Miss Nettie Blackmore, Minneapolis, tells how any young woman may be permanently cured of monthly pains by taking Lydia E. Pinkham's Vegetable Compound.

"Young Women:—I had frequent headaches of a severe nature, dark spots before my eyes, and at my menstrual periods I suffered untold agony. A member of the lodge advised me to try Lydia E. Pinkham's Vegetable Compound, but I only scorned good advice and felt that my case was hopeless, but she kept at me until I bought a bottle and started taking it. I soon had the best reason in the world to change my opinion of the medicine, as each day my health improved, and finally I was entirely without pain at my menstruation periods. I am most grateful."—Nettie Blackmore, 28 Central Ave., Minneapolis, Minn. — *$5000 forfeit if it (if original of above letter proving genuineness cannot be produced.*

If there is anything about your case about which you would like special advice, write freely to Mrs. Pinkham. She will hold your letter in strict confidence. She can surely help you, for no person in America can speak from a wider experience in treating female ills. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass.; her advice is free.

Do you catch cold easily? Does the cold hang on? Try

Shiloh's Consumption Cure The Lung Tonic

It cures the most stubborn kind of coughs and colds. If it doesn't cure you, your money will be refunded.

Prices: 25c. 50c. $1 S. C. Wells & Co. LeRoy, N. Y., Toronto, Can.

SKIN HUMORS

Complete External and Internal Treatment

ONE DOLLAR

Consisting of Cuticura Soap

to cleanse the skin of crusts and scales, and soften the thickened cuticle; CUTICURA Ointment to instantly allay itching, irritation, and inflammation, and soothe and heal; and CUTICURA Pills to cool and cleanse the blood and expel humor germs. A SINGLE SET, costing but ONE DOLLAR, is often sufficient to cure the most torturing, disfiguring skin, scalp and blood humors, eczemas, rashes, itchings, and irritations, with loss of hair, from infancy to age, when the best physicians and all other remedies fail.

Sold throughout the world. Cuticura Resolvent, 50c. (in form of Chocolate Coated Pills, 25c., per vial of 60). Ointment, 50c. Soap, 25c. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Boston, 137 Columbus Ave. Potter Drug and Chem. Corp., Sole Props.

Send for "How to Cure Torturing, Disfiguring Humors from Infancy to Age."

Training of the Sight

So much of the happiness and success of life depends upon the seeing capacity that it is both a wonder and a pity that more attention is not paid by parents in the home and by instructors in the schools to the perfecting of this gift.

The trouble is that the great majority of people regard the capacity of the eyes as something fixed at birth, and not to be interferred with. If they would think a little they would recognize that it is, after all, largely a matter of exercise and practice. They know that the power of the muscles is capable of almost indefinite training, but they fail to apply the principle to the eyes. All forms of exercise are called upon to increase and strengthen the muscular system of growing children, and the wisdom of this, always granting reasonable moderation, is never questioned, but the child with the weak, undeveloped visual faculty, with the untrained color sense, with the carrying capacity of the sight limited to a few feet, is called stupid, and his best hope is that he may be fitted with glasses before he is rallied and scolded into real stupidity.

The sight can be educated and exercised just as truly as the hearing, the sense of touch, or even the leg and arm muscles can; and the work, which can be easily converted into play, should be begun very early in life. Much so-called color-blindness is not a radical defect of vision at all, but a lack of training in attention and recognition, and could have been avoided by any form of simple half-play, half-lesson, with colored balls or skeins of silk in early childhood. Matching colors is an excellent game lesson. It can be carried on with silks, wools, paper, or any other material in which it is possible to get many shades with very small gradations of color among them. Certain of the educational supply houses furnish colored papers for this very purpose. An element of competition can be introduced, and the power of the vision can be trained at the same time, with that esthetic sense which is its greatest reward.

Rapidity of vision can be enormously developed. Most persons know the story of the conjuror whose father made him while a small boy play the game of naming the objects in some shop window passed at a quick walk. If one will try this he will be astounded at the way the number of objects seen in the glimpse will grow with practice.

As for other forms of exercise, that of the eye should be taken only under proper conditions. A tired, worn-out eye, should not be forced to new tasks any more than a tired worn-out body. This is why the process can not be started too soon, that the eye may be insensibly trained to good habits of perception.—Youth's Companion.

CHIN WHISKERS HID SCARS.

Explanation for Capt. Gibbons' Luxuriant Hirsute Growth.

