



Miss Gannon, Sec'y Detroit Amateur Art Association, tells young women what to do to avoid pain and suffering caused by female troubles.

"DEAR MRS. PINKHAM:—I can conscientiously recommend Lydia E. Pinkham's Vegetable Compound to those of my sisters suffering with female weakness and the troubles which so often befall women. I suffered for months with general weakness, and felt so weary that I had hard work to keep up. I had shooting pains, and was utterly miserable. In my distress I was advised to use Lydia E. Pinkham's Vegetable Compound, and it was a red letter day to me when I took the first dose, for at that time my restoration began. In six weeks I was a changed woman, perfectly well in every respect. I felt so elated and happy that I want all women who suffer to get well as I did." — Miss Greta Gannon, 259 Jones St., Detroit, Mich., Secretary Amateur Art Association. — \$5000 forfeit if original of above letter proving genuineness cannot be produced.

When one considers that Miss Gannon's letter is only one of the countless hundreds which we are continually publishing in the newspapers of this country, the great virtue of Mrs. Pinkham's medicine must be admitted by all.

Few men are appreciated until they take up their residence in a cemetery.

If a man who falls in love at sight is wise he will take a second look before proposing.

Defiance Starch is guaranteed biggest and best or money refunded. 16 ounces, 10 cents. Try it now.

It is impossible to patch up a reputation so that the patches won't show.

Chaffee's Shoulder Straps. The first shoulder straps with the three stars of the lieutenant general that General Chaffee will wear after the senate confirms him in his new grade will be a pair presented to him by Lieutenant General Young, who retired recently. With the straps General Young sent this note: "Private Young, Company K, Twelfth Pennsylvania volunteer infantry, presents his compliments to Private Chaffee, Troop K, Sixth United States cavalry, and asks him to accept this pair of lieutenant general's shoulder straps."

Financier and Mirthmaker. American financiers who, when in London, have had occasion to meet the urbane, yet extremely business-like secretary of the Bank of England, were surprised to learn the other day that in his leisure he wrote stories that fairly bubbled over with the spirit of childhood. Between Mr. K. Graham, important factor in the management of "The Old Lady of Thread-needle Street," and Kenneth Graham, author of "The Golden Age" and "Dream Days," there would seem to be the wide gulf existing between poet and banker—always excepting my old friend, Edmund Clarence Stedman. If the attempt of a lunatic to assassinate the bank secretary had not drawn wide attention to that financial factotum, with consequent publication of his biography, the fact that mirthmaker and money handler were one person would have been known only to a chosen few.

DR. FED HIMSELF. Found the Food that Saved His Life. A good old family physician with a lifetime experience in saving people finally found himself sick unto death. Medicines failed and — but let him tell his own story. "For the first time in my life of sixty-one years I am impelled to publicly testify to the value of a largely advertised article and I certainly would not pen these lines except that, what seems to me a direct act of Providence, saved my life and I am impressed that it is a bounden duty to make it known. "For 3 years I kept falling with stomach and liver disorders until I was reduced 70 lbs. from my normal weight. When I got too low to treat myself, 3 of my associate physicians advised me to 'put my house in order' for I would be quickly going the way of all mankind. Just about that time I was put on a diet of Grape-Nuts predigested food. Curiously enough it quickly began to build me up, appetite returned and in 15 days I gained 6 lbs. That started my return to health and really saved my life. "A physician is naturally prejudiced against writing such a letter, but in this case I am willing to declare it from the housetops that the multiplied thousands who are now suffering as I did can find relief and health as easily and promptly by Grape-Nuts. If they only knew what to do. Sincerely and Fraternal yours." Name of this prominent physician furnished by Postum Co., Battle Creek, Mich. Look in each package for a copy of the famous little book, "The Road to Wellville."

IN WOMAN'S INTEREST

Girls' Costume. Yoke dresses are always becoming to young girls and are shown in many variations. This one is exceptionally pretty and includes a skirt yoke, as well as one in the waist, that gives smooth fit over the hips while allowing fullness below. The original is made of sapphire blue henrietta with the yokes, sleeve caps and cuffs made of narrow bands of silk, interlaced and held by fancy stitches and laid over white, but all the simpler materials of fashion are suitable and the yokes can be of lace silk or any



4618, Girl's Costume, 8 to 14 years.

contrasting material or, made of bands of velvet or silk ribbon in place of the folded silk.

