

A HEALTHY OLD AGE OFTEN THE BEST PART OF LIFE

Help for Women Passing Through Change of Life

Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.



Mrs. Mary Koehne

Nervous exhaustion invites disease. This statement is the positive truth. When everything becomes a burden and you cannot walk a few blocks without excessive fatigue, and you break out into perspiration easily, and your face flushes, and you grow excited and shaky at the least provocation, and you cannot bear to be crossed in anything, you are in danger; your nerves have given out; you need building up at once! To build up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary L. Koehne, 371 Garfield Avenue, Chicago, Ill., writes: "I have used Lydia E. Pinkham's Vegetable Compound for years in my family and it never disappoints; so when I felt that I was nearing the change of life I commenced treatment with it. I took in all about six bottles and it did me a great deal of good. It stopped my dizzy spells, pains in my back and the headaches with which I had suffered for months before taking the Compound. I feel that if it had not been for this great medicine for women that I should not have been alive to-day. It is splendid for women old or young, and will surely cure all female disorders."

Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, of Lynn, Mass., invites all sick and ailing women to write her for advice. Her great experience is at their service, free of cost.

We can generally avoid a lot of trouble by not saying what we think.

PUTNAM FADELESS DYES. are fast to light and washing and color more goods than others. 10c per package.

Tuberculosis in Germany. Under the workmen's sickness insurance law about \$9,500,000 was spent in Germany in the treatment of tuberculous patients in the years 1901 to 1905.

Fear for Cologne Cathedral. Serious damage to the magnificent central portal of Cologne cathedral is feared. Several large pieces of carved stone have fallen and numerous other portions show signs of loosening. The cathedral, begun in 1248, was not completed until 1880. It is generally regarded as the finest piece of Gothic architecture in the world.

GAINED 34 POUNDS

Persistent Anemia Cured by Dr. Williams' Pink Pills After Other Remedies Had Failed.

"When I began taking Dr. Williams' Pink Pills," says Mrs. Nathaniel Field, of St. Albans, Somerset county, Maine, "I was the palest, most bloodless person you could imagine. My tongue and gums were colorless and my fingers and ears were like wax. I had two doctors and they pronounced my trouble anemia. I had spells of vomiting, could not eat, in fact, did not dare to, I had such distress after eating. My stomach was filled with gas which caused me awful agony. The backache I suffered was at times almost unbearable and the least exertion made my heart beat so fast that I could hardly breathe. But the worst of all was the splitting neuralgia headache which never left me for seven weeks. About this time I had had several numb spells. My limbs would be cold and without any feeling and the most deadly sensations would come over me."

"Nothing had helped me until I began taking Dr. Williams' Pink Pills, in fact, I had grown worse every day. After I had taken the pills a short time I could see that they were benefiting me and one morning I awoke entirely free from pain. The distress after eating disappeared and in three weeks I could eat anything I wanted and suffer no inconvenience. I also slept soundly. I have taken several boxes of the pills and have gained in weight from 120 to 154 pounds and am perfectly well now."

Dr. Williams' Pink Pills cure anemia because they actually make new blood. For rheumatism, indigestion, nervous headaches and many forms of weakness they are recommended even if ordinary medicines have failed. They are sold by all druggists, or will be sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams' Medicine Company, Schenectady, N. Y.

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Bile, Nervousness, Dizziness, Bad Taste in the Mouth, Costed Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

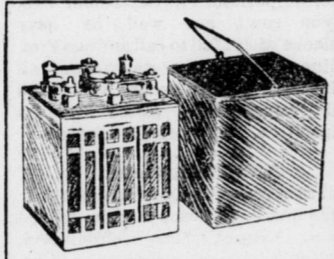
Genuine Must Bear Fac-Simile Signature
W. D. Wood
REFUSE SUBSTITUTES.

THE ELECTRICAL WORLD

FOR MOTOR CARS.

A New Improved Light-Weight Ignition Storage Battery.

Our illustration shows the general appearance of a new light-weight ignition cell put up in celluloid jars by



Improved Light-Weight Ignition Storage Cells. (Voltage, 6; Ampere Hours, 25; Weight, 12 Pounds.)

