

## WOMEN WHO CHARM

HEALTH IS THE FIRST ESSENTIAL

It Helps Women to Win and Hold Men's Admiration, Respect and Love

Woman's greatest gift is the power to inspire admiration, respect, and love. There is a beauty in health which is more attractive to men than mere regularity of features.



Mrs. Chas. F. Brown

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study. At the first indication of ill-health, painful or irregular menstruation, headache or backache, secure Lydia E. Pinkham's Vegetable Compound and begin its use.

Mrs. Chas. F. Brown, Vice-President Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes:

Dear Mrs. Pinkham—  
"For nine years I dragged through a miserable existence, suffering with inflammation and falling of the womb, and worn out with pain and weariness. I one day noticed a statement by a woman suffering as I was, but who had been cured by Lydia E. Pinkham's Vegetable Compound, and I determined to try it. At the end of three months I was a different woman. Every one remarked about it, and my husband fell in love with me all over again. Lydia E. Pinkham's Vegetable Compound built up my entire system, cured the womb trouble, and I felt like a new woman. I am sure it will make every suffering woman strong, well and happy, as it has me."

Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, or nervous prostration may be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound.

### TO BE POPULAR GIRLS.

Be neat. There is great charm in neatness.

Be athletic, as that means health, and healthiness means wholesomeness. Be affectionate and sympathetic and don't be self-conscious and ashamed to show either quality.

Be natural. People are quick to discern affectation of any kind and have a contempt for it; so give up affectation. Don't have "moods." Avoid the blues. People like to know how to find a girl, not to have to renew her acquaintance every time they meet.

Be home loving and kind to all old people, poor people and children. These are womanly qualities, and all love and admire the womanly girl.

### Knows a Good Thing.

Mr. Fresh—Sir, I'm looking for a situation.

Merchant—There's nothing for you to do here.

Mr. Fresh—Dee-lighted! How much a week will you give for doing it?—Chicago Journal.

## HER BLOOD TOO THIN

GENERAL DEBILITY RESULTS FROM IMPOVERISHED BLOOD.

The Remedy That Makes New Blood Banishes Weakness, Headaches, Indigestion and Nervous Troubles.

Hundreds of women suffer from headaches, dizziness, restlessness, languor and timidity. Few realize that their misery all comes from the bad state of their blood. They take one thing for their head, another for their stomach, a third for their nerves, and yet all the while it is simply their poor blood that is the cause of their discomfort.

If one sure remedy for making good, rich blood were used every one of their distressing ailments would disappear, as they did in the case of Mrs. Ella F. Stone, who had been ailing for years and was completely run down before she realized the nature of her trouble.

"For several years," said Mrs. Stone, "I suffered from general debility. It began about 1896 with indigestion, nervousness and steady headaches. Up to 1900 I hadn't been able to find any relief from this condition. I was then very thin and bloodless. An enthusiastic friend, who had used Dr. Williams' Pink Pills, urged me to give them a trial and I finally bought a box.

"I did not notice any marked change from the use of the first box, but I determined to give them a fair trial and I kept on. When I had finished the second box I could see very decided signs of improvement in my condition. I began to feel better all over and to have hopes of a complete cure.

"I used in all eight or ten boxes, and when I stopped I had got back my regular weight and a good healthy color and the gain has lasted. I can eat what I please without discomfort. My nervousness is entirely gone, and, while I had constant headaches before, I very rarely have one now. I cheerfully recommend Dr. Williams' Pink Pills to women who suffer as I did."

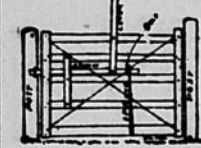
Mrs. Stone was seen at her pretty home in Lakewood, R. I., where, as the result of her experience, Dr. Williams' Pink Pills are very popular. These famous pills are sold by all druggists. A book that every woman needs is published by the Dr. Williams Medicine Company, Schenectady, N. Y. It is entitled "Plain Talks to Women," and will be sent free on request.

