

CHANGE OF LIFE.

Some Sensible Advice to Women by Mrs. E. Sailer.

"DEAR MRS. PINKHAM:—When I passed through what is known as a change of life, I had two years' suffering, —madness, headache, and so quick I could pass over me; my appetite was variable and I never could fall for



MRS. E. SAILER, President German Relief Association, Los Angeles, Cal.

a day at a time how I would feel the next day. Five bottles of Lydia E. Pinkham's Vegetable Compound changed all that, my days became days of health, and I have enjoyed every day since—now six years.

"We have used considerable of your Vegetable Compound in our charitable work, as we find that to restore a poor mother to health so she can support herself and those dependent upon her, if such there be, is truer charity than to give other aid. You have my hearty endorsement, for you have proven yourself a true friend to suffering women."—Mrs. E. Sailer, 756 1/2 Hill St., Los Angeles, Cal.—\$5000 for full if she testifies to not being cured.

No other person can give such helpful advice to women who are sick as can Mrs. Pinkham, for no other has had such great experience—her address is Lynn, Mass., and her advice free—if you are sick write her—you are foolish if you don't.

DROPSY NEW DISCOVERY: gives quick relief and cures worst cases. Book of testimonials and is sent free. Dr. E. S. Sailer, 756 1/2 Hill St., Los Angeles, Cal.

KIMBALL'S ANTI-RHEUMATIC RING the best endorsed remedy on earth. Book of testimonials and is sent free. Dr. E. S. Sailer, 756 1/2 Hill St., Los Angeles, Cal.

SALZER'S SEEDS—Seedless Barley, Golden Wonder, etc. Catalogue free.

SALZER'S MAGIC CRUSHED SHELLS—Best for all ailments. Catalogue free.

WEATHERWISE AND OTHERWISE!—TOWER'S FISH BRAND SLICKER.

W. L. DOUGLAS SHOES—\$3.00 to \$5.50. Best in the world.

HOWE TO ENGINES—BORDEN & SELLECK CO. CHICAGO.

Man's Mission on Earth.—Medical Book Free.

G&J BICYCLE TIRES—Best quality, longest life.

OKLAHOMA 500 HOMESTEAD CLAIMS—DICK T. MORGAN, El Reno, O. T.

GALLSTONES CURED—Immediate relief. Dr. W. G. FAYNE, Marshalltown, Iowa.

The "Only" Incubator.—Hatch Perfectly. Hatches Surely.

RED RIVER VALLEY LANDS!—Wheat, corn, flax, etc. H. E. GRANDALL LAND CO., Coffey, Mo.

ALABASTINE—The Only Durable Wall Coating. Kalsomines are temporary, rot, rub off and scale.

DEFIANCE STARCH—Has No Equal. 100% Pure.

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BARBETEE RUSSIAN MILLET.

Will you be short of hay? If so, plant a plenty of this prodigiously prolific millet...

Little white lice frequently used soon become big black ones.

Recent explanations in Egypt have unearthed the consecutive order of seventeen kings, thus establishing a firm foundation for the investigation of Egyptian history.

You Can Get Allen's Foot-Ease Free. Write to-day to Allen S. Olmsted, LeRoy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder, it cures sweating, damp, swollen, itching feet. Makes new or tight shoes easy. A certain cure for Chills and Frosts-bites. At all drug stores and shoe stores; 25 cents.

Some men are oorn foolish and others fall in love.

GOOD HOUSEKEEPERS use the best. That is why they buy Russ Bleaching Blue. All good grocers, etc.

A wise man enjoys the little he has while the fool is looking for more.

LOWA FARMS 475 1/2 A. C. BALANCE. 1000 ACRES. 1000 ACRES.

True wit never gives birth to ill thoughts.

To Cure a Cold in One day. Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure, 25c.

It is easier to start a woman talking than it is to stop her.

So chromos or cheap premiums, but a better quality and one-third more of Defiance Starch for the same price of other starches.

Many a man's throat is due to his lack of spirit.

SALZER'S LIGHTNING CABBAGE. This is the earliest cabbage in the world and a regular gold mine to the market gardener and farmer.

By the way, there is lots of money to be made on carrots, radishes, cabbages and the like.

For 15c. and this notice the John A. Salzer Seed Co., LaCrosse, Wis., will send you their complete catalog. Marked gardeners' catalog, 10 postage. W. K. U.

And 150 kinds of flower and vegetable seeds. Marked gardeners' catalog, 10 postage. W. K. U.

Silence is a virtue that is frequently overlooked by youth.

