## PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organ.

"I dreaded the approach of my menstrual period every month, as it meant so much pain and suffering for me, but after I had used the Compount two months I became regular and natural and an now perfectly well and free from pain at my monthly periods. I am very grateful for what Lydia E. Pinkham's Vege table Compound has done for me."

Such testimony should be accepted

More than fifty thousand women ful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

Wollett

The success of Lydia E. Pinkham's Vegetable Compound rests upon the well-earned gratitude of American weaknesses and diseases. The two following letters tell so con- women. vincingly what Lydia E. Pinkham's When women are troubled with irreg-Vegetable Compound will do for ular, suppressed or painful menstrua-

to thousands of sufferers. Miss Nellie Holmes of 540 N. Davision Street, Buffalo, N. Y., writes:

Dear Mrs. Pinkham:—

"Your medicine is indeed an ideal medicine for women. I suffered misery for years with painful periods, headaches, and bearing-down pains. I consulted two different physicians but failed to get any relief. A friend from the East advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and no longer suffer as I did before. My periods are natural; every ache and pain is gone, and my general health is much improved. I advise all women who suffer to take Lydia.

Ton't hesitate to write to Mrs. advise all women who suffer to take Lydia E. Pinkham's Vegetable Compound."

Ask Mrs. Pinkham's Advice-A Weman Best Understands a Woman's fils.

While no woman is entirely free from | Vegetable Compound sooner; for I have tried periodical suffering, it does not seem to so many remedies without help. so many remedies without help. "I dreaded the approach of my menstrual

Such testimony should be accepted

by all women as convincing evidence have testified in grateful letters to Mrs. that Lydia E. Pinkham's Vegetable Pinkham that Lydia E. Pinkham's Compound stands without a peer as a Vegetable Compound overcomes pain- remedy for all the distressing ills of women.

When women are troubled with irregwomen, they cannot fail to bring hope tion, leucorrhea, displacement or ulceration of the womb, that bearingdown feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion and

Don't hesitate to write to Mrs. Pinkham if there is anything Mrs. Tillie Hart, of Larimore, N. D., about your sickness you do not understand. She will treat you with kindness and her advice is "I might have have been spared many months of suffering and pain hal I only known of the efficacy of Lydia E. Pinkham's thousands. Address Lynn, Mass.

It isn't always wise to judge a man by the FLED BEFORE WOMAN'S PISTOL swear-words he doesn't use.

MILK CRUST ON BABY Lost All His Hair-Scratchel Till Blood Ran-Grateful Mother Tells of

His Cure by Cuticura For 75e. "When our baby boy was three months old he 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 | struggle she went to out Callao, which blood ran. I got a cake of Cuticura Soap | is about half an hour by rall from and a box of Cuticura Ointment. I applied | Lima, with her Peruvian lawyer, the Cuticura and put a thin cap on his head, and before I had used half of the box it was entirely cured, his hair commenced to grow out .nicely again, and he has had no return of the trouble. (Signed) Mrs. H. P. Holmes, Ash'and, Ore."

Referenation of a Kind.

"Yes, kind lady, my four years' term expires in two weeks, then when I get out of the pen I am going to reform and start a little cigar store. I kin buy one for six handred dollars. Have I friends what'll advance the money? Naw, I don't need them fer that little' sum; I kin steal that much in two nights."-Lippincott's.

There is a fine opportunity in this vicinity to take orders for the celebrated White Bronze monuments, headstones, grave covers, etc., made by The Monumental Bronze Company, 392 Howard Ave., Bridgeport, Conn. It is a good, legitimate business, and they offer very liberal inducements. Someone should write them for the agency.

Anticipated Regr t. Her husband had died very suddenly, and her friends were calling

to comfort her. She listened very attentively and seemed to be more cheerful, but suddenly she cried out, 'All you've told me is very true, but I'm sure I shall never love my second husband as much as I did the first."--Lippincott's.

FITSpermanentiyeured. No major nervous-ness after first day's use of Dr. Kline's Great Nervellestorer, #2trial bottleand treatise free Dr.R. B. KLINE, Ltd., 131 Arch St., Phila., Pa

Arabian horses show remarkable cour-Mrs. Winslow's Soothing Syrup for Children

teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic, 25c. a bottle Hundreds of millions of dollars are annually spent in advertising.

I am sure Piso's Cure for Consumption saved my life three years ago .- Mrs. Thomas Ros-erts, Maple St., Norwich, N.Y., Feb. 17,1900

The earliest known cook book was printed in Venice in 1475.