A New York company. The battery illustrated consists of three 5-plate cells having a total capacity of 25 ampere-hours and furnishing a total of six volts. The cells and containing case complete weigh only 12 pounds, which is extremely light for a battery of this voltage and capacity, says the Scientific American. The battery shown was constructed especially for use on a flying machine, but the greatest sphere of usefulness for cells of this kind is on automobiles. Not only are these batteries of about half the weight for the same capacity of cells used heretofore, but the plates are constructed after a special process which gives them great porosity and a long life. They can be charged and discharged a large number of times, and at a high rate, without injury, and what is more important with an ignition cell, they can be left standing in a discharged condition for a long time without any loss of capacity. In other words, abuse of this character, which would completely ruin some of the light-weight foreign ignition cells, will cause no perceptible difference in the efficiency of this improved battery. The capacity, unlike that of most ignition accumulators, is fully equal to the rating.

Two 50-ampere-hour cells giving four volts, for example, weigh only 16 pounds, and yet they will be found sufficient to run a four-cylinder car at least 1,200 miles. Comparing these figures with those of other ignition cells, it will be seen that, durability aside, the battery is a decided advance over what has been done before as regards light weight.

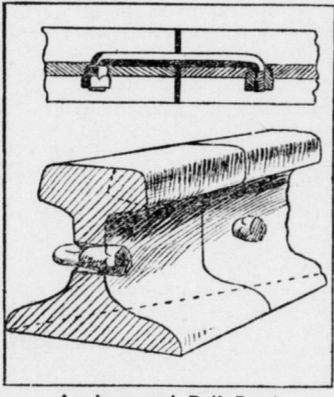
IMPROVED RAIL BOND.

Method by Which a Firmer Electrical Contact is Secured.

A patent has recently been secured by Edwin W. Robinson, of Pottsville, Pa., on an improved rail bond for electric railways. The new bond is arranged to insure an exceedingly firm electrical connection between adjacent rails, and in a very simple and economical manner.

The invention will be clearly comprehended by a glance at the accompanying engraving, says the Scientific American. It comprises a conductor in the form of a rod, which is bent to enter holes in the webs of two adjacent rails. The ends of the rod are threaded to receive a pair of nuts, which enter the holes in the webs. The nuts are formed with frusto-conical ends, and as the nuts are screwed up on the rod, they not only draw the rod into close contact with the webs of the rails, but also wedge their frusto-conical ends tightly into the holes in the webs. This insures an exceedingly good electrical connection between the adjacent rails. It will be evident that the new rail bond can be applied to rails as now constructed.

Electrical Diving Rod. An electrical diving rod, claimed to operate more certainly and scientifically than the ancient and dishonored twig, has been devised by Adolph Schmid, a Swiss engineer. It seems to consist essentially of a glass-covered box enclosing a coil of insulated wire in which a slightly magnetized needle is free to rotate over a graduated dial. When the apparatus is placed over subterranean water, with the axis of the coil in the magnetic meridian, the needle, it is asserted, oscillates more or less rapidly from two to ten and even up to 50 degrees.



An Improved Rail Bond.

Arrangement of the Wires.

Interruptions at C and D are not in unison the result will not be good.

I have one of these bells in use at the present time, says a correspondent of Popular Mechanics, and find it a great convenience.

AN ELECTRICITY THIEF.

Case Where a Householder Secured Enough Current to Light His House.

"Electricity thieves crop up now and then," said an electrician to the reporter of the Philadelphia Bulletin. "Our last case was a man who had lighted his whole house with stolen electricity for six months."

"Next door to this man was a 1 1/2 factory that used 1,000 lights a night. The man bored a hole through a partition, inserted a wire, tapped the factory's current and helped himself bountifully to illumination."

"We lost nothing. The factory paid, of course, for the electricity stolen from it. The theft wasn't discovered till some time after the thief had moved away."

Steel Plate Sky-Scraper.

San Francisco is to have a 15-story building of which all the walls are to be of steel plates.

