interesting letter WRITTEN BY A NOTABLE WOMAN



es. Surant-Ke-Mage growing, consing the meanth dependence agony and to make the meanth of the meanth

e: Inkham invites all sick women her for advice. She has guided de to health. Address, Lynn,

Health is too valuable to risk in ex-riments with unknown and untried periments with unknown and untried medicines or methods of treatment. Remember that its Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sail you anything else in its place.

Your Children's Health



Cleanly, sanitary, durable, ar-tistic, and safeguards health.

Rock Coment in white and d disease-breeding kalsomines offul pames and mixed with hoter at Alabastine duly in flve chages, properly labeled, pretty wall and celling design, Decorating, and our artists

ALABASTINE CO., Regids, Mich., or 145 Water St., N. Y.

FOR SALE 2.000 acres improved terri-corto data potation and fruits. Each acres to water right, offered at tow prices, on lo reasonable payments, in Jose of Earty a ward. New Constit seed of Best Coun-

FARMS For Sale Branch





EWIS'SINGLE BINDER



TENT TREATMENT FOR **TUBERCULOUS INSANE**

Superintendent of Large (Eastern) Hospital Has Demonstrated Its Efficiency

A E Macdonald, L. L. B., M. Inmedical supertatement of the Meshalt
an Sitate Hospital, Bart, gives a
graphic account of tests tife a
surface in the Meshalt
and Sitate Hospital and a surface
in a structure and the surface
in a structure and the supertang
in a structure and the surface
sating with "Tuberculous is the
United Sitate and Canada":
That consumptive insane patients
may be kept, and treated, to their advantage and incidentally to the advantage and incidentally to the advantage and incidentally to the advantage and the supertang
in a supertang and incidentally to the supersurface and the supertang
in a supertang
from the supertang
in a sup

ilberal use of ashesion and other dreproof material and strangements for
the prevention of fire.

To make a long story abort, it has
remained in continuous use, not only
throught the low succeeding winters
and intervening seasons, up to the
date of the present wirling. The scope
of its employment has been gradually
enlarged until all patients in whom
there are active manifestations of
tuberculosis—an, average of fortythree out of a fotal census of about
2,000—are isolated therein, and there
has been passilled enlargement of the
elements of the plant.

The isolation of the tuberculosis patients has reduced to a minimum the
danger of infection of other patients
and of employes. The patients (has
and of employes. The patients (has
and of employes. The patients (has
not been passilled the property of hard
and of the plant.

The isolation of the tuberculosis patients have suffered to injury or hard
and of employes. The patients (has
and of employes. The patients (has
and of employes. The patients (has
no been somewhat the patients of the
death rate from pulmonary tuberculosis, both absolute and relative,
and by a marked general increase in
bodily weight, amounting in the case
of one patient to an actual doubling of
the weight—from eighty-three to one
hundred and stry-sip pounds—in fourlean months of camp residence.

Mental improvement has as a general rule been the concomitant of physical, sot only among the patients in the
tuberculosis camp, but also is the
others, and in the former class this
has been somewhat of an anomaly
for the manifestations—the mental
symptoms being more pronounced
whilst the physical are in abeyance,
and vice years. Under the test treatment we have found a general disposition foward accord in the manifestations, improvement has not as the
tuberculosis on the proposition of the patients in the
tuberculosis on the proposition of the patients in the
tuberculosis on the proposition of the patients in the
tuberculosis on the proposition of the patients in the
tuberculosis o

It was apprehended that not only might the patients themselves resent their transfer, but that similar objection might come from their relatives and friends, since innovations, even progressive ones, are apt to be frowned upon by those who constitute that majority in the citiestical of a public beginning and the composition of the com

Even at the outset, however, the protests, whether from patients or their
friends, were surprisingly few, and
latterly they have been more apt to
arise. If at all, over the patients return to the buildings when that became accession of medication may in
the presentation of the patients of the
terms accession of medication may in
the presentation of the patients of the
terms are the presentation of the
terms accession of the patients of the
terms are the reference. It has been
found unnecessary to extend it greatty, and it has been limited mainly to
the treatment of symptoms. Stimulation—alcohole and the lime-has been
found of but little demand or uss, and
the quantities consumed—always usder individual medical prescription—
have been tanginglicant. On the other
hand, the dietary has been made as
liberal as the imposed restrictions of
the State Hospital schedule have permitted, both in the way of regular
diet and extrus, and in the leading essertials—milt and eggs—private donations. He imposed reprise the
sertials—milt and experience the regular
been mainly placed upon the right
isolation and disinfection, and upon
the unlimited supply of fresh sir. As
an interesting incidental fact it may
be mentioned that not only the patents, but also the surses living in the
camp have suppored almost completes
immusity from other pulmonary discases. Not a single case of pacemonia
has developed in the camp in its esintence of over three years, though it
causes 131 deaths in the hospital proyer in that time. The "common colde"
so frequent among their fellows living
upon the wards, or in the Attendant's
Home, there been unknown among the
The conceller less that the consume.

so frequent among their follows wards or he having a mong the test-dweller.

