



Miss Nettie Blackmore, Minneapolis, tells how any young woman may be permanently cured of monthly pains by taking Lydia E. Pinkham's Vegetable Compound.

"YOUNG WOMEN:—I had frequent headaches of a severe nature, dark spots before my eyes, and at my menstrual periods I suffered untold agony. A member of the lodge advised me to try Lydia E. Pinkham's Vegetable Compound, but I only scorned good advice and felt that my case was hopeless, but he kept at me until I bought a bottle and started taking it. I soon had the best reason in the world to change my opinion of the medicine, as each day my health improved, and finally I was entirely without pain at my menstrual periods. I am most grateful."—NETTIE BLACKMORE, 28 Central Ave., Minneapolis, Minn.—\$5000 for it if original of above letter proving genuineness cannot be produced.

If there is anything about your case about which you would like special advice, write freely to Mrs. Pinkham. She will hold your letter in strict confidence. She can surely help you, for no person in America can speak from a wider experience in treating female ills. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass.; her advice is free.

Looking for a Home? Then why not keep in view the fact that the farming lands of



Western Canada are sufficient to support a population of 50,000,000 or over? The immigration to Western Canada during the past six years has been phenomenal. **FREE Homestead Lands** easily accessible, and other lands may be purchased from Railway and Land Companies. Western Canada's grain lands produce marvellous crops, while the grazing lands contain all the nutritive qualities for fattening cattle and other stock. **Markets, Schools, Railways** and all other conditions make Western Canada a desirable spot for the homeseeker. Write to the Superintendent Immigration, Ottawa, for a descriptive Atlas, and other information; or to the authorized Canadian Consulate.

Boston Ladies—Gertrude—"How do you know Mrs. Dowday makes her own clothes? Has she a sewing-woman's forefinger?"
Millicent—"I don't know anything about that. I was thinking of the horrid way her gowns fit her."—Boston Transcript.
No woman was ever a prude yet from choice, but rather from necessity. Coquetry is as natural to a woman as perfume is to a flower. Skyscrapers—Coquets.

CHANCE FOR LAWMAKERS

First Citizen—"It is not enough that bicycles carry bells; the law should enforce a regular system of signs that all can understand."
Second Citizen—"What would you suggest?"
First Citizen—"Well, I don't know exactly, but it might be something like this: One ring, 'stand still'; two rings, 'dodge to the right'; three rings, 'dodge to the left'; four rings, 'jump straight up, and I'll run under you'; five rings, 'turn a back handspring and land behind me,' and so on. You see, we who walk are always glad to be accommodating, but the trouble is to find out what the fellow behind wants us to do."

Tessie and Billion Dollar Grass. The two greatest fodder plants on earth, one good for 14 tons hay and the other 80 tons green fodder per acre. Grows everywhere, so does Victoria Rape, yielding 60,000 lbs. sheep and swine food per acre. **JUST SEND 10c IN STAMPS TO THE John A. Salzer Seed Co., La Crosse, Wis.,** and receive in return their big catalogue and lots of farm seed samples. (C. N. U.)

KEEPING HIM ALIVE
Miss Richert—"Really, pa, it's a cruel to ask George to wait until spring. He says if our marriage is postponed he'll die."
Old Gentlemen—"Oh, well, I'll lend him enough to pay his board."

FRAUDS IN A BALE OF HAY.

Frauds in Watch Cases. According to an article in the Cincinnati Commercial, a fifty-one pound stone was recently found in that city secreted in a bale of hay of eighty pounds.
This is not as bad as finding a lump of lead of nearly one-half the weight of the solid gold watch case secreted in the center of the case.
Gold watch cases are sold by weight, and no one can see where this lead is secreted until the springs of the case are taken out and the lead will be found secreted behind them.

These cases are made by companies who profess to be honest but furnish the means to the dishonest to rob the public. It is not pleasant for anyone to find that he has bought a lump of lead in his watch case.
Another trick the makers of spurious gold watch cases is to stamp the case "U. S. Assay." The United States does not stamp any article made out of gold and silver except coin, and the fair, by using this stamp, wants to make the public believe that the government had something to do with the stamping or guaranteeing the fitness of watch cases.
Another trick of the watch fakir is to advertise a watch described as a solid gold filled watch with a twenty or twenty-five year guarantee. These watches are generally sent C. O. D., and the purchaser has paid for the watch he finds that the company which guaranteed the watch to wear is not in existence.
The Duerber-Hampden Watch Company, of Canton, Ohio, who are constantly exposing these frauds, will furnish the names of the manufacturers who are in this questionable business.

