



Miss Whittaker, a prominent club woman of Savannah, Ga., tells how she was entirely cured of ovarian troubles by the use of Lydia E. Pinkham's Vegetable Compound.

DEAR MRS. PINKHAM:—I heartily recommend Lydia E. Pinkham's Vegetable Compound as a Uterine Tonic and Regulator. I suffered for four years with irregularities and Uterine troubles. No one but those who have experienced this dreadful agony can form any idea of the physical and mental misery those endure who are thus afflicted. Your Vegetable Compound cured me within three months. I was fully restored to health and strength, and now my periods are regular and painless. What a blessing it is to be able to obtain such a remedy when so many doctors fail to help you. Lydia E. Pinkham's Vegetable Compound is better than any doctor or medicine I ever had. Very truly yours, Miss EASY WHITTAKER, 604 39th St., W. Savannah, Ga. — \$5000 forfeit if original of above letter proving genuineness cannot be produced.

The testimonials which we are constantly publishing from grateful women prove beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

BIRD SWALLOWS DIAMOND.

Pet Canary Pecks Valuable Jewel From Owner's Earring and Dies of Indigestion.

For pecking a valuable diamond from an earring belonging to Mrs. Paul, of Philadelphia, a pet canary bird paid the death penalty. Mrs. Paul had placed the bird cage on a sitting-room table, and was encouraging the canary to warble for some visitors, when the little creature ate the unusual repast.

The earring was lying on the table alongside of the cage and within reach of the canary. The bird examined the jewel for some time, and after arriving at the conclusion that it was a worm of some rare species pecked at it and swallowed the stone with a gulp.

The loss of the diamond in this manner caused a sensation in the Paul household, and every one planned out one scheme after another for the recovery of the jewel. The bird was not in the least embarrassed by the rich diet it adopted, but while the hostess grieved it sang merry songs of joy in all the bird languages.

Finally Mrs. Paul decided to send for a physician. She did not wish to lose her pet, and still less her diamond, so she intended to ask the doctor to perform a surgical operation on the bird. While Mr. Paul was on his way for the physician the canary died suddenly from acute indigestion.

Now is the Time to Advertise.

The Chinese almanac has the largest circulation in the world, says the Atchison Globe. The chief mission of the almanac is to indicate lucky days and places for all acts in Chinese life. The sale reaches several million copies yearly.

May Change His Mind.

That Pennsylvania bridegroom who says that his wife is "the ideal" of wifehood must wait a few years, remarks the Chicago Daily News, before issuing a supplementary statement describing the reality.

HAS TRIED BOTH.

Travel for Health Vs. Dieting.

A man who was sent to Europe for his health and finally found cure in a little change in his diet says:

"I was troubled with dyspepsia for five years and two doctors here in Kenosha that treated me for over a year both told me there was no help for me. Then I had an expert from Chicago, but still received no relief; then followed another expert from Chicago who came to our house two times a month for four months. He gave me up like all the others and told me to take a trip across the ocean, which I did in the year 1899 and came home about as bad as when I started. The doctors told me my stomach lining was full of sores. Then I began to study my own case and learned of the diet recommended by the Postum Cereal Co., so I gave up coffee, pork and all greasy foods and began using Postum Food Coffee. Gradually I got better and better until I am well now as I ever was in my younger days, have no trouble and eat anything fit to eat.

"Sometimes away from home I am persuaded to drink coffee, but I only take a sip of it, for it tastes bitter and disagreeable to me, but the longer I use Postum the better I like it and the better I feel. I could say a great deal more of my experience with Postum, but think this will give everyone a good idea of what leaving off coffee and using Postum can do." Name given by Postum Co., Battle Creek, Mich.

Look in every pkg. for the famous little book, "The Road to Wellville."

How Children Help to Make "The City Beautiful"

By KATHERINE POPE, Author of "Letters of a Happy Poor Woman," Etc.



AMERICA at last is learning the value of the tireless energy of the little ones, learning to put to account their infinite "horse-power."

Along with our country's awakening to the desirability of civic cleanliness and beauty comes appreciation of the civic aid children are able to render. Able and willing. For nowhere do we find such eagerness, such zeal to be at something with might and main as we do among the vital young ones. Sometimes this eagerness seems pathetic, especially when elders take base advantage of it; but when kindly, wisely directed, it makes for the progress of the child, and often there is work accomplished that in itself is of decided value.

There is no prettier sight than a group of children hard at work on social good, using their ready wits and muscles in some task whose aim and fruitfulness they comprehend. Such a bevy of busy bees we come upon frequently nowadays in the city streets and village grounds; pulling weeds, making bonfires of unsightly rubbish, keeping sharp lookout that no untidy wayfarer despoil the new neatness. It is not only a lesson in industry, but also a lesson in unselfishness, the good of the social whole.