The waist is made over a body lining on which the full front and backs and the deep pointed yoke are arranged. The sleeves are the full ones of fashion with caps that combine with the yoke to give the needed broad effect. The skirt is straight, gathered and joined to the yoke, which in turn is joined to the waist.

The quantity of material required for the medium size (12 years) is 5 1/2 yards 21 inches wide, 5 1/4 yards 27 inches wide or 3 1/2 yards 41 inches wide, with 20 yards of banding to make as illustrated.

The pattern 4618 is cut in sizes for girls of 8, 10, 12 and 14 years of age.



Frozen Meat.—When using frozen meat the great point is to slowly and thoroughly thaw it before cooking.

Mint Sauce.—When chopping mint for mint sauce, add a little sugar, and you will be able to chop it far more easily.

Brushes.—The backs of brushes of silver or nickel can be kept bright by rubbing with a flannel dipped in ammonia.

Fruit Tarts.—Put the sugar used for sweetening fruit tarts in the middle of the fruit, not on the top, or it will sicken the pastry.

Stale Loaves.—Wrap stale loaves in a cloth. Dip into hot water for half a minute, take off the cloth and bake for a quarter of an hour in a steady oven.

In the Wash.—The linen turns yellow after washing because it is not rinsed enough. The soap left in at the laundry turns the garments yellow in wear.

How to Cook Liver. Here is an appetizing way to have liver for a dinner, that may be new to

some. Cook or fry about three slices of fresh pork to a pound of liver, have fried onions with it, and also a gravy improves it. Cut all the meat up in quite small pieces, put it altogether in a deep dish with the onions and gravy poured over. Don't buy the red liver, it is not near as good as the yellow. Try it, and you will see; and don't cook the liver the least bit too much, as frequently happens; it will be so different when just cooked through.

Cleaning Fancy Collars. Net and lace collars, that there is danger of pulling out of shape during the washing process, should be carefully folded and sewed lightly together before being put into the suds. Never rub things of this kind. Make a suds with soap-jelly and warm water. Lay the folded collars in this and leave for twenty minutes or half an hour.

Then squeeze in your hand and souse up and down in suds till clean. Repeat the process in another clean lot of suds if there is any doubt of the cleanliness, and finally rinse in warm water and squeeze as dry as you can. If ironed at once on a well-covered board, wrong side up, first under a cloth and then without, no starch will be needed.

Painted Pins in Fashion Again. Miniature painted pins are again in fashion, but this time they are of copper instead of china.

They are mounted in gunmetal, all shapes and sizes, and are prettier than any miniature pin shown in many years. They are used for belts, brooches, hat pins and coin cases.

The coin cases have the appearance of being watches, and the pictures are usually surrounded by tiny rhinestones. On opening the case by the spring, just as a watch would open, and touching an interior spring, the coin emerges. This is a clever arrangement, and there is no danger of losing the coins.

Tucked Blouse. Blouse or shirt waists made with tucks arranged in groups are among the designs shown for the advance season and are admirable for the new cotton and linen waistings of spring as well as for the wool ones of immediate wear. This one is made of mercerized cotton showing lines of blue on white and is unlined, but can be used either with or without the fitted lining and is available for all materials in vogue.



4626 Tucked Blouse, 32 to 40 bust.

The full length tucks at each side of the center, with those at the shoulders which extend to yoke depth only, make a most desirable combination, while those at the back give the tapering lines that always are becoming.

The waist consists of the fitted lining, fronts and back. At the center front is a regulation shirt waist plait that meets the groups of tucks at each side. The sleeves are tucked to be snug for the shoulders to the elbows, but are full below and are gathered into straight cuffs. At the neck is worn a fancy stock of silk, with a turn over collar of white lawn.

The quantity of material required for the medium size is 4 yards 21 inches wide, 3 3/4 yards 27 inches wide or 2 1/2 yards 44 inches wide. The pattern 4626 is cut in sizes for a

32, 34, 36, 38 and 40 inch bust measure.

