



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."

At such a time, the grandest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the necessary changes, and is the surest and most reliable cure for woman's ills of every nature. Mrs. Pinkham invites all young women who are ill to write her for free advice. Address, Mrs. Pinkham, Lynn, Mass.

Mrs. Estes, of New York City, says:

"DEAR MRS. PINKHAM:—I write to you because I believe all young girls ought to know how much good your medicine will do them. I did dress-making for years before I was married, and if it had not been for Lydia E. Pinkham's Vegetable Compound, I do not believe I could have stood the strain. There is no other work that is such a strain on the system. Oh, how my back used to ache from the bending over! I would feel as though I would have to scream out from the pain, and the sitting still made me so terribly tired and weak, and my head throbbed like an engine. I never could eat after work. I was so worn out. Then I was irregular, and had such frightful cramps every month they would simply double me up with pain, and I would have to give up working and lie down. But Lydia E. Pinkham's Vegetable Compound changed me into a strong, well woman. Yours very truly, Mrs. Martha Estes, 513 West 125th St., N. Y. City."

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of female troubles cured. Sold by druggists everywhere. Refuse all substitutions. Remember every woman is cordially invited to write to Mrs. Pinkham, if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass.

FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

Libby's
GOOD THINGS TO EAT

For Dainty Luncheons

There is nothing so tempting and satisfying as Libby's Luncheon meats. There are many delicious ways Libby's Peas, Dried Beef, Potatoes and Deviled Ham Chicken, Cold Cuts, Vegetables, Libby's Natural Flavor Food Products can be served for Luncheons.

Send for our book, "How to Make Good Things to Eat."

Libby's Aims of the World: postpaid for five or six stamps.

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

WET WEATHER COMFORT

There is no satisfaction keener than being dry and comfortable when out in the hardest storm.

YOU ARE SURE OF THIS IF YOU WEAR

TOWERS' WATERPROOF OILED CLOTHING

MADE IN BLACK OR YELLOW AND BACKED BY OUR GUARANTEE

IF YOU WANT TO BE DRY AND COMFORTABLE IN ALL WEATHERS, WEATHER-RESISTANT, WATER-PROOF, OILED CLOTHING IS THE ANSWER. It will not supply you with our free catalogues of garments and hats.

\$500 Given Away

Write us or ask an Alabaster dealer for particulars and free sample card of

Alabaster

The Sanitary Wall Coating

Destroys disease germs and vermin. Never rubs or stains. You can apply it with cold water. Beautiful effects in white and delicate tints. Not a disease-breeding, out-of-date hot-water glue preparation. Use Alabaster in 5-lb. packages, properly filled, of best hardware and drug dealers. "Hints on Decorating" and our Artists' Ideas free. ALABASTER CO., Grand Rapids, Mich., 105 Water St., N. Y.

BEGGS' BLOOD PURIFIER

CURES catarrh of the stomach.

FOR YOUNG READERS

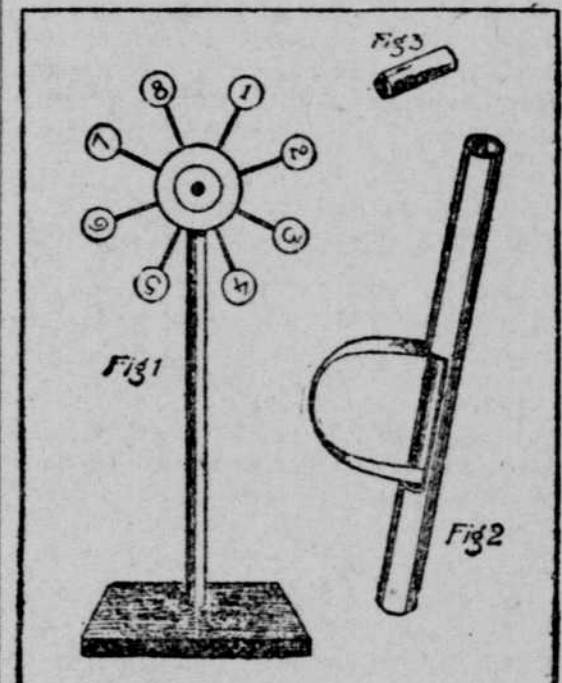
How Toads Undress.

