MIDDLE LIFE

Time When Women Are Susceptible to Many Dread Diseases—Intelligent Women Prepare for it. Two Relate their Experiences.

Mrs. A. E. G. Hyland

[illegible]he "change of life" is most critical period [illegible] woman's existence, [illegible] the anxiety felt by [illegible]en as it draws near [illegible]ot without reason.

[illegible]very woman who [illegible]lects the care of her [illegible]lth at this time in[illegible]s disease and pain. [illegible]hen her system is in [illegible]eranged condition, [illegible]he is predisposed to [illegible]plexy, or congestion [illegible]ny organ, the ten[illegible]cy is at this period [illegible]ly to become active [illegible]d with a host of ner[illegible]s irritations make [illegible] a burden. At this [illegible]e, also, cancers and [illegible]ors are more liable [illegible]orm and begin their [illegible]ructive work.

[illegible]uch warning symp[illegible]s as sense of suffo[illegible]on, hot flashes, head[illegible]es, backaches, dread [illegible] impending evil, timid[illegible], sounds in the ears, [illegible]pitation of the heart, [illegible]rks before the eyes, [illegible]gularities, constipa[illegible], variable appetite, [illegible]kness, inquietude, [illegible]d dizziness, are [illegible]mptly heeded by in[illegible]igent women who are [illegible]roaching the period [illegible]life when woman's great change [illegible]y be expected.

[illegible]ydia E. Pinkham's Vegetable Com[illegible]nd was prepared to meet the needs [illegible] woman's system at this trying [illegible]iod of her life. It invigorates and [illegible]ngthens the female organism and [illegible]lds up the weakened nervous system.

[illegible]or special advice regarding this im[illegible]tant period women are invited to [illegible]te to Mrs. Pinkham at Lynn, Mass., [illegible] it will be furnished absolutely free [illegible]charge. The present Mrs. Pinkham [illegible]he daughter-in-law of Lydia E. Pink[illegible]m, her assistant before her decease, [illegible]d for twenty-five years since her [illegible]vice has been freely given to sick [illegible]omen.

[illegible]Read what Lydia E. Pinkham's Com[illegible]und did for Mrs. Hyland and Mrs. [illegible]inkle:

[illegible]ar Mrs. Pinkham:—

"I had been suffering with displacement of [illegible] organs for years and was passing through [illegible] change of life. My abdomen was badly [illegible]llen; my stomach was sore; I had dizzy [illegible]lls, sick headaches, and was very nervous.

"I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me and I have passed safely through the change of life, a well woman. I am recommending your medicine to all my friends."—Mrs. Annie E. G. Hyland, Chestertown, Md.

Another Woman's Case

"During change of life words cannot express what I suffered. My physician said I had a cancerous condition of the female organs. One day I read some of the testimonials of women who had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it and to write you for advice. Your medicine made me a well woman, and all my bad symptoms soon disappeared.

"I advise every woman at this period of life to take your medicine and write you for advice."—Mrs. Lizzie Hinkle, Salem, Ind.

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Hyland and Mrs. Hinkle it will do for other women at this time of life.

It has conquered pain, restored health, and prolonged life in cases that utterly baffled physicians.

[illegible]dia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

A Lively Catch.

Mrs. S.—And so you are leaving us, Bridget? And what are you going to do?

Bridget—Please, mum, I'm going to get married.

Mrs. S.—Dear me! Isn't that rather [illegible]dden? Who is the happy man?

Bridget—Do you remember, mum, [illegible] askin' you about four weeks ago [illegible] to the funeral of a friend? Well, [illegible] be goin' to marry the corpse's [illegible]and. Sure, he told me then I [illegible] the life o' the party."—Harper's [illegible]kly.

