# NOMEN MUST SLEEP.

# Avoid Nervous Prostration.

If you are dangerously sick what is the first duty of your physician? He quiets the nervous system, he deadens the pain, and you sleep well. Friends ask, "what is the cause ?"

and the answer comes in pitying tones, nervous prostration. It came Among those marked for destruction. too, one notes the sign of the Two upon you so quietly in the beginning, that you were not alarmed, and when Spies, a reference, of course, to those advance Israelites who returned from sleep deserted you night after night until your eyes fairly burned in the the Promised Land with their burden of grapes. darkness, then you tossed in nervous agony praying for sleep.

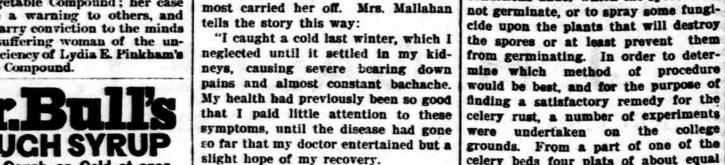


You ought to have known that when you ceased to be regular in your courses, and you grew irritable without cause, that there was serious trouble somewhere.

You ought to know that indigestion, exhaustion, womb displacements, fainting, dizziness, headache, and backache send the nerves wild with affright, and you cannot sleep.

Mrs. Hartley, of 221 W. Congress St. Chicago, Ill., whose portrait we pub-lish, suffered all these agonies, and was entirely cured by Lydia E. Pinkham's Vegetable Compound; her case should be a warning to others, and her cure carry conviction to the minds of every suffering woman of the un-failing efficiency of Lydia E. Pinkham's Vegetable Compound.

Dr.Bull's **COUCH SYRUP** Cures a Cough or Cold at once. onquers Croup, Whooping-Cough, Bronchitis, rippe and Consumption. Quick, sure results. r. Buil's Pills cure Constipation. 50 pills 100-







ate, is a Simon the Tanner, in Long Lane, Bermondsey, the seat of the tanning industry in South London.

Treatment for Celery Blight. Charles O. Townsend, state pathologist of Maryland, says:

the fungus the leaves will become af-

fected so rapidly and to such an ex-

pearance.

there were 929 species known. Tor-The great hindrance to the successful production of celery in this state, rey's list of 1853 gave 1,034; and Peris the disease known as Rust or Blight- kins' list of 1888 gave 1,360. In each This disease is produced by a fungus case some plants were included by mis-

that attacks the leaves and stems caus- take, so the increase since 1888 is more ing them to assume a yellowish color, than the difference between 1,563 and with brown spots scattered over them 1,360. Most of the additions are of that increase in size, until the affected species which have doubtless been here leaves and stems die. If the conditions all the while but have only recently are favorable for the development of been discovered.

## Breeding Ideal Type.

mixed with agricultural seeds, or have

been introduced directly or indirectly

by artificial means. A large propor-

tion of these new-comers are like our

American population, importations

from Europe; and only a minority of

60 or less have come to Vermont from

other states or from Canada. It is in-

teresting to notice how the number of

known species has increased in recent

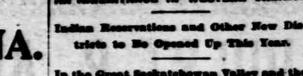
years. When the first list of Vermont

plants was published by Oakes in 1842.

tent that the life of the plant will be It seems to us that there is a great destroyed. If the conditions for the deal of false doctrine going the rounds development of the fungus are less favorable, only the outer leaves will die, ject of breeding, and the explanation of the press and institutes on the subwhile the newer leaves will be but par- is evidently to be found in lack of tially destroyed. The result will be a familiarity with the laws of breeding small plant of inferior quality. During as set down by scientists who have the past two years the rust has been studied the matter properly. We are so destructive in this state that a numled to make the above remarks by seeber of growers have abandoned the ing such statements as the following: raising of this otherwise satisfactory "If you want to breed good hogs of crop. There is no fixed time for the ideal type then pick a big, slabsided appearance of celery rust, but it is uslow and breed her to a short, stubually to be seen after a drought of and-twist boar." Anon: "If your sows longer or shorter duration, followed are plainly deficient in one respect go by warm, damp weather. It must be out and find a boar that is abnormally remembered that these weather condigood in the point where the sow is detions alone will not produce rust, but ficient and he will counteract the bad caught a severe cold last winter, and that the fungus spores must be presfault of the sow." That means that ent before the rust can make its aphe will beget pigs that are unlike himself and at the same time unlike the

In combating the disease therefore sow or in other words prove to be t is necessary either to produce those the sire of pigs that are a sort of comconditions under which the spores canpromise between the two abnormal not germinate, or to spray some fungitypes of the sire and dam. Now this cide upon the plants that will destroy is utter foolishness. Like produces the spores or at least prevent them like in as much as nature through the from germinating. In order to deterlaw of heredity transmits to progeny mine which method of procedure the type and characteristics of the parwould be best, and for the purpose of ent which have become fixed characfinding a satisfactory remedy for the ters of the parent's family. This heredcelery rust, a number of experiments ity is possessed equally by the sire were undertaken on the college and dam if each has been as long bred in line hence the mating of the two celery beds four plats of about equal but blends too cimilar tendencies and "Fortunately one of our Lodge Mem- | size were laid off and treated as folthe product is but a repetition of the bers mentioned Dodd's Kidney Pills. lows: No. 1 was shaded, No. 2 was characters of the two or a composite Her description of the cures they had sprayed with ammoniacal carbonate of both. The big, slabsided sow referred to is no more a perfect ideal of

