

# Yours for Health

## Lydia E. Pinkham



How Truly the Great Fame of Lydia E. Pinkham's Vegetable Compound Justifies Her Original Signature.

**Lydia E. Pinkham's Vegetable Compound.**

It will entirely cure the worst forms of Female Complaints, all Ovarian troubles, Inflammation and Ulceration, Falling and Displacement of the Womb, and consequent Spinal Weakness, and is peculiarly adapted to the Change of Life.

It has cured more cases of Backache and Leucorrhoea than any other remedy the world has ever known. It is almost infallible in such cases. It dissolves and expels tumors from the Uterus in an early stage of development, and checks any tendency to cancerous humors.

Irregular, Suppressed or Painful Menstruation, Weakness of the Stomach, Indigestion, Bloating, Flooding, Nervous Prostration, Headache, General Debility quickly yields to it.

Womb troubles, causing pain, weight, and backache, instantly relieved and permanently cured by its use. Under all circumstances it acts in harmony with the laws that govern the female system, and is as harmless as water.

It quickly removes that Bearing-down Feeling, extreme lassitude, "don't care," and "want-to-be-left-alone" feeling, excitability, irritability, nervousness, Dizziness, Faintness, sleeplessness, flatulency, melancholy or the "blues," and backache. These are sure indications of Female Weakness, or some derangement of the Uterus, which this medicine always cures.

Kidney Complaints and Backache of either sex the Vegetable Compound always cures.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Sold by Druggists everywhere. Refuse all substitutes.

## ALABASTINE

NOT A KALBOMINE

Forms a pure and permanent coating and does not require to be taken off to renew from time to time. Is a dry powder, ready for use by mixing with cold water.

**ALABASTINE COMPANY, Grand Rapids, Mich.**

## Good enough for anybody!

ALL HAVANA FILLER




**FLORODORA CIGARETTES**

3 for 10¢

"FLORODORA BANDS are of same value as tags from STAR DRUMMOND NATURAL LEAF GOOD LUCK OLD PEACH & HONEY RAZOR and ERICE GREENVILLE Tobacco."

## W.L. DOUGLAS SHOES \$3.50

UNION MADE



"I Want Everybody to Know How Completely It Cures Indigestion."

This shows the usefulness of Mr. Hodge, of Orchard Cottage, Ippleden, New York, who having been cured by Vegol's Compound, wishes every other sufferer to know of the benefit he has received from this marvelous remedy. He tells his story as follows:

"I find Vegol's Compound a remedy above all others; last year I was in a thorough bad state of health, and could hardly drag one leg after the other. I had tried dozens of remedies advertised to cure indigestion and all its attendant evils, but was rapidly going from bad to worse, when I had the good fortune to be recommended to take Vegol's Compound. I did so, and am thankful to say it made a new man of me. I should like other people to know the virtues, and how completely it knocks under the worst forms of indigestion and dyspepsia."

(Signed) G. H. HODGE, H. HODGE, Vegol's Compound is the greatest remedy of the century for all stomach disorders and liver and kidney troubles in both men and women. A free sample bottle will be sent on application to the proprietors, St. Jacobs Oil, Ltd., Baltimore, Md.

**Why is it?**

That St. Jacobs Oil always affords instant relief from pains, after all other remedies have signally failed? Simply because it is peculiar to itself, wholly unlike another remedy. It possesses great penetrating power, reaching the very seat of the disease. It acts like magic. It conquers pain quickly and surely. It is an outward application, and is used by millions of people.

**His Busy Private Secretary.**

"I can't attend to that matter," said the author, "until my private secretary is at leisure."

An then he withdrew, and sung out: "Mollie, how long before you'll be at liberty?"

"I don't know, John, dear," replied the wife, "I'm cooking the breakfast with one hand and dressing the children with the other!"

**Bank Ingratitude.**

First Tramp—I ran across a rich uncle of mine lately, but after all I done for him he wouldn't gimme a cent.

Second Tramp—What did you do for him?