For a marvel of economy you will never beat the toad. He eats his own clothes, says a devout lover of that harmless and slimy creature. At certain seasons he begins to undress. He begins by rubbing his elbows hard against his sides, and pressing downward. In a second the old suit bursts open along his back, and he keeps on rubbing until he has worked it all in folds on his sides and hips; then he seizes one of his hind legs and begins to haul off one leg of his trousers, and next the other leg is served in the same way. Of course a brand new suit is discovered by this disrobing process. Before he takes off the rest of his old clothes he folds his trousers up quite neatly and swallows them. Then, by raising and lowering his head, and swallowing little by little, he hauls off his coat until he comes to the sleeves. Grasping one of these with the opposite hand, he drags it off, wrong side out, and swallows it, so that his collar, cravat and, in fact, every vestige of his old suit, disappear altogether.

Target Shooting.

Figure 1 shows the target cut out of cigar box wood. A circular piece is first cut, about one inch in diameter, and eight small round pieces of cardboard with the numbers 1 to 8 on them are mounted on toothpicks and grouped around it at even distances; the other ends of the toothpicks are then inserted in the sides of the circular piece of wood. The target itself is fastened to a stick of wood about eight inches long, fastened to a stand, as shown in the picture. The gun consists of a paper tube, which is made by winding cardboard, well covered with glue, around the stem of a lead pencil. When it is dry a piece about five inches long is cut off. At 1/4 inches from one end we make an incision about two inches long, cutting down to about half the thickness of the tubes. (See Fig. 2.)

Figure 2 shows how a piece of



whalebone about six inches long is inserted, acting as the propelling power of the gun. You shoot with a wooden peg about 1 1/2 inches long, fitting loosely into the barrel of the gun. To give it more weight and strength we insert a carpet tack as shown in Figure 3.

To shoot, hold the gun with the right hand, pulling the whalebone back with the index finger and inserting the peg. As soon as the index finger releases the whalebone it springs forward and forces the peg out. To aim well hold the tube in such a way that the whalebone spring points downward.

Tricks for the Tongue.

Try to read the following sentences aloud and quickly, repeating the shorter ones half a dozen times in succession:

Six thick thistle stems.
Flesh of freshly fried flying fish.
The sea ceaseth, but it sufficeth us.
Give Grimes Jim's great gilt gig whip.

Two toads, totally tired, tried to trot to Tebury.

Strict, strong Stephen Stringer snared six sickly, silky snakes.
She stood at the door of Mrs. Smith's fish sauce shop welcoming him in.

Swan swam over the sea; swim, swan, swim; swan swam back again; well swam swan.

A haddock, a haddock, a black spotted haddock, a black spot on the black back of a black spotted haddock.

Susan shineth shoes and socks, socks and shoes shineth Susan. She ceaseth shining shoes and socks, for shoes and socks shock Susan.

Joke On General Miles.

General Miles was standing in the lobby of the Arlington the other night and happened to overhear a remark made by a small, thin young man who was standing near. "During the Spanish war," the young man said, "I took five Spanish officers without any assistance from the army or navy." "What's that?" asked General Miles, turning upon him abruptly. "You say you took five Spanish officers without the assistance of the army or navy?" "That's exactly what I said, sir," replied the young man; "by myself and without any loss of blood. It happened at Boston. Here is my card. I am Smallsmith, the photographer. Now, if you will allow me to pose you, General _____, but the general had fled.

Mexican Minister's Promotion.

It is said that Senor DeAspiroz, the Mexican ambassador, is to be recalled probably in June. It is understood that it is the purpose of the Diaz government to appoint him minister for foreign affairs. He will succeed Senor Mariscal, who is a candidate for vice president. The latter office is a new one in Mexico, created to relieve President Diaz in part of the onerous responsibilities of his office and to prepare the way for his retirement. Mariscal is expected to succeed Diaz as president in due time.

