

Interfored With Her Social Duties and Threatened to Cause Her Retire-ment-How She Was Cured.

Every sufferer from nervous headache knows how completely it unfits one for the duties and pleasures of life. Any little excitement, or over-exertion, or irregularity brings it on. Sometimes the pain is over the whole head. Again it is like a nail driven into the brain, or a wedge splitting it open, or a band tightening about it. At one time it is all in the top of the head, at another it is all When the furrows are made there are at the base of the skull.

Most headaches can be traced to some faulty state of the blood. When the covering we use what we call a scrapblood is scanty or charged with poison, er. See Fig. 2. It is made of a plank, and the nerves are imperfectly nonrished and the digestion weak, one of the commonest results is frequent and severe headaches.

The important thing is to get rid of the diseased condition of the blood that causes the attack by the use of a remedy that will do the work quickly and thoroughly. . What is that remedy? The experience of Miss Ellen McKenna furnishes the answer. She says :

"For more than seven years I was a great sufferer from nervous headache and dizziness. My stomach was disordered, aud I became so restless that I could not sit still any length of time. Dizziness interrupted my work greatly. At first the attacks were not so severe, but they gradually grew more violent, and finally became so acute that I was on the point of relinquishing my membership in the different organizations to which I belonged."

"What saved you from that necessity?" "A very simple thing; the call of a member of one of the clubs, who strongly advised me to try Dr. Williams' Pink Pills before giving up. I acted on her suggestion at once, and after steadily using this great blood and nerve remedy for two months, my headaches and my dizzi-

ness entirely disappeared. Miss McKenna is secretary of the Associated Ladies' Guild, and resides at No. 48 Waitstreet, Roxbury, Mass. Dr. Williams' Pink Pills have cured many hundreds of similar cases, and can be confidently recommended to drive all poisons from the blood and to give needed strength to the nerves. Every druggist keeps them.

The oyster famine at Baltimore is offset by the story that a beer famine is prevail-ing at Milwaukee.—Cincinnati Commercial-Tribune.

#### The Secret of Success

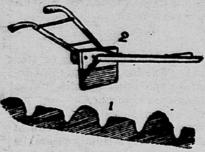
The Secret of Success with Pusheck's-Kuro is that it does what no other medicine can do. It affects the grand trio-the stomach, the blood and the nerves-that controls and regulates the whole body, every organ and every function. It corrects the digestion and assimilation of food that keeps up the body. It purifies and enriches the blood, corrects, regulates and strengthens the nerves. This explains why one medicine permanently cures Rheumatism, Pains, Weakness, Nervous Debility, Catarrh, In-digestion, Skin diseases and all Blood and Nerve troubles. The price of Pusheck's-Kuro is \$1.00. It can be had at your druggist's or direct from Dr. C. Pusheck, chicago. Write for illustrated booklet.



COVERING POTATOES.

Convenient Scraper Which May Le Used in Performing the Work.

When we plant potatoes we furrow with a plow drawn by two horses. ridges in half of the spaces and the other half are level (Fig. 1). When



CONVENIENT SCRAPER.

tongue, handles and several braces and bolts. The length of the plank should be about twice the distance between the rows. The plank should have a strap of iron at the bottom in front for a cutting edge and to prevent wear.

The tongue should be fastened to the plank at right angles, and securely braced, says the Ohio Farmer. The handles, which may be taken from an old plow or walking cultivator, should also be fastened and braced to the plank. We leave each horse walk in a furrow, but it is better to use a long doubletree and neckyoke or shafts and but one horse, so the potatoes do not get moved and tramped.

The scraper carries some ground ahead of it, which it pulverizes. It may be used to scrape the barnyard if the ground is smooth.

#### THE HOTBED.

#### No Farmer Should Be Without This Valuable Adjunct to the Garden.

Every farmer should make a hotbed this spring. It is a simple device from which springs an immense amount of pleasure and profit. If the wife or daughter is taking care of a flower garden there should be another hotbed especially for her use. The essentials are only a long and narrow box in which to secure bottom heat, and a sash of glass to cover it. During the winter days almost any farmer can make the sash for himself and build the box, suggests the Orange Judd Farmer. Nowadays the hotbed is generally placed directly on the ground; sometimes half in and half out. The best gardeners think the pit should be quite shallow, so that the heat shall not be drawn from the

To "drink in the landscape" one should be supplied with field glasses.—Philadel-the heat shall not be drawn from the manure into the cold earth. Make a Can Make on a Rainy level-topped pile of fresh horse manure, with about the same quantity of straw or litter, four or five feet high. Sprinkle occesionally with hot water, and turn the heap occasionally to secure uniform fermentation. Now build the bed by spreading a coarse litter at the bottom, and on it a couple of feet of manure. On this place a layer of leaf mold, and