A GREAT SHOCK

Caller—"Is Prof. Missem, the weather prophet at home?"
Servant—"Yes, but he can't see any one. He is suffering from shock."
Caller—"My! my! Have some of his predictions come true?"
Like an Alarm Clock—"Why do you insist on sitting near the bass drum and cymbals at a grand opera performance?"
"I don't mind telling you as an old friend," answered Mr. Cumrox. "It's the only way I can make sure of not disgracing mother and girls by staying asleep though the entire performance."—Washington Star.
The love of notoriety never made a man famous yet; the fear of it often haz.

OUR BUDGET OF FUN.

HUMOROUS SAYINGS AND DOINGS HERE AND THERE.

Jokes and Jokelets that Are Supposed to Have Been Recently Born—Sayings and Doings that Are Old, Curious and Laughable—The Week's Humor.

Wife—I dreamed last night that I was in a store that was just full of the loveliest bonnets and—
Husband (hastily)—But that was only a dream, my dear.
Wife—I knew it was before I woke up, because you bought me one.

Knew Her Victor.
She—Mrs. Boretan called to-day and I thought she'd never go.
He—But you are so amiable I suppose you never gave her the slightest hint that you wanted her to go?
She—Indeed, I did not. If I had she'd be here now.

Her Suggestion.



She—John, can't you shave without making such awful faces?
He—No.
She—Then why don't you use enough lather to hide your face?

The Proper Procedure.
"Did it ever occur to you that new is like an egg?"
"Full of meat, you mean?"
"No. If it's had it should be broken gently."—Philadelphia Press.

Better Than Married.
Gaddie—I hear Goodman is as good as married to Miss Dolly.
Crabbe—Oh, better than that, Gaddie—Really? You don't mean—
Crabbe—I mean the engagement's broken off."—Philadelphia Press.

Avoiding Temptation.
Cholly—Quick! This way! Here comes my tailor!
Algy—I never knew you to dodge your tailor before.
Cholly—Yaas; but this time I have money and might be tempted to pay him.

In Church.
Dolly—How much impressed Ethel seemed by the services.
Polly—Yes, she did look solemn; but maybe she was only mad at her dressmaker.—Puck.

New Phase of It.
"Dar goes mo' trouble for de race problem!"
"What is it?"
"White man wid six 'possums."—Atlanta Constitution.

To Be Sure.
Mrs. Chugwater (looking up from her paper)—Josiah, what is an "in sane bureau?"
Mr. Chugwater—It's a piece of furniture they keep crazy quilts in. Haven't you got any reasoning powers?—Chicago Tribune.



Not Suitable for a Son-in-Law.
Her Father—Young man, you have been here quite often enough. I feel that I shall have to show you the door.
Her Lover—My dear sir, if I have been here often enough, how can you think that I don't know where the door is?

Sir Thomas Again.
Quinn—I saw an amateur in the college gym spend two hours in trying to lift a big dumb-bell.
De Fonte—That's nothing, I heard of a man spending three years trying to lift a cup.—Buffalo News.

Obtuse Brilliance.
Julia—Is Clementine really so intelligent?
Aurelia—Oh, yes; she never can tell you a thing any other woman has.—Detroit Free Press.

Sensible Girl.
Ernie—No, she isn't going to marry Claude, after all.
Ida—But they say he can quote Emerson and Browning.
Ernie—Yes, but the other young man can quote Sugar and Steel.

SISTERS OF ST. JOSEPH
RELY ON PERUNA TO FIGHT CATARRH, COUGHS, COLDS, GRIP



Peruna for coughs and colds in children.



SISTERS OF ST. JOSEPH

Use Pe-ru-na for La Grippe and Winter Catarrh
IN EVERY country of the civilized world the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs.
Whenever coughs or colds, in grippe or pneumonia make their appearance among the children these Sisters are not disconcerted, but know exactly the remedies to apply.
With so many children to take care of and to protect from climate and disease these wise and prudent Sisters have found Peruna a never-failing safeguard.