It is no use being better than others unless we are better than our old selves.

man, he stuck to his post. On arriving at the fire he was furnished comfortable quarters, and when the tower was ready to return home he was given a seat beside the driver.—Men of To-morrow.

Aquarium Ink Trick.

There are many tricks which may be done with ink, but perhaps the sim-



The Trick Explained.

Present a glass full of ink to the view of the spectators, then prove that it is ink by dipping a visiting card in it and showing the card. Now announce that there are live fish in the tumbler that just thrive on ink, and you will prove they are there by changing the ink to water so that the onlookers may see them.

Throw a handkerchief over the glass so as to entirely envelop it, repeat an incantation and then suddenly whisk the handkerchief away.

The audience will be very much astonished to find the glass filled with water, clear as crystal, with several fish swimming about in it.

The trick is performed in this way. Get a piece of thin black rubber cloth and line the inside of the glass with it, then tie a black thread to the upper edge of the cloth. Attach a little button or bit of cork to the end of the thread overhanging the tumbler, as shown in the drawing.

Fill the glass with clear water, and introduce several fish, live ones if you can possibly procure them, but if not, toy fish will serve, though the trick will hardly be so effective.

The ink test with the visiting card is accomplished by means of a confederate who is in the audience and who hands you a card which is marked with ink on one side. As you dip the card into the tumbler you contrive to turn it around, and the audience then sees the black side, thinking naturally that it has just been immersed in the ink. The startling change from ink to water is effected by pulling out the rubber cloth by means of the attached thread and button when the handkerchief is whisked away. Some practice is needed first in order to do this without spilling the water in the glass, but after you have tried it several times you will find that the cloth may be removed without spilling a drop, and that you are in possession of a very clever trick.

Some Indian Names.

Kakagos—A wood raven.
Musquash—A muskrat.
Cheokhes—The mink.
K'dunk—The toad.
Hawahak—The hawk.
Malsum—The wolf.
Moween—The bear.
Kagax—The weasel.
Killooleet—The white-throated sparrow.
Meeko—The red squirrel.

"The Power of Prayer."

A pretty story is told of two children, who were, as they thought, chased

by a cow in a field. "Oh, Johnny," said the little girl, "say a prayer." "I don't remember any!" "Say anything," persisted the little girl. "All I know is what papa said at breakfast." "Well, say that." So Johnny said "For what we are about to receive, may the Lord make us truly thankful." The cow ceased to chase them, and they returned home and told their mother that they had "been saved by the power of prayer."

In the Firelight.

The fire upon the hearth is low. And there is stillness everywhere. Like troubled spirits here and there, The firelight shadows fluttering. And as the shadows round me creep, A childish treble breaks the gloom, And softly from a further room Comes: "Now I lay me down to sleep."

And, somehow, with that little prayer, And that sweet treble in my ears, "I thought" goes back to distant years, And lingers with a dear one there; And as I hear the child's amen, My mother's faith comes back to me—Crouched at her side I seem to be—And mother holds my hands again.

Oh, for an hour in that dear place! Oh, for the peace of that dear time! Oh, for that childish trust sublime! Oh, for a glimpse of mother's face! Yet, as the shadows round me creep, I do not seem to be alone—Sweet magic of that treble tone, And "Now I lay me down to sleep!" —Eugene Field.

Balancing Cup on Knife Point.

If the subject of too much coffee drinking makes one nervous and unsteady ever comes up at your breakfast table, here is a little trick by which you can prove, with your own coffee cup, that you are not nervous and have got a steady hand.

Get a cork; squeeze it within the handle of your cup as shown in the drawing. Then take a fork and stick it into the cork so that two of its prongs are on either side of the handle, being sure to fix the fork in such a position as to insure its handle coming under the cup's bottom.