First Tramp—For ten years I've been travelin' under an assumed name 'jest to spare his feelin'.

**Ask Your Dealer for Allen's Foot-Ease.**

Allen's Foot-Ease. It cures Corns, Bunions, Swollen Feet, Calluses, Chafing, Gout, and Inflammation. Allen's Foot-Ease makes new or tight shoes easy. At all Druggists and Shoe Stores. 25 cents. Accept no substitute. Sample mailed FREE. Address Allen S. Olmsted, Ledyard, N. Y.

A Paris editor complains that almost half the people of Paris were not born there.

**FITS permanently cured.** No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$21.00 bottle and trial free. Dr. R. H. Kline, Ltd., 631 Arch St., Phila., Pa.

There has been no women rulers of Russia since the death of Catherine II.

**Mrs. Winslow's Soothing Syrup** for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25¢ a bottle.

The father of a bright baby is always a firm believer in heredity.

Thirty minutes is all the time required to cure with **PURMAN PAINLESS DYER**. Sold by all druggists.

The man who sells alarm clocks should do a robbing business.

Piso's Cure is the best medicine we ever used for all affections of throat and lungs.—Wm. O. ENGBLEY, Vanburen, Ind., Feb. 10, 1900.

More than 25,000 persons in Switzerland are engaged in wood-carving.

**Tetterine Cures Eczema,** Ring Worm, Barber's Itch, Scaldhead, Tetter and those itching skin troubles so unpleasant and disgusting. 50¢ box by mail from J. T. Shupriener, Savannah, Ga., if your druggist don't keep it.

The Belgian locomotives have two whistles, one of a softer tone than the other, to be used near railway stations.

**RECIPIES**

**Potato Soup**—Put four potatoes on to boil. When half done drain off the water and cover them with fresh water; add one small onion, a stalk of celery, a bunch of sweet herbs and boil until the potatoes are done. Boil a quart of milk. Press the potatoes through a sieve, mix with them a tablespoonful of butter and stir in the boiling milk. Season and serve.

**Eggs in a Poilgaard**—Rub individual timbale molds with butter and sprinkle with minced parsley, chopped very fine. Break an egg in each one, dust with salt and pepper and put a little bit of butter on top. Place the molds in a pan of hot water that will cover them and let them poach in the oven until they are firm enough to turn out on a cutlet dish with a spoonful of tomato sauce under each. Very delicate.

**Sassafras Jelly**—Sassafras jelly is made of the pith of the large branches of the sassafras tree, gathered in the spring. Pour a pint of boiling water over a dram of sassafras pith and let it gradually thicken into a jelly. Strain it in bowls or earthen molds adding a little sugar if desired. It has the pleasant flavor of sassafras and is recommended in febrile colds and rheumatic affections. A delicious candy is made from syrup flavored with the pith or the bark of the root of sassafras. This candy is also recommended for colds.

**Spider Cakes**—Take four cups of sifted flour, add one teaspoonful of salt, four level teaspoonfuls of baking powder, and sift again. Rub into the flour, using spatula or flexible knife, half a cup of butter, add a cup of stewed fruit, or currants, mix well, then mix in enough milk to make a soft dough that will spread but not run in the pan. Heat a teaspoonful of butter in the iron spider (frying pan), put in the cake (the pan must be large enough to make the cake three-quarters of an inch thick). Sit it over a moderate fire to bake slowly for about twenty minutes, allowing ten minutes for each side. Shake the pan about and turn the cake to prevent its curling. Serve as soon as done. Split open, do not cut, and use plenty of good butter and maple syrup.

## HOUSEHOLD MATTERS

### THE MODERN HOUSEWIFE.

She Has Conquerors Unknown in the "Good Old Days."

"Now it is only a trifle," said a pretty housewife, "but I wish to call the attention of our grandmothers to one or two modern changes from their 'good old days' of which they so frequently remind us when in the kitchen, and to which we have no desire to return.