Sisters of St. Joseph, of the Deaf Mute Institute, 1849 Cass Ave., St. Louis, Mo., writes:
"We appreciate Peruna very much. It certainly does good work with catarrh and also with colds and la grippe. We have faith in Peruna and have inspired many others with same. We do not like to be without it. It has certainly kept us from being very sick. It did a world of good last winter for our little ones. Thanking you for your kindness to us and our afflicted ones, we remain, yours gratefully."

SISTERS OF ST. JOSEPH
Dr. Hartman receives many letters from Catholic Sisters from all over the United States. A recommendation recently received from a Catholic institution in Detroit, Mich., reads as follows:
Dr. S. B. Hartman, Columbus, Ohio:
"Dear Sir:—The young girl who used the Peruna was suffering from laryngitis, and loss of voice. The result of the treatment was most satisfactory. She found great relief, and after further use of the medicine we hope to be able to say she is entirely cured." Sisters of Charity.

This young girl was under the care of the Sisters of Charity and used Peruna for catarrh of the throat, with good results, as the above letter testifies.
From a Catholic Institution in Central Ohio comes the following recommendation from the Sister Superior:
"Some years ago a friend of our institution recommended to us Dr. Hartman's Peruna as an excellent remedy for the influenza of which we then had several cases which threatened to be of a serious character.
"We began to use it and experienced such wonderful results that since then

A SYMPATHETIC LISTENER
Guest (from Utah)—"Among the Mormons madam, only the favorite was really regarded as a wife. The rest were mere servants."
Mrs. Suburb—"Ah, I see, Utah was so far from the city that there was no other way to keep them."
There is lots of things in this world that the haff ov them iz worth more than the whole.
Words that burn—Verses in the waste basket.—N. Y. World.

USUALLY THE WAY
Waiter—Yes, he's getting rich now.
Proprietor—How do you know?
"He used to give me a big tip every day, and now I only get an occasional nickel."—Philadelphia Ledger.
Trying to interest a very small audience with a comic lecture is a good deal like tiring to hit the two corner pins on a 10 pin alley with a single ball.

Boston will erect in the Monde Street at the world's fair a shelter house costing 10,000. It will be a replica of the one in South park.

\$500 Given Away
To a certain number of consumers buying ALABASTINE and sending us before October 15, 1904, the closest estimates on the popular vote for the next President. Write us or ask a dealer in Alabastine for the easy conditions imposed in this contest, which is open to all.
ALABASTINE
is the only sanitary wall coating. Any one not a disease-breeding, out-of-date, hot-water, glue-kalominum.
Sample Card Free. Mention this paper.
ALABASTINE CO., Grand Rapids, Mich., or 105 Water St., New York City.

The Rev. Lyman Abbot, editor of The Outlook and former minister of Plymouth Church in Brooklyn, lectured before the students of the University of Mich. Jan. 25, on "Ideas."

Hand Power Hay Press \$28.00.
Greatest, simplest, best invention of the age. A boy can make regular sized 14x18x48 in. bales like fun, and two boys can bale three tons per day easily. **SEND THIS NOTICE TO-DAY** to the John A. Salzer Seed Co., La Crosse, Wis., with 5c stamps for mailing, and get their big catalogue, fully describing this great Hay Press, so also hundreds of tools and thousands of varieties of Farm and Vegetable Seeds.

E. H. Lemare is at present organist of Carnegie hall in Pittsburg. He was brought from England to take this place up on the death of Frederic Atcher, 1st former incumbent. He is considered, next to Alexander Guilmant, one of the greatest musical attractions of the exposition.

Sale Ten Million Boxes a Year.
THE FAMILY'S FAVORITE MEDICINE
Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP.
10c, 25c, 50c. AD Druggists
BEST FOR THE BOWELS

Mrs. Winslow's SOOTHING SYRUP for children teething, soothes the gums, reduces inflammation, always cures colic. Price 25c bottle.

"The gold cup which Mrs. Langtry received when she won one of the great races at Ascot, England, some years ago will be exhibited in the trophy room of the physical culture building at the world's fair."