The popular lies that the consumptive is a doomed man unless he can at once abandon bome and family and business and betake himself to some remote region would seem to be negatived by our Ward's Island camp is but a few feet above the tide-water level, its site is swept to winter by winds of high velocity, coming over the ice-bound waters of the rivers and the sound which curround it, and it unifers as much as, or more than, any other part of the city of New York from the trying changes of temperature and humdity which are so chartow and humdity which are so chartows and humdity which are so chartows and humdity which are so chartown and humoid was not be hoped from the extension of the same methods to the ordinary consumptive of sound mind, anxious for recovery and capable of giving intelligent assistance in the struggle!

SOME HEALTHFUL RECIPES.

SOME HEALTHFUL RECIPES.

Soup Cream Barley Entree Savery Lentils Vegetables

Mashed Potators

Mashed Potators
Lettuce with Nut Butter Dreasing
Reasted Sweet Potators
Beland Sandwiches
Salad Sandwiches
Corn Puffs
Beaset
Banana in Strup

Rananas in Syrug

Cream Barie, Soup.—Wath a cup of near in barier, drain, and simmer slowin two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, strain off the liquor, of which there should be about three pints; add to it a portion of the cooked barley grains, sail, and a cup of whipped cream, and serve. If preferred, the beater pulk of an egg may be used instead of cream.

Savory: Lentils.—Take equal parts of cooked brown lentils that have been rubbed through a colander to reduce the cooked barley and the control of the cooked barley and the control of the cooked barley and the control of the cooked brown lentils that have been rubbed through a colander comment with a little powdered sage, pour into a baking dish, and bake in a moderate oven until well browned. A meal prepared by rubbing chopped English waluut meats through a colander, added to the savory lentils in the proportion of one cup of nut meal to a pint of lentils, just before putting into the oven to brown, makee a very palatable dish. When does also and the control of the liquid. Lettuce with Nut Butter Dressing.—Prepare the lettuce as for sailed mub was digitly rounded tablespoorful of sail to each pint of the liquid. Lettuce with Nut Butter Dressing.—Prepare the lettuce as for sailed mub to take promothis of the control of th

Have patience still;
Spring yet shall all her joyful tasks ful-

Bhe tarries long.
But all is ready; each bird knows his
Each flower has got by heart
lis fair or fragrant part;
Each hous and bird.
Will proudly bring the lovely pageant on.
Lang-boged-feet treasures are:
Than any we may, have without such
walting women, have without such
walting women.

COMPLETELY RESTORED.

meal, wife of F. Brunzel, residence 2111 Grand, Wash, says: "For 65-teem years I suffered with terrible pain in my back. I did not know what it was to enjoy a night's rest and arose in the morning feeling tired and unrefreshed. My suffering cometimes was ulmply indeserthable. When I finished the first box

acribable. When finished the first box of Dona's Kidney Fills I fest the acribance woman. Consumed suth the continued suth the

Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price 50 cents per box. oatts per box.

Did Net Recognize Own Words.
J. Balfour Browns, conservative candidate for parilament for Dumfrieshites, Socilated, recently was caught by a clever opponent in his audience at a political meeting at Carruthers-lown. The man saked the candidate during his address: "Had we not better utilize our own resources to the full by allowing labor and capital free secess to the land of our own country, instead of attempting in bolster up certain industries at the expense of others!" The candidate repiled: "I do not follow the question. Its counds like a question taken from a book on political economy, the suthers of which discussed the country of the subsection of of the subsecti

MILK CRUST ON BABY.

et All His Hair—Scratched Till Blood Ran — Grateful Mother Tells of His Cure by Cuti-cura for 75c.

"When our baby boy was three months old be had the milk crust very badly on his head, so that all the hair came out, and it itched so bad he would scratch until the blood ran. I got a cake of Cuticura Soap and a bor of Cuticura Oliment. I applied the Cuticura and put a thin cap on his head, and before I had used half of the box it was entirely cured, his bair and he has had no return of the trou-

Heids City's Credit Dan.
Mayor Ward of Birmingham, Ala,
has old-fashioned notions in regard to
the public credit. In his insugural address he declared that during his administration funds would be "systematically and sacredly set aside out
of current receipts to pay every dollar
of interest on our bonded indebtedness, and np matter what may happen
to other departments the city's bond
interests shall never at any time be
placed in jeopardy."