"In this little paper box is a pound of butter—fresh, pure, sweet-smelling butter, and closely wrapped around the fragrant yellow edible cube is a clean piece of muslin. Note that the ends are neatly and tightly squared and folded the box bearing the name of the dealer, and often the name of the dairy farm from whence the butter comes. Contrast this improved, sanitary method of handling butter, which is a highly absorbent compound, and ought to be always closely wrapped and isolated in the ice chest, with the old-style way of weighing the butter often on a pair of dry scales, slapping it in little pieces on a piece of white paper, and then wrapping it in coarse straw paper.

"Then, when our grandmothers wished a dozen or so of eggs, they were dropped in a paper bag, and often dropped to the sidewalk by the girl before she got home. Now they are placed end up in a neat little pasteboard box holding a dozen eggs, each egg in a compartment by itself, separated by a pasteboard partition.

"And in 'grandmother's day' or in 'mother's day,' for that matter, recall how they had to think 'not to forget to leave the milk pail out with the tickets,' and how, when they did 'forget' to do so, what dreadful consequences resulted when papa found no milk for his breakfast coffee. It's all changed, and our grandmothers would have a hard time of it keeping pace with modern kitchen improvements. The time-honored milk pail has passed in favor of the glass bottle, sealed and reasonably clean. Even in effete New York the milkman with his ear-piercing 'yep,' yellow wagon, four cans of milk and long dipper is slowly passing in favor of the wagon with its cases of filled bottles which we see on the streets of Washington.

"Our beloved maternal ancestors in lace caps would have heart failure were the dear old ladies suddenly called upon to take the place of the housewife of to-day and superintend in the larder. Paper boxes for these purposes were unknown. Everything eatable went into bags, and before the advent of bags into cornucopias of brown paper rolled over the tradesman's left arm. Now, everything from crackers to eggs, is inclosed in some sort of a receptacle of glass or wood; the housewife of to-day foregoeth in consequence, and our food products are given that additional protection against decay, dirt, deterioration and germs.

"In short, there is a great deal of fiction about 'good old times,' and these simple but highly important features of our everyday life explode one fable about the 'days when mother made such nice pies.'—Washington Star.

### GENERAL PRINCIPLES.

Intelligence, industry, honesty and thrift produce wealth, and those who possess such qualities are best fitted for its custody.

Persons who are unable to acquire money are necessarily not capable of its proper use or care.

So long as some men have more sense and more self-control than others, just so long will such men be wealthy.

It is just as wicked to intrust some men with large amounts of money as it would be to put an idiot in charge of an express train.

The chief responsibility of the man of wealth is in using his money for purposes that will do the greatest good to the greatest number.

It is observable that the very rich men of today are far more democratic than ever before in the history of the world.

There may come a time when the State will put a limit upon a man's fortune.

The people know that up to the present time the great capitalists have been not only captains of industry.

To put a premium on brains and honesty is the only way to level things up.

Any restriction of the rights of capital would work incalculable injury to the workingman.

Concentration of wealth... is certainly good for the Americans.

I fail to see the dangers arising from wealth that the demagogues make such a hue and cry about.

It is to the consecration of capital and the concentration of labor, which amounts to the same, that our commercial supremacy throughout the world will be due.—Russell Sage.

### COMMERCIAL REVIEW.

#### General Trade Conditions.

R. G. Dun & Co.'s "Weekly Review of Trade" says: Varying weather has produced erratic fluctuations in prices and affected business very differently, according to locality. Retail distribution of merchandise has maintained a good average. Manufacturing plants are well employed, except where wage disputes interrupt. Coffee and silver touched low record prices, but the average of commodities advanced.

Manufacturers of cotton goods are still behind with deliveries. Wool moves slowly.

Lack of moisture has checked the wheat growth in the Southeast and snow has retarded farm work in some spring wheat States, but it is probable that there is the customary exaggeration of damage reports for speculative purposes. Corn receipts for the week reached 1,394,479 bushels, against 1,138,398 a year ago. Meats were well sustained. Cotton rose to the top point of the season.

