

BACKACHE.



Backache is a forerunner and one of the most common symptoms of kidney trouble and womb displacement.

READ MISS BOLLMAN'S EXPERIENCE.

"Some time ago I was in a very weak condition, my work made me nervous and my back ached frightfully all the time, and I had terrible headaches. My mother got a bottle of Lydia E. Pinkham's Vegetable Compound for me, and it seemed to strengthen my back and help me at once, and I did not get so tired as usual. I continued to take it, and it brought health and strength to me, and I want to thank you for the good it has done me."—Miss KATE BOLLMAN, 142nd St. & Wales Ave., New York City.

Lydia E. Pinkham's Vegetable Compound cures because it is the greatest known remedy for kidney and womb troubles.

Every woman who is puzzled about her condition should write to Mrs. Pinkham at Lynn, Mass., and tell her all.

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of *Wm. Carter*

FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.

CURE SICK HEADACHE.

Protect the Babies!



Every mother has bright hopes for her baby. These hopes depend on the health of the little one during the first few years. A baby is sure to be well, fat and healthy if its health is looked after. Baby's health depends on its getting through the teething period safely. Babies are generally affected with diarrhoea, summer complaints, which could be avoided by using McCoe's Baby Elixir to digest its food, and prevent the food from acting on its stomach.

McCoe's Baby Elixir contains no opiates or poisons, or other harmful ingredients. It is especially suited to sick and weak babies. Great care should be used in due time to prevent any trouble. When needed—McCoe's Baby Elixir regulates the stomach and bowels, corrects Sour Stomach, cures Diarrhoea and Summer Complaint, corrects indigestion, prevents fermentation of food in stomach and bowels. Baby Elixir will carry your baby through the dangerous teething period; prevents and cures fretfulness and feverishness; insures natural rest and sleep. McCoe's Baby Elixir—So harmless it should be used freely to prevent diseases as well as to cure. It can never do anything but good, so do not hesitate to use it if there are any signs that baby's digestion is out of order. Keep your baby's bowels in good order to insure health. McCoe's Baby Elixir—Just as good in winter as in summer; also recommended to delicate women for sick stomach. Price, 25 and 50c. Dear Sirs—I have used McCoe's Baby Elixir with my little girl, two years old, and boy five years old, for Summer Complaint and Sleepless nights, caused from Sour Stomach and indigestion, with satisfactory results; advise all mothers to keep it on hand for quick relief. Respectfully, MRS. H. H. HICKS, Belle, Tenn.



GENUINE STAMPED C. C. NEVER SOLD IN BULK. Beware of the dealer who tries to sell "something just as good."

FARMER AND PLANTER.

HOG NATURE AND ITS NEEDS.

Matters to be Considered in the Raising of an Important Portion of Our Meat Supply.

The hog can hardly be classed as an attractive animal in name, nature or appearance, but it has put more struggling farmers and stockmen on their financial feet than any other domestic animal raised in our country.

The nature and well-being of the hog are less understood, and considered, too, than is the case with other stock, resulting from that mistaken idea that the hog can endure all kinds of treatment and yet thrive. Very few of the millions annually raised are spoiled with kindness, but much the greater proportion have too much of the "root, hog, or die" treatment.

The greatest foes to the well-being of the hog in the more northern portions of our country are cold and dampness. The hog and human families are quite similar in at least one respect, which is their need of warmth and a dry, comfortable bed when at rest. The hog, coming originally from a hot climate, is still as unprotected by his scant, bristly covering as ever. In fact, the bristles have been bred off, instead of cut, by the hog raiser, and the weather on a well-bred hog.

The few hogs previously referred to that are too carefully coddled and cared for are apt to be found among breeding stock. The brood sow and boar should above all others be required to take plenty of outdoor exercise, to insure hardiness and vitality, so essential for transmission to the progeny. To secure such fitness of physical condition it is not necessary to expose them to storms and compel them to root up acres of ground to secure their living, but it is quite necessary that they spend a considerable portion of each day "grunting" part of their food instead of becoming fat and flabby in closely-confining, ill-smelling pens.