To Launder Delicate Muslins To Launder Delicate Muslina. Many muslin dreases may be successfully laundered at home, which, if put in the ordinary wash, would be hopelessly ruined. Wash quickly through warm ivory Soap suds; rinas, the air will frequently find dedicate colors, Iron with a moderately hot; iron.—Eleanor R. Parker.

Where Workers Are Needed.
Happily there is room in the west and southwest for every man capable of labor in the fields. There the demand for unskilled labor was never more insistent and thither the swarming immigrants should take the and become an instant factor moting the general prosperity.— delphia Record.

Try One Package.

If "Defiance Starch" does not please you, return it to your dealer. If it does you get one-third more for the same money. It will give you satisfaction, and will not stick to the Iroa.

Gives Asparagus to Pops.

Pope Pius X recently gave audience
te a poor man living at Tivoli, near
Rome, who personally presented the
Pontiff with a bunch of asparagus of
his own growing.

There is said to be a lot of grafters in Delaware of both the peach tree and political varieties.

De Your Clothes Look Yellow? Then use Defiance Starch, it will keep them white-16 on for 10 cents.

Platonic love is supposed to have been invented by his saturic majesty.

I am sure Piao's Cure for Consumption on ny life three years ago.—Mas. Tsos. Ron Maple Street, Norwich, N. Y., Feb. 17, 1900

When the rheumatism landed or Jim Jeffries he threw up the sponge. Defiance Starch is put up 16 ounces in a package, 10 cents. One-third more starch for the same money.

When a family is in mourning, the black sheep isn't so noticeable.

FITS DESCRIPTION OF THE PARTY O Was there ever a marriage that

"Dr. David Konnedy's Pavortte Remedy is presions for the liver. Circd me after eight years of paforing." & Popros, Albany, T. Y. World Ismous. St. The memory of the just is ble whether living or dead.

Mrs. Window's Soothing Syrop. For children teething, settens the geres, reduces in famousies, eliejo pais, ourse vind cette. He a bottle. Better not be at all than not be

Jefferson Only One of Many Whe Have Reached Lengwity.

It is a popular notion that active participation in the work of the stage is incompatible with longerity, but many instances prove the reverse of this. Mr. Jefferson was 'if when he died. His death was not due to an infernity of age and his professional abilities had shown no impairment. On March 13 John L. Toole, long a popular favorts in London, ceiterated at his bosen in Brigation his seventy and the control of the last time to 1873, when it is and ceted for the last time to 1874, when it is and ceted for the last time to 1875, when it is and ceted for the last time to 1875, when it is and ceted for the last time to 1875, when it is and ceted for the last time to 1875, when it is and ceted only with the retention of good health, preserved by regularity of living and the avoidance of excess. The aged actor who becomes truly cetebrated has pursued even in an arduous profession the methods of living which conduce to longerity.

Wrote Great Book in Spare Moments, Chancellor D'Aguesseau, observing that his wife always delayed ten or twelve minutes before she came down to dinner, and, reluctant to lose so much time daily, began the composition of a work which he prosecuted only while thus kept waiting. At the end of fifteen years a book in three quarto volumes was completed, which ran through three editions and was held in high repute.

Edward Never Sells Horses, One of King Edward's rules is that when a horse has been in his service it shall not be sold. The horses are kept until they no longer can be used and are then chloroformed.

Sensible Housekeepers will have Defiance Starch, not alone because they get one-third more for the same money, but also because of superior quality.

You may have little power, but you an use it wisely.

MISS MARIA DUCHARME.



PELVIC CATARRE WAS DESTROYING HER LIFE. PE-RU-NA SAVED HER.

Miss Maria Ducharme, 193 St. Ettabeth street, Montreal, Can., writes

"I am satisfied that thynsands awomen suffer because they in not real more and feel a natural delicacy in consulting a physician.

"I fett badly for years, had territabeain, and at times was ushale to abroad to my daily duties. I triest to superain, and at times was ushale to a similar case to mine, and I decided by give it a trie.

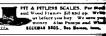
"My improvement began as soons well as well woman. I feel that I over any life and my health to your wonderful medicine and gratefully acknowledge this fact."—Maria Ducharme.

Address D. Hartman, President

Address Dr. Hartman, President of The Hartman Sanitarium Columbes, then, for free medical advice.

All recreapendence strictly content of the dential.

RUBBER ROOFING



Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE,

The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition COFFEE keeps its old triends makes new once every day.

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Sold only in 1 lb. packages. Limp-bead on every packs

Bave these Lion-beads for valuable premiums.

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