Bushels of Wheat to the Acre

FARMS IN WESTERN CANADA FREE

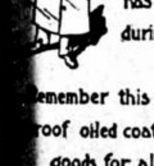
means a productive capacity in dollars of Over $16 Per Acre

This on land, which has cost the farmer [illegible]thing but the price of tilling it, tells its [illegible] story. The Canadian Government gives

Absolutely Free to Every Settler 160 Acres of Such Land

Lands adjoining can be purchased at from $6 to [illegible] per acre from railroad and other corporations. [illegible]ady 175,000 FARMERS from the United States [illegible] made their homes in Canada. For pamphlet "Twentieth Century Canada" and all information [illegible] for information to Superintendent of Immigration, Ottawa, Canada, or to E. T. Holmes, 315 Jackson St., St. Paul, Minn., and J. M. McLachlan, Box 116, [illegible]tertown, So. Dakota, Authorized Government Agents. Please say where you saw this advertisement.

THE SIGN OF THE FISH



has stood for the BEST during seventy years of increasing sales.

Remember this when you want waterproof oiled coats, suits, hats, or horse goods for all kinds of wet work.

WE GUARANTEE EVERY GARMENT.

A. J. TOWER CO. BOSTON, MASS., U. S. A.
TOWER CANADIAN CO. Limited TORONTO, CAN.

W. L. DOUGLAS $3.50 & $3.00 SHOES FOR MEN

W. L. Douglas $4.00 Gilt Edge Line cannot be equalled at any price.

W. L. DOUGLAS MAKES & SELLS MORE MEN'S $3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD.

$10,000 REWARD to anyone who can disprove this statement.

[illegible] could take you into my three large factories at Brockton, Mass., and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas $3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other $3.50 shoe.

W. L. Douglas Strong Made Shoes for Men, $2.50, $2.00. Boys' School & Dress Shoes, $2.50, $2, $1.75, $1.50

CAUTION.—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brassy. Write for Illustrated Catalog.

W. L. DOUGLAS, Brockton, Mass.

The Dean Outwitted.

A friend of Dean Swift one day sent him a turbot for a present, by a servant who had frequently been on similar errands, but had never received anything for his trouble. Having gained admission, he opened the study door, and, putting the fish on the floor, cried out, rudely, "Master sent you a turbot!" "Young man," said the Dean, rising from his easy chair, "is that the way you deliver a message? Let me teach you better manners. Sit down in my chair—we will change places, and I will teach you how to behave in the future." The boy sat down, and the Dean going out, came up to the door, and, making a low bow, said: "Sir, master presents his kind compliments, hopes you are well, and requests your acceptance of a small present." "Does he?" replied the boy. "Return him my best thanks, and here's half a crown for yourself." The Dead thus caught in his own trap, laughed heartily, and gave the boy a crown for his ready wit. The teacher as well as the scholar received a lesson that time. The boy certainly knew enough to make his way through the world.

Sound Familiar.

("If the sentiments contained in our popular songs were more loftily and poetically expressed, they would lose nothing of their effect." Take this home and try it on your piano.)

Toil: wearing toil, is the unhappy lot
Of all our humble family save one—
The hoary-headed man who calls me son,
My honored sire, he only labors not.
From dawn to dusk, in his accustomed spot,
Where glows the log the ruddy hearth upon,
Rests he, in silence ever, moved of none,
And burns tobacco noisomely, God wot!

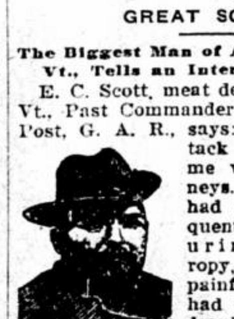
Natheless the others idle not at all,
For o'er a steaming caldron, lo! there bends
The form of mother, moiling all the day;
And sister, too—sweet Ann, so fair and tall!—
To the same task her young assistance lends,
While only pater whiles his time away!

—Cleveland Leader.

GREAT SCOTT.

The Biggest Man of Addison County, Vt., Tells an Interesting Story.

E. C. Scott, meat dealer, Vergennes, Vt., Past Commander of Ethan Allen Post, G. A. R., says: "A severe attack of typhoid left me with weak kidneys. Every night I had to get up frequently to pass the urine, which was ropy, dark and very painful to void. I had no appetite, but drank water continually without being able to quench my thirst. Terrible headaches and dizzy spells oppressed me and my back was lame, sore and stiff. A month's treatment with Doan's Kidney Pills rid me of this trouble, and now I am strong and healthy and weigh 230 pounds. I give the credit to Doan's Kidney Pills."



Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Quieting Suspicion.

"Mr. Blank seemed rather uneasy when I told him you were going to apply for the position of typewriter."

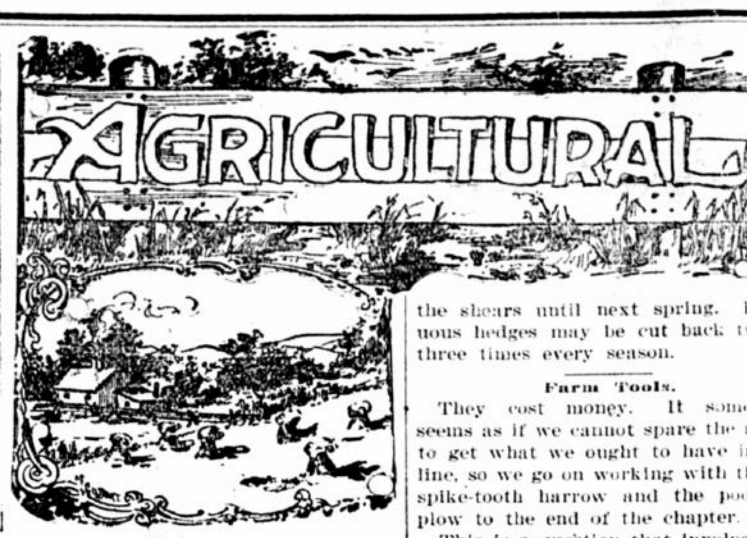
"He was, but I soon got him over his alarm."

"What did you say to him?"

"Told him I had no matrimonial designs whatever; that I merely wanted to be assister to him."—Baltimore American.

Roman gentlemen wore a gold or ivory crescent in their shoes.

AGRICULTURAL



Rack for Fodder.

A plan for a good sheep rack for shredded fodder, so that stock can feed at pleasure in the barn yard or outdoors, consists of a long, narrow wire rack, as shown in Fig. 1. Set posts firmly in the ground, six or eight feet high above ground. The two rows of posts should be about five feet apart. The lower frame is a foot wide and two feet shorter than the upper frame, on posts one foot above ground. (The artists made bottom too wide, in the cut.) Spike two-inch scantling all around on top of both sets of posts. Drive in large-headed nails in these scantlings, those in the upper frame eight inches apart, and in the lower frame closer together, as you must have the same number of nails above

TWO CONVENIENT FODDER RACKS.

and below. Get No. 14 wire and pass around these nails back and forth from top to bottom, clear around, and fasten. Fill this rack and top out like a rick, then cover with roof boards, or top out with straw. The frames must be made stout and solid. You can make a rack 100 feet long or over, and it will hold several tons if topped out well, says Ohio Farmer. We are told that it is a good way to put up shredded fodder that is not thoroughly cured. Fig. 2 shows how to make the rack of rails, poles or scantling. After filling, it can be topped with straw, or thatched, as shown in cut. The roof in No. 1 can be raised up as high as desired by lengthening the posts.

Cost in Crop Raising.

The generation of agriculturists doubtless does not fully realize the difference between the efficiency of hand and machine labor. Here are two comparisons made by the United States Bureau of Labor:

To produce 100 bushels of barley it took 911.94 hours of labor seventy years ago; to-day, with the aid of machinery, it takes 9.04 hours.

To produce 160 bushels of oats it took 265 hours in 1830; by machinery it takes 28.39 hours.

Seventy years ago agriculture was impossible away from the Atlantic seaboard. Fifty years ago grain was harvested with the aid of the cradle and threshing was done with the flail. Within the last two decades not only the expense of labor, incidental to crop growing, has been minimized to a large extent but the process is still going on. Farming was drudgery; it is now an employment for the intelligent man.

New Variety Pole Bean.

This new variety will especially appeal to market gardeners, because of its inclination to yield largely and because it seems to have a crop whether the season be good or bad. The pods are long, tender and of good size, and the variety is good either green when ripe, or as shelled. The quality is fair only with us in a single season's test, but we consider it worth general experimenting. In some sections beans are an exceedingly profitable crop, particularly if they are early sorts. The reader will bear in mind that as this is a

NOXALL POLE BEAN.

new sort not yet generally tested, it is recommended in this department only for testing in small quantities. Like other new sorts it should prove its value on your own grounds.