Failures for the week numbered 212 in the United States, against 215 last year, and 18 in Canada, against 26 a year ago.

### LATEST QUOTATIONS.

Flour—Spring clear, \$2.00; best Patent, \$4.80; choice Family, \$4.05.

Wheat—New York No. 2, 86½¢; Philadelphia No. 2, 85½¢; Baltimore No. 2, 83 cents.

Corn—New York No. 2, 69½¢; Philadelphia No. 2, 68½¢; Baltimore No. 2, 67½¢.

Oats—New York No. 2, 48¢; Philadelphia No. 2, 50½¢; Baltimore No. 2, 51½¢.

Hay—No. 1 timothy, \$15.00; No. 2 timothy, \$14.00; No. 3 timothy, \$12.00.

Green Fruits and Vegetables—Apples, New York mixed, per barrel, 3.75; Asparagus—Charleston, per doz., prime, \$2.25; Beets—Florida, new, per crate, \$3.00; Celery—Florida, per box or crate, 1.75; Cucumbers—Florida, per crate, 2.25; Eggplants—Florida, per crate, 3.00; Green Peas—Florida, per box, 2.50; Horseradish—Native, per bushel 30¢; Kale—Native, per bushel 12¢; Lettuce—North Carolina, per bunch, long, 17¢; Norfolk, per bunch, 23¢; Rhubarb—Native, per bushel, 23¢; Spinach—Native, per bushel, 40¢; Spring Onions—Per 100 bunches, 60¢; Strawberries, Florida, per quart, refrigerator, 20¢; 30, open crate, 1.40; String Beans—Florida, per basket, green, 75¢; 20, wax, 2.00; Tomatoes—Florida, per six-basket carrier, fancy, 2.25; 10, fair to good, 1.50; Turnips, native, per bushel box, 15¢.

Potatoes—White—Maryland and Pennsylvania, per bu., No. 1, 75¢; No. 2, 65¢; No. 3, 55¢; Red, per bu., best, 80¢; Western, per bu., prime, 80¢; Sweets—Eastern Shore, Virginia, per truck brl. \$2.50; 27, Maryland, per brl. fancy, \$2.75.

Provisions and Hog Products—Bulk clear rib sides, 10¢; bulk clear sides, 10½¢; sugar-cured breasts, small, 11½¢; 12, sugar-cured shoulders, extra broad, 10½¢; sugar-cured California hams, 9¢; hams, canvased or uncansvased, 12 lbs and over, 12½¢; refined lard, tierces, barrels and 50-lb cans 26½¢, 10½¢.

Butter—Separator, 31¢; gathered cream, 27¢; imitation, 23¢; prints, one-pound, 31¢; rolls, two-pounds, 31¢; dairy prints, Md., Pa. and Va., 29¢.

Eggs—Western Maryland and Pennsylvania (Maryland and Virginia), 10¢; 15¢; Virginia do., 15¢; West Virginia do., 15¢; Western do., 15¢; Southern do., 15¢; Duck, Eastern Shore, fancy, 10¢; per dozen; do, Western and Southern do., 12¢; Goose, per dozen, 20¢.

Cheese—New Cheese, large 60lbs, 12½¢ to 13¢; do, flats, 37 lbs, 13½¢; 23 lbs, 13½¢.

Live and Dressed Poultry—Chickens—Hens, per pound, 12½¢; old roosters, each, 25¢; do, young stages, 11¢; 12¢; do, spring, according to size, 28¢; 35¢; do, winter, 18¢; Ducks—Fancy, large, 20¢; do, small, 17¢; 12, do, muscovy and mongrels, 17¢; 12, guinea fowl, each, 15¢; Pigeons—Old, strong flyers, per pair, 25¢; do, young do, 20¢.

Dressed Poultry—Capons, fancy, large, 18¢; per pound; do, good to choice, 16½¢.

Live Stock.