Capt. Gibbons had a habit of wearing chin whiskers. I had always thought this was due to the fact that they were more becoming, but I learned the reason to be otherwise. It seems that his chin and throat were scarred and these scars are thus explained:

On one of the ships which he commanded there was a mutiny of the crew one morning on the high seas, which he promptly started to quell. The sailors were too many for him, however, as he was unarmed, and they soon had him down on the deck, bound and gagged with a long knife across his mouth. It was this knife that produced the wounds whose scars the captain carried the remainder of his life concealed beneath the beard. While thus bound and gagged a lady passenger came to him and cutting the bonds handed him a loaded revolver. With this weapon he soon had the crew at his feet and the ringleaders were placed in irons.—Lewiston Journal.

Circular Barns.

A remarkable novelty in barn-building is reported from Lapel, Indiana. The walls, or rather wall, of the barn are 25 feet high and 65 feet in diameter, the roof running to a cone. There is no such thing as a post or pillar in the barn. In order to prevent the weight of the roof from spreading, three heavy steel hoops encircle the building. The barn is cyclone proof, for wind has no chance to get a hold on the structure. The stalls for horses and cattle are arranged in a circle, there is a bit feeding room in the center and a silo extends from the ground to the roof's edge. The storage capacity is stated to be far greater than would be the case in a building of the ordinary type.

Vienna's Theaters.

There is no place in the world where the nervous can visit theaters so comfortably as at Vienna. All the arrangements point to the proverb that "a burnt child dreads the fire." It was no transient precaution that the tragedy of the Ring theater effected. Every night, during the entracle, the iron curtain falls and ascends, to prove that it is in perfect order, and in all parts of the house candles are burning behind wire and glass, so that there may be light if the gas went out. It is twenty-one years since the catastrophe, which remains fresh in Vienna recollections.

Ranch Baron Is Passing

The cattle baron of the western plains is rapidly becoming extinct. Like the Indian, he is disappearing before the onward march of settlers upon the public domain. There are no longer vast tracts of territory he can appropriate to his own uses, for the land is being sold to farmers from the east and from Europe. The rancher is either going out of business or preparing to go.

The cause for this impending change is the contraction of the range and the invasion of the small cattleman. The farmer has taken up the land along the streams where the water is found, and while there are thousands of acres of dry range land which afford good grazing for part of the year, they are removed from water and the sources of supply are cut off by the small farmer, who is utilizing it. This is by no means an unmixed evil or even the forerunner of the impending decline of the cattle-raising industry. It simply signifies that the cattle barons are slowly finding themselves short of territory on which to range their stock. Their places, however, will be taken by the farmer and stockman of limited means, who is content with developing his energies to raising small herds of cattle.

The passing of the cattle baron in the northwest marks the transition era from low-grade to higher-grade live stock that is destined to evolutionize and revolutionize the cattle-raising industry. The displacement of the cattle baron, with a vast area of land devoted solely to the grazing and breeding of low-grade cattle, will give way to diversified farming that will insure sheltered cattle feeding in the winter seasons, fewer losses of live stock and better quality of cattle for the stock market. The impending change does not augur disaster to the state. On the contrary, it will be a harbinger of more substantial prosperity.

The subdivision of the great cattle ranges into stock farms will be followed by a marked increase in substantial wealth and population which will prove from year to year and cannot fail to give the finished development to the resources of the state.

The Medicine Man's Curse

A missionary who has just returned from Alaska recently told an amusing story of how an Indian "medicine man's" curse affected two Americans.

"They were prospectors coming down the Skyleen River," he said. "On the morning of the day on which they expected to reach Fort Wrangle they camped on a sand spit near the camp of an Indian tribe."

"One of the tribe's medicine men came down and asked for a seat in the canoe as far as Wrangle. The white men refused, saying that the canoe was too small. The Indian insisted, and there was a warm argument. The two whites finally shoved off into midstream, leaving the Indian on the bank.

"'You never come 'shore again,' he shouted.

"The white men laughed, and paddled on. Toward evening they reached Fort Wrangle and paddled in for shore. They came within fifty yards of the bank, and the canoe seemed to stick fast. The water was still five feet deep, so the two men piled their paddles desperately. Still the canoe made no headway.

"Suddenly they ceased paddling. One of them jumped up and shouted:

"'We've got an Indian curse on us! For heaven's sake come out and help us!'

"The men on shore stared and some laughed. Then came a silence. Presently it was broken by an old miner, who shouted:

"'Say you two thick-headed jays, did ye happen to know yer anchor stretched aboard?'

"The crowd burst into a roar of laughter as the two prospectors sheepishly pulled in their anchor and paddled ashore."