# SAVES FARMERS MILLIONS.

SAVES FARMERS MILLIONS, Trovention of Oat Smut as Besult of Investigations of College . of Agriculture, Statistics just compiled by agricul-the investigations, by the college of agriculture of the University of Wis-consin, of the means of preventing of smut, the farmers of Visconsin ari-being saved nearly \$5,000,000 annually. Since Wisconsin ranks among the reatest oat producing states in this streatest oat producing states in this statistics insolve the tonusands of farm-gues a crop of 100,000,000 bushels, worth annually from \$25,000,000 fushels, worth annually from \$25,000,000 fushels, worth annually from \$25,000,000 fushels, worth annual loss to the farmeria is ne oat crop averaged more than is ne oat crop averaged more than is ne cent on over 15,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent on over \$5,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent on or over \$5,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent or over \$5,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent or over \$5,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent or over \$5,000 for heat marks of the state. For many vars the annual loss to the farmeria is ne cent or over \$5,000 for heat marks of the state. For many statis the cheese is a local to supper taste so furny. The other thing. T in the oat crop averaged more than 18 per cent., or over 18,000,000 bushels of oats, valued at nearly \$5,000,000. The barley crop of 15,000,000 bushels suffered an annual loss of 600,000 bushels on account of the smut. Sta-tistics show that through the experi-ments of the professors of the Wis-consin college of agriculture, and through their efforts in spreading broadcast over the state the results of these investigations, more than two-thirds of this loss to the oat and bar-ley crops has been prevented, and that the crops have therefore been in-creased in value nearly \$5,000,000 **p** 18 per cent., or over 18,000,000 bushels year.

The history of the experiments that led to the prevention of this costly blight is an interesting illustration of the application of the discoveries of the application of the discoveries of pure science to practical problems, such as those of agriculture. A chemist discovered a product of common wood smoke, which is known as formaldehyde; a biologist, working along other lines, found that formaldehyde was death to fungus life; and finally a professor of the North Dakota experiment station tried the effect of this chemical on oat smut. The University of Wisconsin experiment station learned almost immediately of the re-

cents, is poured into a barrel containing some 40 gallons of water. The oat seeds, which are placed in gunny sacks, are let down into this barrel and allowed to soak in the dilute chemical solution for some minutes. They are then taken out and dried, after which they are ready for sowing without any further treatment. Thus, the cost to the farmer is scarcely more than a cent a bushel; which is certainly very little when compared with the destructiveness of the blight and the great loss which it entails.

## HANDY WHEELBARROW.

# Clothes and the Woman.

ally

Found at Last,

one suffering from Rheumatism or Kid

Pills always cure Rheumatism.

Sawdust is now used by some Paris restaurants as a dressing for cutlets, in-stead of breadcrumbs. It costs only 30 cents a sack—and the cutlets must taste like 30 cents.—Boston Globe.

#### SCREAMED AT NIGHT.

Baby Scratched Until Face Was Raw and Bleeding-Ecsema Cured by Cuticura.

"For over two years my little baby girl suffered with a raw, itching and painful everal on her head and face, the pain causing her to scream day and night, and my wife could get no rest. We tried sev-eral doctors, but without success. Unless we kept her hands tied she would scratch until her face was like raw beef. One cake of Cuticura Soap and two boxes of Cuti-that there is no reason why it should not be universally employed. A pint of formaldehyde, which costs about 50 cents, is poured into a barrel contain-

The Mayflower was a very small ship.

In selecting her the pilgrims are now thought to have had in mind their num-bers as pilgrims, merely, rather than their numbers as ancestors.—Puck.

Help Yourself with Pusheck's-Kuro. This wonderful new remedy is proving This wonderful new remedy is proving a blessing to many thousands. A few hundred of the testimonials received have been reproduced in book form, and the illustrated booklet will gladly be sent for the asking. All of the many complaints that come from nervous disorders, poor digestion, overwork, excitement, malaria or unhealthy occupation are quickly and permanently cured by Pushack's Kuro. This remedy can be had at most drug-gists' for \$1.00 or direct from Dr. C. Pusheck, Chicago, Ill. Dr. Pusheck offers all medical advice free, and your whole life may be made happy by corresponding

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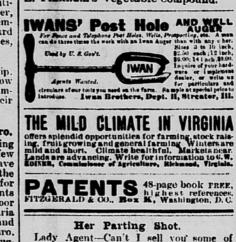




The following letter is only one of many thousands which are on file in the Pinkham office, and go to prove beyond question that Lydia E. Pinkham's Vegetable Compound must be a remedy of great merit, otherwise it could not produce such marvelous results among sick and ailing women.

