A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes:

"I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bloat after eating, and frequently become nauseated. I had pains down through my limbs so I could hardly walk. It was as bad a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful periods, weakness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

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

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant for many years before her decease, and for twenty-five years since her advice has been freely given to sick women. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is strictly confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

FOR EMERGENCIES AT HOME

And for the Stock on the Farm

NOTHING EQUALS

SLOAN'S LINIMENT

The Great Antiseptic

Price, 25c., 50c. and $1.00.

Dr. EARL S. SLOAN,
615 Albany St., Boston, Mass.

PRICE, 25 Cts

ANTI-GRIPINE

IS GUARANTEED TO CURE
GRIP, BAD COLD, HEADACHE AND NEURALGIA.

I won't sell Anti-Gripine to a dealer who won't Guarantee It. Call for your MONEY BACK IF IT DOESN'T CURE.

F. W. Diemer, M.D., Manufacturer, Springfield, Mo

CABBAGE Plants! CELERY Plants!

and all kinds of garden plants. Can now furnish all kinds of cabbage plants, grown in the open air and will stand great cold. Grown from seeds of the most reliable seedsmen. We use the same plants on our thousand acres truck farm. Plants carefully counted and properly packed. Celery ready last of June. Lettuce, Onion and Beet plants same time or earlier. Reduced express rates promised, which, when effective, will give us 40 per cent. less than mercantile rates. Prices: Small lots $1.50 per thousand, large lot $1.00 to 1.25 per thousand. F. O. B. Meggetts, S. C. Arlington White Spine Cucumber Seed 60 cents per pound, F. O. B. Meggetts, S. C. The United States Agricultural Department has established an Experimental Station on our farms to test all kinds of vegetables especially cabbages. The results of these experiments we will be pleased to give you at any time.—Yours respectfully,—N. H. BLITCH COMPANY, MEGGETTS, S. C.

and the greatest quantities of every growing thing can readily be produced with the liberal use of Virginia-Carolina Fertilizers, together with careful cultivation. The materials of which they are made, cause them to enrich the land, and the plants to come up rapidly and more prolific. Use Virginia-Carolina Fertilizers on your fruits and fruit-trees of all kinds, corn, wheat and all trucks. For, at harvest time, you will have the largest (for these will "increase your yield per acre") and finest crops you ever raised in all your farm life. Don't buy the inferior substitute that any fertilizer agent may try to persuade you to put on your land.

VIRGINIA-CAROLINA CHEMICAL CO.,
Richmond, Va., Norfolk, Va., Durham, N. C., Charleston, S. C., Baltimore, Md., Atlanta, Ga., Savannah, Ga., Montgomery, Ala., Memphis, Tenn., Shreveport, La.

Cut Your Work in Two

Atkins Saws cut not only wood, iron and other materials better than any other, but they cut *work*.

That is because they are made of the best steel in the world by men that know how.

Atkins Saws, Corn Knives, Perfection Floor Scrapers, etc., are sold by all good hardware dealers. Catalogue on request.

E. C. ATKINS & CO. Inc.
Largest Saw Manufacturers in the World
Factory and Executive Offices, Indianapolis
BRANCHES—New York, Chicago, Minneapolis, Portland (Oregon), Seattle, San Francisco, Memphis, Atlanta and Toronto (Canada)

Accept no substitute—Insist on the Atkins Brand

SOLD BY GOOD DEALERS EVERYWHERE

So. 7-'06.

Dropsy CURED Gives Quick Relief.

Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be fairer. Write Dr. H. H. Green's Sons, Specialists, Box B Atlanta, Ga.

10c for 50c worth of leading 1906 novelties in Choicest Garden Seeds. 10's worth of Universal Premium Coupons free with every order. BOLGIANO'S SEED STORE, BALTIMORE.

WANTED—AGENTS to sell Celebrated Hair Grower; cures dandruff, falling hair, grows straight hair; takes out the curl; fifteen cents for sample. LOEKE, Montclair, N. J.

Ram Saved Man's Life.

To be charged by an infuriated bull and gored almost to insensibility and afterward to be rescued through the interference of a ram is the remarkable experience of John Michel, a farm hand employed on the farm of Mike Walters, near Benridge, Minn.

Michel was milking the cows in the pasture lot when a bull charged him, knocked him to the ground and furiously attempted to gore him. Michel made desperate attempts to escape from the enraged animal and was nearly unconscious when a ram charged the bull, with the result that the latter turned his attention to the new foe and Michel succeeded in crawling through the fence and escaping. The man is badly bruised and wounded, but no bones were broken and he will recover.

Music Attracted Skunk.

A Southwest Harbor man was playing the violin in the twilight recently when a sleek little skunk came dancing upon the veranda and up to the door near which the musican was seated.

Here the skunk apparently danced a jig to the tune of the music and when the music ceased and the player reached for his gun Mr. Skunk made his bow and a hasty exit.—Chicago Chronicle.

Old Coin Found in Leaves.