Nurses' Experience. Medical men say that a good nurse in a difficult case is better than medicine, but when we can get a good nurse and good medicine, the patient stands a much better chance of recovery.

The few words of advice given below by nurse Eliza King, are well worthy the attention of all readers:

"I have constantly used St. Jacobs Oil in the various situations I have occupied as nurse, and have invariably found it excellent in all cases requiring outward application, such as sprains, bruises, rheumatic affections, neuralgia, etc. In cases of pleurisy it is an excellent remedy—well rubbed in. I can strongly recommend it after several years' use and experience. It should be in every household."

Sister CAROLINA, St. Andrew's Hospital, writes: "I have found St. Jacobs Oil a most efficacious remedy in gout; also in sprains and bruises. Indeed, we cannot say too much in its praise, and our doctor is ordering it constantly."

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The Promotion of the Admiral

(Morley Roberts. In The Strand.)

Mr. What's-your-name, you're the man for me. There ain't no reason for you to trouble about my second mate, for Simpson could lay him out easy. All I ask of you is to work the whole crowd up good. And I don't care if you are an admiral, you are the right sort all the same. I guess that Simpson must have reckoned he struck a cyclone."

And Blaker rubbed his hands. Like Simpson at the fight between the admiral and Knight, he did not know when he had enjoyed himself more. He improved the occasion by going best and getting far too much to drink, as was his custom, and the promoted admiral took charge of the deck.

"Ability tells everywhere," said Sir Richard Dunn. "I didn't rise in the service for nothing. Ship me where you like, and I'll come to the top. If I didn't take this hooker into New York as captain and master I'd die in the attempt."

He had quite come to himself, and was beginning to enjoy himself. His natural and acquired authority blossomed wonderfully when he took on the new job, and, as Blaker never swore, the admiral's gift of language was a great vicarious satisfaction to him. Wiggins accepted the situation without a murmur. Even Simpson himself bore no malice when his supplanter not only showed none, but after knocking the bo'sun's head against a bollard gave his place to the former mate. Though he kept the men working, and got the last ounce out of them, none of them were down on him.

"I tell you he's an admiral, sure," they said.

"He's got all the ways of one, I own," said Bill, an old man-o'-war's man. "I spoke to an admiral myself, once; or, rather, he spoke to me."

"What did he say?" asked the rest of his watch.

"He said," replied Bill, proudly, "he upped and said, 'You cross-eyed son of a dog, if you don't jump, I'll bash the ugly head of you!' And you bet I jumped. Oh, he's all the ways of some admirals, he has!"

"Well, admiral or none," said the rest of the crowd, "things goes on pleasanter than they done when you was mate, Simpson."

"And he gets more work out of us than you done, either, Simpson, for all yer hammerin' of us."

"I'll likely be hammerin' some of you again shortly," said Simpson. And as he was cock of the walk in the fo'c'sle, whatever he was in the ship, the others dried up.

Nothing of great interest happened till they were well east of the Horn and hauled up for the northward run. And then Blaker took to religion (or what he called religion) and rum in equally undisturbed doses.

"I'm a miserable sinner, I am," he said to the admiral; "but, all the same, I'll do my duty to the crowd."

He called them aft and preached to them for two hours. And when one man yawned he laid him out with a well-directed blaying-pin. The next day, when it blowed up heavily, and they were shortening sail, he called all hands down from aloft, on the ground that their souls were of more importance than the work in hand.

"Come down on deck, you miserable sinners," said Blaker, through a speaking-trumpet. His voice rose triumphantly above the roar of the gale. "Come down on deck and listen to me. For though I'm a miserable sinner, too, there's some hopes for me, and for you there's none unless you mend your ways in accordance with what I'm telling you."

Even with the speaking trumpet he could hardly make himself heard over the roar of the increasing gale, and the thunderous slatting of the three topsails in the spilling-lines.

"Don't you think, sir, that they'd better make the topsails fast before you speak to them?" said the admiral.

"No, I don't," replied Blaker, "not much, I don't not by a jugful. For if one of 'em went overboard I'd be responsible before the Throne. And don't you forget it."

"He's mad," said Sir Richard, "mad as a March hare. She'll be shaking the sticks out of her soon."

He leant over the break of the poop and called up Wiggins.

"Wiggins came up, as Blaker roared his text through the trumpet.

"Will you stand by me, Mr. Wiggins, if I knock him down and take command?"

"I will, but mind his gun," said Wiggins. "When he's very bad he'll shoot."