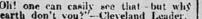
Dear Mrs. Pinkham :-"About nine months ago I was a great suf-"About nine months ago I was a great suf-ferer with womb trouble, which caused me sovere pain extreme nervousness and fre-quent headaches, from which the doctor failed to relieve me. I tried Lydia E. Pink-hanu's Vegetable Compound, and within a short time felt better, and after taking fly bottlesof it I was entirely cured. I therefore heartify recommend your Compound as a splendid uterine tonic. It makes the monthly periods regular and without pain ; and what a blessing it is to find such a remedy after so many doctors fail to help you. I am pleased to recommend it to all suffering women."— Mrs. Sara Wilson, 31 East 3d Street, Cincin-mati, Ohio. nati, Ohio.

If you have suppressed or painful menstruation, weakness of the stom-ach, indigestion, bloating, leucorrhœa, flooding, nervous prostration, dizzi-ness, faintness, "don't-care" and "want-to-be-left alone" feeling, ex-citability, backache or the blues, these are sure indications of female weakness, some derangement of the uterus or ovarian trouble. In such cases there is one tried and true remedy-Lydia E. Pinkham's Vegetable Compound.



Lady Agent-Can't I sell you some of hese beautiful cosmetic articles?

hese beautiful cosmetic articles. Mrs. De Tone-No, you cannot. 1 never paint! "Oh! one can casily see that - but why on earth don't you?"--Cleveland Leader.



TO THE ARMS THE FREE GRANT LANDS

Kills Germs

N OR BEAST

MEDICINE

CHES

GRANDA, Otawa, Labada, Otabar, Grand Forks, N. Dak, J. M. MACHLAN, Box 116, Waterlown, South Dakota, E. T. HOLMES, 315 Jackson Street, St. Paul, Minn. Authorized Canadian Government Agents.



with him.

phia Record.

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Piso's Cure cannot be too highly spoken of as a cough cure.-J. W. O'Brien, 322 Third Ave., N., Minneapolis, Minn., Jan. 6, 1900.

## "The good die young," is the epitaph of most New Year's resolutions.-Life.

#### FOR CONSIDERATION BY THE THOUGHTFUL

#### A Tribute to Weather Conditions in Western Canada.

During the early portion of February, of this year, the Middle and Western States suffered severely with the intense cold and winter's storms. Trains were delayed, cattle suffered, and there was much general hardship. While this was the case, throughout Western Canada, now attracting so much attention, the weather was perfect.

One correspondent writes: "We are enjoying most beautiful weather, the gentlemen are going to church without top coats, while the ladies require no heavier outer clothing than that afforded by light jackets." In contrast with this it is interesting to read in a St. Paul paper of February 13 the following, in double headlines, and large bold-faced type:

'Warm Wave Near Arctic Zone, "Calgary Much Warmer Than St. Paul.

"Balmy Breezes are Blowing in Northwestern Canada while people are freezing to death in Texas and other Southern States."

Warm in Canada;

Freezing in Texas. Fort Worth, Tex.....Zero Burlington ..... 7 Moorhead ......10 Miles City, Mont..... 2 Medicine Hat, Can.....Zero 

During the month of January of this year the number of settlers who went to Canada was greater than any previous January. The movement northward is increasing wonderfully.

are rapidly filling with an excellent do not extend over so long a time. class of people. The Government With many plants a year is a generation. Agents located at different points in the The effects of crosses are sood seen. States, whose duty it is to direct settlers. are busier than ever. They have arranged for special excursions during

on top of all about five inches of fine garden soil. In placing the manure in the pit, spread it in layers about six inches thick. Now sow your seed and be careful to avoid overheating at any time, especially when the sun comes out suddenly. Sprinkle the frame at night, then close up invariably so long as there is any danger of chilling the plants. An old hotbed can be used for a cold frame to grow plants more slowly than in heat. or to protect roses during the winter.

#### HANDY CLOTHES-LINE POST

Figterts the Line When Not in Use and Makes It Easy of Access.

This handy clothes-line post is made

by nailing four strips together in the form of a square.

and inserting this hollow post in the ground, as a post is usually "set." A long, narrow door opens on one side, to give access to

the interior. A little reel, with crank outside as shown,

reels up the clothes-line when not in use, the line passing out of the post over a pulley wheel, as suggested.

the line can be housed when not in use, and is ready at hand for instant use when wanted. The cap on the

### Potassium and Humus.

Potassium exists in the soil in a largely insoluble form. The decay of humus helps to free this locked-up potassium by forming carbon-dioxide gas. This dissolved in soil water has a certain solvent acting upon the insoluble potash salts.