These folk, who furnish "the large majority of our citizens," are the very ones that in the past have done so much to fill the streets with disorder; on the way home from school they are the ones that have thrown abroad the oceans of papers; they are the fellows that have littered the land with banana and orange peel; these are the rogues that have made of the public thoroughfares depositories for all unsightly waste. And opening their eyes to simple means of remedying municipal untidiness has also, unconsciously, been a means of training them in the still more important matter of prevention.

The children, in their role of city helpers, we look upon in a new light; not merely as dependents, "nuisances," but a body of worth and dignity. We add to our love for them a feeling of respect; they grow in honor; we virtually lean upon them. And of a truth, in no other way than under the lead of the little child shall we be able to attain and retain the goal we have set us, a cleanly city.

And how they love posies, every boy and girl of them, every chick and child. Just a little guiding and away they go with any sort of a tool, at any fraction of soil they can lay claim to, and do their part to make a city beautiful as well as a city orderly. A dime's worth of flower seeds can do more for the happiness, uplift and health of a slum child than a dozen Sunday school picnics. There are better sermons, more sweetly, ingratiatingly preached, by a row of nodding, growing flower stalks than an evangelist can ever offer. Purity, graciousness, something way out of reach of the sordid and utilitarian they bespeak; and to not a few they ratify the word that God's in His Heaven.

Katherine Pope

Value of Insurance

By FRANKLIN WEBSTER, Editor "The Insurance Press," New York.

Not less than \$346,000,000 was distributed in 12,474 cities and towns in the United States and Canada in 1903, through the system of organized self help called life insurance. Twenty-one cities received more than \$1,000,000 in this way last year, the list being as follows:

- New York, N. Y., \$25,386,492; Philadelphia, Pa., \$9,348,297; Chicago, Ill., \$8,630,245; Brooklyn, N. Y., \$7,405,896; Boston, Mass., \$6,400,038; Baltimore, Md., \$4,003,280; St. Louis, Mo., \$3,801,402; Cincinnati, O., \$3,696,114; Pittsburg, Pa., \$2,731,678; Buffalo, N. Y., \$2,123,506; Cleveland, O., \$2,120,660; San Francisco, Cal., \$2,054,960; Detroit, Mich., \$2,006,845; Montreal, Que., \$1,973,139; Washington, D. C., \$1,972,168; Newark, N. J., \$1,890,608; New Orleans, La., \$1,800,161; Providence, R. I., \$1,517,103; Louisville, Ky., \$1,396,127; Milwaukee, Wis., \$1,355,562; Toronto, Ont., \$1,246,177.

In every section except New England the sums distributed in 1903 are 50 per cent. greater than in 1899. In New England the gain has been about 25 per cent. in five years. The amount of life insurance in force in New York is estimated to exceed \$2,200,000,000. It approximates \$900,000,000 in Philadelphia, \$700,000,000 in Chicago, and nearly \$600,000,000 in Boston. The anomalous fact is mentioned that policy holders of life insurance companies, who are taking care of themselves and their families to the extent indicated by these wonderful figures, are compelled to endure a taxation of nearly six per cent. on the sums distributed by the companies, an extortionate tax upon their thrift. The six per cent. tax mentioned does not include any direct taxes paid by insurance companies on property actually in their possession. A demand is made for the relief of the thrifty classes from such a heavy burden. In Great Britain and other countries life insurance policy holders are not taxed in this way.

Franklin Webster

Need of Battleships

By CAPT. A. T. MAHAN, U. S. N.

The destruction of the Russian battleship Petropavlovsk by contact with a submarine mine has given a renewed impetus to the contention, never wholly quiescent, that the large, heavily armored ship of war is obsolescent and an anachronism, because liable to vital injury or her own cost.

It has apparently occurred to no one similarly to contrast the relative intrinsic value of the rifle bullet with that of the trained soldier, or accomplished general, whom it slays. The results to be expected from the torpedo are set forth as seductively as the prospectus of a new corporation, promising the largest conceivable profits with expenditure inconceivably small.

The trouble with these calculations is that they fail to take accurate account of what the desired result is in naval operations; the necessary, indisputable aim of which, in the unanimous opinion of all competent judges, is the control of the sea. The disabling or destruction of battleships, one or many, is a means to this end doubtless; but it is itself only a means, not an end, and the two cannot be confounded without vitiating any course of reasoning based upon such initial confusion.

Because an expensive battleship may be removed from the field of action by an inexpensive torpedo, it by no means follows that control of the sea can be maintained by vessels differing radically from the historical class, of which in our day the battleship is the type.