You have now fulfilled one of the laws of gravity which will permit you to balance your cup on the point of a knife if you are careful about one thing—find the exact place on the cup's bottom on which it will balance.



The Balanced Cup.

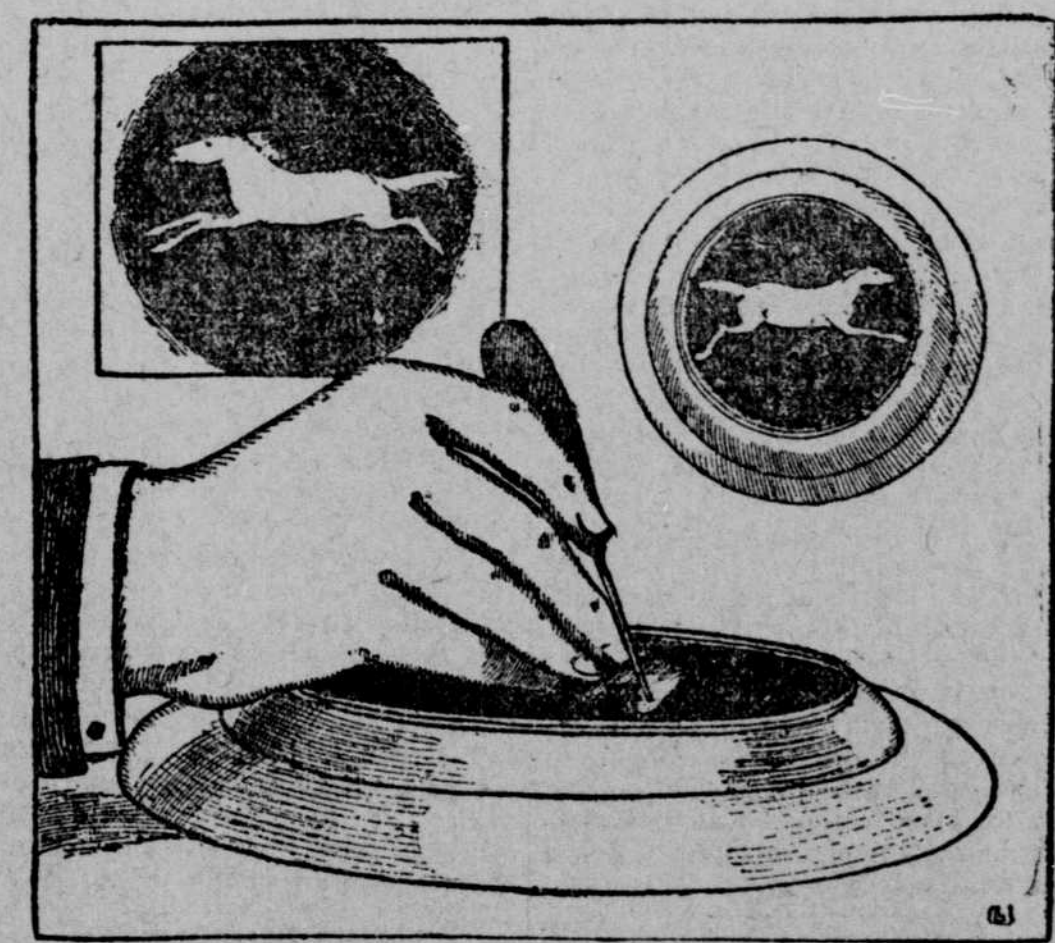
Your hand should be very steady and must not tremble a particle or the cup will slip off, because its bottom is usually glazed and very smooth. The same result may be obtained by using two knives instead of the fork.

It would not be wise to try this balancing feat with any coffee in your cup on the first attempt.

The Way to Succeed.

The very best way to succeed in anything is to learn how to think quickly. One of our most famous American actors started out a very poor boy. Applying for work in a Chicago store, he was tested by a few questions. Taking down a box of lace from a shelf, the proprietor asked "What would you do with this?" The boy replied, tracing with his fingers on the box lid, "Dust it." He got the position and it led to far better things than he dreamed of.

