

TWO OPEN LETTERS

IMPORTANT TO MARRIED WOMEN

Mrs. Mary Dimmick of Washington tells how Lydia E. Pinkham's Vegetable Compound Made Her Well.

It is with great pleasure we publish the following letters, as they convincingly prove the claims we have so many times made in our columns that Mrs.



Mrs. Mary Dimmick

Pinkham, of Lynn, Mass., is fully qualified to give helpful advice to sick women. Read Mrs. Dimmick's letters.

Her first letter:

Dear Mrs. Pinkham:—
"I have been a sufferer for the past eight years with a trouble which first originated from painful periods—the pains were excruciating, with inflammation and ulceration of the female organs. The doctor says I must have an operation or I cannot live. I do not want to submit to an operation if I can possibly avoid it. Please help me."—Mrs. Mary Dimmick, Washington, D. C.

Her second letter:

Dear Mrs. Pinkham:—
"You will remember my condition when I last wrote you, and that the doctor said I must have an operation or I could not live. I received your kind letter and followed your advice very carefully and am now entirely well. As my case was so serious it seems a miracle that I am cured. I know that I owe not only my health but my life to Lydia E. Pinkham's Vegetable Compound and to your advice. I can walk miles without an ache or a pain, and I wish every suffering woman would read this letter and realize what you can do for them."—Mrs. Mary Dimmick, 59th and East Capitol Streets, Washington, D. C.

How easy it was for Mrs. Dimmick to write to Mrs. Pinkham at Lynn, Mass., and how little it cost her—a two-cent stamp. Yet how valuable was the reply! As Mrs. Dimmick says—it saved her life. Mrs. Pinkham has on file thousands of just such letters as the above, and offers ailing women helpful advice.

MAKES BEAUTY

Among the ladies no other medicine has ever had so strong a following, because, excepting pure air and exercise, it is the source of more beautiful complexions than any other agency, as

Lane's Family Medicine

the tonic-laxative. It puts pure blood in the veins, and no woman can be homely when the rich, red blood of health courses in her veins. Sold by all dealers at 25c. and 50c.

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



25 Bushels of Wheat

to the Acre means a productive capacity in dollars of Over \$16 Per Acre

This on land, which has cost the farmer nothing but the price of tilling it, tells its own story. The Canadian Government gives

Absolutely Free to Every Settler 160 Acres of Such Land

Lands adjoining can be purchased at from \$5 to \$10 per acre from railroad and other corporations. Already 175,000 FARMERS from the United States have made their homes in Canada. For pamphlet "I wish I had settled in Canada" and all information apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. T. Holmes, 315 Jackson St., St. Paul, Minn., and J. M. McLachlan, Box 116, Watrous, S. Dak., Authorized Government Agents. Please say where you saw this advertisement.

SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

BARGAINS IN LAND EASY TERMS. In North and South Dakota, Nebraska, Kansas and Texas. Improved and unimproved. Write for prices and lists; give state and county where you wish to locate. Thomas J. Pugh, Omaha, Neb.

FARM AND GARDEN



CORN AND COB MEAL FOR CATTLE.

Pure corn meal is a heavy concentrated feed, which usually passes through the digestive tract of the animal without having all of its nutrient abstracted from it. Usually it is much better to dilute this heavy meal with some other material of lower feeding value. Through thus increasing its volume, or diluting it, it is possible that the juices of the stomach act more freely and completely upon the food material of the meal.

Whether this explanation be the correct one or not, it is certainly a fact, that experiments have shown that the cob of corn when ground with the grain growing on the cob, in some way added to the usefulness of the material. As evidence on this point we have the experiments conducted with fattening steers by Shelton at the Kansas Agricultural College. There were two experiments. In each of these one lot of steers received oat straw, orchard grass, hay and clover for roughage. One of the two lots received corn meal as the concentrated food, while the other lot was fed corn and cob meal. The steers in each bunch were of the same quality, the feed and care were alike excepting the grain foods, which were as noted; likewise the quantity of grain food received by each lot for the period was the same.

In both cases the steers getting corn and cob meal made a little better daily gain than the steers getting pure corn meal, and the total gains for the lots were about the same. Shelton concludes, as a result of these trials, that a pound of corn and cob meal for steer feeding purposes is equal to a pound of pure corn meal. Corn and cob meal as a feed for fattening hogs has been tested at three of the agricultural colleges—viz.: New Hampshire, Missouri, and Kansas. At the first two, corn and cob meal, while in the Missouri trial, the corn meal was the more valuable.

For the present, and until we have more experiments to guide us, we may hold to the statement made by Shelton, above referred to, that a pound of corn and cob meal goes so far in feeding as a pound of pure corn meal.—W. A. Henry in Indiana Farmer.

THE TEETHING OF CATTLE.

