



Miss Nellie Holmes, treasurer of the Young Woman's Temperance Association of Buffalo, N. Y., strongly advises all suffering women to rely, as she did, upon Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Your medicine is indeed an ideal woman's medicine, and by far the best I know to restore lost health and strength. I suffered misery for several years, being troubled with menorrhagia. My back ached, I had bearing-down pains and frequent headaches. I would often wake from restless sleep, and in such pain that I suffered for hours before I could go to sleep again. I dreaded the long nights as much as the weary days. I consulted two different physicians, hoping to get relief, but, finding that their medicine did not seem to cure me, I tried your Vegetable Compound on the recommendation of a friend from the East who was visiting me.

"I am glad that I followed her advice, for every ache and pain is gone, and not only this, but my general health is much improved. I have a fine appetite and have gained in flesh. My earnest advice to suffering women is to put away all other medicines and to take Lydia E. Pinkham's Vegetable Compound."—Miss NELLIE HOLMES, 540 No. Division St., Buffalo, N. Y.

Miss Irene Crosby, prominent in Social Life in East Savannah, Ga., adds her testimonial to the value of Lydia E. Pinkham's Vegetable Compound.



DEAR MRS. PINKHAM:—"It always gives me pleasure to find an article of real value and unquestioned merit. I have found Lydia E. Pinkham's Vegetable Compound well calculated to relieve and cure the various troubles arising from irregularities and menstrual pains.

"Much suffering could be spared if we only paid more attention to proper living and diet, but as long as women do not do this, your Vegetable Compound has come to the front as a true friend in need. I have been very pleased indeed with the relief it has brought me. I find that I have perfect health now, and that my mind is also more clear and active since I used your Vegetable Compound. It has been of great benefit to me, and I gladly recommend it. Very sincerely yours, Miss IRENE CROSBY, 313 East Charlton St., East Savannah, Ga."

Remember that every woman is cordially invited to write to Mrs. Pinkham if there is anything about her case or symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass. Her advice is free, and is cheerfully given to any ailing woman who asks for it.

**\$5000** 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.

A little skandal now and then is elished by the best of men.

The carpenter and pattern shop operated in connection with the engineering department of the University of Michigan has been enlarged nearly double its former size. At the same time the equipment of the shop has been improved and increased. Before the close of the current calendar year the foundry, blacksmith shop and machine shop will be remodeled.

**MEXICAN Mustang Liniment** cures Sprains and Strains.

**50,000 AMERICANS** Were Welcomed to

**Western Canada** during last Year

They are settled and settling on the Grain and grazing lands, and are prosperous and satisfied.

**FREE** Homesteads given away. Schools, Churches, Railways, Markets, Climate, everything to be desired.

For a descriptive Atlas and full information, apply to SUPERINTENDENT IN MISSION, Ottawa, Canada, or authorized Canadian Government Agent.

Room for Millions

We are promised a seed time and harvest, but we ain't satisfied unless we can dictate the quantity of oats we are going to get to the sower, and what the price is going to be.

**Sale Ten Million Boxes a Year.** THE FAMILY'S FAVORITE MEDICINE  
**Cascarets**  
CANDY CATHARTIC  
THEY WORK WHILE YOU SLEEP  
BEST FOR THE BOWELS

**USE OF BITTER APPETIZERS.**

Influences of Them on the Processes of Digestion.

What is the logic of the bitter appetizers that are commonly taken just before the heavy meals of the day both in this country and abroad, asks the London Lancet. The object is apparently to stimulate the secretion of gastric juice, but it has been suggested that it would be more physiological to make use of a small quantity of alkali instead, as that is known to exercise a favorable influence upon peptic secretion.

The chief objections to the use of bitters have been based on researches by Tchelzov, who found that the administration of large doses of quassia hindered rather than helped the digestive process. Reichmann, moreover, showed that in the fasting stomach, the secretory activity of which is normal or diminished, a bitter drink produced less secretion of gastric juice than a draft of distilled water. These experiments take account solely of the specific action of the bitters, and do not regard their reflex effects.

These have been particularly studied by Borissov, whose results are analyzed in a recent number of La Semaine Medicale. Borissov found that if a little wad of wool soaked in tincture of gentian was put into the mouth (of a dog) immediately before food was administered a marked stimulate effect upon gastric secretion resulted, but if the bitter was used fifteen or thirty minutes before the meal it was quite inefficacious. It is concluded, therefore, that these substances have the power of rendering gustatory sensations more acute and of exercising a temporarily stimulant effect upon gastric secretions; for this purpose they should be given immediately before the meal in small doses and in the form of tincture (ten to twenty drops) rather than cachets or pills.