ODD SMOKE PICTURES.



Showing Smoke Pictures and How They Are Made.

If you can draw even a little bit you can make pretty pictures of a new and interesting sort in a very easy way. The picture is made on any flat surface that you can hold in a gas, lamp or candle flame without burning or cracking. A piece of tin or sheet zinc will do, or a china plate, earthen pie dish or pane of glass. If you use tin or zinc, take care that you do not burn your fingers, as a piece of metal gets hot all over, though only a part of it is in contact with the flame. On the other hand, if you use porcelain or glass, especially the latter, you must pass it quickly through or just above the flame to avoid cracking it by heating one spot too strongly, and repeat the operation until as large a spot as you need is blackened evenly.

Draw your picture with a pin or a pointed stick, which will scrape away the soot from the white china or bright metal so that you cannot draw very well is simply this—you can alter the picture until you get it right. Every pencil line that is drawn wrong has to be rubbed out, and if you use the rubber too much you make a soiled and spotted picture, but if you make part of your smoke drawing wrong you merely have to smoke the part again and do it over and you can make as many changes as you wish. When the picture is as good as you can make it, lay it on a dampened piece of paper, press the paper lightly and take it off. You will find the smoke picture transferred to the paper and you can keep it from rubbing off by spraying it with thin gum water as artists do with pencil drawings.

If you cannot draw at all you can still make smoke pictures by cutting out animals and human figures from illustrated papers, wetting them, sticking them on the plate, smoking the latter and then remove the paper. In this way you get white figures on a black ground. You can make black figures on a white ground by using the picture out of which you cut the figures instead of the figures themselves.

Shad and Their Bones.

A genius who invented a machine for removing the bones from shad is promoting a company with a capital of \$1,000,000 to rush the apparatus on the market before the end of the shad season. He says: "I have counted in a singled shad of five pounds 3,000 bones and 147,000 eggs. I have eaten 500,000 eggs at a meal. I have eaten 2,500 bones at a meal, for bones do not hurt me, but they are a menace to the world at large. My machine is simply a powerful magnet which is passed slowly over the fish from end to end. The small bones leap right out of the flesh in handfuls. You can use the invention either before or after cooking. I prefer it after, because the fish is sweeter if cooked with the bones in."

An "Angry Tree."

There has just been discovered in the far east a species of the acacia tree, which closes its leaves together in coils each day at sunset and curls its twigs to the shape of pigstails. After the tree has settled itself thus for a night's sleep, if touched the whole thing will flutter as if agitated or impatient at being disturbed. The oftener the foliage is molested the more violent becomes the shaking of the branches, and at length the tree emits a nauseating odor, which, if inhaled for a few moments, causes a violent dizzy headache. It has been named the "angry tree."

A Sure Protection.

Barton, N. Dak., May 9th.—Many cases are being published of how diseases have been cured and lives saved by Dodd's Kidney Pills, but there is a family in this place who use this remedy as a protection against the coming on of diseases and with excellent results.

Mr. W. A. Moffet says: "We have no very serious illness or complaint for we always use Dodd's Kidney Pills the very moment we feel the least symptom of sickness and they soon put us right. If we have a touch of lame back or think the kidneys are not right, we take a few Dodd's Kidney Pills and the symptoms are soon all gone.

"My brother had diabetes and the doctor told him he could not live until spring. I got some Dodd's Kidney Pills for him, and although that was several years ago, he has lived through all the winters and springs since and is still living. Dodd's Kidney Pills are a wonderful medicine."

The four biggest fools in the world are the fellow who thinks he knows women thoroughly and three other fellows just like him.

A man loses all respect for a wife who thinks she can select his cigars.

ALL UP-TO-DATE HOUSEKEEPERS

Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

Embarrassed Her Father.

