



Miss Alice Bailey, of Atlanta, Ga., escaped the surgeon's knife, by using Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I wish to express my gratitude for the restored health and happiness Lydia E. Pinkham's Vegetable Compound has brought into my life.

"I had suffered for three years with terrible pains at the time of menstruation, and did not know what the trouble was until the doctor pronounced it inflammation of the ovaries, and proposed an operation.

"I felt so weak and sick that I felt sure that I could not survive the ordeal, and so I told him that I would not undergo it. The following week I read in an advertisement in the paper of your Vegetable Compound in such an emergency, and so I decided to try it. Great was my joy to find that I actually improved after taking two bottles, so I kept taking it for ten weeks, and at the end of that time I was cured. I had gained eighteen pounds and was in excellent health, and am now.

"You surely deserve great success, and you have my very best wishes."—Miss ALICE BAILEY, 50 North Boulevard, Atlanta, Ga.—\$5000 forfeit if original proof above letter proving genuineness cannot be produced.

All sick women would be wise if they would take Lydia E. Pinkham's Vegetable Compound and be well.

Ripans Tablets are the best dyspepsia medicine ever made. A hundred millions of them have been sold in the United States in a single year. Constipation, heartburn, sick headache, dizziness, bad breath, sore throat, and other ailments arising from a disordered stomach are relieved or cured by Ripans Tablets. They will generally give relief within twenty minutes. The pleasant package is enough for ordinary occasions. All druggists sell them.

The electric life-saving book of J. F. Kenna, a Scotchman, is a long one with a hook and an electric amp at the other end. The light is made to glow when a body is being brought in the water at night.

10,000 Plants for 16c. This is a remarkable offer the John A. Jaiser Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalogue, together with enough seed to grow: 1,000 fine, solid Cabbages, 2,000 delicious Carrots, 2,000 blanching, nutty Celery, 2,000 rich, luscious Lettuces, 1,000 splendid Onions, 1,000 rare, buttery Radishes, 1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds—or when you once plant them you will grow no others, and

ALL FOR BUT 16c POSTAGE. Providing you will return this notice, and I will send them 20c in postage, they will fill to the above a package of the famous Berliner Cauliflower. (C. N. U.)

The town of Greenland, N. H., with a population by the last census of 606, can boast of having 10 per cent of the population past the scriptural limit of life. Two are over 90 years, six between 80 and 85 and forty-three between 70 and 80. Nearly all of these are enjoying the best of health.

Permanently Cured. No fee or remuneration for first day's use of Dr. Kline's Great Urinary Remedy. Sent for FREE, 25c trial bottle and treatise. DR. H. H. KLINE, Ltd., 311 Arch St., Philadelphia, Pa.

Some of the Cuban papers occasionally refer to American audacity as "Yanqui blof"—meaning Yankee bluff.

The export trade in Galveston for the fiscal year showed an increase of \$3,000,000. Public and private improvements recently completed and under way will aggregate in cost \$5,500,000.

The man who can pretend he is having a good time on a visit in somebody else's house is the simp who can make his wife believe she only regret he has in life is that he did not marry her five years ago.



HOUSEHOLD TALKS

Lemon Sponge.

Put one-half pound of gelatine in cold water (the water to cover) to soak for three or four hours, then pour over it a full pint of boiling water in which the rind of one lemon has boiled for about five minutes; add the juice of three or four lemons, one-half pound of sugar, or more if not sweet enough; leave it until it is nearly cold and begins to adhere to the sides of the basin, then add the whites of two eggs well beaten, and whisk all together until it is like a stiff white sponge; have some moulds ready in cold water, shake out, and put in your sponge. Vanilla may be used instead of the lemons. This is a pretty dish for children's parties.

Ribbon Cake.

Three large or four small eggs, the weight of three in castor sugar, twice the weight of two in flour, one teaspoonful of baking powder, chocolate powder, cochineal. Method: Grease three square tins of equal size, beat the eggs and sugar until thick, then stir in flour very lightly; add baking powder and a little milk if necessary. Divide mixture into three, leaving one white, making another pink, another brown with chocolate powder. Bake about three-quarters of an hour, then place jam or jelly between each, and cut into fancy shapes. Very digestible because no fat required.

Dried Beef with Cream.

Remove the skin and superfluous fat from half a pound of smoked dried beef; pick it in pieces, cover with boiling water, let stand ten minutes, drain and add two tablespoonfuls butter; toss lightly until slightly browned; then dredge over with one and a half tablespoonfuls flour; pour on gradually one cup of milk or thin cream, stirring constantly; season with pepper and more salt, if necessary; serve on delicately buttered toast. The yolk of one uncooked egg may be added just before removing from the range. Do not allow mixture to cook after egg is added.

Fiz Pudding.

