

IT SAVED MY LIFE

THANKS FOR A FAMOUS MEDICINE

Mrs. Willadsen Tells How She Tried Lydia E. Pinkham's Vegetable Compound Just in Time.

Mrs. T. C. Willadsen, of Manning, Iowa, writes to Mrs. Pinkham:

"I can testify that you have saved my life, and I cannot express my gratitude to you in words."



"Before I wrote to you, telling you how I felt, I had doctored for over two years steady and spent lots of money on medicines besides, but it all failed to help me. My monthly periods had ceased and I suffered much pain with fainting spells, headache, backache and bearing-down pains, and I was so weak I could hardly keep around. As a last resort I decided to write you and try Lydia E. Pinkham's Vegetable Compound, and I am so thankful that I did, for after following your instructions, which you sent me free of all charge, my monthly periods started; I am regular and in perfect health. Had it not been for you I would be in my grave to-day. I sincerely trust that this letter may lead every suffering woman in the country to write you for help as I did."

When women are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacements, vertigo, nervousness, headache, backache, bearing-down feeling, inflammation of the ovaries, backache, flatulence, general debility, indigestion and nervous prostration, they should remember there is one tried and reliable Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. Refuse all substitutes.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

LOW RATES

To the Land of Opportunity.

Those interested in the manifold opportunities to be found in the Northwest, British Columbia and Oregon, will find that the Great Northern Railway offers the greatest facilities in reaching the important points in the Northwest and the many rich farming sections of Montana, Washington and Oregon as well as the great lumbering and mining districts in these Northwestern states and British Columbia. The rate to the North Pacific Coast points is \$25.00 with proportionately low rates to other destinations, all tickets carrying liberal stop-over privileges.

For further information, rates, etc., call on or address any representative of the Great Northern Railway. Send two cents postage for illustrated booklet descriptive of Minnesota, North Dakota, Montana or Washington, designating which one you desire, to P. T. Whitney, Passenger Traffic Manager, Great Northern Railway, St. Paul, Minn.

None Left to Chloroform.

"Shall we chloroform the old folks of the next generation?" asked the sage of Plunkville.

"If cigarettes and tight laces keep their present hold on the respective sexes," reported the Pookish philosopher, "there ain't goin' to be no old folks in the next generation."—Pittsburg Post.

Impossible Reform.

Deacon Jones—What do you think of the proposition that women remove their hats at church?

Rev. Mr. Wye—Think of it? Why, it is the most absurd thing I ever heard of! What do they think the women come to church for anyway?—Boston Transcript.

There are some of us who have lived in daily expectation of the unexpected so long that we have begun to suspect that it doesn't happen near as always as people seem to think.—Puck.

A woman is as old as she looks, and a man is as old as she concludes to make him feel.—Boston Globe.

THE TEACHER'S FOE

A LIFE ALWAYS THREATENED BY NERVOUS PROSTRATION.

One Who Broke Down from Six Years of Overwork Tells How She Escaped Misery of Enforced Idleness.

"I had been teaching in the city schools steadily for six years," said Miss James, whose recent return to the work from which she was driven by nervous collapse has attracted attention. "They were greatly overcrowded, especially in the primary department of which I had charge, and I had been doing the work of two teachers. The strain was too much for my nerves and two years ago the crisis came."

"I was prostrated mentally and physically, sent in my resignation and never expected to be able to resume work. It seemed to me then that I was the most miserable woman on earth. I was tortured by nervous headaches, worn out by inability to sleep, and had so little blood that I was as white as chalk."

"After my active life, it was hard to bear idleness, and terribly discouraging to keep paying out the savings of years for medicines which did me no good."

"How did you get back your health?"

"A bare chance and a lot of faith led me to a cure. After I had suffered for many months, and when I was on the very verge of despair, I happened to read an account of some cures effected by Dr. Williams' Pink Pills. The statements were so convincing that I somehow felt assured that these pills would help me. Most people, I think, buy only one box for a trial, but I purchased six boxes at once, and when I had used them up, I was indeed well and had no need of more medicine."

"The Williams' Pink Pills enriched my thin blood, gave me back my sleep, restored my appetite, gave me strength to walk long distances without fatigue, in fact freed me from all my numerous ailments. I have already taught for several months, and I cannot say enough in praise of Dr. Williams' Pink Pills."

Miss Margaret M. James is now living at No. 123 Clay street, Dayton, Ohio. Many of her fellow teachers have also been cured by Dr. Williams' Pink Pills and are enthusiastic about their merits. Sound nerves, strength, ambition, and cheerfulness are the results of following their use. They are available at every drug store in the

A PORTRAIT

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PHOTOGRAPHING AN OWL.

Easy of Accomplishment if a Dog Be Brought to View of the Bird.

The great horned owl may also be fascinated by a dog, writes Silas A. Lottridge, in "The Great Horned Owl," in St. Nicholas. And the photographing of the great horned owl under these conditions is not difficult; wait until the owl seizes the fowl and stops to rest on the return to the woods; then let a dog be led to within 20 or 30 feet of the owl, and the bird will be all attention for the dog and take no apparent notice of the person leading it. The behavior of the owl at such times is very amusing. It stands motionless, gazing intently at the dog; but after a few minutes, if the dog remains quiet, the bird seems to become nervous, and steps first to one side and then to the other, hissing, snapping its beak, and ruffling its feathers. After this the owl will usually try to make off with its prey; but if another halt is made, the bird's actions show even more nervousness. While the owl's attention is thus attracted is the time to approach within "photo-distance" to get the "snaw-shots."

