

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

"DEAR MRS. PINKHAM:- I wish to express my gratitude for the restored prought into my life.

"I had suffered for three years with errible pains at the time of menstruaion, and did not know what the trouble vas until the doctor pronounced it inlammation of the ovaries, and roposed an operation.

"I felt so weak and sick that I felt are that I could not survive the ordeal, md so I told him that I would not un- spoonful of baking powder, chocolate lergo it. The following week I read powder, cochineal. Method: Grease m advertisement in the paper of your three square tins of equal size, beat Vegetable Compound in such an emerrency, and so I decided to try it. Great was my joy to find that I actually imexcellent health, and am now.

"You surrly deserve great success, md you have my very best wishes."ard, Atlanta, Ga. -- \$5000 forfeit if original because no fat required.

All sick women would be wise f they would take Lydia E. Pinkram's Vegetable Compound and | fat from half a pound of smoked dried e well.



Ripans Tabules are the best ness, bad breath, sore throat and were other illness arising from a disordered tomach are relieved or ou ed by Ripans Tabules one will generally give relief within twenty pinutes. The five-cent package is enough brordinary occasions the diagrists sell them.

The electric life-saving book of J f. Kenna, a Scotchman, is a long with a hock and an electic amp at the other end. The light is nade to glow when a body is being ought in the water at night.

10,000 Plants for 16c, This is a remarkable offer the John A. lalzer Seed Co., La Crosse, Wis., makes they will send you their big plant and

1,000 fine, solid Cabbages, 2,000 delicious Carrots, 2,000 blanching, nutty Celery, 2,000 rich, buttery Lettuce,

1,000 splendid Onions, 1,000 rare, luscious Radishes. 1.000 gloriously brilliant Flowers. This great offer is made in order to in fuce you to try their warranted seedsor when you once plant them you will

grow no others, and ALL FOR BUT 16c POSTAGE. roviding you will return this notice, and I you will send them 20c in postage, they enough apples to make three cupfuls will add to the above a package of the amous Berliner Cauliflower. (C. N. U.,

if 606, can boist of having 10 per ent of the population past the scriptmal limit of life. Two are over 90 tears, six between 80 and 85 and brty-three between 70 and 80. Nearly all of these are enjoying the sest of bealth.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Re-storer, Send for FREE \$2.06 trial bottle and treatise DR. R. H. KLINE, Ltd., 331 Arch St., Philadelphia, Pa.

Some of the Cuban papers occasion illy refer to American audacity a "Yangui blof"-meaning Yauker

The export trade in Galveston 'o the fiscal year showed an increase of 13.000.000. Public and private improvements recently completed and under way will aggregate in cos 15, 150, 000.

The man who can pretend he laving a good time on a visit in nmebody elses house is the sam thip who can make his wife believ the only regret he has in life is that be did not marry her five years I oner.



At The Post

Up and doing, to live and help to live, the old reliable

in the cure of

Hurts, Sprains and Bruises

Price, 25c. and 50c.

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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 teathe eggs and sugar until thick, then

stir in flour very lightly; add baking proved after taking two bottles, so I powder and a little milk if necessary. tept taking it for ten weeks, and at the | Divide mixture into three, leaving one md of that time I was cured. I had | white, making another pink, another pained eighteen pounds and was in brown with chocolate powder. Bake about three-quarters of an hour, then place jam or jelly between each, and MISS ALICE BAILEY, 50 North Boule- cut into fancy shapes. Very digestible

Dried Beef with Cream.

Remove the skin and superfluous beef; pick it in pieces, cover with boiling water, let stand ten minutes, drain dysp psia medicine ever made. and add two tablespools browned; A bundred millions of them have toss lightly until slightly browned; ly one cup of milk or thin cream, stirring constantly; season with pepper and more salt, if necessary; serve on one uncooked egg may be added just before removing from the range. Do not allow mixture to cook after egg is added.

Fig 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, eed catalogue, together with enough seed 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 after they are pressed through a sieve. Add seven-eighths of a cupful of su-The town of Greenland, N. H., gar, the yolks of six eggs beaten light in a crust without a cover. A methe pie is done, if it is wanted.

Potato Ro'l.

This is a very nice way to serve cold mashed potate. Put one cupful into a saucepan, add one-quarter of a cup per, 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 melet, and serve hot.