Chicago—Cattle—Good to prime steers, 6.75; 25; poor to medium, 4.50; 50; stockers and feeders, 2.50; 25; cows, 1.50; 75; heifers, 2.50; 25; canners, 1.50; 25; bulls, 2.50; 50; calves, 2.50; 50; Texas fed steers, 5.25; 8; Hogs—Mixed, an 1-butcher's, 8.50; 7; good to choice, heavy, 7.25; 7.40; rough, heavy, 6.00; 15; light, 6.75; 7.00; bulk of sales, 6.95; 20; Sheep—Good to choice wethers, 5.25; 8.00; Western Sheep, 4.75; 8.00; native lambs, 4.75; 8.00; Western lambs, 5.00; 8.00.

East Buffalo—Cattle fine; veals, tops, 7.00; 75; Hogs—Mediums, 3.50; 75; pigs, 6.00; 80; roughs, 6.75; 80; top; 4.50; 85; 25; Sheep and Lambs—107; lambs, 7.40; 75; fair to good, 7.00; 75; 27; culls and common, 5.75; 80; 75; yearlings, 6.50; 80; 75; sheep, tops, mixed, 6.00; 80; 50; fair to good, 5.00; 85; 75.

### CRUMBS FROM KANSAS.

When you abuse any one and your listener says nothing when you get through how flat you feel.

Ever notice how onery an Indian looks? Ever see an Indian yawn? An Indian's yawn is the laziest on earth.

Old maids like to see their nephews grow up into fine looking young men, so they can make the girls jealous by kissing them.

When a man buys a cigar, he isn't a good husband if he isn't reminded by his conscience what the money would have bought for his wife.

Sawing wood is better exercise than golf, and you can get a dollar a cord for sawing wood. Still, golf, which you work at for nothing, is the more popular.

An Atchison man once found a \$5 bill and has about a hundred dollars' worth of time stuck in looking for another one. Good luck is often expensive in the end.—Atchison Globe.

### LABOR AND INDUSTRY

Montreal's electric works are still on strike.

New York city has appropriated \$500,000 for new public baths.

San Francisco iron workers, who were at odds, have amalgamated.

Brooklyn plumbers will get a day wage scale half-holiday.

Kansas Farmers Co-operative Association saved \$12,000 in handling wheat last year.

Homestead, Pa., will establish a building trades council along lines similar to the Pittsburgh council.


Pittsburg's 2,000 structural iron and bridge workers will be granted an increase of 25 per cent. and an eight-hour day after May 1.

March was the banner month in the history of the American Federation of Labor, 137 applications for charters having been received.

The common council of Rockville, Conn., voted to make the working hours of city laborers nine hours, instead of ten, as heretofore.

The National Association of Blast Furnace Workers has issued notice of a demand for the eight-hour day, without reduction of pay, to take effect May 1. The association embraces 30,000 workers.

## PROMINENT PHYSICIANS USE AND ENDORSE PE-RU-NA.



**C.B. CHAMBERLIN, M.D. OF WASHINGTON, D.C.**

C. B. Chamberlin, M. D., writes from 14th and P Sts., Washington, D. C.: "Many cases have come under my observation, where Peruna has benefited and cured. Therefore, I cheerfully recommend it for catarrh and a general tonic."—C. B. CHAMBERLIN, M. D.

Medical Examiner U. S. Treasury.

Dr. Llewellyn Jordan, Medical Examiner of U. S. Treasury Department, graduate of Columbia College, and who served three years at West Point, has the following to say of Peruna:

"Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change and I now consider myself a well man after months of suffering. Follow-up Peruna will cure you."—Dr. Llewellyn Jordan.

Geo. C. Havener, M. D., of Anacostia, D. C., writes:

The Peruna Medicine Co., Columbus, O.: Gentlemen—"In my practice I have had occasion to frequently prescribe your valuable medicine, and have found its use beneficial, especially in cases of catarrh."—George C. Havener, M. D.

If you do not receive 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, Ohio.