Like man, the hearty hog cares little for cold and stormy weather while he is in motion, feeding and exercising, but his bed must be dry and protected from drafts and cold, or the effects will be rheumatism, chills, fever and general unthriftiness, if not serious disease itself.

Many swine breeders and feeders are aware that it is possible to grow young, well-bred, healthy pigs to a live weight of two hundred and fifty to three hundred pounds at an age of six or seven months by intensive feeding, the best of care and close confinement, but the growth forcing is continued much longer, there is a reaction and liability to disease that will interfere with the profit. Even by this method of feeding for early maturity the chances for success are much surer when the sucking pigs and breeding sows have been allowed unlimited exercise, thereby laying in a reserve stock of bone and nerve force, to help carry them through the strain of heavy feeding and close confinement later on.

During the cold winters and hot summers of the northern and middle sections of our country the hog requires protection from both extremes to obtain the best results. The practice of piling up to obtain warmth where numbers run together is responsible for much injury and disease by the overheating resulting. There is often quite as much loss occasioned by lack of protection from summer heat as from winter cold. The hog in a state of nature will camp near a water course or bog hole during the heated season, where, when occasion requires, he will cool and cleanse himself, and at the same time provide himself with a fly screen of mud.

The writer has found that a hog run containing such natural or artificial wallows of pure water and uncontaminated mud makes a very paradise for hogs during hot summer days, and increases the thrift, growth and profits materially. Especially are the breeding sows that are to farrow during the heated season benefited by clean, fresh wallows. Many valuable animals and their litters are lost every year before and at farrowing time that might easily be saved if cool, clean wallows were within their reach.

The importance of feeding and breeding of swine is not to be underestimated, but their housing and comfort are of even greater importance, since the expense for the first goes for naught unless their physical comfort is also provided for.—B. F. W. Thompson, in Farm and Fireside.

THE SELECTION OF SEEDS.

Proper Selection of Seeds One of the Most Important Factors in the Securing of Good Crops.

A seed is that part which is separated from a plant for the purpose of propagating the species from which it came. This it does faithfully with a natural liability to variation, too slight to take it out of the species, but sometimes sufficient to give rise to a different variety. This tendency to variation is the basis of improvements in plants of all kinds. Man, finding a variety varying in a desirable manner, may propagate from the variation, and find still greater variation in the same direction, and continue the process until a new and improved variety is established which will reproduce itself with little variation as the original plant. In this way many thousands of improved varieties have been produced to bless mankind. This improvement has been more conspicuous in fruits and vegetables than in staple crops, simply because more skill and more scientific knowledge has been available in the ranks of horticulturists than among agriculturalists. But in recent years scientific plant breeding has been applied to staple crops, and new and improved varieties have resulted. Some varieties possess one prominent characteristic and some another. Some have been bred for deep rooting and drought resisting qualities; some for early maturity; some for resistance to cold; some for increased yield per acre, and some for superiority as food for man or beast, or for fitness

of fiber or durability of texture. The Illinois experiment station has succeeded in breeding corn up to a content of 14.12 per cent. of protein, where the normal amount is 10.2 per cent., thus in a measure overcoming the one-sided nutritive value of this kind of grains, and proportionately increasing its value. This is only one instance of what can be done and what has been done. But farmers have been slow to profit by this important work, trusting to the trite adage that "like produces like." That corn, cotton, wheat and oats will produce corn, cotton, wheat and oats. While it is true that corn can never be made to produce oats, nor cottonseed to produce wheat, it is a fact well known to the best farmers that well bred and carefully selected seeds of any kind will produce better products than those taken at random from crib or bin. For best results it is an necessary that seed be carefully selected for producing crops as that seed be carefully selected in growing domestic animals. The same laws govern and similar results follow in either case. Many farmers who would not permit a scrub bull, stallion, boar, buck or cock to eat his grass or live in an entire condition on his premises, will plant any sort of seed, if it only seems sound and of fair size. It is now time to be selecting seed for spring planting. The cribs, bins or seed-pens are not the proper place at which to make the selection. Why be so careful as to the brand of garden seed, as all farmers are, and so careless as to field seeds? Some farmers can improve their own seeds, but a large majority do not possess the technical skill and patience necessary to do so, and of those who could if they would not one in fifty do so, preferring to get seeds from those who have devoted years of study and much scientific knowledge to the work. However the matter may be in each individual case, the best seeds should be secured and planted and cultivated in the best manner. In no other way can the best crops be secured.—Texas Farm and Ranch.