Mashed Potatoes.

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 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 boil ing water to cover it; boil for ten minutes, skimming it often; season with a tablespoonful of salt, and sim mer the meat until tender, about twen ty minutes to each pound. Serve with caper sauce.

Sugar Ginger Cakes. For this take two teacups of whit

sugar, one of butter, a half cup o milk, three eggs, a half teaspoonful o soda, ground ginger to taste and suff cient flour to roll out. Cut in sma

Hop Tea. Pour a quart of boiling water up two ounces of hops. Infuse, the neday strain, and take a wineglassf before meals.

Women as Farm Owners.

States who are studying agriculture one is willing to take for granted what grows larger every year. Nearly all others have discovered, and begin agricultural departments of Western where they leave off, why is it in mat universities and colleges admit wom- ters that are personally more import en on equal terms with men, and there ant that human nature always refuseare a number of Eastern institutions to be guided and invariably begin where they are welcomed. Secretary anew? Wilson so far approves of women as farmers that he frequently addresses my girls have a good time in society." c'asses in the Columbia Normal School, said a woman of experience, "but Washington, where there are forty they will not take my advice. They woman pupils, and elsewhere. It is will see some day that I am right, and Secretary Wilson's hope that agriculthey are wrong, but, then, unfor ture, or the first principles of the sci- tunately, it will be too late."-New ence, will soon be a part of the cur- York Tribune. riculum 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 dis-

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 add two tablespoonfuls butter; and Japanese giant chestnut chief among them. One young woman went a single year. Consupation, then dredge over with one and a half into partnership with her brother in heartburn, sick headache, dizzi-ness, bad breath sore throat and tablespoonfuls flour; pour on gradual- 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 delicately buttered toast. The yolk of 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 eightcourse 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 was 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 with a population by the last census and season with nutmeg. Stir in slow- any other woman is ever called upon ly a quart of milk. Fold in the stiffly to do? If a woman in the uniform of beaten whites of the eggs, and bake a trained nurse can do the manifold things assigned to her calling, surely ringue may be added to the top after the laundress and the cook do not need a dressing sack.

There is a cynical adage that runs thus: "Strangers for help, friends for dvice and relatives for nothing." Few of us will be bold enough to say there is no truth in it, and the reason is not of milk and seasoning of salt and pep- 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 Pare your potatoes very thin and of pie. The s lid 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 conoff the water, sprinkle them lightly templates a dressing sack between mouthfuls .- The Pilgrim.

Soc al 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, p'ain or pretty, does not then particulary count, as they have similar pursuits and interests, and are practically on an equality. It is after their social debut that the great differences becomes 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 majorlty, 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 cessful way, but I'd hate to think I cost how many years they might gain had bribed a man to be my husband.

and how much more assured would The number of women in the United be their success! If in mental progress

"I know exactly what would make

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

with her lover. Lord Chesterfield's advice to his son is clear on this point. He strongly urges him to marry a woman who is wise as well as rich, handsome and well-born; "for," says he, "thou wilt find there is nothing more fulsome than a she-fool."

The Greeks would not have educated wives, owing to prejudice, tradition and general error; but, as they grew capable of more pleasure than the primitive sex-relation allows, they sought it outside of marriage.

It is wonderful how long a piece of idiocy will stick in the human brain. Never was a more splendid development of some mental qualities than in Athens, yet there this antique ignorance remained bedded in the fertile intellectual soil like a bowlder in a gar-

They would have slavery, and they would have ignorant wives, and-they

To-day, with our new knowledge of the laws of nature, with our great advance in freedom of thought and action, there is still less excuse for us. We know now that a nation is best measured by the position of its women -Charlotte Perkins Gilman, in Success

Her Reasons.

She bought a hat-plain, prim and flat-With feathers trained on wiltingly; It hid her eyes like a disguise And touched one ear tiptiltingly;

A homely thing of straw and string, And yet she proudly flaunted it, 'Twas all made clear by her "Oh, dear Another woman wanted it!"

She wears a dress-it cost no less Than ninety-five simoleons; It's faded tan, and looser than That great coat of Napoleon's; It puckers so, and flares as though Some dismal spirit haunted it; It has no style-but she will smile;

Another woman wanted it!"

