NO WOMAN IS EXEMPT.

Regularity is a matter of importance in every woman's life. Much pain is, however, endured in the belief that it

is necessary and not alarming, when in truth it is all wrong and indicates

derangement that may cause serious

Excessive monthly pain itself will

unsettle the nerves and make women old before their time.

The foundation of woman's health is a perfectly normal and regular per-

statement we print from Miss GERTRUDE SIKES, of Eldred, I a., is echoed

in every city, town and hamlet in this

country. Read what she says:
"DEAR MRS. PINKHAM:—I feel like a

new person since following your advice, and think it is my duty to let the

public know the good your remedies have done me. My troubles were pain-

was nervous and had spells of being

confused. Before using your remedies I never had any faith in patent medi-

cines. I now wish to say that I never

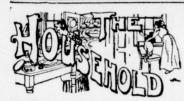
had anything do me so much good for painful menstruation as Lydia E. Pink-ham's Vegetable Compound; also would

say that your Sanative Wash has cured me of leucorrhea. I hope these few

words may help suffering women."

The present Mrs. Pinkham's experi-

ful menstruation and leucorrhœa.



FURNISHING A FLAT.

Experience of a Wise Chicago Girl Which Contains a Hint for Prospective Brides.

There are good as well as bad things to be said of a long engage-ment," announced Peggy, after she had snuggled down in the sofa pil-lows with her latest "best friend" touching elbows with her. "Take Beth Thompson, for instance. Her and Fred's engagement was announced over a year ago and there isn't the least sign of an early wedding day. In the meantime they are furnishing

"Their flat?" echoed the "best friend," with her mouth full of marshmallow paste. "If there isn't any wedding day how in the world can there

"There isn't one really—only just an indefinite one, located off there in the future somewhere, in the midst of rosy-tinted mists. But they are fur-



nishing it, just the same, and substantially, too. At present the articles are stowed away in Beth's mother's gar-ret, but there is quite a pile of them by this time. It's a pity, though, that the card playing season is so nearly over now," added Peggy.

"You see, they're furnishing their flat with prizes won at einch and euchre parties. They are fine players and it is a rare thing, indeed, when they do not come home with either the first or second prize. Their friends have entered into the spirit of the thing, and whenever a girl invited them to come in for an informal little evening she buys something which will shine in the famous visionary flat. Then the other players, too, have caught the contagion, and they work with a wonderfully unselfish spirit to help the struggling would-be house keepers win. Beth told me the othe day that she and Fred had enough china plates to run a hotel, and her bonbon spoons would fit out a jewelry shop. As for pictures, she thinks she will have to lay the superfluous ones on the floor, instead of having rugs. Her doilies and embroidered centerpieces will last her for years, and there a whole shelf full of books for the

prospective library.
"Of course there are several duplicates among all these things, but a clumsy young housekeeper will soon reduce that surplus. Beth says that her only fear is that with next winter's earnings added to the wedding presents which will come some day the flat will have to be enlarged into a storage warehouse. The whole thing is lots more exciting than the usual humdrum accumulation of mere usual humdrum accumulation of mere up with her baby in her arms. The bits for the trousseau. If brides would skirt was made apparently without put a little more thought into getting gathers around the waist, it being so together hall rugs and dresser covers nicely godeted that it had no unnecesand library lamps, and less into pale sary fullness. Small japonica pink figures dotted the skirt.

The waist was of challie with a little would be entry for a girl to begin a collection of things for house in a collection of things for house.

The waist was of challie with a little ment of a few magistrates. "The farmer and high tax in the waist was of challe with a little ment of a few magistrates. "The farmer and high tax in the waist was of challe with a little ment of a few magistrates. "The farmer and high tax in the waist was of challe with a little ment of a few magistrates."

The waist was of challie with a little ment of a few magistrates. "The farmer and high tax in the waist was of challe with a little ment of a few magistrates." keeping before she has found the exman who is to pay rent for the flat?"-Chicago Daily News.

Cream of Corn Soup

Score down the grains and press out the pulp from six good-sized ears of the pulp from six good-sized ears of corn; add to this in a double boiler one quart of milk, a teaspoonful of grated onion, not more than one-eighth of a teaspoonful of ground mace, about a teaspoonful of ground mace, about a teaspoonful of salt and a dash of pepper, and, if you like, a teaspoonful of sugar. Rub together one tablespoonful of sugar. Rub together one tablespoonful of the proper in a sugar was to the sugar that the sugar th

Fig Sandwiches in Rolls.