In the Shadow Lands

Lucinda's life's a peaceful one, apart from sentiment:
No pratting voices come to mar her quiet and content;
No tiny feet romp up and down, no eager dimpled hands
Are clutching at her fingers where she sits in shadow lands.

In shadow lands she sits alone, there in her quiet room—
Nay, not alone, for faces come before her in the gloom,
And on her hand she feels a palm, she hears a whisper low—
A visitor comes back again from out the long ago.

She stands beside the garden gate where blushing roses cling,
She listens to the murmur of the brook's soft carroling;
But sweeter than all other sounds a rapt voice whispers low—
A visitor come back again from out the long ago.

His voice is like the murmur of the summer breeze that stirs the locust tree;
With perfume of the roses there in riot at her feet;
He's bending o'er the garden gate, his face is all aglow—
Until she gently lifts her head and coyly whispers "No."

The firelight is gleaming there along the polished floor—
Lucinda's dreaming of those days, mistaken days of yore.
Here all is quietness and ease, peace reigns here all content,
A spinster's heaven where she dreams of life's old sentiment.

A step falls soft upon the porch, a tap falls on her ears;
Both come to her as echoes come from out the vanished years.
Then swift away the shadows glide, the room is all aglow—
A visitor has come again from out the long ago.
—H. S. Keller, in New York Times.

The Advice of Muggins

"Ruby, Gee," remarked Muggins, as he handed me a proof, "you pubs make me tired. To-give me a quiet pain, anyway. Why d'ell don't ye sling de ink straight when ye chase copy to a print shop, eny way, and giv' a fel a chanct to git a second to hisself?"

"What's the matter, Muggins?"

"Matter, gee, matter enough. Ain't I chased over to dis schooting match seventeen times wid dat darned prove, and every time ye slash de merry pencil all over it; and dope up 'revise' on it. I tinks, betwixt ye and me, dat what you fellers don't know about getting out a rag would make a big book. See?"

"Think so, Muggins?"

"Tink so, Belcher life I do. Now, dere's de bloke what pubs the paper across de hall. Next to him? De udder day he floats into me print shop wid a double col. ad, and says to de boss: 'Here a swell ad. for de nex' issue, and I wants dese two catch lines set up in double pike type and get me name in a nice seventy-two point by Vinnee.' Tink of dat, will ye! Wants his name, de biggest thing in the rag. And say, cull, about half you fells is built on de same plan, only you don't know it. Yer name's de biggest ting in your blamed sheet, and you don't know how darned small dat is till you butt up against it hard. Why don't you cut the de name down to about nonpairhell, and Josh de subscribers wid a little of de real thing?" And Muggins flounced out.—Newspaperdom.

For He Who Writes.

The number of men who can shed ink is legion, but they do not count for much until they stand for what they declare. In the sacrifice of self the red line is written that makes the rubric effective.

Children Have Eye Disease.

In New York city schools one thousand children have trachoma.

Good Old Times!

We remember when our idea of good music was a fiddler playing by ear, accompanied by a cabinet organ. We didn't have a very good head those days, but our stomach was superb.—Atchison Globe.

Parisian Reporters.

Reporters on Paris newspapers earn from $30 to $80 a month.

HOW TWO BEAUTIFUL WOMEN ESCAPED DREAD CATARRH BY USE OF PE-RU-NA.

Catarrh Robs Women of Health and Beauty. Pe-ru-na Makes Women Healthy and Beautiful.

Miss Amanda Johnson.

Miss Amanda Johnson, Fairchild, Wis., writes:

"I write to tell you how much Peruna benefited me. For a number of years I had pain in my head around my eyes, and I thought it was because my eyes needed treatment, so I went to an occulist and had glasses fitted to my eyes and wore them for some time, but felt no relief whatever. In fact, I felt worse than before, and came to the conclusion that the trouble was not with my eyes, but with my head and that it must be catarrh. As so many of my friends had used Peruna with benefit for this trouble, I thought I would try it. I was not sorry that I did so, for in a short time I began to improve, and in four weeks my eyes were in splendid condition, my general health was much improved and all the catarrh of the head was gone. I was glad to get rid of this trouble and am glad to endorse such a good medicine as Peruna."—Miss Amanda Johnson.

Miss Flora Hauser, 1022 S. New Jersey Street, Indianapolis, Ind., writes:

"I think I must have been troubled with catarrh ever since I was very young, aggravated each time I caught a cold. This did not prove sufficiently serious to be objectionable until last winter. Then my head and nose were so stopped up that I felt I must do something. Peruna was recommended to me by a friend. I used it for four weeks and found to my relief that it cured me. I have not had a bit of trouble since. My head is clear, and I can safely affirm that Peruna cured me."—Miss Flora Hauser.