Of bric-a-brac she has no lack. And still she's always buying more; Weird wall designs and ugly steins; Strange foods-she's always trying

Once to her flat she brought a cat-A fake Maltese. We taunted her. She sighed: "I know I'm beat, but, oh, Another woman wanted her!"

Her married life is naught but strife-But what's the use to moralize? 'He" has an awe inspiring jaw And "I-delight-to-quarrel" eyes, Threats of divorce or shows of force

Have never even daunted him. And she'll confess: "Well, I said 'Yes' Another woman wanted him!" -W. D. Nesbit in Life. Do Not Urge Your Chi'd.

If your child cannot concentrate its mind or commit to memory without great difficulty, or if it seems backward, do not urge it to study. No deis purple and fine linen, while we offer velopment which is forced is natural our friends cold potatoes and remnants or normal. The mind may be developing unevenly. When the brain cells are more fully developed and the nerve cells more mature, the faculties will balance and the child will become normal, evenly developed. But he must be encouraged instead of being discouraged, for otherwise the result may be disastrous. It is cruel to keep telling a child that he is dull or stupid, or that he is not like other children. The discouraging pictures thus impressed upon his plastic mind will cling to it and become indelible in the brain of the man and handicap him for life.

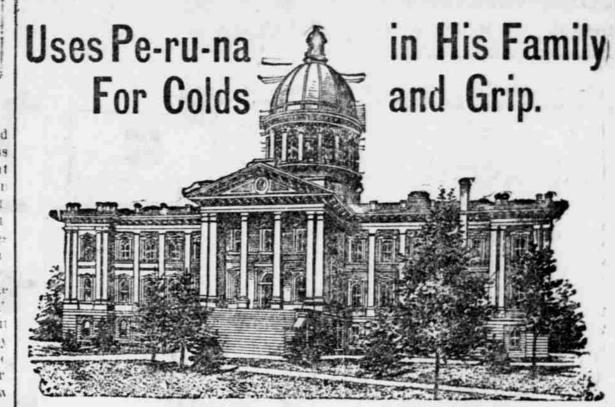
> Safe Way to Clean Carpets. An experienced chemist says the following recipe is warranted to remove soil and spots from the most

delicate carpets without injuring Make a suds with a good white soap and hot water, and add fullers' earth to this until the consistency of thin cream is secured. Have plenty of clean drying cloth, a small scrubbing brush, a large sponge and a pail of fresh water. Put some of the cleaning mixture in a bowl and dip a brush in it; brush a small piece of the carpet with this; then wash with the sponge and cold water. Dry as much as possible with the sponge, and finally rub with dry cloths. Continue this till you are sure that all the carpet is clean; then let it dry.-Chicago Journal

Misunderstood. Grace-Miss Olde says she is after a

man with money. Barbara-Well, that may be a suc-

## GOVERNOR OF OREGON



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

the Pacific. Letters of congratulation ter to Dr. Hartman, he says: 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 testi-

edy for coughs, colds and so forth. admirer of Peruna. He keeps it con- lumbus, Ohio,

Peruna is known from the Atlantic to | tinually in the house. In a recent let-

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 Any man who wishes perfect health with a cold. Using Peruna to promptly must be entirely free from catarrh. Ca- cure colds, he protects his family against tarrh is well night universal; almost om- other ailments. This is exactly what nipresent. Peruna is the only absolute every other family in the United States safeguard known. A cold is the be-should do. Keep Peruna in the house. ginning of catarrh. To prevent colds, Use it for coughs, colds, la grippe, and to cure colds, is to cheat catarrh out of other climatic affections of winter, and its victims. Peruna not only cures call there will be no other ailments in the tarrh, but prevents it. Every household house, Such families should provide should be supplied with this great rem- themselves with a copy of Dr. Hartdy for coughs, colds and so forth. man's free book, entitled, "Winter The Governor of Oregon is an ardent Catarrh." Address Dr. Hartman, Co-

Ask Your Druggist for a free Peruna Almanac for 1904.

## Yours for a Clear Head 10° SOLD EVERYWHERE

COURTING ETIQUETIE. She (whose father keeps a dog)-Why do you bring your man with you when you call on me?"

as I go out "

shall have to refuse you again." time I shall propose."

She-"Oh, well that's different. phia Legder.

Harmony is the indispensable factor in successful organization One note out of order in the finest organ makes a discord.