To Prevent Chapped Hands,

Many women who do their own work are much annoyed in winter with chapped hands. This may be avoided by using Ivory Soap for dish washing and toilet purposes. Dry the hands thoroughly each time after they have been in water and rub with a little oatmeal-water or some good lotion. ELEANOR R. PARKER.

The only Englishman who ever became Pope was Adrian IV.

Itch cured in 30 minutes by Woolford's Sanitary Lotion; pover fails. Sold by Druggists. Mail orders promptly filled by Dr. Detchon, Crawfordsville, Ind. \$1.

Few Russian trains travel at a faster rate than twenty-two miles an hour. Tay or 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.

Every up-to-the-minute baby wears bawl gowns

How Mrs. Reader Put Stop to Impu-

dence of Peruvian. In her story of "Ella Rawls Reader, body's, Juliet Wibor Tompkins tells are of no value should be sold as rub- Who dances must pay the piper, Financier," contributed in Everythe following incident of a struggle of Mrs. Reader's in Peru:

"After eight months of useless Scotch Interpreter, and American engineer, and forced the manager to open the warehouses and let her make an inspection of the machinery. The manager had met her with his lawyers, and the hour for argument before she gained her point had been something of a strain. During the whole process a Peruvian on the Haggin side had been standing close to Mrs. Reader, his little, narrowed eyes staring with that deliberate insolence only Latins can accomplish. The company went out into the wareroom where the machinery lay and the difficult business of a hurried inspection went forward, but still the bullying stare never ceased. After about two hours of it, the fine edge of that hidden temper of her suddenly sprang up. She whirled on him with a blaze of words that needed no interpreter, and

in a strong white hand and quite ready for business. "The gentleman of Peru neither apologized nor retracted; he incontinently fled. And he was not the only one. Like shadows the men flitted out of the dusky warehouse, leaving the dangerous woman a clear field. When she looked about there was no one in sight but two Irish porters, and in their eyes were sympathetic twinkles, meeting which, Mrs. Reader could only sink down helpless with

laughter and put up her pistol."

all at once his stare was being re-

turned by a flerce little pistol held

Plausible Theory. The great detective had been sum-

moned to the plumber's office. "I can't understand it," said the plumber. "The young man has been in my employ for the last three years and I have always found him honest and trustworthy. But three days ago I sent him to collect a bill in the suburbs and he has failed to show up since. Now, what do you think of

that?" "Oh," replied the g. d., "I don't think you have any cause for alarm. He was probably paid in small bills and is still counting the money to make sure that the amount is cor-

His Father Was Athlete.

Dr. Dudley of Abington, Mass., tells this story of his man David and his housekeeper, who had great confidence in all that David said and did: One day David was in the barn, doing something which caused a visitor to say: "You're quite an athlete, aren't you?"

"Well, yes," replied David; whereupon the housekeeper, who stood near, said: "Why, I thought you told me you was Scotch."

"Well," said David, "my mother was Scotch, but my father was ath-



DINNER GOWNS.

Embroidered crepe de chine is very much in vogue today, and many of the models made up in this material are extremely handsome. The satin finished quality crepe de chine is most effective, although the dull crepe is excellent for a simple gown and is very inexpensive. Dull finished black crepe de chine is used so much in mourning customes as to be rather unpopular even when trimmed with any quantity of waite lace and embroidered work.

Gold and silver ribbon and braid trimmings are both fashionable just now and also embroidered work in elly in vegue. Artificial flowers, but silk and velvet, are used once more to trim a rather simple style of dinner dress while the flower style embroidered direct upon the texture in ribbon work or chiffon gives a fascinating pretty finish to a gown of soft

York Telegram. One midel for a debutante's dinner gown was charmingly pretty and attractive. This was of white net with here and there tiny black rings in the texture laid over a lining of rose pink ings of narrow plaited Valenciennes. The small puff sleeve fell well down bloused slightly over the girdle and she may rush in and take the floor. was trimmed with rows of plaited lace ing.

CARING FOR CLOTHES. summer garments in the same place. position as soon as possible. A most important detail in the care of Another word of advice is 'Don't once, and cleaned or dyed, as the case | would have poise, she must possess an may be. If left as they are, they will aim in life. only deteriorate in condition and oc-

cupy valuable room. Articles which they are likely to be useful. clothes first. Hard-working people ordinary wash.

and good management. Cotton and muslin dresses should

time.-Washington Times.