It was not any fear of Blaker's six-shooter that made the admiral hesitate. To take the command even from a madman at sea is a ticklish task, and may land a man in gaol for all his being a Shanghaied admiral.

"I tell you, Mr. Wiggins, that Simpson is a good man. I'll bring him aft again."

And Wiggins made no objection when Simpson was called up by the admiral.

"Mr. Simpson," said the mate, "this is getting past a joke. Have you any objection to taking on your old job if I secure this preaching madman and take command?"

Simpson was "full up" of the fo'c'sle, and as he had a very wholesome admiration for the admiral he was by no means loth to return to his old quarters.

"I'm with you, sir. In another quarter of an hour we shall have the sticks out of her."

And still Blaker bellowed Scripture down the wind. He was still bellowing, though what he believed was not Scripture, when Simpson and Wiggins took him down below after five minutes of a row, in which the deposed captain showed something of his ancient form as the terror of the Western Ocean. As they went the admiral, now promoted to being captain of a Cape Horner, picked up the battered speaking-trumpet and wiped some blood from his face which had been in collision.

topails fast," he roared. "Look alive, men look alive!"

And they did look alive. For "Dick-ey Dunn" never needed a speaking-trumpet in any wind that ever blew. When things were snugged down and the California was walking north at an easy but tremendous gait he felt like a man again. He turned to Simpson and Wiggins with a happy smile.

"Now we're comfortable, and things are as they should be, Mr. Simpson. Let the men have a tot of grog. And how's Mr. Blaker?"

"Waal," said Simpson, cheerfully, "when we left him he wasn't exactly what you would call religious nor resigned."

But if Blaker was not happy the admiral was thoroughly delighted.

"Now you see what I said was true." "Now you see what that night. "If he hadn't been an admiral and a man born to rise, how could I have been shipped on board this ship as a fore-mast hand and come to be captain in six weeks? I'll be bound you never heard of a similar case, Mr. Simpson."

And Simpson never had.

"Was it Shanghai Smith, do you think, as put you here?" he asked.

The admiral had never heard of Shanghai Smith.

"When I get back I'll find out," he said. "And if it was I'll not trouble the law, Mr. Simpson. I never allow any man to handle me without getting more than even."

"You don't," said Simpson. If his manner was dry it was sincere.

"But I don't bear malice afterwards. Your health, Mr. Simpson. This kind of trade breeds good seamen after all. But you are all a trifle rough."

Simpson explained that they had to be.

"When the owner's scheme is to have one man do three men's work, they have to get men who will make 'em do it. And when the owners get a bad name, and their ships a worse, then men like Shanghai Smith have to find us crews. If you could get back to San Francisco and hammer an owner some of us would be obliged to you, sir."

"Ah! when I get back," said the admiral. "This will be a remarkable yarn for me to tell, Mr. Simpson. I still feel in a kind of dream. Would you oblige me by going to Mr. Blaker and telling him that if he continues to hammer at that door I'll have the hose turned on him."

And when Simpson went to carry this message the admiral put his feet on the table and indulged in a reverie.

"I'll make a note about Shanghai Smith and settle with him in fall. But I shall rise higher yet. I know it's in me, Steward!"

"Yes, sir," said the steward.

"I think I'll have some grog."

He drank to the future of Admiral Sir Richard Dunn, master of the California.

THE DEATH VALLEY BORAX.

Lucky Discovery Changed Lives of a Settler and His Wife.

In 1880 Aaron Winters lived with his wife, Rosie, in a gulch known as Ash Meadows, not far from the mouth of Death Valley. He was so fond of his wife that he would not allow her to be long absent from him, although their little hut on the side of the mountain was 100 miles from the nearest neighbor, in a wild, rugged, forsaken country.

One day a desert tramp came along and spent the night at the Winters' home. He told the hunter about the borax deposits of Nevada. When he went away Winters thought that he had seen deposits of the same kind on his explorations into Death Valley.

Accordingly he and his wife went together to make the search, having previously provided themselves with certain test chemicals, which, when combined with borax and ignited, would produce a green flame.

Having procured a piece of the substance which he believed to be borax, Winters and his wife waited for night-fall to make the test. How would it burn?

For years they had lived like Plutons on the desert, entirely without luxuries and often waiting for the very necessities of life. Would the match change all that?

Winters held the blaze to the substance with a trembling hand, then shouted at the top of his voice: "She burns green, Rosie! We're rich! We're rich!"

They had found borax. The mine was sold for \$20,000, and Winters took his Rosie to a ranch in Nevada.—Chicago Tribune.

Ancient London Church.