## ROAD AND FARM IMPROVEMENT

### GATE FASTENER.

Simple Arrangement for Securing Farm Gates After They Are Closed.

We have a simple arrangement for fastening farm gates here that I have never seen used in any other place. I send an illustration of it, says a correspondent of the Epitomist. To make it take a piece of flat iron



about eight inches in length, put two holes through it near one end, bend the other end into something like a hook, sharpen the end that is bent so that it will go into an inch hole in the post. Fasten this iron to the post securely, letting an inch or more extend out toward the gate so that there will be sufficient catch for the latch. Let the iron at the bent end go into the post, as this will make it much stronger. Make the latch out of any kind of hard wood, the length and size varying according to the size of the gate. Arrange it to work on one of the boards in the gate near the middle. At the end of this latch arrange a spring as shown in the cut. This should be made from oak or hickory and be sufficiently strong to hold the latch in place, but not too strong, so that the gate will close easily when pushed to. The cut shows how it can be opened from horse-back. This will be found to be a cheap, safe and convenient latch for the farm gates.

### BIRTH OF THE SOIL.

A Brief Study in Geology—The Processes of Nature Are Explained.

The soils that form our farms were once part of a solid rock that covered the earth. There was a time when there was not a spoonful of soil on the whole earth. The earth, as it cooled from its molten state, formed a great shell of rock. In time the gases settled over it, condensed and formed water, which covered all. The water had a tendency to cool and the heat on different parts of the earth varied. The internal heat made elevations here and depressions there and the first ledge rose above the flood. Then the formation of soil began. The billows of the sea beat on the ledge and the air of heaven began to blow upon it. Particles infinitely small were broken from the parent rock and became soil. Since that time ages have passed, but the process of soil forming goes on wherever the ledge is not covered by water. On our farms now the ledges are still giving off minute particles yearly, aided in some localities by the frosts, which freeze the minute particles of rain and use them as wedges to chip off the particles of rock. This not only adds to the bulk of the soil, but adds to it some of the fertility locked up in the rock, says the Farmers' Review. In nature nothing is lost and nothing created. Change is the one law. All matter, whatever its form, is the same matter, appearing to us in innumerable combinations.

### CONVERTING UNCLE SAM.

Send Him Over Some of Our Country Roads and He Will Be Ready to Help Good Roads Along.

The accompanying illustration is a complete story in itself. Uncle Sam has undertaken to drive into the country—most anywhere—and has gotten in deeper than he had expected. Under such trying experience and aggravating delay—for he is unable to keep his appointment with his farmer

friend—he has become an easy convert to the good-roads proposition. He figures that better highways would improve business as well as morals. But will he help to build them? That's the question.

The Potato in Germany.

When Frederick II. of Germany introduced the potato into his domain he encountered much obstinate resistance. In the districts of Pomerania and Silesia the peasants flatly refused to be bothered with the lowly tuber, and the emperor had to force them to cultivate it. In Hartz, on the other hand, the people immediately adopted the potato, and recently a monument was found there bearing the inscription: "Here, in the year 1747, the first trials were made with the cultivation of the potato."

Sage Cheese.

Sage cheese is very popular for local distribution in certain parts of the United States. It is manufactured like ordinary cheese, but an infusion of sage leaves or sage extract is added to the milk before the rennet is put in. It gives a greenish color to the product and a characteristic flavor.—Orange Judd Farmer.

## LABOR SAVING ON A FARM.

By Use of Machinery Worked by Horse Power Desired End May Be Accomplished.

Owing to the scarcity of transient farm labor in many sections of the country, the question of carrying on the farm, whether it be large or small, with as little of outside help as possible, is a subject of considerable importance. One of the principal ways by which this can be accomplished is by the use of labor saving machinery. By the aid of such machinery, the greater portion of farm labor can be done by horse power, with both ease and comfort, and labor that would otherwise be considered a drudgery can be made a pleasure, declares the Prairie Farmer.