TELEGRAPH KEY AND SOUNDER

How the Complete Outfit Can Be Made by the Amateur.

The sounder, Fig. 1, is made from an old electric bell magnet, D, fastened to a wooden base. The lever, A, can be made of brass and the armature, C, is made of iron. The pivot, E, is made from a wire nail and is soldered to A. It should be filed to a point at each end so as to move freely in the bearings, B, which are pieces of hard wood.

The spring, H, is fastened at each end by pins, bent as shown, and should not be too strong or the magnet will be unable to move the armature. The stop, K, is a wire nail driven deep enough in the base to leave about one-eighth-inch between the armature and the magnet. The binding posts, F, can be taken from old dry batteries and are connected to the two wires from the magnet by wires run in grooves cut in the base.

The base of the key, Fig. 2, is also made of wood, says Popular Mechanics, and has two wooden bearings, E, which are made to receive a pivot, similar to the one used in the sounder. The lever of the key is made of brass and has a hardwood knob, A, fastened near the end. A switch, D, connects with the pivot at F and can

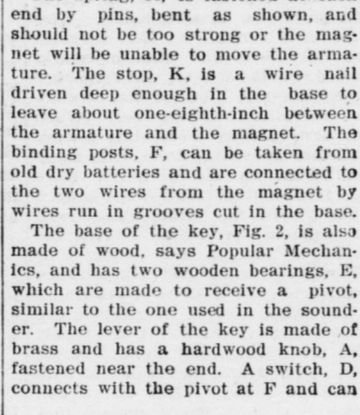


Fig. 1. Sounder—A, brass; B, wood; C, soft iron; DD, coils wound with No. 26 wire; E, nail soldered on A; FF, binding posts; H, spring.

be either made from sheet brass, or taken from a small one-point switch. The binding posts are like those of

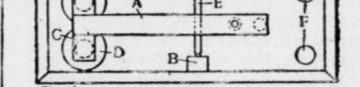


Fig. 2. Key—A, wood; B, brass or iron soldered to nail; C, brass; D, brass; E, wood; F, connection of D to nail; HH, binding posts.

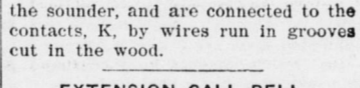
the sounder, and are connected to the contacts, K, by wires run in grooves cut in the wood.

EXTENSION CALL BELL.

How the Ring of the Telephone Can Be Carried Some Distance.

In many shops, where the telephone is in the office and the proprietor spends a great part of the time in the shop, the telephone often rings repeatedly without being answered, as there is nobody within hearing distance. In many cases of this kind an extension call bell, such as is shown in the sketch, could be used to advantage.

The telephone bell, A, is fitted with a piece of hard rubber, B, having a metal contact, C, which is placed so that the hammer will strike it and make contact. Part of the gong may be cut away to do this, or if necessary, the whole gong may be removed. The other gong is connected to one side of the battery, and the other side connects to an electric bell, D, which can be placed in any desired location. If the bell does not work well, short circuit the interrupter. This will not prevent it from vibrating, as the current is intermittent, being interrupted at C, and if the in-



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North Dakota Solves the Adulteration Problem.

North Dakota seems to have found the key to the question, "How shall we protect the people from frauds in manufactured products?" A new law has recently gone into effect designed to make it impossible to deceive people into buying inferior and adulterated paint under the impression that they are getting real paint, viz.: pure white lead and linseed oil.

The North Dakota lawmakers did not attempt to absolutely prohibit the inferior pigments, or mixtures of pigments. They adopted the slogan, "Let the label tell," and then left to the people to buy whichever they wished.

Under this plan, if any one wishes to buy a mixture of rock-dust, ground quartz and other cheap elements which are found in many paints and so-called "white leads," no one can object; for they do it with their eyes open. But if they prefer genuine white lead and linseed oil, they can be sure of getting it, for none but the genuine article can bear a label which says "pure white lead."

In all other States mixtures are often sold as pure white lead which contain little—sometimes no—real white lead.