We may remark upon this that the habit is obviously susceptible of abuse, particularly when, as is usually the case, some strong alcoholic liquor is used as the vehicle of the bitter. As a matter of fact, such a stimulant action is the real function which is intended to be subserved by the soup which is taken at the beginning of a meal. There is a tendency to consume this in somewhat large quantity; in such cases it tends to be harmful rather than conducive to digestion; but there can be no doubt, on the other hand, that the use of a tablespoonful or two of a hot and sapid fluid at the beginning of a meal is an excellent means of giving the stomach a fair start in the performance of its functions.

**Kills Wolf with Hands.**

Elliott Terry, a 13-year-old boy of Boxelder County, Utah, is the hero of a desperate encounter with a big gray wolf. The lad emerged victorious from the conflict with nothing more serious than a flesh wound in the leg to remind him of it.

With his 5-year-old brother, Eddie, Elliott was hunting squirrels. He was armed with only a 22-caliber rifle. In a clump of bushes the lads were attacked by a wolf, unusually large for his species in this State. The younger boy took refuge in flight, while Elliott gave battle to the wolf. The animal, evidently having been driven down from the mountains by the snows, was ferocious. The boy fired a shot from his toy rifle and before the wolf reached him had discharged the weapon twice more. All three bullets took effect, but not sufficiently to disable the animal, which leaped at the boy and fastened his fangs in the youngster's leg.

Elliott, being unable to fire another shot because of the close quarters, grappled with the beast, seizing it by the throat. The animal snarled and snapped viciously, but the lad held his grip tightly, dropping his rifle and applying all his strength with both hands in an effort to shut off the wind of his antagonist. This style of defense proved effective, the wolf finally losing strength and ceasing to struggle.

While the wolf lay gasping upon the ground the lad dispatched it by cutting its throat with a pocket knife.

**Shattering All Illusion.**

The Ohio and Mississippi rivers were bank-full. In the pilot house of the steamboat, as it drew near the landing at Cairo, stood a traveler from the East taking his first view of the thriving city that stands at the junction of these two mighty rivers, always an object of interest to tourists.

"And this," he said, speaking more to himself than to anybody else, "is the spot where Dickens' 'Martin Chuzzlewit' landed, away back in the forties."

The grizzled old pilot turned to him incredulously.

"Mister," he responded, "I've traveled this river, man an' boy, fur the last sixty year, an' I hain't never seen no boat of that name. Somebody's been foolin' ye."

**Simplicity in Toys.**

It is a pity that such a great variety of toys are given to the modern child to play with. Everything comes to his hand ready made, and leaves almost nothing to his own creative genius. A few simple playthings made the child just as happy, and much more inventive. Many a little one will spend hours building houses and laying railroad tracks with a box of blocks for his material who will in a day cast aside the most costly toy, if it suggest nothing new to his fancy.

**At the Ball.**

A girl from the great woolly West was told she was "much over-dressed." Then they heard her exclaim: "Well, you can't say the same Of the rest of these girls, I'll be blest!" —Cincinnati Times-Star.

**AN EASTERN WAR JOKE**  
Japanese Emperor—"What news?"  
Japanese General—"We have met the enemy and they are hours—behind us."

New Boy—"Lady wants to see you sir?"

Fortune Teller—"Who is she?"

"I don't know."

"Then follow her home and find out. How the dickens am I going to tell a woman's fortune if I don't know who she is?"

**THE SOUP INDUSTRY**

Steward (writing bill of fare)—"What sort of soup will you have today?"

Cook—"I will tell you zoon. Zam!"

Sam—"H re!"

Cook—"Haf all yesterday's scraps been added to zee stock-pot?"

Sam—"Yep."

Cook—"Vat zort of soup does it mell lik?"

**THE PATERNAL RACK**

Young Man—"Why does Mr. Jinks give such a hang-dog, no-account look? Is it because he is in financial roubles?"

Old Man—"Oh, no. It is because he is the father of children of school age, and they have begun to ask him to help them with their arithmetic."

**His Friends' Remedies.**

We desire remedy for a cold, and for the inflammation of those who may make suggestions, we mention that we have already taken the following: guinine, rock and rye, lemon hot, hot toddy, Irish moss tea, beef tea in quantities, hot milk, mustard plaster (externally), mustard plaster (internally), hot water bag, steam bath, hot irons, X's mixture, bronchial troches, hot baths and enfluitum, flaxseed, naseau, all the en minute rem-dis, Sticken's Jora Cure, Bump's Sure Cure for Fog Cholera, Dover's powders, two different prescriptions of unknown character.

We will be genuinely obliged for a long list of other things to take. V. B.—We have also taken a fresh cold.—Baltimore News.

The St. Edmundsbury Weaving Works of Halesmere, England, has sent us most exquisite productions of their looms to the World's fair. These fabrics of silk and satin, include a chalice veil of crimson satin brocaded in gold thread with a symbolic design. There are priestly vestments and hangings of silk and hand tufted rugs. Queen Alexandra recently ordered an alter cloth of similar design, red and gold being the combination selected.