GOOD, SOUND SEED CORN.

Farmers May Increase Their Crops if They Will Only Exercise Care in the Selection of Seed.

One thing that can not be too earnestly urged upon farmers is the necessity of procuring thoroughly good, sound seed-corn. It is better to pay as high as two dollars a bushel for thoroughly good seed of a variety that is adapted to your locality than to accept as a gift something that is in the least doubtful in germinating or yielding qualities. I have known farmers to drive ten miles to get seed-corn of doubtful qualities at fifty cents a bushel rather than pay a dollar a bushel for first-class seed of a neighbor's. I will remember the sound bearing one of my neighbors once gave another because he would not sell him at market price seed-corn which he had carefully selected in the fall and kept in the best manner over winter. Rather than pay three dollars for seed enough for sixteen acres, he picked it out of a neighbor's crib for ten cents a bushel over market price, and then crowded vociferously over his bargain. Planting was delayed by rains until quite late in the season, and then about one third of the "bargain" corn germinated. It was a large, late variety, and failed to come anywhere near maturing before frost, and the crop was a complete failure. For two dollars more than he paid for the seed he planted he would have had a good stand and a good yield of sound corn. In this matter, above all others, a farmer can not be too careful. If for any reason he failed to save corn for seed last fall, he should now lose no time in procuring a supply from some thoroughly reliable source. If it must be procured of a seedman, it should be bought on the ear rather than shelled; then one can judge about what he is getting. I would prefer to buy of some reliable farmer near by, if it can be done. If one desires to change to another variety, it is best to buy about a bushel of it and grow it in a field by itself. By doing this one can judge whether it is pure and satisfactory or not. If it is, he can then select from the choicest all the seed he needs for another year. I have always advised the buying of only small lots of seed of "improved" varieties that one knows nothing about. If it proves good, one has all the seed he will need for another year; while if it is no better or not so good as the variety he has, the loss is very small. I have found that seed grown on strong, rich soil will give a better yield on thinner or lighter soil the first season it is planted, and afterward, and I believe that it will pay farmers whose land is somewhat run down or naturally thin to buy their seed from some one whose soil is strong and rich.—Mrs. Grundy, in Farm and Fireside.

HERE AND THERE.

The farmers of the six states, Virginia, North Carolina, South Carolina, Georgia, Alabama and Mississippi, use annually \$30,000,000 worth of commercial fertilizers.

Why not try a small patch of rape this spring for grazing for the pigs? You may want more of it next year. It comes highly recommended by some who have tried it.

The cow makes milk as a function of her economy. Just how she does it is not yet settled, but it is settled beyond any doubt by experiment that to do it she must have plenty of digestible food.

There is no better egg-producing food than a combination of oats, bran, green stuff and insects with the average waste of the average kitchen or dairy. And you don't have to pay five cents per pound for any of these.

Southern game birds, like the southern race horses, have done much to add to the glory of the south, even as the grace and beauty of the southern women has made the southland synonymous of feminine loveliness.

The readiest means for improving old worn out farms are cattle, legumes and the knowledge necessary for their proper use. Many a young man would do well to invest in this sort of property, as it is usually cheap.

PERSIAN ETIQUETTE.