Some ten or fifteen years ago, Julian Hawthorne visited a jail in order to write a magazine article on prison life. On returning home he described the horrors he had seen, and his description made a deep impression on his daughter, Hildegard, who was a little girl at that time. Mr. Hawthorne and Hildegard, a week later, were in a train together, which stopped at a station near a gloomy building. A man asked: "What place is that?" "The county jail," another answered. Whereupon Hildegard embarrassed her father and aroused the suspicions of the other occupants of the car by asking, in a loud, shrill voice: "Is that the jail you were in, father?"

Port Arthur's Name.

Since the war in the east began a good many newspaper readers have wondered how Port Arthur came to get its name. The first foreign vessel to enter that bay was a British war vessel in charge of Lieutenant Commander Arthur, who modestly gave his own name to the place. That was about fifty years ago, and as Port Arthur it has been known ever since.

Rich Man Turned Hermit.

Henry J. Ackerman has been living in a dugout near Pueblo, Colo., for six years. Formerly he was a well-to-do resident of Brooklyn. In 1898, while cruising in his yacht, he met and fell in love with a young woman. She married another man, whereupon Ackerman left his home and took up his abode in his present quarters, where he has lived a hermit's life ever since.

To be truthful and polite at the same time sometimes puts a rubber attachment on your conscience.

A man does not have to be concealed to be a clam.

IN AN OLD TRUNK.

Baby Finds a Bottle of Carbolic Acid and Drinks It.

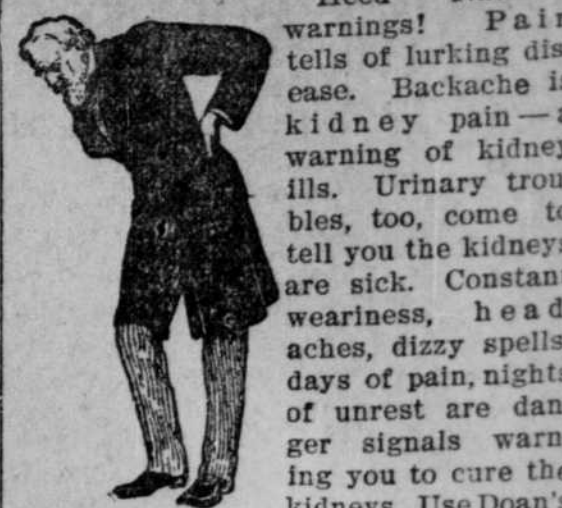
While the mother was untying an old trunk a little 18 months' old baby got hold of a bottle of carbolic acid while playing on the floor and his stomach was so badly burned it was feared he would not live for he could not eat ordinary foods. The mother says in telling of the case: "It was all two doctors could do to save him as it burnt his throat and stomach so bad that for two months after he took the poison nothing would lay on his stomach. Finally I took him into the country and tried new milk and that was no better for him. His Grandma finally suggested Grape-Nuts and I am thankful I adopted the food for he commenced to get better right away and would not eat anything else. He commenced to get fleshy and his cheeks like red roses and now he is entirely well.

"I took him to Matamoras on a visit and every place we went to stay to eat he called for Grape-Nuts and I would have to explain how he came to call for it as it was his main food.

"The names of the physicians who attended the baby are Dr. Eddy of this town and Dr. Geo. Gale of Newport, O., and any one can write to me or to them and learn what Grape-Nuts food will do for children and grown-ups too." Name given by Postum Co., Battle Creek, Mich.

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

BE WARNED!



Heed Nature's warnings! Pain tells of lurking disease. Backache is kidney pain—a warning of kidney ills. Urinary troubles, too, come to tell you the kidneys are sick. Constant weariness, headaches, dizzy spells, days of pain, nights of unrest are danger signals warning you to cure the kidneys. Use Doan's Kidney Pills, which have made thousands of permanent cures.

Frank D. Overbaugh, cattle-buyer and farmer, Catskill, N. Y., says: "Doctors told me ten years ago that I had Bright's Disease, and said they could do nothing to save me. My back ached so I could not stand it to even drive about, and passages of the kidney secretions were so frequent as to annoy me greatly. I was growing worse all the time, but Doan's Kidney Pills cured me, and I have been well ever since."