Split a dozen figs, scrape out the soft portion, rejecting the skins; rub this to a paste. Butter either white or brown bread, then cut the slices from brown bread, then cut the slices from the loaf as thin as possible; remove the crusts; spread over the paste; roll the bread carefully, press for a moment bread carefully, press for a moment until there is no danger of the roll opening, then roll it in a piece of tissue lint, the tenor. In spite of all this, she paper, twisting the ends as you would preserves in a marvelous manner much an old-fashioned motto, or it may be of her pristine beauty of voice, and she tied with narrow baby ribbon of any color.—Mrs. S. T. Rorer, in Ladies' mirably that the public and news-Home Journal.

How to Cloud a Glass.

HOW TO GAIN FLESH.

S. T. Rorer Prescribes the Prope Inclined to Thinness.

"First of all, the person inclined to thinness must learn to be quiet, even in active exercises," writes Mrs. S. T. Rorer on "The Best Foods for Stout and Thin Women," in the Ladies' Home Journal. "The morning bath and rub is absolutely necessary. For the morning meal she should take some light, easily digested food, as two soft-boiled eggs, a piece of milk toast, or piece of asted whole wheat bread, preceding this a half hour with a cup of warm water. At luncheon a cream soup, chicken timbales, boudins, omelets, with at least two slices of whole wheat bread thickly buttered; two ounces of butter at this meal would not be too tato, or a couple of tablespoonfuls of boiled rice, and as a dessert, rice pudding, cup custard, any of the light ding, cup custard, any of the light souffles, or Bavarian cream—in fact, anything but cake, pie or boiled puddings. Avoid all of the acid fruits.

"For the night meal have a clear

soup, a red meat, either beef or mutton, with a baked potato, or mashed potato browned in the oven, or a potato croquette, or rice in any form, stewed macaroni, a green vegetable, and a salad composed of a green vegetable with French dressing. De not have more than two vegetables at one meal, besides the salad. For dessert have a charlotte, a little ice cream eaten slowly, or any of those above mentioned, or a wafer that has been thoroughly toasted, and any of the ripe cheeses. For luncheon, where cream soups cannot be used, a cup of cocoa or chocolate with cream is ex-ceedingly valuable."

DRESS FOR INVALID.

Description of a Cream Challie Gown Recently Made for Mrs. Cornelius Vanderbiit, Jr.

Nothing is quite so comfortable as challie after all, when you want something for a room dress. A very interesting invalid of New York, no other in fact than Mrs. Cornelius Vanderbilt, Jr. had sent home to her the other day a room dress of cream challie. It was to wear on the first day she could sit



challie

This little dress, which was extremely comfortable for the room, was made on the surplice pattern, which insures a neat finish to the front of the waist.

Cottage Cheese Sandwiches.

ful of butter and two of flour, add to salt, and two tablespoonfuls of thick the soup and stir until thick. Serve in a hot tureen after pressing through a puree sieve.—Mrs. S. T. Rorer, in Ladies' Home Journal. of cheese. Cover with a slice of brown bread and trim into shape.—Mrs. S. T. Rorer, in Ladies' Home Journal.

Patti Still in Good Voice. paper enthusiasm knew no bounds.

To cloud a glass for the sake of pro-tection purposes, as in a bathroom. and yet to preserve the light, a man In France no family makes its own and yet to preserve the light, a man who works in glass says that it is done with a solution of Epsom salts and vinegar applied with a brush. This should give a frosted look that becomes durable if it is gone over at once with Damar or white varnish.

The family linen is all sent to women who, making this their sole enough. A growing boy will eat more than a grown man, and the growing calt, and better oread cannot be early growth, as the nired man expresses it, growth, as the nired man expresses it.



ROAD IMPROVEMENT.

It Is Possible Even Where Elaborate Operations Are Entirely Out

Road improvement is always possible at small expense, even though elaborate road building is out of the quespiece of whole wheat bread, well toasted, any of the little made dishes like good highways, all of which may be secured easily and at little outlay, and which will insure vast improvement in the roads of country districts where the people are unwilling or feel unable



ous to a road in either of these loca tions, and if allowed to remain in them, will speedily work complete de-An expensive stone road struction. that is inadequately drained will suffer just as surely and fatally from water on or in it as the most ordinary country road. Disintegration and comtry road. plete breaking up are only a matter of time, and a short time at that.

The second essential is found in the establishment of a workable, methodical system of care and repair, by districts, whose responsible heads will utilize time and labor to advantage and get the best possible results that can be obtained from the local conditions and facilities. This, of course, means the abolishment of working taxes, the substitution of money taxes, and the employment of a competent, intelligent corps of workers.