The Host and His Guest Go Through a Sort of "Alphonse and Gaston" Contest.

In Persia the slightest transgression of the rigid rules of etiquette is deemed rather worse than a crime. It is, the proper thing in that country to make an afternoon call in the morning, the earlier the better. A writer in Leisure Hours tells of one occasion when he suggested calling in the afternoon of a certain day. The Persian gentleman on whom he was to call cordially assented, and said he should expect him at seven in the morning.

Persian houses are, as a rule, very simply furnished. There are neither tables nor chairs, but only cushions placed on the carpeted floor all round the room. Possibly you may find more than one European's inability to make himself comfortable on the floor, has provided one solitary high-backed chair for you to sit on. He conducts you to it, and, bowing, invites you to be seated in most courteous phraseology, and with graceful waving of the hands. Etiquette, however, forbids you to seat yourself before he does, and it also forbids the host to sit down before his guest is seated. Hence, each politely declines to sit down before the other, and a contest of courtesy ensues which ends at last in both host and guest seating themselves at the same moment, the guest on his host's right hand.

But how about the one solitary chair? Your instinct suggests that, as your host has taken the trouble to provide it for you, the most courteous thing is to take it. But it would be a great mistake for you to do so. Etiquette forbids you to sit on a seat higher than that of your host. The most polite thing you can do, therefore, is to thank him for his kindness, but to say that under no circumstances could you think of sitting on a seat elevated above his own.

You at last succeed in sitting down on the cushions by his side, and the servants, at a sign from your host, remove the chair. If you were to sit on it, they would comment most harshly on your arrogance.

When you and your host are at length seated, you bow to one another and once more ask after one another's health, although a few minutes ago the same tender inquiries were made when you first entered the room.

Your host has doubtless invited a large number of persons to meet you. You are not introduced to those present unless they are persons of importance, but you must, on ending your inquiries as to your host's health, bow to every one all round the room in turn, beginning on your right.

When the "afternoon call" has drawn to an end and the visitor rises to depart, he probably finds that his legs refuse to perform their duty for a few minutes, as he has been sitting cross-legged, an attitude dear to the orientals, but by no means comfortable for a European. The host escorts the visitor to the door, and he rides away amid the low bows of a number of servants.

DELAWARE VALLEY INDIAN.

The Peaceful Lenapes Said to Have Been the First Inhabitants of the Land.

When the Europeans first entered the Delaware valley they found it occupied by tribes of Indians differing quite markedly from the aborigines of New England, for instance, says the Philadelphia Record. Their enlightened character may be surmised from the sensible way in which they met Penn's overtures and by the evidences of human handicraft found in this vicinity. They were generally known as the Lenapes or Delaware Indians, and it is only recently that we have learned what a complicated nation it was.

The Lenapes did not consider themselves autochthonous to the country in which they were found by the first Europeans. On the contrary, they preserved a comparatively clear tradition of a not very remote immigration of the tribe into these parts. Two separate and independent versions of this tradition were preserved to us by Heckewelder and by Rappinque. According to these traditions, the Lenape lived originally in a distant country, west or northwest, and much beyond the "Namsaei Sipu" (Mississippi). For some cause they undertook a long migration eastward. A part of the tribe, together with and much beyond the "Namsaei Sipu" conquered the "Alligey," settled in towns east of the river, and for a long period occupied this and the adjacent country. The Lenape hunters eventually discovered the Susquehanna and then the ocean, the Delaware and Hudson rivers.

The date of the arrival of the Lenape in the Delaware valley can only be approximately arrived at and has been fixed at about 1387 or 1397.

A number of Lenape subdivisions were settled along the Delaware and its affluents. This river was the favorite and was named by them Lenape-Whittuck, that is, the stream of the Lenape. The names of the chieftains along the Delaware have come down to us. Thus, the Nashamings are remembered in the beautiful Nashamung creek. The Rankokus and the Assumpkins also are memorialized in the names of the streams the banks of which were formerly their homes.