Trimming the Hedges.

If you have hedges trim them just as soon as the winter loosens its grip and the snow is off the bushes. This trimming should be just as close to the old wood as possible; but, in the case of evergreens, be sure to leave a bud or two of the new wood. If you shear any closer you will so remove the foliage as to leave a leafless blemish. There are no growing buds on these arborvitæs and hemlocks below the joint that separates last year's wood from that of the previous year. You may cut as close as you please on deciduous hedges, such as hawthorn and buckthorn, and especialy the locust or gleditschia. If you have blossoming hedges, such as the Tartarian honeysuckle, you must be careful not to cut off the blossom buds. Bear in mind that this first trimming is the only trimming of the year for evergreens. They must not be touched again with the shears until next spring. Deciduous hedges may be cut back two or three times every season.

Farm Tools.

They cost money. It sometimes seems as if we cannot spare the means to get what we ought to have in this line, so we go on working with the old spike-tooth harrow and the poor old plow to the end of the chapter.

This is a question that involves two or three considerations. If by purchasing good tools we can increase the efficiency of the place, should we hesitate to invest in them? Seems to me not. Take the matter of a good plow. With such a tool we can certainly get better crops than we can by using an inferior tool. It may set hard to fork over the money to buy the better implements, but look at the result. In a few years we have done so much better work on the farm that we have the money to buy other needed tools.

Next buy a first-class harrow. This will still further increase the value of the farm crops. Little by little, and all without feeling as if we might if we made a grand rush for the tools we feel we must have, we find ourselves well equipped for business.

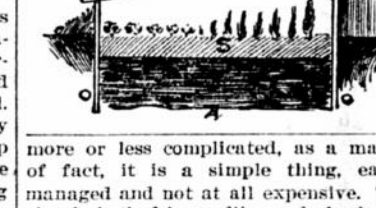
We cannot do everything we would like to do in a single year. Let us not for that reason be discouraged and do nothing at all. It is a long time from one end of life's road to the other with some of us. Step by step we may work ahead; but if we do not take the step we never will get very far ahead.—E. L. Vincent, in Farm, Field and Fireside.

Waste of Soil Fertility.

It is estimated by some of the leading agricultural chemists that the world's supply of phosphorus, a very important and essential element of plant food, and without which no plants can be grown, will, under our present wasteful system of agriculture, be exhausted within the next fifty years, says Dean H. J. Waters, of the Missouri College of Agriculture. The stupendous waste of soil fertility that has occurred in this and other countries in the past must be speedily checked. This means that a new system of agriculture which economizes the plant food in the soil without diminishing the yield or the value of the crops produced, is being developed. In other words, this system will take thought of the future as well as of the present productiveness of the land. This means that the farmers of the future must be acquainted with the soil and understand how to manage it so as to secure the largest yield with the least injury to his land.

The Modern Hotbed.

To go without a hotbed on the farm is to miss many of the early luxuries in vegetables which might otherwise be had. To some the hotbed is a mystery



more or less complicated, as a matter of fact, it is a simple thing, easily managed and not at all expensive. The simple hotbed is readily made by building a frame of inch lumber, sloping it to the front. The usual bed is twelve inches at the rear and six or eight inches in front. Or it may be made higher, so as not to necessitate the digging of a pit for the manure and soil. This is a matter of choice, largely. The bed may be made the length and width of a single sash, or arranged for several sashes which are usually three by six in dimensions. If the pit is dug, fill in with coarse horse manure and trample down hard. Over this put several inches of good garden soil, and then put on the sash and let the bed heat up. In a few days the intense heat will pass away and the seeds may then be sown. Of course, ventilation and water must be supplied to the seed bed, as well as to the plants after they are up, and in the cold spring protection must be given, which is readily done by having old bags or carpets to throw over the glass sash at night.

Using Too Much Lime.