Waist With Fancy Yoke Collar. Every woman knows the value of a gown that can be made high or low neck as occasion demands. This very charming model accomplishes that end and is eminently smart under both conditions. As shown it is made of white crepe meteeore with heavy cream lace as trimming. The yoke-collar is separate and can be worn over the waist made low, as shown



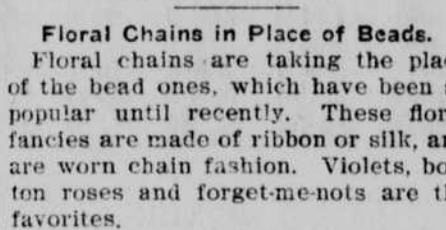
4607 Waist with Fancy Yoke Collar, 32 to 40 bust.

in the small sketch, or over the entire foundation as preferred. The sleeves form full soft puffs that extend slightly below the elbows and can be made with or without the deep cuffs. To make the waist for a woman of medium size will be required 4 1/2 yards of material 21 inches wide, 4 yards 27 or 2 1/2 yards 44 inches wide. A May Manton pattern No. 4607, sizes 32 to 40 will be mailed to any address on receipt of ten cents.

An Underskirt. Any girl who has an old party frock of taffeta can make a very pretty underskirt to wear with her house and evening gowns.

For the ruffle get wash net, or point d'esprit, and across the bottom place bias bands of silk. Sew the ruffle to the skirt with another band and you have a very dainty affair.

Floral Chains in Place of Beads. Floral chains are taking the place of the bead ones, which have been so popular until recently. These floral fancies are made of ribbon or silk, and are worn chain fashion. Violets, bouton roses and forget-me-nots are the favorites.



4626 Tucked Blouse, 32 to 40 bust.

Internal Talks. Knife cleaning will be more easily accomplished if you mix a little carbonate of soda with the bath brick on the knife blade.

When making cakes begin by warming the basin. This will cause the ingredients to mix more readily and the result will be a lighter cake.

If a cork seems too big for the neck of a bottle, soak it for three or four minutes in boiling water and then try it again. It will probably go in then quite easily.

Wash children's slates occasionally with water in which washing soda is solved. This will take off the greasiness which makes writing on the slate a difficulty.

Pretty Things to Wear. Fur is the ultra modish trimming. Sheer light evening gowns are set off with ermine fur.

Squirrel and moleskin are used on darker gowns. Jet fringes are favored for sheer black or white frocks.

On evening gowns green velvet leaves make an attractive decoration. Embroideries in rich oriental colorings, flecked with gold and silver, bear the stamp of excellent style.

Buttons of all sizes are used, cut steel being most costly and brilliant. Enameled buttons are employed to carry out the color scheme on a frock.

Readers of this paper can secure any May Manton pattern illustrated above by filling out all blanks in coupon, and mailing, with 10 cents, to E. E. Harrison & Co., 65 Plymouth Place, Chicago. Pattern will be mailed promptly.

Name
Town
State
Pattern No.
Waist Measure (if for skirt)
Bust Measure (if for waist)
Age (if child's or miss's pattern)

Write plainly. Fill out all blanks. Enclose 10c. Mail to E. E. Harrison & Co., 65 Plymouth Place, Chicago.

MEDICAL EXAMINER

of the United States Treasury Recommends Pe-ru-na.

Other Prominent Physicians Use and Endorse Pe-ru-na.

Dr. Llewellyn Jordan, Medical Examiner of the U. S. Treasury Department, graduate of Columbia College, and who served three years at West Point, has the following to say of Peruna:

"Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change and I now consider myself a well man after months of suffering. Fellow sufferers, Peruna will cure you."

A constantly increasing number of physicians prescribe Peruna in their practice. It has proven its merits so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their patients.

Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the disease which afflicts mankind. Catarrh and catarrhal diseases afflict one-half of the people of the United States.

Robert R. Roberts, M. D., Washington, D. C., writes:

"Through my own experience as well as that of many of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients." — Robert R. Roberts.

Dr. R. Robbins, Muskogee, I. T., writes:

"Peruna is the best medicine I know of for coughs and to strengthen a weak stomach and to give appetite. Besides prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it fits so many cases."

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and the suffering."

Dr. M. C. Gee writes from 513 Jones St., San Francisco, Cal.:

"Peruna has performed so many wonderful cures in San Francisco that I am convinced that it is a valuable remedy. I have frequently advised its use for women, as I find it restores regular and painless menstruation, cures leucorrhoea



Dr. Llewellyn Jordan, Medical Examiner United States Treasury.

and ovarian troubles, and builds up the entire system. I also consider it one of the finest catarrh remedies I know of." — M. C. Gee, M. D.