OUR DUCHESS'S JOKE. American society women who seek not infrequently find that the nobility has been ahead of them. It is not at all uncommon for the aspiring American woman to ask for the loan of her British friend's family heirlooms in order that she may have them reproduced. Sometimes she even wants to rule, the idea is to have many sets of When she discovered that the "pricecopy faithfully drawn to the very fold ated with electric lights. of the strawberry leaf-a coronet made in imitation diamonds, sham her pet tiger, and now has for a compearls and false emeralds—and worth panion a large and ugly baboon, whose about \$650. The imitation stones are ears have been pierced so that they of the finest. Since the jewelry thief may carry large rings of solid gold. has become a factor to be reckoned Bernhard is said to look as young as their jewels as themselves, and more is without wrinkles, and her step is once in a while they can go and gaze tive city as an actress. upon them.

BRIDEGROOM'S DUTIES.

nearly as possible like the groom- steel or gold, are most simple in conby the Fide. Their hats should be ial and trimmings would make the cared for by the sexton or his assist- gown notice. ble everywhere. ant at the church and given to them In the vestibule as they leave the

The bridegroom's duties before the man and arrange with him about the ers and all sorts of soft material are wedding and also secure the marriage used for the ball gowns for the debu-

license. The amount of the clergyman's fee is a matter of option with the groom. The smallest amount is \$5, and for a man with any means, the amount should be much more than this, says Elizabeth Biddle in the Chicago Inter-Ocean.

The money or check should be placed in an envelope and given to the best man. He should hand it to the clergyman either in the vestry room after the ceremony or after leaving the church. Some days in advance the sexton should be instructed to arrange for the awning, if there is to be gold and eliver thread is to-day decid- one, and the carpet. A man should stand at the entrance of the covered only of the handsomest quality of way to open the carriage doors and to keep away idlers who will throng out of curicsity. The white ribbons, to be stretched across or along the aisle, should be given to one of the ushers.

The organist should be told some time in advance what selections to rich crepe or tulle, says the New play, and the arrangements made with the florist for the decoration of the church and the house.

TO ACQUIRE POISE.

Americans-and especially the feminine part-greatly need to cultivate satin. The wide plaited belt was poise. Women have so many virtues made of the satin, long sash ends of that they get in the way and impede the same giving the note of color and progress, so that poise is needed to character to the skirt. The waist was equalize and balance their excellence trimmed about the neck, with a from turning into self-sufficiency and Couble row of ribbon, rosebuds, the their cleverness from turning into band edged on both sides with ruch mere smartness, says the New York Tribune. The woman with poise can listen attentively. She doesn't sit on on the arm, held up by a shoulder pins and needles until a breathing strap of the filk roses. The bodice place comes in the conversation that

Few people are born with poise, but edging. The skirt was very full, it can be cultivated. In the first place, trimmed only far down with alternate don't work all your muscles when rows of roses and Valenciennes edg- you talk. Sit relaxed and don't move your arms and hands until it is necessary. Learn to be like an elastic band, that stretches only as much as It is a mistake to keep winter and it has to, and falls back to its normal

clothing is that at the close of each worry'-that is, don't worry unnecesseason the clothes which have been sarily. Tangles have a way of in use during its course should be straightening themselves out when looked over and decisively dealt with, we face them courageously. Dony, Articles which can be worn again fritter away your words and emotion; should be brushed repaired and put The well poised woman never bir. away; articles which are to be pulled bles, nor does she indulge freely in to pieces should be so treated at exclamations. And lastly, if a woman

TO WASH SILK STOCKINGS.

bish or given away to those to whom and who wears fine clothes must go to trouble. And the purport of this Here it may be mentioned that is that if you will wear silk stockings when about to give garments to the and can't afford a maid to wash them poor one can very much increase the for you, you'd better do it yourself, value of the gift by mending the rather than end them out with the

have not usually too much time for Some experts say that delicate silk repairing their clothes, even when and lace stockings should always be they know how to set about the bus- cleaned with benzine, but benzine is iness; and a neat darn or skillful so odorous that it should be used only plece of mending would not only make , when absolutely necessary, and here the garment better worth having, but it is not. The most cobwebby quality might serve as an example in thrift will come out whole and unstreaked if they are washed in bran water.

Buy the bran at a drug store, and never be put away with the starch in if one is going away for the summer them. To do this would be likely to take a quantity of it. Put a handful make them rot. They should be left of it into a basin of tepid water, souse rough-dry, when it is not intended and squeeze the stockings in it and that they should be worn for some rinse in the same way.