Finally, the roads can be compacted, smoothed and hardened by the use on vehicles of wide tires and axles of un-equal length. Repeated experiments and tests of the actual saving in power by these means have proved it to be very great; experience in localities where they have been tried have given most satisfactory results, and many foreign countries enforce their use. It is in effect the use of a constant stream of steam rollers passing along the highway, instead of a series of weights being rolled along on knife-like edges which cut apart and tear up as they go

These changes and improvements can be made at small cost to any com munity, and will speedily demonstrate the value of good roads.—L. A. W. Bulletin.

WHERE ROAD TAXES GO.

A Condition of Affairs Which Exists in Other States as Well as in Old Kentucky.

"It is a disgrace to the principle of self-government," says the Louisville Courier-Journal, "that the law-abiding people of Kentucky do not rise in their majesty and might and put an end to the present system of licensed robbery. What is really wanted is not toll-gate raids, but the hanging of a few overseers and contractors, and the impeachment of a few county judges and local

"The farmers complain of hard times and high taxes. Yet they stand like logs of wood and see themselves pillaged right out of hand, saying never a word. In Jefferson county alone \$30, 000 annually are wrung from the peo ple upon the pretext of road making It is safe to say that not one-third of this vast sum is ever devoted to the purpose intended, whilst two-thirds of it goes into the pockets of the heart less bloodsuckers masquerading as road overseers, and rascally contractors, with whom these are in partner-

ship. "As a rule the county judges either know nothing about it, or care nothing about it. Meanwhile, the poor farmer stands off with his fingers in his mouth as dumb as a post and as helpless as a calf. Year after year this robbery goes What we need at Frankfort is good roads commission invested with ample power to investigate these frightful corruptions and to punish those chargeable either with collusion

Give the Calf Enough. I know by actual experience, says a writer in Hoard's Dairyman, that a calf can be raised on skimmilk, if he has enough. We have one now, on this place, that, at four weeks, gets 25 pounds of skimmilk a day, and, besides, all the bright hay it wants, which is a good deal. And with this liberal feeding it is a beauty, and as for growth, as the hired man expresses it,

Beyond His Reach

The count became passionate in his

pleading.
"Be mine!" he cried. I have titles and landed estates! I will give you a position in the society in which royalty moves! Say that I may hope for you!"

She sighed, blushed and shook her head.

head.
"You got into the market too late, count," she said in a business-like way. "It has already been cornered."
The next day her engagement to a young man on the board of trade was young man on the board of announced.—Chicago Post.

The Biggest Bicycle in the World.

A German has just completed a bicycle that has one wheel nine feet in diameter. Two people ride it—one on each side of the monster wheel. It runs as easily as a smaller bicycle because of its scientific construction. The scientific formula of Hostetter's Stomach Bitters is the reason of its great virtues in making the weak strong, and in curing most of the every-day ailments of men and women. If your health is poor, try a bottle.

Lacked Originality.

He—And am I really and truly the first mar you ever kissed? She—Why, of course, you are, stupid. "Stupid! Why do you call me that?" "Because you are not original. At least a dozen men have asked me the very same question."—Chicago Evening News.

Shake Into Your Shoes

Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, nervous, smarting feet and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it to-day. Sold by all druggists and shoestores, 25c. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

People who don't know what they want, are harder to please than those what know and can't have it.—Ram's Horn.

Wheat 40 Cents a Bushel.

Wheat 40 Cents a Bushel.

How to grow wheat with big profit at 46 cents and samples of Salzer's Red Cross (80 Bushels per acre) Winter Wheat, Rye, Oats, Clovers, etc., with Farm Seed Catalogue for 4 cents postage. JOHN A. SALZER SEED CO., La Crosse, Wis.

The Maidservant — "Professor, madam has just returned from her journey." Professor—"Remind me by and by to give her a kiss."—Tit-Bits.

G. A. R. Encampment Sept. 5-10. \$5.00 Queen & Crescent Route, Cincinnati, Chat-tanooga and return. W. C. Rinearson, Gen'l Pass'r Agt., Cin'ti, O.

A rich man's will is something like the shower. Bulletin.

We think Piso's Cure for Consumption is the only medicine for Coughs. — Jennie Pinckard, Springfield, Ill., Oct. 1, 1894.

A shower is distressing to wheelmen, but the man with a horse ought to welcome a driving rein.—L. A. W. Bulletin.

Daglow—"What do you think of the weather?" Snubbler—"Excuse me; I don't swear."—Roxbury Gazette.

"I suppose your wife misses you a great deal?" inquired a lady of a commercial traveler. "Well, no. For a woman, she has a remarkably straight aim," was the reply.—Answers.