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

The limit of patience is reached through the single sentence, "I told you so."

AN ILLINOIS FARMER IN WESTERN CANADA.

A recent issue of the Shelbyville, Illinois, Democrat contains a long and interesting letter from Mr. Elias Kost, formerly a prosperous farmer of that state, who recently emigrated to Western Canada, taking up a claim for himself and for each of his three sons.

From Mr. Kost's letter, which was written Feb. 3, 1904, we publish the following, believing it will prove of great interest to those who have contemplated settling in the Canadian Northwest:

"I had in August, 1902, secured a claim for myself, and filed on three quarter sections for my sons. My claim is one-half mile south of the Edmonton and Lake St. Anne trail.

"Coming so late in the season we had little opportunity to break and to prepare ground for a first year's crop, still we raised over 100 bushels of very fine potatoes, and sowed a few acres of barley, but the season was too far advanced for the barley. However, we secured good feed from it, and on a rented ground 18 miles east of us, raised a fine crop of oats, so that we will have plenty of feed for horses. We cut about 60 tons of hay and thus will have an abundance. We have, all told, about 240 acres of hay meadow, which would yield the past year over three tons to the acre, and in an ordinary season the meadow would furnish 600 tons of hay. The grass is very nutritious, and cattle on the ranges become very fat without being fed a pound of grain.

"On the upland the grass grows from eight to ten inches tall. This is called range grass, and is suitable for stock at any time, even in the winter when the ground is not covered too deep with snow. Horses subsist on it alone, at all times, provided they are native stock. The grass in the hay meadows here is six feet in length, and grows from five to six feet in length, and when cut at the proper time yields an abundant crop of nutritious hay.

"Our cattle have not cost us a cent since we came on our homestead, only the small outlay for salt and labor in putting up hay and shelter. All cattle have been doing well this winter, and feeding up to the first of January was unnecessary, as there was good range up to that time.

"All the snows up to that date were followed by winds from the northwest that melt it very rapidly; these winds are called Chinook winds, and are always warm. In one night a Chinook wind may take away three or four inches of snow.

"We have built on our claim a comfortable house of hewn logs, 20x25 feet, one and one-half stories in height, with a good cellar. During the latter part of June we rafted logs down the Sturgeon to a sawmill, about eight miles away, and thus secured 5,000 feet of good lumber which was needed for the house. Later in the season a shingle mill located six miles away. To this we hauled logs and had shingles cut for the roof.

"We had an abundance of wild fruit the past season, consisting of gooseberries, strawberries, raspberries, eye-berries, blueberries, cherries and Saskatoon. The latter are a fine looking berry, red, and quite pleasant to the taste, but not much to be desired in cookery. The strawberries are the same as those that grow wild in Illinois. Raspberries are red in color, large and equal to any of the tame varieties, and so are the gooseberries. The cranberries consist of the high and trailing varieties. The latter are most sought and contiguous to the swamps. The ground is literally covered with them as with a red carpet, but the best and most sought is the blueberry, so called by the Indians. This is the famous 'huckleberry' (whortleberry) of the Blue Ridge Mountains in Pennsylvania, and cannot be excelled for excellence by any fruit cultivated. It is found here both on the prairie and in the timber in immense quantities.

"Game is very plentiful so far as prairie chickens, pheasants, ducks of all kinds, and geese are concerned. We have taken nearly 500 chickens and pheasants, also a great many ducks.

"An occasional deer is seen, but are not plentiful, only one having been taken during the season in this settlement.

"Fish are very plentiful at all seasons of the year. Fish wagons and sleds are passing almost daily along the trail with heavy loads of fish, destined for St. Albert and Edmonton. From the latter point they are shipped south on the Calgary and Edmonton railroad to points along the line, and also to Assiniboia, on the Canadian Pacific railroad."

For further information apply to any authorized Canadian Government Agent whose address appears elsewhere in this paper.