To accomplish the above results does not require such a great number of tools, and if they are properly cared for they will last almost a lifetime. If the amount which many farmers pay out for just one season for hired help was expended for the right kind of labor saving machinery, not only could much of this extra expense be saved each year out-of-doors, but the good wife in the house would be saved much extra labor, also.

This is not theory, but facts which I have proved to be true from experience in carrying on my own farm. I keep three medium sized horses and generally work the three together on the different kinds of tools on which I ride while fitting the ground for different crops.

For example, the first crop to be sown in the spring is oats, which is sown on ground previously fall plowed. In fitting the ground for this crop, I use a spring tooth wheel harrow, which cuts six feet wide, and with three horses on this tool it is easy to work to harrow 12 acres in a day. As there is an easy spring seat to ride on, after working all day I feel but little tired when night comes, which would be far from the case if I tramped all day over the plowed ground after a floating harrow, as many farmers do.

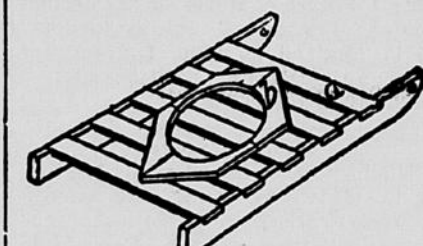
The cost of having tools on which one can ride while doing farm work is but little more than that of those after which one is obliged to walk. When I see farmers tramping over the ground after the drag or some other kind of tool day after day, I do not wonder that their boys (if they have any) become dissatisfied with the farm, for this kind of drudgery can just as well be saved. Let the horses do the main muscular work of the farm.

On every farm there is a great variety of work to be done, so it pays to use the brains and plan how to do this work in the easiest and quickest way. With improved modern machinery, and the knowledge of how to use the same to the greatest advantage, farming is robbed of all so-called drudgery, and becomes one of the most agreeable occupations that a man can engage in. At least, such has been my life experience.

### A BARREL SLED.

Most Convenient Method of Handling Water or Slop on the Farm.

It is often desirable to have such a sled as shown in the cut handling barrels of water or slop. One of the advantages of this sled is that lifting is avoided. The sled I have is about five feet long and four feet wide. The



EASILY-MADE BARREL SLED.

runners, says a Michigan farmer in Farm and Home, are made of two-by-six-inch pieces. The cross-pieces, a, are two-inch boards mortised into runners to give added strength. To prevent the barrel from moving off the sled in passing over uneven ground, blocks are cut from two-by-four pieces and joined on the cross-pieces of the sled in such a way that they will fit snugly about the bottom of the barrel. The longer blocks should be hewn or sawed out to make a neat-fitting job. This sled is very useful about the farm where light hauling not requiring more than one horse is done.

### MUCH IN LITTLE.

Don't specialize unless prepared to stand occasional failure.

Always keep the farm up; never let it run down.

Thoroughness in cultivating the soil will make two spears of grass grow where one grew before.

For the same loads, wagons with wheels of standard height draw lighter than those with lower wheels.

Give your sons and daughters an interest in the cattle, the poultry or the garden. Let them have flowers, to beautify the grounds about the home, and they will love the farm.—Farm and Home.

Boone County White corn was originated by James Riley, of Thorntown, Boone county, Ind., about 1876. Its parent was known as White Mastodon. Probably no variety of white corn is more famous to-day than Boone County White.

Enriching the Farm. Raise all you need to live on, then give all the balance to the farm until you get it in first-class condition. Give it plenty of food and it will give you the same. Make your land rich and it will make you rich if rightly handled.—Farm and Home.

### It Was Good.

Chloe, our maid of all work, had the true Ethiopian's fondness for "good eating," and, like so many of her race, she often used language more lofty than appropriate. One day Chloe's mistress made an extremely good pudding for dessert. Chloe took a generous taste of the pudding, smacked her lips and said with evident satisfaction: "My, oh! ef dat don't taste melo-dious!"—Lippincott's.