Answers.

"My friend," said Keedick to a tramp who had asked him for a dime, "why don't you go and wash yourself?" "I'm too patriotic for that, boss," replied Soiled Spooner, "Dirtisnot patriotism." "No, but I'm afraid I'd get hold of a piece of Castile soap by mistake."—Town Topies.

A would-be playwright brought to a well-known actor-manager a play for him to read. The actor found it execuable, and when the author demanded a verdiet felt it a kindness to point out the mistakes he had made. But the tyro waxed wroth. "Do you know that play cost me a year's hard labor?" he exclaimed. "My dear man, you are fortunate," returned the imperturbable actor; "a more just judge would have made it ten years."—Tit-Bits.

"You shall be rich and famous," said the ortune teller. "Alas!" cried the sitter. "Then I am undone. For my dream was to levote my life to art."—Philadelphia North

Cruel Woman. — Greymais — "My wife didn't say a word when I got home so late the other morning." Betterhaws—"That was kind." "As I was saying, she didn't say a word when I got home. She waited until I got sleepy."—Cincinnati Enquirer.

She—"I don't believe there was a hat in church to-day that I didn't see." He—"Except the one that was passed for the collection."—Indianapolis Journal.

Examiner—"What part of speech is the word 'am?" Smart Youth—"What, the 'am' what you eat, sir, or the 'am' what you is?"—Fun.

Counsel—"You're a nice fellow, ain't you" Witness—"Yes, sir, and if I were not on my oath I would say the same about you."

—Boston Herald.



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SWEET REVENCE.

A Turkish Bath Assistant Gets Even with the Judge Who Sent Him Up.

The judge had never taken a Turkish bath,

The judge had never taken a Turkish bath, but he was not feeling his best that morning, and it suddenly occurred to him to test its vivifying effects, so enthusiastically descanted upon by his young friends.

It seemed to the judge that the rubber was terribly rough, but fearing to expose his in experience and subject himself to ridicule by objecting to the regular treatment, he patiently endured being punched, punmeled, slapped, spanked, whacked and poked, until he could not stand the terrible torture a moment longer.

"Is—it—quite neces-sary—to—make—me—bla-ack—and—blue—all—ov-ver?" panted the judge, as irregularly as the rubber dugh his fists in more or less vigorously.

"Never you mind; I'm fixin' you," responded the rubber, redoubling his assaults, and grinning diabolically—at least so it seemed to the judge.

"Who (slap, groan) are (thud, groan) you?" gasped the judge, a horrible suspicion dawning in his mind. "Your (whack, groan) face (thump, groan) does (whack, groan) look (slap, groan) fa—(thud, groan)—miliar" (swish, groan).

"Oh! you remember me, do you?" growled the rubber, sarcastically. "Well, dash yer old hide, mebbe you'd like to send me up for six months again for prize fightin'!"—Harper's Magazine.

A Musical Critic.

"That's a mighty good band," said Tommy Tucker, who was up in a tree listening to the afternoon concert at the park, "How many musicianers is they?" asked

Tucker, who was up in a vice its afternoon concert at the park.

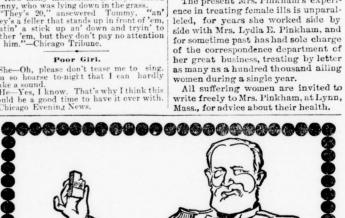
"How many musicianers is they?" asked Benny, who was lying down in the grass.

"They's 20," ansewered Tommy, "an' they's a feller that stands up in front of 'em, beatin' a stick up an' down and tryin' to bother 'em, but they don't pay no attention to him."—Chicago Tribune.

Poor Girl. She—Oh, please don't tease me to sing.
m so hoarse to-night that I can hardly make a sound.

He—Yes, I know. That's why I think this would be a good time to have it over with.

—Chicago Evening News.



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There is a satisfied—glad I've got it—expression on the faces of all who discover the rich quality of



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SEPT. 20 ост. 4

which you can buy very low-rate round-trip Excursion Tickets to NEBRASKA and other points in the West, Northwest and Southwest, good for 21 days. Stop on your way and see the GREAT TRANS-MISSISSIPPI EXPOSITION AT OMAHA. OCT. 18 Ask your nearest railroad agent to make your

ticket read over the Burlington Route. You can get a handsome of illustrated pamphlet describing Nebraska, and another all about the G illustrated pamphlet describing Nebraska, and another all about the Exposition (both free), by writing to P. S. EUSTIS, General Passenger Agent, C. B. & Q. R. R., Chicago, III.

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