At the World's fair an ingenious Missouri man has a "print shop" built of honey of which he is the architect and the bees the builders. He reproduced his office building in miniature and turned his bees loose. In a few months every facade, every room and corner was thickly covered with golden honey. This odd exhibit is placed in the palace of agriculture.

The only work that will tell must cost you something.—Meyer.

The University hospital in connection with the Michigan University will receive any indigent person for treatment at the expense of the township in which he has a legal residence upon the written order of the supervisor of that township.

**900 DROPS**  
**CASTORIA**  
A 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—  
Aloes—  
Rhubarb—  
Sassafras—  
Licorice—  
Syrup—  
Bitter—  
Honey—  
Cinnamon—  
Mint—  
A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.  
Fac Simile Signature of  
Dr. H. H. Pitcher  
NEW YORK.  
AT 6 months old  
35 DROPS—35 CENTS  
EXACT COPY OF WRAPPER.

**"PE-RU-NA TONES UP THE SYSTEM IF TAKEN IN THE SPRING."**

SAYS THIS BEAUTIFUL YOUNG GIRL.



MISS MARJORY HAMPTON, OF NEW YORK.

Miss Marjory Hampton, 2616 Third Avenue, New York City, writes: "Peruna is a fine medicine to take any season of the year. Taken in the spring it tones up the system and acts as a tonic, strengthening me more than a vacation. In the fall and winter I have found that it cures colds and catarrh and also find that it is invaluable to keep the bowels regular, acting as a gentle stimulant on the system. In fact, I consider it a whole medicine chest."—Miss Marjory Hampton.

**PURE BLOOD**

**Blood Impurities of Springtime—Cause, Prevention and Cure.**

Dr. Hartman's medical lectures are eagerly scanned by many thousand readers.

One of the most timely and interesting lectures he ever delivered was his recent lecture on the blood impurities of spring. The doctor said in substance that every spring the blood is loaded with the effete accumulations of winter, deranging the digestion, producing sluggishness of the liver, overtaxing the kidneys, interfering with the action of the bowels and the proper circulation of the blood.

This condition of things produces what is popularly known as spring fever, spring malaria, nervous exhaustion, that tired feeling, blood thickening and many other ailments.

Sometimes the victim is bilious, dyspeptic and constipated; sometimes he is

weak, nervous and depressed; and again he may have eruptions, swellings and other blood humors. Whichever it is, the cause is the same—effete accumulations in the blood.

Nothing is more certain within the whole range of medical science than that a course of Peruna in early springtime will perfectly and effectually prevent or cure this almost universal affliction. Everybody feels it in some degree.

A great majority are disturbed considerably, while a large per cent of the human family are made very miserable by this condition every spring.

Peruna will prevent it if taken in time. Peruna will cure it if taken as directed.

Peruna is the ideal spring medicine of the medical profession.

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 Eclectic Sanitarium, Columbus, Ohio.

It is the thrill of enthusiasm and the true ring of truth you feel and hear back of the cold type that makes you buy the thing advertised.—Jed Scarborough.

No man ever sank under the burden of today. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear.—MacDonald.

I never knew a man yet with a head full of brains that could whissh or sing a tune korrekctly.

Kindness is never entirely wasted—it will tell even on a mule.

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

The best definition I can give of happiness is, to have all our reasonable wants gratified.

Piso's Cure for Consumption always gives immediate relief in all throat troubles.—F. E. Bierman, Leipsic, Ohio, Aug. 31, 1901.

Lawyers, ducks and doctors are remarkable for their big bills.

Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES.

Civilization has given us ruin, the fruitful cause of more sin and misery than all the horrors of barbarism combined.

WANTED: More agents for finest, best, and most reliable medicine ever sold in one day. Write to Geo. W. Walker, 1111 Broadway, N. Y. City, 111.

I have seen men who were so cunning at a trade that it wuz real fun to be cheated by them.

Ask Your Dealer for Allen's Foot-Ease, A powder to shake into your shoes. It roasts the feet, Cures Corns, Bunions, Swollen, Sore, Hot, Callous, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all druggists and shoe stores, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

IT WAS CHILLY  
Jinks (entering)—"Hello, old man! You look blue. What's up?"  
Binks (gloomily)—"Coal."

HOW Do we do it? A pint of the finest hair wash for 15 cents, delivered in all throat troubles. Further charges whatever. Send 10 cents to Paragon Specialty Co., Crooksville, O.

There may be such a case on record, but I never knew a thief to reform yet.

**BEGGS' BLOOD PURIFIER** CURES catarrh of the stomach.

**PISO'S CURE FOR CONSUMPTION** CURES WHEN ALL ELSE FAILS. Does Constipate. Taste Good. Use in time. 25c. d by druggists.

**CASTORIA** THE CENTAUR COMPANY, NEW YORK CITY.

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