Do not wring, and if the stockings are colored be sure to dry in the shade and what is better still, in the dark that they may not fade. If to copyy in imitation stones the rare washed in the afternoon and hung jewelry of European noble families near a window they will dry over night.-New Orleans Picayune.

MME. BERNHARD'S SAVAGERY. It was Thomas Carlyle who said that all genius was akin to savagery. Sarah Bernhardt exemplifies this in the boudoir of her chateau in Paris, use real gems in the work, but, as a says the Pittsburg Gazette. Mme. Bernhardt is a perfect barbarian in handsome jewels all in paste. A her defiance of all the conventionalifriend of the American Duchess of ties regarding color schemes. Her Marlborouga borrowed her famous sleeping room is hung in royal purcoronet not so long ago in order to ple, picked out with peacock plumes. have a duplicate made in imitation. Over her Louis XVI, bed is a canopy made of unspun silk taken directly less" coronet was make-believe she from the silkworm cocoon. A great was too disgusted to imitate it. Con-splash of crimson satin, in the form suelo is really enjoying a quiet little of a shield, adorns the center. The oke at the expense of lesser mortals, walls are hung in old tapestries, and for the coronet, which all the world in the interstices of the hanging are may see and love, is not a \$65,000 row after row of tiny monkey skulls, Tiffany creation, but a marvelous the eye sockets of which are illumin-

The "divine Sarah" has parted with with, society women are guarding she did twenty years ago. Her face and more are locking their treasures as spry and her manner as vivacious up in safety deposit vaults, where as when she first electrified her na-

FASHION NOTES.

The black and the white satins, the The best man and ushers dress as former trimmed with lace and cut

Once again graceful trains are seen on all house gowns and afternoon costumes-not in exaggerated length.

Soft white taffeta, white net rib bon embroidery in the tiniest of flow-

## Should a Girl Marry a Man to Reform Him?

SHORT while ago a girl came to me for advice, saying that she was deeply in love with a man and he with her. She wanted to know if she should marry him.

He was a great lover of liquor and often drank to excess. She felt and he said that he hadn't strength to resist the temptation, but he added that with her to strengthen him he could resist any temptation.

Without her he couldn't even control this appetite for drink. Indeed he threatened, if she threw him over, he would go straight to the dogs. That was his threat; that was the way he talked to the woman he loved. Could anything have been more selfish?

Still that girl loved him and was even thinking of sacrificing her life to him What a sacrifice it would have been.

You girls doubtless think me cold and hard-hearted to use such strong terms, but what else would it have been but a useless sacrifice? Has a man who hadn't the strength or courage to reform before marriage

ever been known to do it afterward? Has a man who admits that he hasn't the strength to turn over a new leaf before marriage turned it over as soon as he had spoken the few words of the marriage service? There is no doubt that many men have been made better able to resist

temptation by the consciousness of the fact that a good woman loved them Don't think I am making light of the influence of women upon men, for of course it is one of the most powerful influences in the world. But what I do say is that a woman can't make a greater mistake than to

marry a man to reform him. If he hasn't cared enough for her to reform before marriage, the chances are he will not do it afterward, and she will be less lenient after marriage than

There are a thousand ways a woman can help a man if he is weak and faltering, but it isn't necessary to marry him.

Most people marry for happiness, and the marriage that is to lead to hap

piness must be founded on respect. Can a woman respect a man who she feels is weaker than herself? Doesn't she naturally look down upon one who she sees is powerless to stand alone? She may feel sorry for him and be only too glad to help him.

But she should never marry a man simply because she feels sorry for him; that kind of sorrow soon grows into contempt after the marriage contract is

Before marriage that sort of sorrow may be made to grow into love if the object be at all worthy.

If a man has inherited a taste for drink and once or twice allowed that taste to get the upper hand, the fact that some woman believes in him and believes that he can overcome that taste will be the greatest help to him. Her belief in him may be the means of his getting the better of his weak

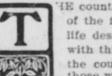
ness and in time gaining absolute control of himself. The woman who wouldn't respect such a man would be a fool indeed, but to expect happiness with a man you are trying to reform is the hight of fool

In marriage there must be mutual respect, and a woman can't respect a man if she looks down upon him. There is no harm, and often much good comes from women trying to strengthen and uplift the men they know. But when it comes to marriage,

## heart, mind and soul to love, honor and obey .- New York Journal. Selecting a Home in the Country

leave reform work out, and marry a man whom you can sweear with your whole

By W. Clement Moore.



