the deaf and dumb asylum!"

### His Long Experience.

The smart sayings of the Duchess of Roxburghe can be vouched for by one reporter at least. It seems she has formed a penchant for American children and has been mightily amused by them.

"The American child is more than father to the man." Her Grace admitted: "he's almost the grandfather. At a juvenile party I advised a certain mode of entertainment, and the six-year-old son of Uncle Sam remarked: "'Thank you ever so much for your suggestion, but I know better, for I've entertained children all my life.'"—New York Times.

### The Pleasures of Domesticity.

"What a cozy home you have!" said his bachelor friend as he entered Mr. Benedict's house for the first time. "Yes, indeed," said Mr. Benedict ecstatically. "I never knew the real comfort of life until I married. Now, if you'll just sit down a moment I'll go down and fill the furnace, split a little kindling wood, bring up some coal for the grate fire, set out the milk pitcher, mend the kitchen stove, put up a curtain pole, attend to a few other domestic duties, and then we'll sit down and have a real nice time."

### THE IMPORTANCE OF SYSTEM.

Saves Wear and Tear in the Daily Stress of Life.

A very important thing in all education is to make our nervous system our ally instead of our enemy. It is to capitalize our acquisitions and to live at ease upon the interest of the fund. For this we must make automatic and habitual, as early as possible, as many useful actions as we can, and guard against growing into ways that are likely to be disadvantageous to us, as we should guard against the plague.

The more of the details of our daily life we can hand over to the effortless custody of automatism the more of our higher powers of mind will be set



SPRING



SUMMER



AUTUMN

free for their own proper work. There is no more miserable human being than one in whom nothing is habitual but indecision, and for whom the doing of every action, the time of rising and going to bed every day, and the beginning of every piece of work, are subjects of express volitional deliberation. Fully half the time of such a man goes to the deciding or regretting of matters which ought to be so ingrained in him as practically not to exist for his consciousness at all.

### An Ethical Distinction.

Representative Robinson of Indiana was declaiming on the beauties of nature.

"I love to see the early morning sunshine kiss the dome of the capitol, paint it golden, and make it look glad."

"I'll bet you \$10 you never saw it," said Representative Ruppert of New York.

"My son," replied Robinson, "this is a poetical, not a bookmaking, proposition."—Philadelphia Post.

### Ceylon Exports to Germany.

The imports into Germany from Ceylon amounted to 7,490,000 marks (\$1,761,200), consisting of copra, graphite, oil cake, cinnamon, cocoa, coffee and tea; the return exports to Ceylon amounted to 1,040,000 marks (\$247,520) made up of assorted goods.

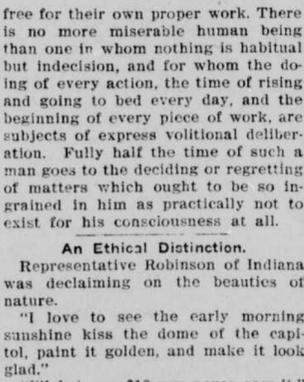
### FETTERS AS AN ORNAMENT.

Harshness to Siberian Exiles Not Always Prevalent.

Leo Deutch, a Russian political exile, who has been permitted to return to his home, tells in a recently published book, "Sixteen Years in Siberia," tales not only of suffering but of lenient treatment by his jailers. In Siberian prisons often the harshness of the discipline was considerably relaxed. On one occasion, to the vast amusement of the prison authorities, Deutch appeared before the governor with his fetters tied up with a piece of string, and it appeared he had only assumed them for the moment. But the complainant governor was afraid of a visit from high quarters. "Then if an inspection is made you will be wearing your fetters?" he asked, laughing. "Of course," replied Deutch. "You see, I've come to you in full dress," pointing to his tied-up chains. On another occasion Deutch's bag was stolen. It contained, among other articles of a convict's attire, the indispensable fetters, and he had to apply for a new pair. "Take care you don't lose these!" said the officer, as Deutch packed them among his luggage.

### Kindred Souls.

Mr. Jacob Rils was dining one night when his hostess presented him to a charming young girl. "My dear," said the hostess, "I want you to know Mr. Rils. He is a



WINTER

great sociologist and student of the signs of the times."

"How lovely!" said the rosebud. "I, too, am a poster collector."—New York Times.

### American Manufacturers.

Five hundred thousand factories in the United States add \$500,000,000 in value of \$3,000,000,000 of raw material, and their net output, exclusive of duplication, is more than \$5,000,000,000.

## GRATEFUL, HAPPY WOMEN



Miss Muriel Armitage.