No Woman Afflicted With Catarrh Can Be Either Beautiful or Attractive.

Miss Flora Hauser.

Hundreds of Women Cured by Pe-ru-na o. Annoying Catarrh.

DR. HARTMAN has probably done more than any other physician toward popularizing a means of escape from the facial deformities, such as watery eyes, twisted nose, offensive breath, dry cracked lips, due to the ravaging effects of catarrh.

He has made chronic catarrh a life-long study. His remedy, popularly known as Peruna, is the most famous remedy for catarrh in existence.

Probably there is not a man or woman, boy or girl, within the bounds of the United States that has not heard of Peruna. By far the largest majority have used Peruna.

The multitude of people that have been cured of chronic catarrh by using Peruna can never be known.

Many a girl has retained her faded beauty, many a matron has lengthened the days of her comely appearance by using Peruna.

Peruna produces clean mucous membranes, the base of facial symmetry and a perfect complexion.

The women have not been slow to discover that a course of Peruna will do more toward restoring youthful beauty than all the devices known to science.

While it is true that Peruna cures catarrh wherever located, yet it is advisable for everyone to use Peruna as a preventive and not wait until catarrh has fastened itself in some part of the system.

Peruna acts quickly and beneficially on the inflamed mucous membranes lining the different organs of the body. Thus it will cure catarrh wherever located.

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, Ohio.

Of all acts is not for a man, repentance the most divine? The greatest of faults is to be conscious of none.

Millions in Oats.

Salzer's New National Oats yielded in 1902 in Mich., 200 bu., in Mo., 255 bu., in N. D., 210 bu., and in 20 other states from 150 to 300 bu. per acre. Now this Oat if generally grown in 1904, will add millions of bushels to the yield, and millions of dollars to the farmer's purse. Try it for 1904. Largest Seed Potato and Alfalfa Clover growers in America.

Salzer's Speltz, Beardless Barley, Home Builder Corn, Macaroni Wheat, Pea Oat, Billion Dollar Grass and Earliest Cane are money makers for you, Mr. Farmer.

JUST SEND THIS NOTICE AND 10c in stamps to John A. Salzer Seed Co., La Crosse, Wis., and receive in return their big catalog and lots of farm seed samples. (W. N. U.)

Wiggle-Stick LAUNDRY BLUE

Won't spill, break, freeze nor spot clothes. Costs 10 cents and equals 20 cents worth of any other bluing. If your grocer does not keep it send 10c for sample to The Laundry Blue Co., 14 Michigan Street, Chicago.

A beggar had a brother who died but who had no brother. The beggar was a woman.

PUTNAM FADELESS DYES do not stain the hands or spot the kettle, except green and purple.

God's love is not intensified by our limitation of it.

DON'T SPOIL YOUR CLOTHES.

Use Red Cross Ball Blue and keep them white as snow. All grocers. 5c. a package.

The only doubts to be ashamed of are those you are proud of.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c. a bottle.

Some people are too independent to take a hint.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. Thos. Bowmans, Maple Street, Norwich, N. Y., Feb. 17, 1900.

Many a man imagines he has a hard row to hoe because he dislikes hoeing.

GOOD LUCK Pin Sent 15c — Oxidized Silver, Ruby or Emerald eyes. Suitable for all. 11 High Connelly, Jewr., 5 State St., Detroit, Mich.

5C. YARD MAKES IMITATION LINOLEUM or HARDWOOD. Lay over old floors. IMITOLEUM CO., Rm. 15, 32 Griswold, Detroit.

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

$50 PER WEEK made by AGENTS selling STEAM COOKER and other novelties. PEERLESS COOKER CO., Buffalo, N.Y.

GINSENG WILL NOT GROW. It is wasting money for you to try. Mound experience sent free. Enclose stamp. PROF. DU J. 25 S. Penn., Indianapolis.

Kipans Tabules are the best dyspepsia medicine ever made. A hundred millions of them have been sold in the United States in the last nine years. Constipation, heartburn, sick headache, dizziness, bad breath, sore throat, and every illness arising from a disordered stomach are relieved or cured by Kipans Tabules. One will generally give relief within twenty minutes. The five cent package is enough for ordinary occasions. All druggists sell them.