HE country is growing more beautiful daily, principally on account of the fact that so many of those who have led a successful city life desire rest and quiet when free from toil, and in accordance with this wish have built themselves beautiful and cozy homes in the country. Again, even the regular dwellers in the country, those who always have and always will live there, have awakened to a realization of the fact that it costs but little, if any, more to own a well-kept and neat-appearing home than it does to own a really good place

in really bad condition-and there are a great many of the latter yet, with all the advancement along this line. There are, in the over-crowded cities today, a large number of people whose health may not be of the best, or who may be lovers of country life, yet feel that they have not enough money to live in the country and work in the city, and thus keep shut up in the city on account of not having the courage of their

convictions and believing that they cannot make a living in the country.

The question then, is, for the man with a little money; say, enough to buy small place and stock it, to find that place where he can sustain himself and family and make a little margin of profit. Most important of all, we must understand, though, is the fact that we are looking primarily for a home where we expect to live in the free pure air, amon God's own creatures and amid No ture's beauty work. It is pleasant to have a home where, when idle, one can dream the misty day dream, while listening to the singing of the birds, the humming of the bees, or the chattering of a friendly squirrel, and sweeter yet to dream the golden night dream, with no sound to mar the stillness save the laughter of prippling brook or the lowing of a meadowed herd. Such are the pleasures which are the kin of heaven, where the human hand does not direct

We shall choose a small place, with fertile soil, and by intensive and highly practical farming glean from its few acres a good and sufficient income. Let us have five to fifteen acres as close as possible to town or depot, for we must sell a portion of our product to the non-producing populace of the large towns and cities. If possible, we should like to have a woods, hill or windbreak to the north of our house, to protect both us and our crops from northern winds. This will give us, too, the warm sunshine, which is greatly conducive to healthy plant life. These are the principal points, and we can often find them in cheap properties slightly run down, and the building up in many cases will be less expense than buying new.



Graft in Legislation. By State Senator Francis W. Parker, of Illinois

NE of the familiar devices of the modern grafting legislature, working in the interest of and directly or indirectly in the pay of those who have an interest adverse to the public, is to manipulate the business so that it will be concentrated in the final days of the session, and everything will be killed. Another familiar pretext is to load the bill, the passage of

which has become inevitable, with conditions and incidents fatal to its efficiency, or which prolong the period of its applicability, until after the next session of the Legislature, when it again may become subject matter for discussion. The graft of the future is just this kind of negative graft. The great interests adverse to the people are no longer demanding legis-

lation. They have their lands, their charters, their franchises, their well-nigh uncontrolled possession of regulation of the rates for the services which they render. They are asking nothing except to be let alone. The result is that we have legislative assemblies-city, State and National-in which men, who in ancient times would have poisoned wells or defiled temples, are engaged ostensibly in passing laws for the communities which they represent.

The graft of the legislator is secret. No books are kept which some day are certain to reveal his crime. No partner is in position to reveal the wrong. If some one loses money to him in a poker game or retains his law partner at a time when critical legislation is before him no one can trace the crime to him. even though all the facts become known.

Diving Bell of 200 Years Ago. Edward Halley constructed what is

often referred to as the first diving bell, although the apparatus must have been much like that which was used in the presence of Charles V. The principles of the diving bell is

simple. An inverted jar if sunk in the water retains air at its top; and if there is enough air men may live and breathe and work there, and keep

Dr. Halley's diving bell was a large wooden chamber, open at the bottom, and loaded there with lead to prevent it from turning in the water. Pieces of glass set in the roof furnished light. Air was supplied by an ingenious method; for leaded casks full of air were sent down, bung downward. Tipping the barrel, water would rush into it and drive out the Mir to the man in the bell chamber. England is 700 years old.

At the depth of thirty-three feet the air is compressed to half its former It was nearly 200 years ago that bulk, and the bell is therefore at that depths filled full with water; and as the depth increases so do the compression and the pressure .- Technical World Magazine.

> Parisian Pet Dog Market. Word from Paris tells that the pet

dog market is booming. There never was a better season says M. Aaron, a well-known dealer, and among the most numerous purchaser of Papillons, toy spaniels and Poms are American women ready to embark for home. What is most fashionable in pet dogs is, according to the dealer, what contrasts best with the dark color of feminine apparel donned for the colder weather.

The clock in Exeter Cathedral,