### THANK PE-RU-NA FOR THEIR RECOVERY AFTER YEARS OF SUFFERING.

Miss Muriel Armitage, 36 Greenwood Ave., Detroit, Mich., District Organizer of the Royal Templars of Temperance, in a recent letter, says:

"I think that a woman naturally shrinks from making her troubles public, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me.

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse, who advised me to try Peruna, and promised good results if I would persist and take it regularly. I thought this was the least I could do and procured a bottle. I knew as soon as I began taking it that it was affecting me differently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy woman to-day."—Miss Muriel Armitage.

Peruna cures catarrh of the pelvic organs with the same surety as it cures catarrh of the head. Peruna has become renowned as a positive cure for female ailments simply because the ailments are mostly due to catarrh. Catarrh is the cause of the trouble. Peruna cures the catarrh. The symptoms disappear.

### Female Weakness is Pelvic Catarrh.

Always Half Sick are the Women Who Have Pelvic Catarrh.

Catarrh of any organ, if allowed to progress, will affect the whole body. Catarrh without nervousness is very rare, but pelvic catarrh and nervousness go hand in hand.

What is so distressing a sight as a poor half-sick, nervous woman, suffering from the many almost unbearable symptoms of pelvic catarrh? She does not consider herself ill enough to go to bed, but she is far from being able to do her work without the

greatest exhaustion. This is a very common sight and is almost always due to pelvic catarrh.

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured.

Peruna cures catarrh permanently. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should be taken to effect a cure.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

## WINCHESTER

### RIFLE & PISTOL CARTRIDGES.

"It's the shots that hit that count." Winchester Rifle and Pistol Cartridges in all calibers hit, that is, they shoot accurately and strike a good, hard, penetrating blow. This is the kind of cartridges you will get, if you insist on having the time-tried Winchester make.

ALL DEALERS SELL WINCHESTER MAKE OF CARTRIDGES.



THE PERSON who is successful in naming the flour the above picture represents will receive a valuable prize. You will find our gold finished premium watch far superior to anything ever before offered for a trifling service. Write your answer promptly on a postal card, together with your name and address, and you will hear from us within a few days, telling you what prize you have won, if successful in the contest.

THE EMPIRE COMPANY, 120 Liberty St., New York.

### The Century's New Cover.

The British National Pavilion at the World's fair, St. Louis, will be a reproduction of the Orangery, or banquet hall, of the Kensington Palace, in Kensington Gardens, London.

A brotherly boost is often worth a whole lot of sisterly sympathy.

### A Rare Good Thing.

"Am using ALLEN'S FOOT-EASE, and can truly say I would not have been without it so long, had I known the relief it would give my aching feet. I think it a rare good thing for anyone having sore or tired feet."—Mrs. Matilda Holtvert, Providence, R. I. Sold by all Druggists, 25c. Ask to-day.

### There are more insane people outside the asylums than there are in them.

RED CROSS BALL BLUE Should be in every home. Ask your grocer for it. Large 2 oz. package only 5 cents.

Flowery language is just as likely to indicate a seedy character as a saintly one.

### When Your Grocer Says

he does not have DeLancey Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. DeLancey Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

It is only tomorrow's burdens that break the back of today.

Lewis' "Single Binder" straight 5c cigar. Made by hand of ripe, thoroughly cured tobacco, which insures a rich, satisfying smoke. You pay 10c for cigars not so good. Lewis' Factory, Peoria, Ill.

The only certain tips on base ball are the foul tips.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

Whisky and water is a good "mixer" to the chap who takes too many.

Why It is the Best is because made by an entirely different process. DeLancey Starch is unlike any other, better and one-third more for 10 cents.

### A Gift Worth Giving and a Present Worth Having.

The best holiday gifts are useful gifts, and one of the most useful is the new and enlarged Edition of WEBSTER'S INTERNATIONAL DICTIONARY of English, Biography, Geography, Etymology, Etc. Useful, Reliable, Attractive, Lasting. The New Edition Has 25,000 New Words New Gaseotter of the World New Biographical Dictionary 2000 Pages, 200 Illustrations. Each binding. Why Not Give Some One This Useful Present? FREE—A Test in Pronunciation. Instructive and entertaining for the whole family. Illustrated post-payers also free. G. & C. MERRIAM CO., Publishers, Springfield, Mass., U. S. A.

### THRIFTY FARMERS

are invited to settle in the state of Maryland, where they will find a delightful and healthy climate, first-class markets for their products and plenty of land at reasonable prices. Map and descriptive pamphlets will be sent free on application to H. BADENHOOP, Sec'y State Board of Immigration, BALTIMORE, MD.

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