CATARRH IS THE CAUSE OF MOST KIDNEY DISEASES.

PE-RU-NA CURES CATARRH.



Samuel R. Sprecher, Junior Beadle Court Angelina, 8,422 L. O. O. P., 205 New High St., Los Angeles, Cal., writes:

"I came here a few years ago suffering with catarrh of the kidneys, in search of health. I thought the climate would cure me, but found I was mistaken. But what the climate could not do Peruna could and did do. Seven weeks' trial convinced me that I had the right medicine, and I was then a well man. I know of at least twenty friends and members of the lodge to which I belong who have been cured of catarrh, bladder and kidney trouble through the use of Peruna, and it has a host of friends in this city." SAMUEL R. SPRECHER.

Captain James L. Dempsey, Captain 2nd Precinct Troy Police Force, writes from 198 Ferry St., Troy, N. Y., as follows:

"From my personal experience with Peruna I am satisfied it is a very fine remedy for catarrhal affections, whether of the head, lungs, stomach or pelvic organs. It cures colds quickly, and a few doses taken after undue exposure prevents illness.

"Some of the patrolmen under me have also found great relief from Peruna. It has cured chronic cases of kidney and bladder troubles, restored men suffering from indigestion and rheumatism, and I am fully persuaded that it is an honest, reliable medicine, hence I fully endorse and recommend it." JAMES L. DEMPSEY.

Officer A. C. Swanson writes from 607 Harrison St., Council Bluffs, Ia., as follows:

"As my duties compelled me to be out in all kinds of weather I contracted a severe cold from time to time, which settled in the kidneys, causing severe pains and trouble in the pelvic organs.

"I am now like a new man, am in splendid health and give all praise to Peruna."—A. C. Swanson.



CAPTAIN JAMES L. DEMPSEY.

Catarrh of the Kidneys a Common Disease—Kidney Trouble Often Fails to Be Regarded as Catarrh by Physicians.

Catarrh of the kidneys is very common indeed. It is a pity this fact is not better known to the physicians as well as the people. People have kidney disease. They take some diuretic, hoping to get better. They never once think of catarrh. Kidney disease and catarrh are seldom associated in the minds of the people, and, alas, it is not very often associated in the minds of the physicians. Too few physicians recognize catarrh of the kidneys. They doctor for something else. They try this remedy and that

remedy. The trouble may be catarrh all the time. A few bottles of Peruna would cure them.

Pe-ru-na Removes the Cause of the Kidney Trouble.

Peruna strikes at the very centre of the difficulty, by eradicating the catarrh from the kidneys. Catarrh is the cause of kidney difficulty. Remove the cause and you remove the effect. With unerring accuracy Peruna goes right to the spot. The kidneys are soon doing their work with perfect regularity.

Thousands of Testimonials. Thousands of testimonials from people who have had kidney disease which had gone beyond the control of the phy-

sician are received by Dr. Hartman every year, giving Peruna the whole praise for marvelous cures.

Peruna cures kidney disease. The reason it cures kidney disease is because it cures catarrh. Catarrh of the kidneys is the cause of most kidney disease. Peruna cures catarrh wherever it happens to be located. It rarely fails.

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, O.

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FREE to WOMEN

A Large Trial Box and book of instructions absolutely Free and Post-paid, enough to prove the value of Paxtine Toilet Antiseptic

Paxtine is in powder form to dissolve in water—non-poisonous and far superior to liquid antiseptics containing alcohol which irritates inflamed surfaces, and have no cleansing properties. The contents of every box makes more Antiseptic Solution—lasts longer—goes further—has more uses in the family and does more good than any antiseptic preparation you can buy.

The formula of a noted Boston physician, and used with great success as a Vaginal Wash, for Leucorrhoea, Pelvic Catarrh, Nasal Catarrh, Sore Throat, Sore Eyes, Cuts, and all soreness of mucus membrane.

In local treatment of female ills Paxtine is invaluable. Used as a Vaginal Wash we challenge the world to produce its equal for thoroughness. It is a revelation in cleansing and healing power; it kills all germs which cause inflammation and discharges. All leading druggists keep Paxtine; price, 50c. a box; if you do not, send to us for it. Don't take a substitute—there is nothing like Paxtine. Write for the Free Box of Paxtine to-day. R. PAXTON CO., 4 Pope Bldg., Boston, Mass.

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PIMPLES

"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and black heads. After taking Cascarets they all left. I am confident the use of them and recommending them to my friends, I feel fine when I rise in the morning. Hope to have a chance to recommend Cascarets." Fred C. Winton, 76 Elm St., Newark, N. J.



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