G. H. E. Mansville, N. Y.: Will Dr. Smead tell how the age of young cattle may be told by looking at their teeth? A young cow, which I purchased this fall, is said by her former owner to be only three years old, but she has eight wide front teeth, the corner ones not quite so long perhaps as the others.

The incisors of cattle are eight in number when the animal is one year of age. Soon after that, in growthy breeds or early maturing breeds, the centre pair begin to get very loose (please note that at all times these teeth are mobile—loose); but these centre ones become more so than the others, and at any time from fourteen to twenty months of age they are pushed out and replaced by permanent ones. Soon after two years of age it is the same with the next pair, and by the time the animal is three years of age it has six fully developed teeth, as a rule, with the fourth pair loosening. Now, if your heifer was three years old in February or March it would be nothing strange at all for the fourth pair to have shed and to have been replaced by the last pair. You and others must always keep in mind that all animals do not shed their teeth alike. No one can for a positive certainty tell the age of horses, cattle or sheep by the teeth. Their shedding is in general as stated, subject to variations.—C. D. Smead, V. S., in Tribune Farmer.

WITH ALFALFA HAY AND SILAGE.

Pretty soon here in the central States, when we get to growing enough alfalfa to balance the cow ration of silage, dairymen will find that they have very much reduced the cost of producing milk, cream, and butter, although butter and cream and milk will continue selling at good prices. Where enough alfalfa is now grown to balance with silage cow owners are feeding its advantage greatly. The day for this is not distant generally in this and the other central states. The great value of this plant is well tested by those who grow enough alfalfa to feed with their corn silage. With these things assured, we are near the time when silos and alfalfa fields will increase rapidly, for this balanced ration of both high protein and carbohydrates has been found equally fine in feeding growing young beef cattle as well. In the cause of a very few years both the silos and alfalfa fields will be quadrupled, for the combination of these two is rapidly coming to be known as essential in the most economic growth and production of beef cattle and dairy products.—Indiana Farmer.

CEMENT FLOORS.

I have superintended putting down something like 200,000 square feet of concrete floors and walks in the past year. My advice is to do the excavating as nearly uniform as convenient; cover the surface with ashes or

sand to an even grade, making gutters as wanted, and for cattle to use five inches of good clean grout, one of cement to five of gravel and sand or crushed stone and sand. Be sure to have enough sand to fill all vacancies between the coarser material. Commence at one side and tamp till water shows on top. Great care must be used in mixing and wetting. Mix hot stuff, one of cement to three parts of sharp sand, and tamp one-half inch on top of grout as fast as grout is put in, so that they may both set together in one solid block. Finish with a wooden float; should the surface be too smooth, brush lightly with a stiff broom.—Correspondent in Country Gentleman.

PAINTING FARM BUILDINGS.

Farmers should use more paint on their buildings. It is the best economy to do so. Even at the highest retail price of materials it pays handsomely to keep the buildings well painted. Everybody will acknowledge that a set of farm buildings well painted are a great deal more attractive than are those that are unpainted. But this is far from being the whole benefit to be received. The building in most of its parts is greatly preserved if kept well painted. The farmer can do all of this work himself during slack times of regular farm work, so that he need not feel it to be such a very heavy expense, especially when he comes to consider the fact from an economical point of view, which is the right way to look at it. The fact is, the farmer cannot afford to neglect the use of paint on his buildings or on his implements either.—F. H. D. in the American Cultivator.

FILIPINO SCHOOL KIDS.

An American Teacher Doesn't Fancy Old Spanish Custom.

Raymond Shidler, an Anthony boy, now teaching school on the island of Bohol, in the Philippine group, writes interestingly of things in that country. Here are some exceptions from his last letter:

"This has been a very hard year in Bohol. Previous to the beginning of the rainy season it has been dry for six months. That is a long time in the Philippines, and as they are not provident enough to pay up, their supply of rice ran out. Many families are living on tree pith; they chop down a certain tree, split it, dig out the pith and dry it, then pound it into a powder, from which they make bread.

"I am continually amused at the small amount of clothing necessary to constitute a dress. It is said that in the Philippines a white handkerchief and three yards of string will make three suits of clothing. Well, it certainly will make three suits of g-strings, and you can see plenty of them and more. The women, though, always wear a skirt, at least.

"I now have 350 pupils in my central school. I am using seven of my advanced pupils as aids (aids), or aspirants. An aspirant is a pupil who wishes to become a teacher, and teaches for nothing, for the privilege of entering my teachers' class. After Christmas two or three of the best of these aspirants will be appointed as teachers at a salary of about \$3 per month. In addition to my seven aspirants, I have my head teacher. I spent my time in the morning going from one class to another and teaching a few minutes; in this way my teachers learn their work.