Four ounces of finely chopped suet, twelve ounces of figs, chopped or minced, eight ounces of bread crumbs, one large tablespoonful of flour, one large tablespoonful of brown sugar, one large tablespoonful of ground almonds; mix all well together with yolks of two eggs, previously well beaten, and lastly add the whites of the eggs beaten to a stiff froth; put in a buttered basin and cover with paper and a pudding cloth, and steam four hours. When serving stick blanched almonds thickly over pudding.

Apple Custard Pie.

For an apple custard pie stew enough apples to make three cupfuls after they are pressed through a sieve. Add seven-eighths of a cupful of sugar, the yolks of six eggs beaten light and season with nutmeg. Stir in slowly a quart of milk. Fold in the stiffly beaten whites of the eggs, and bake in a crust without a cover. A meringue may be added to the top after the pie is done, if it is wanted.

Potato Roll.

This is a very nice way to serve cold mashed potato. Put one cupful into a saucepan, add one-quarter of a cup of milk and seasoning of salt and pepper, a tablespoonful of chopped parsley and two well-beaten eggs. Mix thoroughly, and beat till light. Put one tablespoonful of butter in a frying pan, when hot put in the potatoes, spread evenly over the pan, and cook slowly until a golden brown. Roll like a meringue, and serve hot.

Mashed Potatoes.

Pare your potatoes very thin and let them lie in cold water one hour. Put them into boiling water slightly salted and boil steadily until you can pierce them with a fork. Then pour off the water, sprinkle them lightly with salt and add to one dozen medium-sized potatoes, a piece of butter the size of a hen's egg; mash them with a wire masher, add half a cupful of hot cream and beat them until very light and white.

An Excellent Iron Stand.

Use a clean firebrick instead of the ordinary iron stand, and your iron will retain its heat much longer. The usual iron stand not only admits the air to the bottom of the iron, but it conducts the heat from it. The brick, being a nonconductor of heat, retains the heat in the iron much longer.

Boiled Mutton.

Put a leg of mutton, weighing about six pounds, on the fire in enough boiling water to cover it; boil for ten minutes, skimming it often; season with a tablespoonful of salt, and simmer the meat until tender, about twenty minutes to each pound. Serve with caper sauce.

Sugar Ginger Cakes.

For this take two teacups of white sugar, one of butter, a half cup of milk, three eggs, a half teaspoonful of soda, ground ginger to taste and sufficient flour to roll out. Cut in small cakes.

Hop Tea.

Pour a quart of boiling water upon two ounces of hops. Infuse, the next day strain, and take a wineglassful before meals.

Women's Doings.

Women as Farm Owners.

The number of women in the United States who are studying agriculture grows larger every year. Nearly all agricultural departments of Western universities and colleges admit women on equal terms with men, and there are a number of Eastern institutions where they are welcomed. Secretary Wilson so far approves of women as farmers that he frequently addresses classes in the Columbia Normal School, Washington, where there are forty woman pupils, and elsewhere. It is Secretary Wilson's hope that agriculture, or the first principles of the science, will soon be a part of the curriculum in every rural school, and this will mean that thousands of women will have to take normal courses in agricultural science in order to fit themselves for teachers.

In Western schools and colleges of agriculture are many girls who have inherited, or expect to inherit, large farms, which they will manage themselves. Others study special branches of farming, such as dairying, small fruit growing, market gardening, etc. Women are well fitted for these branches, and have made them profitable in so many parts of the country that all doubt of the wisdom of this choice of a profession seems to be dispelled.

A new kind of special farming has recently engaged the attention of women in the Eastern States. At the fruit and flower shows given each autumn in New York much interest has attached to experiments in growing cultivated varieties of chestnuts, pecans, walnuts, etc. Larger tracts of lands in Southern New Jersey have been planted with choice nut trees, the Italian and Japanese giant chestnut chief among them. One young woman went into partnership with her brother in planting twenty acres of land owned by them, and a few years later resigned a well-paying position in a New York law office to attend to the growing business of their nut farm. She looks after every detail of the work—the gathering and shipping of the crop, and the correspondence, and will probably one day become the sole owner of the property.—New York Evening Post.

The Dressing-Sack Woman.

There is a popular delusion to the effect that household tasks require slipshod garments and unkempt hair. Let the frowsy ones contemplate the trained nurse in her spotless uniform, with her snowy cap and apron and her shining hair. Let the doubting ones go to a cooking school and see a neat young woman in a blue gingham gown and a white apron prepare an eight-course dinner, and emerge spotless from the ordeal.

The woman who puts on an apron over her dressing sack by that act openly proclaims that the thing would be better if it were belted in. Then why not a shirt waist? Does one ever see a trained nurse in a dressing sack, even when she does heavier work than any other woman is ever called upon to do? If a woman in the uniform of a trained nurse can do the manifold things assigned to her calling, surely the laundress and the cook do not need a dressing sack.