The inventors are a very wonderful class of gentlemen—ladies, too, nowadays—but it really seems as if the twentieth century didn't need them so much as some plain, practical people to utilize what they've done already.—N. Y. Times.

Many a man wants de Gospel ter fly; but w'en it comes ter puttin' in money fer de wings, he says he's in favor er home missions.—Atlanta Constitution.

### THERE IS JUST ONE SURE WAY

Dodd's Kidney Pills Build Up Run-down People—They Make Healthy Kidneys and That Means Healthy People—What Mr. and Mrs. J. L. Duffey Say:

Nora, Ind., Feb. 6th.—(Special)—That the sure way of building up run-down men and women is to put their kidneys in good working order is shown by the experience of Mr. and Mrs. Joseph L. Duffey of this place. Both were weak and worn and dispirited. They used Dodd's Kidney Pills, and to-day both enjoy the best of health.

Mr. Duffey says: "I was very weak and almost past going. I tried everything which people said was good, but got no benefit till I tried Dodd's Kidney Pills. They helped me in every way and I am strong and well now."

Mrs. Duffey says: "I was so bad that if anybody would lay down a string I felt I could not step over it. Since taking Dodd's Kidney Pills I can run and jump freely."

Healthy kidneys insure pure blood; Dodd's Kidney Pills insure healthy kidneys.

There would be an enormous increase in production if we were all paid what we think we are worth—and earned the money.—Puck.

### A CLEAR COMPLEXION.

A Simple Home Treatment for Blackheads, Red, Rough and Oily Skin and Disfiguring Humors.

If you are afflicted with pimples, blackheads, red, rough or oily skin, or disfiguring humors, you will find this simple home treatment most agreeable, speedily effective and economical. Gently smear the face with the great emollient skin cure, Cuticura Ointment, but do not rub. Wash off the ointment in five minutes with Cuticura Soap and hot water, and bathe freely. Repeat this morning and evening and you will soon be rewarded with a skin soft, white and clear. Cuticura Soap, the best toilet and complexion soap in the world, assisted by Cuticura Ointment, will preserve, purify and beautify the complexion and keep the skin in a healthy condition, preventing blackheads, pimples, eruptions or the return of eczema and other skin troubles. Used as a shampoo it cleanses the scalp of crusts and scales, removing dandruff and promoting the growth of the hair. For red, rough hands, itching palms and painful finger ends, Cuticura Soap and Ointment achieve marvelous results, often in a single night.

It takes some people a long time to find out the success and happiness are not anonymous.—Puck.

### Earliest Green Onions.

The John A. Salzer Seed Co., La Crosse, Wis., always have something new, something valuable, and they have it among their new money making vegetables, an Earliest Green Eating Onion. It is a winner, Mr. Farmer and Gardener!



JUST SEND THIS NOTICE AND 16c, and they will send you their big plant and seed catalog, together with enough seed to grow

1,000 fine, solid Cabbages,  
2,000 rich, juicy Turnips,  
2,000 blanching, juicy Celery,  
2,000 rich, buttery Lettuce,  
1,000 splendid Onions,  
1,000 rare, luscious Radishes,  
1,000 gloriously brilliant Flowers.  
In all over 10,000 plants—this great offer is made to get you to test their warranted vegetable seeds and

ALL FOR BUT 16c POSTAGE, providing you will return this notice, and if you will send them 26c in postage, they will add to the above a big package of Salzer's Fourth of July Sweet Corn—the earliest on earth—10 days earlier than Cory, Peep o' Day, First of All, etc. [K. L.]

Keep one eye on your enemies and two eyes on your friends.—Chicago Daily News.

Ladies Can Wear Shoes One size smaller after using Allen's Foot-Ease. A certain cure for swollen, sweating, hot, aching feet. At all Druggists, 25c. Accept no substitute. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

It will not be so very long before you are talking about things that happened 'way back in the year '04.—N. Y. Mail.

