

# FOUR GIRLS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Read What They Say.



Miss Lillian Ross, 809 East 8th Street, New York, writes: "Lydia E. Pinkham's Vegetable Compound overcame my nervous prostration, periodic suffering, and nervous headaches, after everything else had failed to help me, and I feel it a duty to let others know of it."  
Katharine Craig, 2355 Lafayette St., Denver, Colo., writes: "Thanks to Lydia E. Pinkham's Vegetable Compound I am well, after suffering for months from nervous prostration."  
Miss Marie Stoltzman, of Laurel, Ia., writes: "I was in a run-down condition and suffered from nervousness, indigestion, and poor circulation. Lydia E. Pinkham's Vegetable Compound made me well and strong."  
Miss Eliza M. Olson, of 417 N. East St., Keosauqua, Ill., says: "Lydia E. Pinkham's Vegetable Compound cured me of backache, side ache, and established my periods, after the best local doctors had failed to help me."

## FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?  
Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

### Thumbless Monkeys.

The radical difference between the hand of man and of the monkey lies in the thumb. In the human hand the thumb has the "opposing power," which means that the thumb can be made to touch the tip of each or any of the other fingers on the same hand; the monkey's thumb is non-opposable. —Pittsburg Dispatch.

### His Great Hope.

"I can see anything of special interest in that manuscript of yours," said the publisher to the aspiring author. "I didn't anticipate that you would," replied the author. "But I thought possibly your readers might have more intelligence." —Milwaukee Sentinel.

**DODD'S KIDNEY PILLS**  
CURE ALL KIDNEY DISEASES  
RHEUMATISM, BRUISES, DIABETES, BILIOUSNESS  
No. 375 "Guaranteed"

**45 to 50 Bushels of Wheat per Acre**  
have been grown on Farm Lands in **WESTERN CANADA**  
Much less would be satisfactory. The general average is above 20 bushels.  
"All are loud in their praises of the great crops and their wonderful crops."  
Extract from a correspondence National Editorial Association of August, 1907.  
It is now possible to secure a Homestead of 160 acres for \$20 and another 160 acres at \$300 per acre.  
Hundreds have paid the cost of their farms (if purchased) and then had a balance of from \$200 to \$250 per acre from one crop.  
Wheat, Barley, Oats, Flax—all do well. Mixed Farming is a great success and Dairying is highly profitable.  
Excellent Climate, splendid Schools and Churches, Railways bring most every district within easy reach of market.  
Railway and Land Companies have lands for sale at low prices and on easy terms.  
"Best West" Pamphlets and maps sent free. For these and information as to how to secure lowest Railway Rates apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 315 Jackson St., St. Paul, Minn., and J. M. MacLachlan, Box 210 Watertown, So. Dakota. Authorized Government Agents.  
Please say where you saw this advertisement.

**DYSPEPSIA**  
"Having taken your wonderful 'Cascarets' for three months and being entirely cured of stomach trouble and dyspepsia, I think a word in praise of 'Cascarets' for their wonderful composition. I have taken many so-called 'cathartics' but without avail and I find that Cascarets relieve more in a day than all the others I have taken in a year."  
James McGinnis, 128 Mercer St., Jersey City, N. J.  
**Best For The Bowels**  
**Cascarets**  
CANDY CATHARTIC  
Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Grips, 10c, 25c, 50c. Never sold in bulk. The genuine label stands out. Guaranteed to cure or your money back.  
Sterling Remedies Co., Chicago or N.Y. 59a  
**ANNUAL SALE, TEN MILLION BOXES**  
**HELP INSIST ON HAVING**  
**Dr. Martell's Preparation**  
The Standard Remedy for all Diseases of the Women  
Send for book "Relief for Women"  
FRENCH DRUG CO., 59 W. 52d St., N. Y. City



## Commercial Fertilizer.

It would be much better if the users of commercial fertilizers would get into the habit of adapting the fertilizer to the soil instead of seeking a fertilizer that is adapted to the crop grown. The object in using fertilizer should be the building up of the soil rather than growing a certain crop, and a fertilizer which will balance up the plant food already in the soil is an economical fertilizer to use on any crop, since the effects of its application will show on any crop that is adapted to the locality. A farmer cannot afford to buy all of the plant food that his crop will use in its growth, then why should he buy anything that his soil will furnish to the crop in sufficient quantities? True, some crops will take more of a certain element of plant food than another will. Some crops have the power of getting more food from a soil than others have. It is better to remedy this by adopting a judicious rotation of crops in which legumes will come in frequently. The legumes will supply the nitrogen and help to keep up the humus supply.

### Some horses are more wasteful of their hay than others.

They will scoop it out of the floor in spite of everything. We have had horses of both kinds. There is a good deal of meanness in the wasteful horse.  
The man who has two or three good cows and a bunch of Plymouth Rocks can defy the meat combine or any other combine. The cow and the hen have paid for more luxuries for farm homes than the corn crops, and at the same time taken care of the grocery bills.  
Never allow a ewe to run with the flock. When this is permitted and twins are born, the first born wanders away and becomes mixed with the flock before the mother has a chance to own it, and the chances are that later she will refuse to have anything to do with it.