PATENTS DESIGNS TRADE-MARKS AND COPYRIGHTS OBTAINED. ADVICE AS TO PATENTABILITY FREE. Notice in "Inventive Age." Book "How to obtain Patents." Charges moderate. No fee till patent is secured. Letters strictly confidential. Address E. G. SIGGERS, Box U. S., Washington, D. C.

W. L. DOUGLAS $3.50 & $3 SHOES UNION MADE

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world. They are just as good as those that cost you $4 to $5—the only difference is the price.

Sold Everywhere.

Look for name and price on bottom. Douglas uses Corona Colt skin, which is every where conceded to be the finest Patent Leather yet produced. *Fast Color Eyelets used. Shoes by mail, 25c. extra.* Write for Catalog. W. L. Douglas, Brockton, Mass.

FARMERS and STOCKMEN

We can save you middleman's profit by having our own warehouses and feeding yards, and securing highest possible prices for your grain and stock. Send for our FREE "Booklet."

Farmers' Grain and Live Stock Commission Co., Old Colony Building, Chicago, Ill.

SEED POTATOES 500,000 BUSHELS FOR SALE CHEAP

Largest seed potato growers in the world! Elegant stock. Tremendous yields. From 400 to 1000 bushels per acre.

FOR 10 CENTS and this notice we send you lots of farm seed samples and big catalogue, telling all about Teosinte, Speltz, Peanut, Acme Land Barley, Macaroni Wheat, Bromus, Earliest Cane, etc. Send for same to-day.

JOHN A. SALZER SEED CO. LA CROSSE, WIS.

50,000 AMERICANS WERE WELCOMED TO

FARMS IN WESTERN CANADA FREE

Western Canada

DURING LAST YEAR.

They are settled and settling on the Grain and Grazing Lands, and are prosperous and satisfied. Sir Wilfred Laurier recently said "Every year has risen on the horizon, and it is toward it that every immigrant who leaves the land of his ancestors to come and seek a home for himself now turns his gaze." There is

Room for Millions.

FREE Homesteads given away. Schools, Churches, Railways, Markets, and everything to be desired.

For a descriptive Atlas and other information, apply to Superintendent Immigration Ottawa, Canada, or authorized Canadian Government Agent—W. V. McInnes, No. 6 Avenue Theatre Block, Detroit, Mich., and C. A. Laurier, Sault Ste. Marie, Mich.

W. N. U.—DETROIT—NO. 11—1904

When answering Ads, please mention this paper

KEEP THE CHILDREN HEALTHY

Mapl-Flake

It is not a medicinal food in the sense of curing diseases, but it aids the organs of the body to perform their functions in a natural and healthful way.

A bowl of delicious **Mapl-Flake** for both breakfast and supper will please the children.

Delicious and Healthful; and Economical enough for all.

A Two Cent Stamp will bring you one of our little "color barometers" by which you can foretell the changes in the weather. Also a little booklet telling many valuable things about MAPL-FLAKE.

HYGIENIC FOOD CO. BATTLE CREEK, MICH.

Billion Dollar Grass.

When we introduced this remarkable grass three years ago, little did we dream it would be the most talked-of grass in America, the biggest, quick, hay producer on earth; but this has come to pass.

Agr. Editors wrote about it, Agr. College Professors lectured about it, Agr. Institute Orators talked about it, while in the farm home by the quiet fireside, in the corner grocery, in the village postoffice, at the creamery, at the depot; in fact wherever farmers gathered, Salzer's Billion Dollar Grass, that wonderful grass, grew from 10 to 14 tons per acre, and lots of pasture besides, is always a theme worthy of the farmer's attack.

Then comes Bromus Inermis, than which there is no better grass or better permanent hay grass on earth. Grows wherever soil is found. Then the farmer talks about Salzer's Teosinte, which will produce 100 stocks from one kernel of seed, 11 ft. high, in 100 days, rich in nutrition and greedily eaten by cattle, hogs, etc., and is good for 80 tons of green food per acre.

Victoria Rape, which can be grown at 25c a ton, and Speltz at 20c a bu., both great food for cattle, also come in for their share of attention.

JUST SEND 10c IN STAMPS and this notice to John A. Salzer Seed Co., La Crosse, Wis., for their big catalog and farm seed samples. (W. N. U.)

In the East Indies there are spiders so large that they feed on small birds

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

If a man be imbued with a generous mind, this is the best kind of nobility.

Mother Gray's Sweet Powders for Children.

Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Constipation, Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and Destroy Worms. Over 30,000 testimonials. At all druggists, 25c. Sample FREE. Address A. S. Olmsted, Le Roy, N. Y.

When a baker makes his morning rounds the roll call is in order.

To Cure a Cold in One day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.