Enle Reuben says: When Uncle Restus comes o'er to my cabin an' I gig him by de neck an' back him up agin de wall I kin make him admit dat de whale swallered Jonah, but de trouble am dat as soon as he gets out doahs he goes back to his old argumens an' be lieves agin. A man convinced wid a club alius cooghs up de splinters.—Detroit Free Press.

Cotton Growing on the Nile. Experiments now concluded on the banks of the Nile show the quality of the cotton grown there to be the equal of any in the world. There are available 15,000,000 acres of irrigated land, and only hands to work it are lacking.—Albany Argus.

A Wealthy Swiss Town. Within 25 years the wealth of Basel has increased \$60,000,000 and the population has almost doubled, which is a most remarkable showing for a town that is 1,500 years old.—Albany Argus.

HOW A BEAUTIFUL WOMAN ESCAPED SPRING CATARRH BY USE OF PE-RU-NA.

Nothing Robs One of Strength Like Spring Catarrh—Spring Fever is Spring Catarrh.



Miss Helen Whitman, 508 1/2 Grand avenue, Milwaukee, Wis., writes:

"There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness, about a year ago I felt unable to regain my health, but four bottles of Peruna made a wonderful change and restored me to perfect health. As long as you keep your blood in good condition you are all right, and Peruna seems to fill the veins with pure, healthy blood. I thoroughly endorse it."

MISS HELEN WHITMAN.

How to Get Strong Nerves. First, repair the injury already done to your nerves. The way to do this is to do exactly as did Mattie R. Curtis, Secretary of Legion of Loyal Women, Hotel Salem, Boston, Mass. She said in a recent letter: "I suffered for over a year with general weakness and debility manifested in severe headache and backache. I took four bottles of Peruna, and for two months have been entirely free from these maladies."

Nervous Prostration.

Thousands of cases might be quoted in which Peruna has been used to rescue people from the perdition of deranged nerves, and put them on the good, solid foundation of health. The County Auditor of Erie county, New York, Hon. John W. Neff, in a recent letter written at Buffalo, New York, stated: "I was persuaded by a friend to try a bottle of your great nerve tonic, Peruna, and the results were so gratifying that I am more than pleased to recommend it."

A Spring Tonic.

Almost every body needs a tonic in the spring. Something to brace the nerves, invigorate the brain and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as Mrs. B. W. Timberlake, of Lynchburg, Va., who, in a recent letter, made use of the following words: "I always take a dose of Peruna after business hours, as it is a great thing for the nerves. There is no better spring tonic, and I have used about all of them."

Catarrh in Spring.

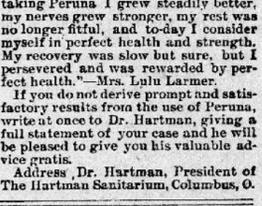
The spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by spring weather. This renders medicines more effective. A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years. Everybody should have a copy of Dr. Hartman's latest book on catarrh. Address—The Peruna Medicine Co., Columbus, Ohio.

Mrs. Lulu Larmer, Stoughton, Wis., says:

"For two years I suffered with nervous, stomach and stomach disorders until it seemed that there was nothing to me but a bundle of nerves. I was very irritable, could not sleep, rest or compose myself, and was certain to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and to-day I consider myself in perfect health and strength. My recovery was slow but sure, but I persevered and was rewarded by perfect health."—Mrs. Lulu Larmer.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address, Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.



CONSTIPATION

is the ROCK that WRECKs many lives. It brings in its train bodily evils that slowly but surely destroy health, strength and cheerfulness.

PRICKLYASH BITTERS

It is a marvelous system cleanser and regulator. Permanently CURES a constipated habit, corrects trouble in the digestion. Purifies the blood, strengthens the kidneys. PUTS THE SYSTEM IN PERFECT ORDER. SOLD AT DRUGGISTS. Price \$1.00

FOUND HIM OUT.