Catarrh is a systemic disease curable only by systemic treatment. A remedy that cures catarrh must aim directly at the depressed nerve centers. This is what Peruna does.

Peruna immediately invigorates the nerve centers which give vitality to the mucous membranes. Then catarrh disappears. Then catarrh is permanently cured.

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

'NEW RIVAL' BLACK POWDER SHELLS.
It's the thoroughly modern and scientific system of loading and the use of only the best materials which make Winchester Factory Loaded "New Rival" Shells give better pattern, penetration and more uniform results generally than any other shells. The special paper and the Winchester patent corrugated head used in making "New Rival" shells give them strength to withstand reloading. BE SURE TO GET WINCHESTER MAKE OF SHELLS.

Many things we fail to see because they are constantly in our sight.

A man seldom thinks he sees a perfect man without the aid of a mirror.

Lewis' "Single Binder." The richest quality cigar on the market at straight 5c. Always reliable. You pay 10c for cigars not so good. Lewis' Factory, Peoria, Ill.

Once there was a man who fell in love with a woman's voice! she seldom used it.

The man of deeds has little time to waste on words.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.

The best cure of a bad habit is the culture of a good one.

What a grand and glorious world this would be if every man would follow the advice he gives to others.

The U. S. Dept. of Agriculture Gives to Salzer's Oats its heartiest endorsement. Salzer's New National Oats yielded in 1903 from 150 to 300 bu. per acre in 20 different States, and you, Mr. Farmer, can beat this in 1904, if you will. Salzer's seeds are pedigree seeds, bred up through careful selection to big yields.

	Per Acre.
Salzer's Beardless Barley	121 bu.
Salzer's Home Builder Corn	300 bu.
Salzer's Macaroni Wheat	80 bu.
Salzer's Victoria Rape	60,000 lbs.
Salzer's Teosinte, the quick-growing fodder wonder	160,000 lbs.
Salzer's Billion Dollar Grass	50,000 lbs.
Salzer's Pedigree Potatoes	1,000 bu.

Now such yields pay and you can have them, Mr. Farmer, in 1904. SEND 10c IN STAMPS

and this notice to the John A. Salzer Seed Co., La Crosse, Wis., and you will get their big catalog and lots of farm seed samples free. (W. N. U.)

No ordinary man can love a woman as much as she thinks he ought to and attend to his work at the same time.

CAPSLIN VASELINE

(PUT UP IN COLLAPSIBLE TUBES)
A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-relieving and curative qualities of this article are wonderful. It will stop the toothache at once, and relieve headache and neuralgia. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all rheumatic, neuralgic and gony complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household. Many people say "It is the best of all your preparations." Price 15 cents, at all druggists or other dealers, or by sending this amount to us in postage stamps we will send you a tube by mail. No article should be accepted by the public unless the same carries our label, as otherwise it is not genuine. CHESEBROUGH MFG. CO., 17 State Street, New York City.

It is better to be a strong defendant than to be a weak plaintiff.

ARE YOUR CLOTHES FADED? Use Red Cross Ball Blue and make them white again. Large 2 oz. packages, 5 cents.

Do not let the stream of your life be a murmuring stream.

POTNAM FADELESS DYES are fast to light and washing.

No man thinks of his life as a grind who has any grist worth grinding.



WE DEMAND YOUR ATTENTION.

If anyone offered you a good dollar for an imperfect one would you take it?
If anyone offered you one good dollar for 75 cents of bad money would you take it?
We offer you 10 ounces of the very best starch made for 10c. No other brand is so good, yet all others cost 10c. for 12 ounces. Ours is a business proposition. DEFIANCE STARCH is the best and cheapest.
We guarantee it satisfactory. Ask your grocer.
The DEFIANCE STARCH CO., Omaha, Neb.

When Answering Advertisements Kindly Mention This Paper.

W. N. U., Omaha. No. 5-1904

PISO'S CURE FOR GIBBS WHERE ALL ELSE FAILS.

Best Cough Syrup, Croup, Whooping Cough, in time. Sold by druggists. CONSUMPTION.