"When I come into school in the morning the pupils rise en masse with a 'good morning.' You can imagine how that would sound from a room of 150 pupils. That is the old Spanish custom. I will break it up.

"When I go downtown I am saluted on the street by about a thousand kids with the time of day."—Kansas City Journal.

Some Uses of Water.

A strip of flannel or a soft napkin, folded lengthwise and dipped in hot water and wrung out, and then applied around the neck of a child that has the croup, will surely bring relief in a few minutes. A proper towel folded several times, and dipped in hot water, and quickly wrung and applied over the site of toothache or neuralgia, will generally afford prompt relief. This treatment for colic has been found to work like magic. Nothing so promptly cuts short a congestion of the lungs, sore throat or rheumatism as hot water, when applied early in the case and thoroughly.

Hot water taken freely half an hour before bedtime is an excellent cathartic in the case of constipation, while it has a soothing effect upon the stomach and bowels. This treatment, continued a few months, with the addition of a cupful of hot water slowly sipped half an hour before each meal, with proper attention to the diet, will cure most cases of dyspepsia. Ordinary headaches almost always yield to the simultaneous application of hot water to the feet and back of the neck.—Bulletin of Pharmacy.

The golden-crested wren is the smallest of all European birds.

SYRUP OF FIGS



To sweeten,
To refresh,
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Effectually
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Dispels colds and
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The genuine Syrup of Figs is for sale by all first-class druggists. The full name of the company—California Fig Syrup Co.—is always printed on the front of every package. Price Fifty Cents per bottle.

Did Her Best.

Mistress—Now, after this I shan't allow you to have company in the kitchen every evening.

Maid—That's nice av yez, mum, but sure, me bean't that bashful I can't git him to set in the parlor!—Cleveland Leader.

TO CURE A COLD IN ONE DAY. Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Okra an Acquired Taste.

The okra plant, or the gumbo, as it is commonly called, somewhat resembles that of the cotton, though having much larger and rougher leaves and a thicker stem. Its flowers are similar to those of the cotton in size, shape and color, are always single, and there is very little variation between those of different varieties.

Okra has no great food value, and it is not probable that it will ever become a very important crop commercially, but a few plants form a desirable addition to the vegetable garden. It is used principally for flavoring soups and preparations wherein meat forms an important part, and to these it adds a very pleasant taste and mucilaginous consistency. Some persons may not enjoy the flavor of okra at first, but after eating a few times of dishes containing it a taste for it is acquired.

Left Over Chicken.

A nice way to use up a little left over chicken is to rice it. Butter some cups and line with soft boiled rice, fill in with the chicken broth, cover with the rice and bake in a moderate oven. Invert the cups carefully so as to keep their shape on a hot platter and serve with a cream sauce or a little drawn butter.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him. WASHINGTON, KINMAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Not Too Many of Them.

She (sentimentally)—How beautiful that idea of the poet's that loving words can medicine most ills.

He (cynically)—That may be; but loving words do not appear to be a drug in the market.—Baltimore American.

A Positive CATARRH CURE

Ely's Cream Balm is quickly absorbed. Gives Relief at Once. It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50c, at Druggists or by mail; Trial Size 10c, by mail. Ely Brothers, 50 Warren Street, New York.



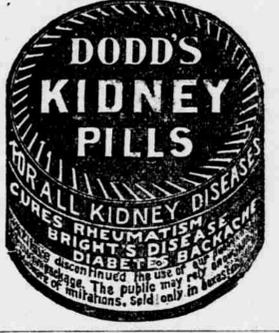
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W. L. DOUGLAS MAKES & SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD.
\$10,000 REWARD to anyone who can disprove this statement. If I could take you into my three large factories at Brockton, Mass., and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas's \$3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe. **W. L. Douglas Strong Made Shoes for Men, \$2.50, \$2.00, Boys' School & Dress Shoes, \$2.50, \$2.00, \$1.75, \$1.50** CAUTION—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brass. Write for Illustrated Catalog. W. L. DOUGLAS, Brockton, Mass.



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are designed for extreme comfort and can be worn all the year round. They fit like a glove and feel easy on the feet. The elastic at the sides stretches with every motion of the foot, making it impossible to pinch or squeeze. No buttons to button, no laces to lace—They just slip on and off without trouble. Made of Vici Kid, with patent leather trimmings and flexible soles. Your dealer will supply you; if not, write to us. Look for Martha Washington name and Mayer trade-mark stamped on the sole. We also make Western Lady shoes. **FREE** Send us the name of a dealer who does not handle Martha Washington shoes and we will send you free, postpaid, a beautiful picture of Martha Washington, size 15 x 20. **F. MAYER BOOT & SHOE CO., MILWAUKEE, WIS.**



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IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA. I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE. F. W. Diermer, M.D., Manufacturer, Springfield, Mo.