Mother Gray's Sweet Powders for Children.
Successfully used by Mother Gray, nurse in Child's Home in New York cure constipation, fever, rash, bad stomach, teething, colic, move and regulate the bowels and destroy worms. Over 30,000 testimonials. At all drug stores. Sample FREE. Address A. S. Winslow, L. Roy, N. Y.

It is a good thing to laugh every chance we can get; but laughing is few things that men tire of quicker, and remember with more disgust, than too much laughter.

JUNE TINT BUTTER COLOR makes top of the market butter.
Believe in yourself. You cannot do your best if you are constantly thinking that another can do it better.

If afflicted with sore eyes, use **Thompson's Eye Water**
"Without sweat and toil no work is made perfect. Without exertion and diligence success is rarely attained."

medicines, and it gives me pleasure to add my praise to that of thousands who have used it. For years I suffered with catarrh of the stomach, all remedies proving valueless for relief. Last spring I went to Colorado, hoping to be benefited by a change of climate, and while there a friend advised me to try Peruna. After using two bottles I found myself very much improved. The remains of my old disease being now so slight, I consider myself cured, yet for a while I intend to continue the use of Peruna. I am now treating another patient with your medicine. She has been sick with malaria and troubled with leucorrhoea. I have no doubt that a cure will be speedily effected."

These are samples of letters received by Dr. Hartman from the various orders of Catholic Sisters throughout the United States.
The names and addresses of these letters have been withheld from respect to the Sisters, but will be furnished on request.
One-half of the diseases which afflict mankind are due to some catarrhal degeneration of the mucous membrane lining some organ or passage of the body.
A remedy that would act immediately upon the congested mucous membrane, restoring it to its normal state, would consequently cure all these diseases. Catarrh is catarrh wherever located, whether it be in the head, throat, lungs, stomach, kidneys or pelvic organs. A remedy that will cure it in one location will cure it in all locations. Peruna cures catarrh wherever located.
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.

SISTERS OF CHARITY
All Over the United States Use Pe-ru-na for Catarrh.
A recommendation recently received from a Catholic institution in the Southwest reads as follows:
A Prominent Mother Superior Says:
"I can testify from experience to the efficiency of Peruna as one of the very best

A Lina Face never maid a Saif an' a Luffin Kou'tenents iz the nex' Thing to a Good Square Meal.
"I would like to obtain the files of your papers for a week back." Why don't you try a porous plaster?"
She—Why don't you water your horse?" He—"I don't have to. He's a bay."
THE SENSE OF HEARING
Indians and negroes, as a rule, possess degrees of keener hearing than white people.

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 30 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 Boneless Barley yielded 121 bu.
Salzer's Home Builder Corn..... 300 bu.
Speltz and Macaroni Wheat..... 80 bu.
Salzer's Victoria Rape..... 60,000 lbs.
Salzer's Tessie oat, 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 catalogue and lots of farm seed samples free. (C. N. U.)

Largest growers of ONION
LARGE RED and Vegetable Seeds in the World.
Our Prices range from 60 cents to \$1.50 per pound, and no better seed is found on earth.
How to grow 1,200 bushels Oats per acre with each ounce order.
Catalog free, per postage.
John A. Salzer Seed Co., LA CROSSE, WIS.

Capsicum Vaseline
Put Up in Collapsible Tubes.
A Substitute for and Superior to Menthol or any other ointment, and will not blister the most delicate skin. The pain relieving and curative qualities of this ointment will relieve the toothache at once, and relieve headaches and neuralgias.
We recommend it as the best and safest external anesthetic known, also as an external remedy for pain 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 5 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 mail, unless upon the same carries our label, as otherwise it is not genuine.
CHESEBROUGH MANUFACTURING CO
17 State Street, New York City.

900 DROPS
CASTORIA
Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of **INFANTS & CHILDREN**
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**
Recipe of Old Dr. SAMUEL PITCHER
Pumpkin Seed—
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac Simile Signature of **Chas. H. Fletcher** NEW YORK.
At 6 months old **35 Doses—35 CENTS**
EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of **Chas. H. Fletcher**
of **Chas. H. Fletcher**
In Use For Over **Thirty Years**
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.