### Good Forage Crops.

One of the best forage crops, when the prospects for hay are not very promising, is peas and oats. The ensilage with which it can be put in also recommends it. As soon as the ground is fit to plant spread broadcast upon the land a bushel and a half of peas to the acre and plow under to the depth of five inches. As soon as the peas begin to come up, sow over them the same amount of oats per acre and drag in, going over in both directions, so they will be thoroughly covered.  
When the oats are in bloom is the time to harvest if you depend upon them for hay. Cure as you would clover and you will have a fine hay that everything likes. It is especially good for cows and hogs, and the peas and chaff furnish as fine a feed for laying hens in the winter as I have ever used.  
As a green feed for cows and hogs this has no equal, as it is ready just at the time when you begin to be short of pasture, and for the farmer who keeps his cows up it will aid in keeping the milk record at the highest notch. If more farmers would try it as a hay crop just once they would recognize its wonderful value as a forage crop.  
A bushel and a half is for land that is poor; one bushel is sufficient for rich land.—L. M. H. D., Michigan.

### Neglect of Drainage.

It is necessary to closely study the physical conditions of soils, that we may have healthy and flourishing condition of plants. Through want of proper drainage, or other neglect, land is often allowed to get into an unhealthy state, which sooner or later is reflected in the character of the herbage growing upon the soil.  
The chief danger is probably poor drainage, with consequent excess of water and lack of sufficient oxygen in the soil. Such a condition is weakening and often results in the death of the roots of plants growing in such soils. Especially is this so to crops growing in heavy clay soils, and where there is an impervious subsoil. In such cases many of the feeding roots of plants are killed by suffocation during protracted wet seasons.  
Very often roots that may just be forming are killed in a few days, should the soil become saturated with water. Not only is there a loss of these feeding roots, but the vitality of the entire plant becomes weakened.  
Plants growing where the surface is caked and packed often suffer from want of oxygen for the roots. This is especially applicable to trees. In such cases the annual growth is not only retarded, but the plants lose vitality and become prey of insects and fungus pests.  
The remedy for such a condition is deep and careful cultivation, and the provision of some organic fertilizer. This will provide plant food for new growth of the roots and also lighten the physical nature of the soil. Lime is also recommended for this latter purpose in the case of heavy clay soils.  
The roots of all plants must have a supply of oxygen. Without it they cannot develop. Deprived of this oxygen, they die of suffocation. The plant will be poisoned by its own decomposition products and will starve or become the prey of parasitic enemies.

### Never allow a ewe to run with the flock.

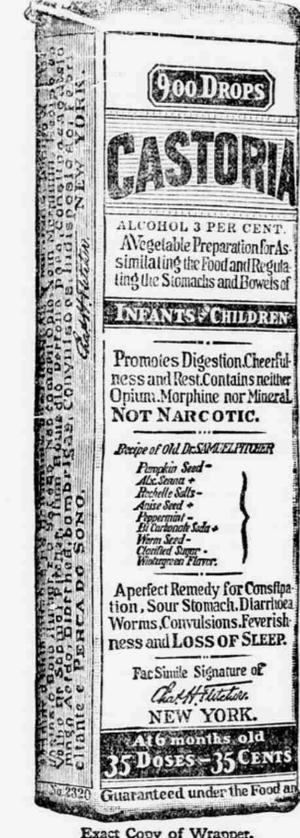
When this is permitted and twins are born, the first born wanders away and becomes mixed with the flock before the mother has a chance to own it, and the chances are that later she will refuse to have anything to do with it.

### Alfalfa.

My first sowing of alfalfa was on ground that had been in potatoes the year before, but being a wet year was quite weedy, especially with nut grass and foxtail. The ground was plowed and cultivated until June 16 when it was sown. With my present knowledge I would not again think of sowing ground in the condition that this was in. It would have been called in good shape to plant corn, but all the weeds should be destroyed for alfalfa. The seed was sown broadcast and harrowed in with a weeder. It came on well, but on account of the weeds did not make a full stand. We have cut now for five years. Two years thirty-one wagon loads for the seven acres, three crops each year except in 1906, then four crops were secured. The second and third years there were but few

# Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: *First*—The indisputable evidence that it is harmless; *Second*—That it not only allays stomach pains and quiets the nerves, but assimilates the food; *Third*—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—Hall's Journal of Health.



## Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. B. Halstead Scott, of Chicago, Ills., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."  
Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."  
Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."  
Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."  
Dr. Wm. J. McCann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."  
Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."  
Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartiest recommendation of Castoria."

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
*Chas. H. Fletcher*  
**The Kind You Have Always Bought**  
In Use For Over 30 Years.  
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

### Taming the Animals.

A bright but inexperienced young woman consented to take charge of the boy infant class. She found them jumping from the tops of the steam radiators. Fifteen minutes later the superintendent found fourteen meek masculine "infants" seated sedately in a tightly spaced row before the teacher, every eye fixed inquiringly on the lady's bright countenance. "How in the world did you accomplish this?" demanded the astonished superintendent. "Oh," she replied, "I just piled all I couldn't get my arms round in a heap on the bench and sat on them until I got them interested in a bear story."—Youth's Companion.