## Tired Out

"I was very poorly and could hardly get about the house. I was tired out all the time. Then I tried Ayer's Sarsaparilla, and it only took two bottles to make me feel perfectly well."—Mrs. M. S. Swinney, Princeton, Mo.

Tired when you go to bed, tired when you get up, tired all the time. Why? Your blood is impure, that's the reason. You are living on the border line of nerve exhaustion. Take Ayer's Sarsaparilla and be quickly cured.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and you will be satisfied.

Write for our free book giving details.

GERMAN KALI WORKS, 90 Nassau St., New York City.

## Fruit.

Its quality influences the selling price.

Profitable fruit growing insured only when enough actual

## Potash


is in the fertilizer.

Neither quantity nor good quality possible without Potash.

Write for our free book giving details.

GERMAN KALI WORKS, 90 Nassau St., New York City.

## FALLING HAIR



Prevented by Shampoos of CUTICURA SOAP and light dressings of CUTICURA, purest of emollient skin cures. This treatment at once stops falling hair, removes crusts, scales, and dandruff, soothes irritated, itching surfaces, stimulates the hair follicles, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails.

Assisted by CUTICURA OINTMENT, for preserving, purifying, and beautifying the skin, for cleansing the scalp of crusts, scales, and dandruff, and the stopping of falling hair, for softening, whitening, and soothing red, rough, and sore hands, for baby rashes, itchings, and chafings, and for all the purposes of the toilet, bath, and nursery. Millions of Women use CUTICURA SOAP in the form of baths for annoying irritations, inflammations, and excoriations, for too free or offensive perspiration, in the form of washes for ulcerative weaknesses, and for many antiseptic purposes which readily suggest themselves to women and mothers. CUTICURA SOAP combines delicate emollient properties derived from CUTICURA, the great skin cure, with the purest of cleansing ingredients, and the most refreshing of flower odors. No other medicated soap is to be compared with it for preserving, purifying, and beautifying the skin, scalp, hair, and hands. No other foreign or domestic toilet soap, however expensive, is to be compared with it for all the purposes of the toilet, bath, and nursery. Thus it combines, in ONE SOAP at ONE PRICE, the BEST skin and complexion soap, and the BEST toilet and baby soap in the world.

Complete External and Internal Treatment for Every Humour.

**Cuticura**

The Set St

Consisting of CUTICURA SOAP (25¢), to cleanse the skin of crusts and scales, and soften the thickened cuticle; CUTICURA OINTMENT (25¢), to instantly allay itching, inflammation, and irritation; and CUTICURA RESOLVET PILLS (25¢), to cool and cleanse the blood. A SINGLE SET is often sufficient to cure scalp and blood humours, rashes, itchings, and eruptions, with scaly skin, itching, and burning, and you can make CUTICURA RESOLVET PILLS (25¢) to cool and cleanse the blood. A SINGLE SET is often sufficient to cure scalp and blood humours, rashes, itchings, and eruptions, with scaly skin, itching, and burning, and you can make CUTICURA RESOLVET PILLS (25¢) to cool and cleanse the blood. A SINGLE SET is often sufficient to cure scalp and blood humours, rashes, itchings, and eruptions, with scaly skin, itching, and burning, and you can make CUTICURA RESOLVET PILLS (25¢) to cool and cleanse the blood.

CUTICURA RESOLVET PILLS (Chocolate Coated) are a new, reliable, emollient substitute for the celebrated Liquid CUTICURA RESOLVET, as well as for all other blood purifiers and humour cures. Put up in screw-cap glass vials, containing 40 doses, price, 25¢. CUTICURA PILLS are alternative, antiseptic, tonic, and drastic, and beyond question the purest, strongest, most successful and economical blood and skin purifier, humour cures, and weak-digestive yet compounded.

## Wills Pills

Load the World.

Are You Sick?

Send your name and P. O. address to The R. B. Wills Medicine Co., Hagerstown, Md.

ADVERTISE IN THIS IT PAYS

10 CENTS PER LINE PER WEEK

Small text at bottom of advertisement.