It would seem that were this same principle applied to food, beverages and all other prepared articles, where deception is practiced upon the buyer, the question would be solved. It would leave us free to buy what we pleased, but would protect us from unwittingly buying what we did not want.

WILD WITH ITCHING HUMOR.

Eruption Broke Out in Spots All Over Body—Cured at Expense of Only \$1.25—Thanks Cuticura.

"The Cuticura Remedies cured me of my skin disease, and I am very thankful to you. My trouble was eruption of the skin, which broke out in spots all over my body, and caused a continual itching which nearly drove me wild at times. I got medicine of a doctor, but it did not cure me, and when I saw in a paper your ad, I sent to you for the Cuticura book and I studied my case in it. I then went to the drug store and bought one cake of Cuticura Soap, one box of Cuticura Ointment and one vial of Cuticura Pills. From the first application I received relief. I used the first set and two extra cakes of Cuticura Soap, and was completely cured. I had suffered for two years, and I again thank Cuticura for my cure. Claude N. Johnson, Maple Grove Farm, R. F. D. 2, Walnut, Kan., June 15, 1905."

Crucial Test.

"Yes, the prisoner was a woman of extraordinary nerve. They tried in every known way to make her nervous."

"That so?"

"Yes. They shot off a gun unexpectedly, yelled 'Fire!' and told her a distant powder blast was an earthquake. Still she was unmoved. Then they liberated a mouse."

"I'll wager a bank roll against a stogie that the mouse made her nervous."

"Not at all. She only stepped on it and laughed."

"Great Jupiter! Such a woman as that wouldn't lose her nerve if the earth exploded."

"Oh, yes. One of the detectives stepped up and whispered in her ear that her hair had been used up for two hours, and then she collapsed."

To keep your auto looking bright use the following mixture for all painted parts: Sperm oil, one-half pint; common vinegar, one-half pint; oil bergamot, one dram. Mix and rub with clean cloth. For all brass work use tripoli, one and one-half pounds; any lubricating oil, eight ounces; gasoline, three quarts. This is one of the best cleaners for all polished brass.

If you contemplate buying a medium priced automobile and want to be certain of securing a car suitable for touring on country roads, up hill as well as down hill, you will make no mistake in buying either a Buick, Maxwell, Mitchell, Reo, Knox, Franklin or Queen. These range in price from \$750 to \$2,000.

European Neatness.

In a thousand miles of Europe an observer saw only one rubbish heap—some old metal cans at Karlsruhe. Everywhere else was a complete absence of all waste or carelessness, and above all, of defacement and roadside uncleanness.

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Labor the Great Quality.

The most beautiful actions of the human body, and the highest results of the human intelligence, are conditions or achievements, of quite unlaborious—nay, of recreative effort. It is the negative quantity—or quantity of defect—which has to be counted against every feat and of defect which has to be counted against every feat or deed of men. In brief, it is that quantity of our toil which we die in.—Ruskin.

W. L. DOUGLAS \$3.50 & \$3.00 Shoes

ESTABLISHED 1870
CAPITAL \$2,500,000

W. L. Douglas's \$4 Gilt Edge line cannot be equalled at any price.

Try W. L. Douglas Women's, Misses and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes and insist upon having them.

Fast Color Lightly used, they will not wear brass.

Write for Illustrated Catalog of Fall Styles.

W. L. DOUGLAS, Dept. 12, Brockton, Mass.

A. N. K.—C (1906—36) 2142.

900 DROPS
CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHEE

Pumpkin Seed - 1/2 lb.
Aloe Sassa - 1/2 lb.
Rochelle Salt - 1/2 lb.
Anise Seed - 1/2 lb.
Sage - 1/2 lb.
Sulphur - 1/2 lb.
Castor Oil - 1/2 lb.

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
Dr. H. H. Pitcher
NEW YORK.

At 6 months old
35 DROPS - 35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Dr. H. H. Pitcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

THE WINNING STROKE

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists, and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

CALIFORNIA FIG SYRUP CO.
Louisville, Ky. San Francisco, Cal. New York, N.Y.