### PERFECT HEALTH

After Years of Backache, Dizziness and Kidney Disorders.  
Mrs. R. C. Richmond, of Northwood, Iowa, says: "For years I was a martyr to kidney trouble, backache, dizzy spells, headaches and a terrible bearing down pain. I used one remedy after another without benefit. Finally I used a box of Doan's Kidney Pills and the backache ceased. Encouraged, I kept on and by the time I had used three boxes not a sign of the trouble remained. My health is perfect."  
Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

### BOY KEPT SCRATCHING.

Eczema Lasted 7 Years—Face Was All Raw—Skin Specialists Failed, but Cuticura Effected Cure.  
"When my little boy was six weeks old an eruption broke out on his face. I took him to a doctor, but his face kept on getting worse until it got so bad that no one could look at him. His whole face was one crust and must have been very painful. He scratched day and night until his face was raw. Then I took him to all the best specialists in skin diseases, but they could not do much for him. The eczema got on his arms and legs and we could not get a night's sleep in months. I got a set of Cuticura Remedies and he felt relieved the first time I used them. I gave the Cuticura Remedies a good trial and gradually the eczema healed all up. He is now seven years old and I think the trouble will never return. Mrs. John G. Klumpp, 80 Niagara St., Newark, N. J., Oct. 17 and 22, 1907."

**WE BUY FURS AND HIDES**  
for spot cash, 10 to 50% more money for you to ship Raw Furs and Hides to us than to sell at home. Write for Price List, Market Report, Shipping Tips, and about our business. Best thing you can do is to get in touch with us. We will buy all about Trappers' Secrets, Deers, Traps, Game Laws, How and where to trap, and to become a successful trapper. It's a regular Encyclopedia. Price, \$2.00. To our customers, \$1.00. Home raised and beautiful Rabbits. Our Menagerie Book and other attractive literature, \$1.00 per bottle. Ship your Hides and Furs to us and get highest prices. Anderson Bros., Dept. 111, Minneapolis, Minn.

### POSTAL CARD.

Most beautiful views. Worth five for only one by mail. The great Niagara Falls whirlpool rapids, Three Sister Island, Winter Follies, and others. L. C. DEAN, 521 N. 12th St., South Omaha, Neb.

### Compromise.

"Alphus," said the young wife and mother, "what shall we name the baby?"  
"George Washington," responded the absent-minded professor.  
"But, dear—"  
"You object to that, I presume, because your washerwoman has named her baby George Washington?"  
"Not at all, Alphus, but—but you forget that our baby is a girl."  
"O, so it is. Well, call her Georgia Washington. Penelope, have you done anything with that thesis of mine on the 'Origin of the Epiphytic Orchidaceae'?"  
"I can't find it."

### Copper is a Germ Killer.

"Copper is a marvelous preventive of disease. If we returned to the old copper drinking vessels of our forefathers typhoid epidemics would disappear."  
The speaker, a filtration expert, took a copper cent from his pocket.  
"Examine this cent under the microscope," he said, "and you will find it altogether free from the disease germs. Examine gold and silver coins and you will find them one wriggling and contorting germ mass. Yet copper coins pass through dirtier hands than gold and silver ones—you'd think they'd be alive with micro-organisms. But no. Copper kills germs. Diphtheria and cholera cultures smeared on a copper cent die in less than two hours."  
"They have many cholera epidemics in China, but certain towns are always immune. These towns keep their drinking water in great copper vessels. Travelers have tried to buy these vessels, for they are beautiful, but the villagers will not sell them. They have a superstition that their health and welfare depend on their retention. I wish all superstitions were as true and salutary as that."—Philadelphia Bulletin.

### Recollections.

Adam Zawfox—Jever work on a farm?  
Job Sturky—Wunst, when I was about half grown up, I lasted three days. The farmer said I had a hired man's appetite, all right, but he didn't think I'd ever learn to work up to it.

**Paxtine TOILET ANTISEPTIC**  
Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.  
Large Trial! Sample WITH "HEALTH AND BEAUTY" BOOK SENT FREE  
**THE PAXTON TOILET CO., Boston, Mass.**

**SICK HEADACHE**  
Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Heavy Eating. A perfect remedy for Bile, Nausea, Drowsiness, Bad Taste in the Mouth, Coal-Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.  
**CARTER'S LITTLE LIVER PILLS.**  
Small Pill. Small Dose. Small Price.  
Genuine Must Bear Fac-Simile Signature  
*Brewster*  
**REFUSE SUBSTITUTES.**  
S. C. N. U. No. 46-1908.

**PISO'S CURE**  
Beware of the Cough that hangs on persistently, breaking your night's rest and exhausting you with the violence of the paroxysms. A few doses of PISO'S CURE will relieve you. It is a powerful expectorant, loosens the phlegm, clears the bronchial tubes, and restores the system. It is a safe and reliable remedy for all coughs, colds, and whooping cough. At all druggists, 25 cts.