#### Plant Breeding.

Plant breeding has the advantage over The vacant lands of Western Canada animal breeding in that the generations

Restoring the Land.

Growing clover will do more to keep the months of March and April, and will, up or pestore the land to fertility than be pleased to give intending settlers any any other crop that can be grown, if properly managed.

ise Sale By F. Greenland, Conversiona, N. D.

## Day.

Here is a cut of a handy, strong wheelbarrow that any farmer can make on a rainy day, says Farm and Home. Take a goods box 30 inches long, 24 or 26 inches wide and 20 inches deep, and two pieces five and one-half to six feet long and 3x11/2

The boast of being "just as good as" frequently regarded by a suspicious won as a confession of inferiority.-Puck.

To Cure a Cold in One Day Take Lagative Bromo Quinine Tablets, All druggists refund themoney if it fails to cure, E. W. Grove's signature is on each boz. 25c.

Of course diamonds are vulgar--if you haven't any .- N. Y. Times.



HOMEMADE WHEELBARROW.

cross brace in front and rear and pieces with brace as shown for legs. Cut four half circles from inch hard wood board and a notch in center to fit around axle. Nail these securely together for the wheel.

For the axle take a stick three and one-half inches square. Trim and band each end or wrap with wire. Bore holes and drive a 60 d. wire nail in each end. Just two inches apart in center, bore two one-inch holes on opposite sides to hold the wheel in place. A br.nd of hoop iron around the wheel will make it last longer. When it is put together you have a very substan-

FARM SUGGESTIONS.

The breeding of plants is as important as the breeding of animals.

A well-laid drain is a permanent investment that will yield interest ever, vear.

Over 22,824,299 acres of the public lands were transferred to homesteaders during the past year.

Melon fields that have been infested with lice or aphis should be cleaned up and all vines and rubbish burned.

The efforts to breed a rust-proof stheat have progressed far enough to give up ground for feeling encoaraged at the re-

Alfalfa is now grown in every county in Nebraska. Buffalo county leads with 65,000 acres. Dawson with 64,000, Webster, Hall and Furnas each with 40,000 acres.

A good fertilizer for early potatoes is made up of 500 pounds cottonseed meal, 500 pounds acid phosphate and 750 pounds kainit. Apply 1,200 to 1,800 pounds per acre.

In sowing carrot, parsnip and turnip seed, it is a good plan to mix with it some radish seed. The radishes come up quickly. Mark the rows dis'inctly, so they can be cultivated before the other plants come through.

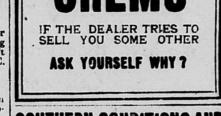
It Cures While You Walk. Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsied. Le Roy, N. Y.

There should be no objection to a man smoking cigarettes if he is alone and hap-pens to have a grudge against bimself.— Chicago Sun.





trated throughout and tells of an experience of over thirty years in the treatment of **Creeked Feet**. Spinal Defermities, Infantile Paralysis, Hip Disease, Defermed Limbs and Jeints, Etc. It tells of the only thoroughly equipped Sanltarium in this country devoted exclusively to the treat-ment of these conditions and how they may be cured without surgical operations, plaster parts or other severe treatment. Bend for this book, and if directly interested, mention character of the affliction and special literature bearing on the The L.C. McLain Orthopedic Sanitarium, 3102 Pine St. Zenta.

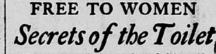


### SOUTHERN CONDITIONS AND **POSSIBILITIES.**

**PUBDILLITED.** In no part of the United States has there been such wonderful Commercial, Industrial and Agricultural development as along the lines of the Illinois Central and like Yazoo & Mississippi Valley Railroads in the States of Tennessee, Mississippi and Louisiana, within the past ten years. Cities and towns have doubled their pop-ulation. Splendid business blocks have been erected. Farm lands have more than doubled in value. Hundreds of industries have been established and as a result there is an unprece-dented demand for

#### Day Laborers, Skilled Workmen, and especially Farm Tenants.

Farties with small capital, seeking an oppor-tunity to purchase a farm home; farmers who would prefer to rent for a couple of years before purchasing; and day laborers in fields or facto-ries should address a postal card to Mr. J. F. Merry, Asst. General Passenger Agent, Dubuque, Iowa, who will promptly mail printed matter concerning the territory above described, and give specific replies to all inquiries.



To every woman reader of this paper we will send absolutely free a beautifully illustrated book which will tell you how to defy time and keep your face looking young, also a box of

PAXTO SKIN FOOD.

Amarvelous beautifier that will change a relaxed, sallow, lifeless skin back to the healthy, wholesome bloom of youth. Send no money — just your name and address plainly written on a postal card. Address THE R. PAXTON COMPANY, Pope Building, Boston, Mass.