RYE MAKES GOOD PASTURE.

How One Farmer Manages to Get Good Feed for His Live Stock.

I draw the manure on the sod ground, plow and harrow well, then plant to corn and cultivate well, writes New York farmer in the Farm and Home. The next spring I plow the corn, top-dress with stable manure and sow oats. As soon as the oats are off, plow and top-dress again, then sow to rye. In six weeks I have big feed and pasture the rye until it freezes.

The last of May I cut the rye as soon as it heads, and the stock like it as well on it. In the spring I seed on the rye with equal parts of clover and timothy. I pasture this in the fall, and the rye will be headed out the second time.

I cut the grass for hay three years, and plow again and follow the same rotation. I manage a piece of land this way every year, have nice fall feed and never fail to have big crops. Last fall I got first and second premiums on my corn at our fair. My rye was very stout and five feet tall, the grass so stout that I could not cut it with a machine until I cleared a place for it to run.

Low-Wheeled Wagons.

Low wagon wheels are useful for hauling when a loader and horse fork are used, also for stacking grain, as the wheels do not cut into the land. Also to haul manure, gravel and dirt. In this county low-wheeled wagons are exempt from taxes. I have four-inch wooden wheels 36 and 42 inches in diameter, also a set of narrow, high wheels which are used for hauling hogs to market. High wheels run easier on stony roads. If I could have but one kind it would be low ones. If all farmers used wide tires the roads would wear longer.

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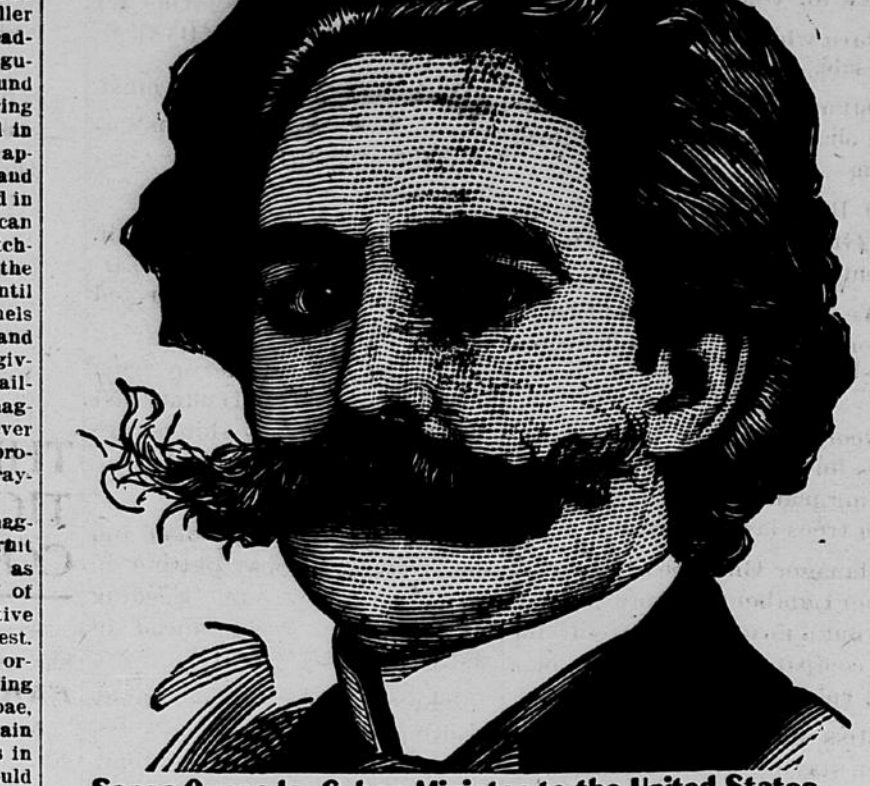
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CUBAN MINISTER TO THE U.S.

Recommends Pe-ru-na.

Senator Quesada, Cuban Minister to the United States, is an orator born. In an article in The Outlook for July, 1899, by George Kennan, who heard Quesada speak at the Esteban Theater, Matanzas, Cuba, he said: "I have seen many audiences under the spell of eloquent speech and in the grip of strong emotional excitement; but I have rarely witnessed such a scene as at the close of Quesada's eulogy upon the dead patriot, Marti." In a letter to The Peruna Medicine Company, written from Washington, D. C., Senator Quesada says:



"Peruna I can recommend as a very good medicine. It is an excellent strengthening tonic, and it is also an efficacious cure for the almost universal complaint of catarrh."—Gonzalo De Quesada.

Congressman J. H. Bankhead, of Alabama, one of the most influential members of the House of Representatives, in a letter written from Washington, D. C., to The Peruna Medicine Company, writes as follows: "I have used your medicine for several years, and it has done me more good than any other medicine I have ever used. It is a tonic and cathartic cure for all ailments."—J. H. Bankhead.

There is but a single medicine which is a radical specific for catarrh. It is Peruna, which has stood a half century test and cured thousands of cases. If you do not derive prompt