A-id Lands Made Fruitful. Those parched, dry, arid plains of

Montana, Colorado, Arizona, Idaho and other dry lands respond quickly and give a big yield when planted to Salzer's Speltz, Hanna Barley, Macaroni Wheat, 60 Day Earliest Oats, Billion Dollar Grass and Bromus Inermis. Above seem to flourish and laugh at droughts and arid

JUST SEND 10c in STAMPS. and this notice to John A. Salzer Seed Co., La Crosse, Wis., for their big catalogue and farm seed samples. )C. N. U.

All railway stations in Sweden where meals are served are recognized by a sign bearing the suggestive implements which figure largely at table-a crossed knife and fork.

I have used Piso's Cure for Consumption with good results. It is all right .-John W. Henry, Box 642, Fostoria, Ohio, Oct. 4, 1901.

The very height ov human intelligence iz to kno just what things are aktually worth.

No muss or failures made with PUT NAM FADELESS DYES.

A botasical clock, a very pretty flower has been discovered in the Isthmus of Tehauntepec. In the morning it is white at noon it is red and at night blue and the changes of color are so regular that the time of day can be told from the tinge of the flower.

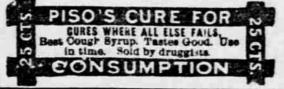
Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces innamation, allays pain cures colic. Price 25c bottle The woman who knows when pot

to blush has a genius for being at-

WIZARD TOP" Instructive. Runs ten positions. Fun for old and young. Price: Bronze, 20 cents. Nickel, 30 cents (Stamps or silver. S. A. MADDOX, COMPANY, Dept. 8. Portland, Maine

When old houses are being torn down, clouds of dust cover the pedestrains. This is prevented in London by a law recently enacted. The contractor who demolishes an old building in that city is compelled to keep it thoroughly sprinkled, to keep down the dust. A similar law would be welcomed in cities on this side of the Atlantic

BEGGS' CHERRY COUGH SYRUP cures coughs and colds.



THE COLONEL SAW.

Mrs. Kaintuck,-"I want to read you some quotations from the Bible. One is in Genesis: 'Let a little Chappie-He is to walk behind me water I, pray you, be fetched Here is another from Genesis: 'Give me, A Maiden Reconsiders. -She-"I I pray thee, a little water.' And here is one from Kings: 'Fetch me He-"But this is positively the last I, pray thee, a little water, that I may drink."

Col. Kaintuck-"Yaas, I see. Why didn't you say so?''-Philadel- Even in those days they asked for only a little wat r."



membrane wherever located. In local treatment of female ills Paxtine is invaluable. Used as a douche it is a revelation in cleansing and healing power; it kills all disease germs which cause inflammation and discharges.

Thousands of letters from women prove that it is the greatest cure for leucorrhœa ever discovered. Paxtine never fails to cure pelvic catarrh, nasal catarrh, sore throat, sore mouth and sore eyes, because these

of the mucous membrane. For cleansing, whitening and preserving the teeth we challenge the world to produce its equal. Physicians and specialists everywhere

diseases are all caused by inflammation

prescribe and endorse Paxtine, and thou sandsof testimonial letters prove its value. At druggists, or sent postpaid 50 cts. A large trial package and book of instructions absolutely free. Write The R. Paxton Co., Dept. 6 Boston, Mass.

Put Up in Collapsible Tubes.

A Substitute for and Superior to Mustard or ens other plaster, and will not blister the most deficate skin. The pain allaying and curative qualities of this rticle are wonderful. It will sto the toothache at once, and releve hendache and solution.

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 ricematic neuralsic and gouty 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 is cents, at all druggists, or other dealers, or by sending this amount to us in postage stamps, we will send you at be by mail.

No article should be accepted by the public unless the same carries our label, as otherwise it is not genuine. neuralsic and gouty complaints. CHESEBROUGH MANUFACTURING CO

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17 State Street, New York City.



Sir Wilfred Laurier recently said: "A new star has risen upon the horizon, and is toward it that every imagrant who leaves the hand of his ancestors to come and seek a home for himself now turns his gaze"—Canada. There is **ROOM FOR MILLIONS** 

FREE Homesteads given away. Schools, Churches, Rail-ways, Markets, Climate, every-thing to be desired.

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