With a history reaching back to the days of Alfred the Great, a special interest attaches to the Church of St. Thomas, quaintly situated in a back-water of Regent street, and which is now celebrating its bicentenary. A site granted by Alfred's niece to St. Peter's church, Ghent, was in the reign of Henry V. In accordance with an act for the suppression of alien priories, settled upon in 1530 Henry VIII, appropriated it to the Crown. The next stage was reached in 1687, when Thomas Tenison, afterward Archbishop of Canterbury, secured the old property and built, first a wooden "oratory," and then in 1702, the present building. At length the Charity Commissioners thought it to upset the original scheme and with the funds of the trust built the Tenison Schools in Leicester Square. Thanks to the present vicar, a freehold site has been purchased and parish buildings have been erected at a cost of about £8,000, where the parochial work involved in caring for the three thousand people of the parish—most of them poor—can be carried on. The vestry has an interesting collection of portraits and prints of the various interesting people connected with the church. Sir Isaac Newton, for instance, was a trustee. Here Canon Knox Little served his curacy.

The amount of money in circulation in the United States to-day is \$2,250,000,000, or thereabouts. Share and share alike, this is \$28.78 per capita. The problem with the uttering man is to get as many per capita as he can.

DAN GROSVENOR

"Pe-ru-na is an Excellent Spring Catarrh Remedy. --I am as Well as Ever."



HON. DAN A. GROSVENOR, OF THE FAMOUS OHIO FAMILY. Hon. Dan A. Grosvenor, Deputy Auditor for the War Department, in a letter written from Washington, D. C., says:

"Allow me to express my gratitude to you for the benefit derived from one bottle of Peruna. One week has brought wonderful changes and I am now as well as ever. Besides being one of the very best spring tonics it is an excellent catarrh remedy."—DAN A. GROSVENOR.

In a recent letter he says: "I consider Peruna really more meritorious than I did when I wrote you last. I receive numerous letters from acquaintances all over the country asking me if my certificate is genuine. I invariably answer, yes."—Dan A. Grosvenor.

A Congressman's Letter. Hon. H. W. Ogden, Congressman from Louisiana, in a letter written at Washington, D. C., says the following of Peruna, the national catarrh remedy: "I can conscientiously recommend your Peruna as a fine tonic and all around good medicine to those who are in need of a catarrh remedy. It has been commended to me by people who have used it, as a remedy particularly effective in the cure of catarrh. For those who need a good catarrh medicine I know of nothing better."—H. W. Ogden.

Treat Catarrh in Spring. The spring is the winter treat catarrh. Cold, wet winter weather often retards a cure of catarrh. If a course of Peruna is taken during the early spring months the cure will be prompt and permanent. There can be no failures if Peruna is taken intelligently during the favorable weather of spring.

As a systemic catarrh remedy Peruna eradicates catarrhs from the system wherever it may be located. It cures catarrh of the stomach or bowels with the same certainty as catarrh of the head.

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 H. J. Drake Sanitarium, Columbus, Ohio.

\$2500 IS WHAT YOU CAN SAVE We make all kinds of scales. Also B.S. Pumps, valves and Windmills. BECKMAN BROS., DES MOINES, IOWA.

DESTROY THE CAUSE OF DANDRUFF Kill the Germ that is Destroying the Hair Root.

NEWBRO'S HERPICIDE IS THE SCIENTIFIC REMEDY THAT KILLS THESE PARASITIC GERMS.

For Sale by Druggists. Price \$1.00.

W. N. U., Des Moines, No. 13.—1902.

RED RIVER VALLEY LANDS! WHEAT LANDS—FLAX LANDS—CORN LANDS—GRAZING LANDS. Rich soil, big crops, convenient markets, excellent schools. Stock Country. Several creameries being established. Will land \$8 to \$10 per acre. One crop of flax often pays the entire cost of the land. Improved farms, \$15 to \$25 per acre. EASY TERMS. Write and state how large a farm you want, and name and descriptive will be mailed promptly. H. E. GRANDALL LAND CO., Coffey, Mo.

ALABASTINE The Only Durable Wall Coating. Kalsomines are temporary, rot, rub off and scale.

Write us and see how helpful we can be, at no cost to you, in getting beautiful and healthful homes. Address: Alabastine Co., Department D, Grand Rapids, Mich.

DEFIANCE STARCH Has No Equal. 100% Pure.

One-third more starch—a better starch—that is the whole story. Defiance Starch, 16 ounces for 10 cents.

Defiance Starch is a better quality than any other starch.

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