Thought He Had the Grocer Thrown Off the Track, But Was Mistaken.

"Mind, I was in a strange town dealing with a strange man, and I tried not to act strange, and still the fellow found me out," said the newly married man, according to the New York Times. "My intended wife and I had a sentiment about spending our wedding night in our new home. The least-remembered trip was not to begin till the following morning. This required laying in a stock of provisions for breakfast.

"On the morning of the wedding day I called at the nearest grocery store and ordered a supply. There was butter and salt and eggs and sugar and—well, everybody knows the string I understand, I did everything a bridegroom is not expected to do to throw the fellow off the track. I ordered things off-hand, not from a food slip of paper, but from memory. I talked to the pretty cashier and ate an apple out of a barrel as if I had been born in the place, like the store cat. Everything conceivable I did, and thought I had the grocer completely fooled when, on handing me the packages, he said: "Well, sir, I hope you'll give us your trade when you get settled."

While our leading novelist was grubbing stumps last Wednesday, some person who is undoubtedly a friend of the reading public stole the manuscript of his latest novel.—Atlanta Constitution.

Pick a lucky man into the Nile, says the Arabian proverb, and he will come up with a fish in his mouth.—Willis.

CLOSE TO THE PEOPLE.

Doan's Kidney Pills have leaped into Public favor because the people can write direct to the publishers and secure a trial free. Thus has been built the greatest fame and largest sale known to any Kidney medicine in the world.

CURTICE, O.—I had such severe pain in my back that I could not walk. I used the sample box of Doan's Kidney Pills with such good result that I sent to Toledo for another box, and they cured me.—BARBAR E. COTTRELL, Curcio, O.

FALMOUTH, VA.—I suffered over twelve months with pain in the small of my back. Medicines and plasters gave only temporary relief. Doan's Kidney Pills cured me.—F. E. BROWN, Falmouth, Va.

WEST HAVEN, CONN.—Eight months ago I took a severe pain in my back. The sample box of Doan's Kidney Pills helped me so much I purchased two boxes; am on my second box. My heart does not bother me as it used to and I feel well.—SARAH E. BRADLEY, No. 577 Elm Street, West Haven, Conn.

A Golden Rule of Agriculture:

Be good to your land and your crop will be good. Plenty of

Potash

In the fertilizer spells quality and quantity in the harvest. Write us and we will send you, free, by next mail, a copy of our money winning books.

GERMAN KALI WORKS, 33 Nassau Street, New York

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cartridges and shot shells are made in the largest and best equipped ammunition factory in the world.

AMMUNITION

of U. M. C. make is now accepted by shooters as "the world's standard" for it shoots well in any gun.

Your dealer sells it.

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FREE TO WOMEN

To prove the healing and cleansing power of Paxtine Toilet Soap, we will mail a large trial package with book of instructions a beautiful free. This is not a tiny sample, but a large quantity, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of feminine ills, curing all inflammation of the skin, curbing catarrh as a mouth wash and to remove tartar and whiten the teeth. Send today a postal card will do.

Sold by druggists and sent postpaid by us, 50 cents, large box, Satisfaction guaranteed. Write to MRS. E. M. FAXTON CO., 202 Columbus Ave., New York City.

POTATOES \$2.50

Doan's Kidney Pills. A TRIAL BOX FREE.

DOAN'S KIDNEY PILLS

ACHING backs are eased. Hip, back, and loin pains overcome. Swelling of the limbs and droopy signs vanish. They correct urine with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

FREE—GRAND FOR SPRING KIDNEY ILLS.

Doan's Kidney Pills. A TRIAL BOX FREE.

FOUR-MINUTE CO., BUFFALO, N. Y. Please send me by mail, without charge, trial box Doan's Kidney Pills.

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Post-office _____

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(Cut out coupon on dotted lines and mail to Four-Minute Co., Buffalo, N. Y.)

Medical Advice Free—Strictly Confidential.