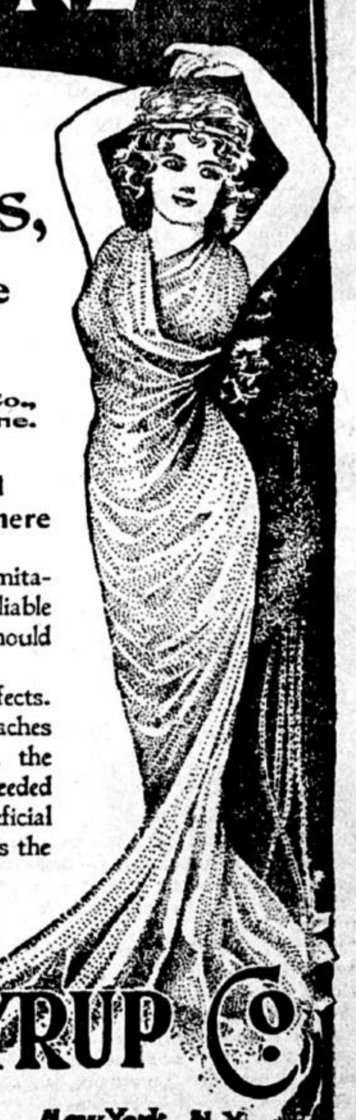
Experience has shown that too much lime is often used through the impression that it contains of itself considerable fertilizing value. If it is used with an idea of setting free some of the plant foods in the soil that is one thing, but if the idea is to use it largely for soil acidity then a little will often suffice. Especially on sandy soils is the lime overdone, for if used to correct soil acidity on such soils twenty-five bushels an acre of slaked lime is generally sufficient and on heavy soils double that quantity or seventy-five bushels at most is ample. It should be remembered that while the litmus paper test is generally reliable there are chemicals in the soil which has the same effect on the litmus paper as the acidity of the soil.

Last Year's Prune Crop.

The prune crop of California in 1905 is estimated by the California Fruit Grower at 52,000,000 pounds, as against 135,000,000 pounds the previous year.

It is reported of an Iowa farmer that for some years his corn yielded on an average of sixty-five bushels per acre. He prided himself on his ability to select seed corn and get a good stand. He attended one of the seed corn gospel meetings and saw where he had not quite come up to the best method. It appealed to him and he selected the seed for eight acres as he had never done before and his eight acres yielded 128 bushels per acre. On the rest of the farm where only ordinary selection was employed he obtained sixty-five bushels per acre.

THE ONLY ONE



There is only One Genuine-Syrup of Figs,

The Genuine is Manufactured by the California Fig Syrup Co.

The full name of the company, California Fig Syrup Co., is printed on the front of every package of the genuine.

The Genuine– Syrup of Figs– is for Sale, in Original Packages Only, by Reliable Druggists Everywhere

Knowing the above will enable one to avoid the fraudulent imitations made by piratical concerns and sometimes offered by unreliable dealers. The imitations are known to act injuriously and should therefore be declined.

Buy the genuine always if you wish to get its beneficial effects. It cleanses the system gently yet effectually, dispels colds and headaches when bilious or constipated, prevents fevers and acts best on the kidneys, liver, stomach and bowels, when a laxative remedy is needed by men, women or children. Many millions know of its beneficial effects from actual use and of their own personal knowledge. It is the laxative remedy of the well-informed.

Always buy the Genuine– Syrup of Figs

MANUFACTURED BY THE

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. New York, N. Y.

PRICE FIFTY CENTS PER BOTTLE

Sure Winner.

The Man—The girl looks upon my suit with favor, but both her father and mother oppose it.

The Maid—Then I may as well congratulate you.

The Man—Why, pray?

The Maid—You are sure to be elected by an overwhelming minority.

DISFIGURED WITH ECZEMA.

Brushed Scales from Face Like Powder—Worse Under Physicians—Cuticura Works Wonders.

"I suffered with eczema six months. I had tried three doctors, but did not get any better. It was on my body and on my feet so thick that I could hardly put a pin on me without touching eczema. My face was covered, my eyebrows came out, and then it got in my eye. I then went to another doctor. He asked me what I was taking for it, and I told him Cuticura. He said that was a very good thing, but that he thought my face would be marked for life. But Cuticura did its work, and my face is now just as clear as it ever was. I told all my friends about my remarkable cure. I feel so thankful I want everybody far and wide to know what Cuticura can do. It is a sure cure for eczema. Mrs. Emma White, 641 Cherrier Place, Camden, N. J., April 25, 1905."