While raking leaves at Bethel, Vt., Robert Currier turned up a coin which proved to be one of the old-fashioned large kind. The coin is very distinct and is of the issue of 1803.

MUST LOOK THE PART.

A lean and hungry beggar gent
Can get coin every time,
But few will give a corpulent
And hungry man a dime.

A doctor advises people to "give their stomachs a nice vacation." It is thought, however, that only the man who hasn't the price of a meal will take this advice.

Eight Logs from Spruce Tree.

Frank E. Eddy recently cut a spruce tree at Townsend, Vt., the trunk of which was cut into eight logs which together scaled 1,500 feet.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c. and $1.00 per bottle.

A woman knows almost as much about a railway time table as a bachelor does about a baby.

Cures Blood, Skin Troubles, Cancer, Blood Poison. Greatest Blood Purifier Free.

If your blood is impure, thin, diseased, hot or full of humors, if you have blood poison, cancer, carbuncles, eating sores, scrofula, eczema, itching, risings and lumps, scabby, pimply skin, bone pains, catarrh, rheumatism, or any blood or skin disease, take Botanic Blood Balm (B. B. B.) according to directions. Soon all sores heal, aches and pains stop, the blood is made pure and rich, leaving the skin free from every eruption, and giving the rich glow of perfect health to the skin. At the same time B. B. B. improves the digestion, cures dyspepsia, strengthens weak kidneys. Just the medicine for old people, as it gives them new, vigorous blood. Druggists, $1 per large bottle, with directions for home cure. Sample free and prepaid by writing Blood Balm Co., Atlanta, Ga. Describe trouble and special free medical advice also sent in sealed letter. B. B. B. is especially advised for chronic, deep-seated cases of impure blood and skin disease and cures after all else fails.

A good woman is too good for any man—but fortunately, she doesn't know it.

BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied—"Would Have Died But For Cuticura."

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 12, 1905."

Showers of blessing never follow stolen thunder.

DEATH SEEMED NEAR.

How a Chicago Woman Found Help When Hope Was Fast Fading Away.

Mrs. E. T. Gould, 614 W. Lake St., Chicago, Ill., says: "Doan's Kidney Pills are all that saved me from death by Bright's Disease, that I know. I had eye trouble, backache, catches when lying abed or when bending over, was languid and often dizzy and had sick headaches and bearing down pains. The kidney secretions were too copious and frequent, and very bad in appearance. It was in 1903 that Doan's Kidney Pills helped me so quickly and cured me of these troubles and I've been well ever since."

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

EX-MAYOR CRUMBO RECOMMENDS PE-RU-NA.

"My endorsement of Pe-ru-na is Based On Its Merits."
---Ed. Crumbo.

ED. CRUMBO, ex-Mayor of New Albany, Ind., writes from 52 E. Oak street:

"My endorsement of Peruna is based on its merits.

"If a man is sick he looks anxiously for something which will cure him, and Peruna will do the work.

"I know that it will cure catarrh of the head or stomach, indigestion, headache and any weary or sick feeling.

"It is bound to help anyone, if used according to directions.

"I also know dozens of men who speak in the highest terms of Peruna and have yet to hear of any one being disappointed in it."

Mr. Crumbo, in a later letter, dated Aug. 25, 1904, says:

"My health is good, at present, but if I should have to take any more medicine I will fall back on Peruna."

John White & Co.
LOUISVILLE, KY.
Established 1837
Highest market price paid for raw
FURS and Hides.
Wool on Commission.

So. 7-'06.

TWINS WEIGHED THREE POUNDS

Smallest Babies on Record in a New Orleans Hospital.

In the Milliken hospital at New Orleans are a pair of twins which are probably the smallest living twins in this section of the country, if not in the whole United States.

Together they weigh less than three pounds, and though they are so small that they can hardly be seen in their little beds, they are thriving under the care of the sisters and nurses of the hospital.

They are boys, and, although only 29 days old, they have already been named. In the hospital register their names are given as Charles and Kolner Morgan, and their address at No. 1207 Annette street.—New York Herald.

Thief in Losing Transaction.

A couple of weeks ago, some thief stole six fine pullets from the barn of John Stockwell of Manchester, Vt., and substituted for them two roosters and a small hen. A local newspaper gave the incident some notice and the pullets were mysteriously returned—not, however, until the two roosters had been eaten up by Mr. Stockwell. No one has come after the hen yet.

Good Money From Small Flock.

John Baldwin of Groton, Vt., has a flock of ten sheep from which he received an income of $72 the past season. Seven ewes raised eleven lambs, averaging nearly 100 pounds each when sold. The income from the sale of nine lambs and one wether was $42.25, this with the year's clip of wool made the $72, besides adding two to the number of his flock.

Horse Faithful to Duty.

Expressman Reynolds of Putnam, Conn., owns an old horse which recently fell in his stall and was allowed to run loose around the yard for a day or two. Mr. Reynolds hitched up his team, and old Major decided that it was his duty to help, so he followed to the freight depot, where he stood while the wagon was being loaded, and then followed behind all over the city.