A Guaranteed Cure for Piles. Itching, Blind, Bleeding or Protruding Piles. Your druggist will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

The ideal man is he who gives thanks that some people are as well off as himself and others better.—Puck.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1900.

Many a mushroom of promise is a loadstool of fulfillment.—N. Y. Times.

## The Great Nonesuch Remedy

ST. JACOBS OIL

Aches and Pains

## THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT



To Prove what Swamp-Root, the Great Kidney Remedy, Will Do for YOU, Every Reader of this paper May Have a Sample Bottle Sent Free by Mail.

Weak and unhealthy kidneys are responsible for more sickness and suffering than any other disease, therefore, when through neglect or other causes, kidney trouble is permitted to continue, fatal results are sure to follow.

Your other organs may need attention—but your kidneys most, because they do most and need attention first.

If you are sick or "feel badly," begin taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because as soon as your kidneys begin to get better they will help all the other organs to health. A trial will convince anyone.

The mild and immediate effect of Swamp-Root the great kidney and bladder remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root will set your whole system right, and the best proof of this is a trial.

DEAR SIR:—Ever since I was in the Army, I had more or less kidney trouble, and within the past year it became so severe and complicated that I suffered everything and was much alarmed—my strength and power was fast leaving me. I saw an advertisement of Swamp-Root and wrote asking for advice. I began the use of the medicine and noted a decided improvement after taking Swamp-Root only a short time. I continued its use and am thankful to say that I am entirely cured and strong. In order to be very sure about this, I had a doctor examine some of my water to-day and he pronounced it all right and in splendid condition.

I know that your Swamp-Root is purely vegetable and does not contain any harmful drugs. Thanking you for my complete recovery and recommending Swamp-Root to all sufferers I am,

Very truly yours,  
I. C. RICHARDSON.

Swamp-Root is not recommended for everything but it promptly cures kidney,

EDITORIAL NOTE.—In order to prove the wonderful merits of Swamp-Root you may have a sample bottle and a book of valuable information, both sent absolutely free by mail. The book contains many of the thousands upon thousands of testimonial letters received from men and women cured. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample bottle. In sending your address to Dr. Kilmer & Co., Binghamton, N. Y., be sure to say you read this generous offer in this

paper. The genuineness of this offer is guaranteed.

Coupon. Please write or fill in this coupon with your name and address and Dr. Kilmer & Co. will send you a Sample Bottle of Swamp-Root the Great Kidney Remedy.

Name.....  
City and No.....  
State.....

Send this paper.



AN AVERY

Wash Line trains make close connection at St. Louis with trains via the Iron Mountain Railway and Laredo Route, carrying through Palace Sleeping Cars to the City of Mexico. Time is less than three days from St. Louis.

Two trips daily. You can leave St. Louis at 2:25 p. m. and arrive at City of Mexico 10:50 a. m. the third morning, or you can leave St. Louis at 8:20 p. m. and arrive at City of Mexico 7:30 p. m. the third evening.

Mexico is a delightful and healthful winter resort. Your nearest Ticket Agent will give you full information.

## Strawberry and Vegetable Dealers

The Passenger Department of the Illinois Central Railroad Company has recently issued a publication known as Circular No. 12, in which is described the best territory in this country for the growing of early strawberries and early vegetables. Every dealer in such products should address a postal card to the undersigned at STURGEON, IOWA, requesting a copy of "Circular No. 12."

J. F. MERRY, Asst. Gen'l Pass' Agent.

## MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Teething, Diarrhoea, Worms, They Break up the Cure in 24 hours. At all Druggists, 25c. Get the Home Sample mailed FREE. Address, New York City, A. S. OLMSTED, Le Roy, N. Y.

## PATENTS

PISO'S CURE FOR CURS WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists.

## CONSUMPTION

A. N. K.—1900

## PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer or we will send post paid at 10c a package. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO. Unionville, Missouri.