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.
F. J. CHENEY & CO., Props., Toledo, O.
Sold by Druggists, price 75c.
Take Hall's Family Pills for constipation.

As Defined.

"Say, pa," queried little Johnnie Bumpernickle, "what's a light-weight boxer?"

"A lightweight boxer, my son, is a man who is engaged in crating strawberries," replied the old gentleman.

A Brisk Trade in Sermons.

The wife of a Philadelphia clergyman recently sold a box of waste paper to a ragman, says Success Magazine. In the box were a lot of manuscript sermons of her husband's. A month or so thereafter, the ragman again came around, and asked if the lady had any more sermons to sell.

"I have some waste paper," said she, "but why should you particularly want sermons?"

"Well, mum, you see I did so well with them that I got here a month ago. I got sick up in Altoona, and a preacher there boarded me and my horse for a couple of weeks for that box of sermons, because I hadn't any money. Since then he's got a great reputation in those parts as a preacher. I'll give ten cents a pound for all you have."

Libraries of Ancient Days.

So far as existing records show the oldest approximation to libraries was brought to light by the Assyrian discoveries in the form of Babylonish books inscribed on clay tablets. They are supposed to have been prepared for public instruction about 650 B. C. Pisistratus is said to have founded a library at Athens about 537 B. C., but there is no clear evidence to that effect. According to Strabo Aristotle was the first known collector of a library and bequeathed it to Theophrastus, B. C. 322, the library finally going to Rome.

The average age of Senators is fifty-nine years; eight are less than forty-five.

THE BEST COUGH CURE

No cough is too trifling or too serious to be treated by the **right** method, and the right method is the use of the best cough cure, which is

Kemp's Balsam

This famous preparation cures coughs, colds, bronchitis, grip and consumption in its first stages. Irritation of the throat and bronchial tubes is immediately removed by the use of Kemp's Balsam.

Sold by all dealers at 25c. and 50c.

900 DROPS

CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr SAMUEL PITCHER
Pumpkin Seed–
Alx. Senna +
Rochelle Salts–
Anise Seed +
Peppermint –
Bi Carbonate Soda +
Worm Seed–
Clarified Sugar
Wintergreen Flavor.

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of Chas. H. Fletcher. NEW YORK.

At 6 months old
35 DOSES – 35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Sale Ten Million Boxes a Year.

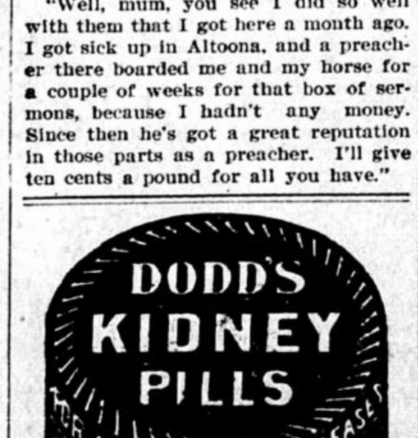
THE FAMILY'S FAVORITE MEDICINE

Cascarets

CANDY CATHARTIC

10c. 25c. 50c. THEY WORK WHILE YOU SLEEP All Druggists

BEST FOR THE BOWELS



If afflicted with sore Eyes, use Thompson's Eye Water

GOUT & RHEUMATISM

Use the Great English Remedy BLAIR'S PILLS

Safe, Sure, Effective. 50c. & $1. DRUGGISTS, or 93 Henry St., Brooklyn, N. Y.

PENSION JOHN W. MORRIS, Washington, D. C. Successfully Prosecutes Claims. Late Principal Examiner U.S. Pension Bureau. [illegible]

Mother Gray, Nurse in Children's Home, New York City.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN,

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Teething Disorders, and Destroy Worms. They Break up Colds in 24 hours. At all Druggists, 25c. Sample mailed FREE. Address, A. S. OLMSTED, Le Roy, N. Y.

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Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Unionville, Missouri.