Peculiar Honolulu Stone.

Honolulu has on exhibition a specimen of the ilili, or "stone that breeds," from Kau island. The natives say that if the stone is placed in a glass jar and water poured over it and the jar be corked for a couple of days the stone will reproduce itself in the form of four or five smaller stones.

[illegible] WE FREE.

"[illegible] is going to be free at [illegible] unde[illegible] "[illegible]'s one thing I can't "[illegible] new[illegible] [illegible]g any of her brain. [illegible] the American

It [illegible] a good deal of courage not to pr[illegible] you have if.

AS a renovator of soil [illegible] a food for stock, the cow pea is unsurpassed. To get the largest possible yield of cow peas from any given soil, a plentiful application of POTASH is necessary.

The best methods leading to certain success are fully explained in the 65-page illustrated book, which we send free to farmers who write for it. It tells of the remarkable results attained with cow peas nourished upon POTASH.

Address, GERMAN KALI WORKS,
New York—93 Nassau Street. or Atlanta, Ga.—22½ So. Broad Street.

Burro Broke Up the Ball.

A ball given at Daggett, Cal., in honor of Mr. and Mrs. G. B. Hart of Barstow, who had just been married, was broken up by the appearance on the ballroom floor of a lanky desert burro, astride of which sat James Horgan, a well known prospector. The upper strata of Daggett were present, the best musicians in fifty miles had been employed, and for three days the floor of the ballroom had been rubbed down with wax until every board shone like glass.

In the middle of the dance, while sixty couples were gracefully gliding about, the door was suddenly thrown open and, with a genuine desert whoop, in rode Horgan. The burro, accustomed to tread carefully along the steep declivities where a misstep meant death, picked its way almost to the center of the floor. The dancers fell back amazed.

Suddenly its legs slipped from under the animal. Staggering to regain its footing it cut numerous grotesque antics, and finally turned almost a complete somersault. By degrees it was assisted up, and Horgan disappeared, but the ball was not resumed.

Twelve-Year-Old's First Deer.

One of the happiest and proudest boys in Maine is 12-year-old Loyal Gilman of Manchester. The lad saw a big deer walking almost into the dooryard at home. He quietly went after his father's rifle, tracked the deer to a nearby field and dropped him at the first shot.

No, Alonzo; a woman isn't necessarily an artist because she paints.

MEN WHO DO STRANGE THINGS.

Unique Feats Certified to by Truthful Traveling Men.

A group of traveling men were discussing unique feats and physical tricks that people here and there can do.

"I know a Chicagoan," said one, "who can whistle a tune and hum its accompaniment at the same time. He whistles through a flat, not through the usual round hole, and the deep, musical accompaniment together with the shrill sweetness of the whistle makes a mighty attractive thing to hear."

"I knew a barber," said the second drummer, "who had a unique way of cracking nuts. He would place a nut between the back of his head and a stone or brick wall, and then he would give himself a sharp rap on the forehad with his fist. The nuts would crack open every time."

"A Manayunk man," said the third, "can give his head a jerk that turns back his eyelids. He has to turn them down again with his fingers. This is an ugly feat and I'm glad it is rare."

"I knew at school," said the fourth drummer, "a boy named Bucky Adams who could play tunes by snapping his fingers. The thumb and first two fingers of each hand would work away busily, and forth would come the clearest, sweetest, faintest music. I used to sit with Bucky Adams and many a tedious school session would he make shorter and pleasanter with this odd gift."

With some men an emergency is but another name for an opportunity.

31 Boxes of Gold

300 Boxes of Greenbacks

For the most words made up from these letters

Y - I - O - Grape-Nuts

331 people will earn these prizes.

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a $10.00 gold piece.

10 people will each win one box containing a $5.00 gold piece.

300 people will each win a box containing $1.00 in paper money and one person who makes the highest number of words over all contestants will receive a box containing $100.00 in gold.

It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.

A few rules are necessary for absolute fair play.

Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and "grapes."

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word.

Geographical names authorized by Webster will be counted.

Arrange the words in alphabetical classes, all those begining with A together and those beginning with E to come under E, etc.

When you are writing down the words leave some spaces in the A, E, and other columns to fill in later as new words come to you, for they will spring into mind every evening.

It is almost certain that some contestants will tie with others. In such cases a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some incipient or chronic ails traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky messes of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amateur says: "A man would faint away on that," but my dear friend we will put dollars to your pennies that the noon hour will find a man on our breakfast huskier and with a stronger heart-beat and clearer working brain than he ever had on the old diet.

Suppose, if you have never really made a move for absolutely clean health that pushes you along each day with a spring in your step and a reserve vigor in muscle and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest others and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers and when requested give the names by private letter.

There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application in order to have proof that the prizes are sent as agreed. The company is well known all over the world for absolute fidelity to its agreements and every single one of the 331 winners may depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes —(331)—the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenbacks, will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go at it, and send in the list and letter before April 30th, 1906, to Postum Cereal Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.