There is a cynical adage that runs thus: "Strangers for help, friends for advice and relatives for nothing." Few of us will be bold enough to say there is no truth in it, and the reason is not far to seek. Who should help us if not those who always see our best side? Strangers think us charming, friends admit but pardon our faults, and relatives fight with us.

We make our houses spotless for a stranger, but friends can take us as we are. For a new acquaintance there is purple and fine linen, while we offer our friends cold potatoes and remnants of pie. The sly silver and dainty embroideries are put away for the stranger, while one's husband, who, in a way, is a relative by marriage, eats left-overs out of nicked dishes, and contemplates a dressing sack between mouthfuls.—The Pilgrim.

Social Success.

Young girls who belong to the same social set are much on an equal plane between the ages of 12 and 18; whether they are rich or poor, plain or pretty, does not then particularly count, as they have similar pursuits and interests, and are practically on an equality. It is after their social debut that the great differences become apparent and that friends are more or less separated through inevitable circumstances. The social success of some young women is a foregone conclusion. The prominence and wealth of their families, combined with a certain amount of attraction, render any exertion quite unnecessary. They have only to take graciously and sweetly the goods that the gods provide, to be very popular. With the rank and file of maidens, however, it is quite different, and depends upon themselves whether they become persona grata in society or gradually drop out of the running with former associates. Unluckily for the majority, it is only experience that sharpens their wits and perceptions, and that can only be acquired by failures and knowledge of the world. If young people could only get experience without experiencing, or if they would only be content to take what their elders have acquired at considerable cost how many years they might gain

and how much more assured would be their success! If in mental progress one is willing to take for granted what others have discovered, and begin where they leave off, why is it in matters that are personally more important that human nature always refuses to be guided and invariably begins anew?

"I know exactly what would make my girls have a good time in society," said a woman of experience, "but they will not take my advice. They will see some day that I am right, and they are wrong, but, then, unfortunately, it will be too late."—New York Tribune.

The Blessing of Educated Wives.

So long as women were absolutely ignorant, men could pass as wise of small capital; but the growing mind of woman lifts the mind of man with two great forces—heredity and sex-attraction. Large-brained mothers make better men, and the sweetheart who is wise as well as kind can do wonders with her lover.

GOVERNOR OF OREGON Uses Pe-ru-na For Colds in His Family and Grip.



CAPITOL BUILDING, SALEM, OREGON. A Letter From The Governor of Oregon.

Peruna is known from the Atlantic to the Pacific. Letters of congratulation and commendation testifying to the merits of Peruna as a catarrh remedy are pouring in from every State in the Union. Dr. Hartman is receiving hundreds of such letters daily. All classes write these letters, from the highest to the lowest.

The outdoor laborer, the indoor artisan, the clerk, the editor, the statesman, the preacher—all agree that Peruna is the catarrh remedy of the age. The stage and rostrum, recognizing catarrh as their greatest enemy, are especially enthusiastic in their praise and testimony. Any man who wishes perfect health must be entirely free from catarrh. Catarrh is well nigh universal; almost omnipresent. Peruna is the only absolute safeguard known. A cold is the beginning of catarrh. To prevent colds, to cure colds, is to cheat catarrh out of its victims. Peruna not only cures catarrh, but prevents it. Every household should be supplied with this great remedy for coughs, colds and so forth. The Governor of Oregon is an ardent admirer of Peruna. He keeps it constantly in his house. In a recent letter to Dr. Hartman, he says:

STATE OF OREGON, EXECUTIVE DEPARTMENT, The Peruna Medicine Co., Columbus, O.

Dear Sirs—I have had occasion to use your Peruna medicine in my family for colds, and it proved to be an excellent remedy. I have not had occasion to use it for other ailments. Yours very truly, W. M. Lord

It will be noticed that the Governor says he has not had occasion to use Peruna for other ailments. The reason for this is, most other ailments begin with a cold. Using Peruna to promptly cure colds, he protects his family against other ailments. This is exactly what every other family in the United States should do. Keep Peruna in the house. Use it for coughs, colds, grippe, and other climatic affections of winter, and there will be no other ailments in the house. Such families should provide themselves with a copy of Dr. Hartman's free book, entitled, "Winter Catarrh." Address Dr. Hartman, Columbus, Ohio.

Ask Your Druggist for a free Peruna Almanac for 1904.

Advertisement for Bromo-Seltzer, featuring the text "Yours for a Clear Head" and "10c SOLD EVERYWHERE".

Advertisement for Daxtine Toilet Antiseptic, describing its benefits for women's health and its use as a disinfectant.

Advertisement for Capsicum Vaseline, highlighting its use in collapsible tubes and its effectiveness for various ailments.

Advertisement for Western Canada Farms, offering land for sale and highlighting the benefits of the region.

Advertisement for PISO'S CURE FOR CONSUMPTION, describing its effectiveness for respiratory ailments.

Advertisement for St. Jacobs Oil, describing its benefits for various ailments such as sprains, bruises, and rheumatism.