# **THOUSANDS OF FAIR WOMEN** HERALD PRAISES FOR PERUNA.



To the Editor, Dear Sir: The past

three or four years have demonstrated

to a large number of Americans the

value of the grain-growing and ranch-

ing lands of Western Canada. Tens of

thousands have taken advantage of

the offer made by the Canadian gov-

ernment as well as of the exceedingly

low prices asked for lands by the rail-

way, colonization and other compan-

ies. The experience of those who have

been settled there for some little time

is of a highly gratifying character. So

much so that the Canadian govern-

ment, who has control of the immigra-

tion into Western Canada, has decid-

ed to open up some new districts this

year in the well known Saskatchewan

Valley and also in the fertile plains of

Assinibola. These Districts are prob-

ably the most productive in the entire

West and in close touch to largely set-

tled communities as well as being

situated on some of the most import-

ant lines of railway. They are within

easy reach of markets, schools, church-

es and other social advantages. in

some of these districts lands may be

homesteaded as well as purchased out-

right at very low prices. Now as to

what can be done on these lands. The

evidence of the settlers in the neigh-

borhood of the lands now about to be

opened for settlement (some of them

being located in one of the best Indian

Reservations) goes to show that the

very best results have followed even

most indifferent methods. Cases are

given where farmers having gone

there with most limited means, barely

enough to erect a small house and

break up a little land, have in three

Catarrhal Dyspepsia and Nervous Prostration Make Invalids of More Women Than All Other Diseases Combined.

# Anna Presco

Peruna is the woman's friend everywhere. It is safe to say that no woman ever used Peruna for any catarrhal de- rasthenia, or nervous prostration, rangement but what it became indispensable in her household.

F.J. Lynch

Letters From Women.

your food no longer tastes good, and Peruna will be found to effect an small annoyances irritate you, Peruna will make you feel like another person immediate and lasting cure in all cases of systemic catarrh. It acts quickly inside of a week.

and beneficially on the diseased mu-

or four years time become prosperous, all debts paid and money in the bank. The soil in the Districts mentioned, Assinibola and Saskatchewan, is a rich black loam, fifteen inches to three feet deep. As a settler says, "it appears like the accumulation of decayed vegetation and ashes for centuries (the sub-soil is a stiff, putty clay)." On this soil it is possible to raise from 40 to 50 bushels of wheat to the acre, oats 75 to 100 bushels, all of which bring good prices at the local market. For mixed farming these new districts are

probably among the best in Western Canada. Stock fatten easily on the wild grasses. Hay is plentiful, and prices splendid. Another settler writing to a friend in Iowa says: "The climate is all that could be desired.

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### London's Old Tavers's. There yet remain in London of

Carrie's Sharp Reply.

farcical nature have been sent to Mrs.

Carrie Nation regarding a New York

visitation. The latest was a sugges-

tion that she try her hand at reform-

ing the Four Hundred, reference being

made to the burlesque saloon smash-

ing act at Senator Clarke's valentine

ball. She replied, "The society people

of New York probably need reforma-

tion as badly as any class of people

in America, not excepting saloonkeep-

ers. If they want to burlesque me

when I am trying to save men's souls

I do not care. They had better employ

their time driving vice out of their

NEARLY GONE.

Mrs. Julia A. Mallahan, of Owerse, Mich.

Has a Very Narrow Escape-The

Owosso, Mich., March 25 .- (Special.)

-Elite Rebekah Lodge, No. 2, I. O. O.

F. of this town, came very nearly losing

their esteemed and capable secretary,

Mrs. Julia A. Mallahan. Mrs. Mallahan

like many others, failed to recognize

the dangerous possibilities until it had

settled in her kidneys, and left her

with very severe bearing down pains

and almost constant backache. It al-

Doctor Had Little Hope.

own city."

Several invitations of a more or

on sale every day in the year. Tickets now on sale to all the winter resorts of the south, good returning until June 1st, 1991. For rates, descriptive mat-ter, pamphlets and all other information, call at C. & St. L. R. R. City Ticket Office, 1415 Farnam st. (Paxton Hotel Office, 1415 Fa Bldg) or write but there is one sure and prompt cure for both, viz:

HARRY E. MOORES. C. P.& T. A. Omaha, Neb.

The "Big Four Route" St. Jacobs Oil Is a Railway System

Neuralgia

eral other streams which furnish water domestic farm products to foreign for the irrigation of a large area are countries during the four fiscal years found in these mountains, and if the 1897-1900 aggregated the enormous timber were cut away the supply aum of \$3,186,000,000, or close to \$500,would soon be so much reduced as to 000.000 in excess of the export value make agriculture impossible. This for the precedding four-year period. In forest contains one of the finest bodies other words, we received on an averof timber in the world, and has been age during 1897-1900 for products of the grazing ground of millions of domestic agriculture marketed abroad sheep and cattle, which, the experts nearly \$200,000,000 a year above the annual amount paid us for such prodsay, have injured the irrigation supply by tramping down the ground and ucts during 1893-1896. The agriculrts of the United

**Bowels Don't Move?** 

Caused by over-work! Over-eating! Over-drinking! No part of the human body receives more ill treatment than the bowels. Load after load is imposed until the intestines become clogged, refuse to act, worn out. Then you must assist nature. Do it, and see how easily you will be cured by CASCARETS Candy Cathartic. Not a mass of violent mercurial and mineral poison, but a pure vegetable compound that acts directly upon the diseased and worn out intestinal canal, making it strong, and gently stimulating the liver and kidneys; a candy tablet. pleasant to eat, easy and delightful in action. Don't accept a substitute for CASCARETS.

