

INFLAMMATION AND PAIN

Cured by Lydia E. Pinkham's Vegetable Compound.

Creston, Iowa.—"I was troubled for a long time with inflammation, pains in my side, sick headaches and nervousness. I had taken so many medicines that I was discouraged and thought I would never get well. A friend told me of Lydia E. Pinkham's Vegetable Compound and it restored me to health. I have no more pain, my nerves are stronger and I can do my own work. Lydia E. Pinkham's Vegetable Compound cured me after everything else had failed, and I recommend it to other suffering women."—Mrs. W. M. SEALS, 605 W. Howard St., Creston, Iowa.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs.

Women who suffer from those distressing ills should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Mrs. Pinkham, at Lynn, Mass. She will treat your letter as strictly confidential. For 20 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.

MISUNDERSTOOD HER



Mrs. Reeder (making a call)—And does your husband interest himself in books?
Mrs. Neurich—No. Hiram keeps three bookkeepers.

Tuberculosis Patients Neglected.
Out of more than 225 public hospitals for the insane, with a population of fully 150,000, only 70, or less than one-third, make any provision for their tuberculous inmates, and this, too, in spite of the fact that the percentage of deaths from this disease is very high among this class of people. Such is the substance of a statement made recently by the National Association for the Study and Prevention of Tuberculosis. Seventy hospitals in 23 states, providing all told about 3,350 beds for tuberculous insane patients, sums up the provision made for this class of sufferers, although the percentage of deaths from tuberculosis among the insane ranges from 50 to 200 per cent. higher than among the general population.

Avoid Disputation.
The disputatious person never makes a good friend. In friendship, men look for peace and concord and some measure of content. There are enough battles to fight outside, enough jarring and jostling in the street, enough disputing in the market place, enough discord in the workaday world, without having to look for contention in the realm of the inner life also. There, if anywhere, we ask for an end of strife. Friendship is the sanctuary of the heart, and the peace of the sanctuary should brood over it. Its chief glory is that the dust and noise of contest are excluded.—Hugh Black.

The Real Thing.
"Say, mister, if you throw three cents up in the air I kin ketch 'em all before they come down every time."
"Humph! That is nothing but a catch-penny scheme."

A Large Package Of Enjoyment—Post Toasties

Served with cream, milk or fruit—fresh or cooked.

Crisp, golden-brown bits of white corn—delicious and wholesome—

A flavour that appeals to young and old.

"The Memory Lingers"

Sold by Grocers

Postum Cereal Company, Ltd. Battle Creek, Mich.

Temperance

UPAS TREE OF INTEMPERANCE

Why It Flourishes While Other Vices Yield to Reform—Men Labor Under Fatal Delusion.

How shall we explain the fact that the power of public opinion has proved so much more effective in the struggle against the spread of the gambling vice and the social evil than in the crusade against the curse of the alcohol habit? The explanation can certainly not be found in the lack of persistent effort. Without the tenth part of the energy and the moral enthusiasm devoted to the promotion of temperance, gambling, lotteries and the traffic in obscene literature have been reduced to a practical minimum. Gambling, in its worst form, enjoyed for generations the protection of civilized governments in Europe and America, the interests of the gambler were protected by the inveteracy of the vice and the lavish expenditure of money bribes, and yet we see that in less than a quarter of a century the public gambling halls of Christendom have been reduced to a den maintaining a precarious existence in a small principality of the Italian peninsula.

The only logical explanation can be found in the circumstance that those vices have been generally recognized as unqualified evils, while a large proportion of our fellow men still labor under the fatal delusion of the belief that, within certain limits, a taste for intoxicating beverages can be indulged with impunity, writes Felix L. Oswald, M. D., in the Union Signal. They persist in calving their own misgivings with the belief in the harmlessness of moderate drinking, and of the "milder stimulants," and confess the evils of intemperance only in the sense of an admission that all excess is injurious. "The fact that stimulants can be swallowed in health endangering overdoses," they argue, "does not justify the plan to lessen that danger by anti-liquor laws. We might as well prevent the sale of meat and sugar, because a surfeit of meat and pastry may result in dyspepsia. Be temperate in all things, and defend the palladium of personal liberty."

And too many of our brethren encourage those delusions by still ascribing intemperance to the "temptations of unrestrained appetite," and the "passions of unregenerate nature." The dread of chronic alcoholism may deter many young men from the perilous first steps on the road to ruin, and the grim logic of experience may induce a few half confirmed drunkards to renounce their vice in time, but we can never hope to get a stroke at the root of the upas tree till we can enforce the general recognition of the truth, that the alcohol habit in all its forms is a wholly abnormal passion as distinct from a natural appetite as poison from wholesome food; that the indulgence of that passion, even in the slightest degree, is resisted by the veto of a sanitary instinct which can never be outraged with impunity, and that the apparent exhilaration following the gratification of a long perverted appetite is invariably followed by that depressing reaction which makes every poison vice a losing game and inexorably defeats the attempts to attain a surplus of happiness by the influence of unnatural stimulants. In other words, we must deprive the rum seller of a factitious moral support by opening the eyes of his victims to the fact that the alcohol vice is an unqualified evil. We must convince the dupes of the stimulant habit that our protest is not directed against an enjoyment injurious only in case of excess, but against an unnatural vice, incompatible with the interests of health and happiness, and moreover constantly tending to assume the ruinous form of a progressive and at last irresistible passion.

We must try to make "moderate" tipping as odious as "moderate" theft and "moderate" polygamy. We cannot afford to waste our time in combating the superficial errors of the alcohol dupes, while we ignore the radical mistake at the bottom of their delusion. We must learn to direct our efforts against the hidden germs of a poison plant which has for ages resisted our attacks upon its emerald branches.

PROGRESS MADE IN GERMANY

In Ten Years Organized Abstainers Have Increased in Number From 20,000 to 150,000.

How temperance sentiment is growing in Germany may be gathered from the fact that at the recent congress of German total abstinence associations held in Augsburg, the greatest beer-producing city of Germany, congratulatory telegrams were received from the Princess Theresa of Bavaria, the Bavarian minister of education, the minister of finance, the minister of foreign affairs, the presidents of the governments of Upper Bavaria, Franconia, the Palatinate, the rector of the University of Munich, the archbishop of Munich and innumerable imperial councillors, consistorial presidents and other notables. It reported that in ten years the organized abstainers have increased in numbers from 20,000 to 150,000; and the anti-alcohol press from six papers, with 11,000 readers to 38 with a reading constituency of a half-million.

Unique Warning.
At Duhlen, near Berlin, in Germany, stands a unique form of warning against the dangers of drinking alcoholic beverages—from the point of health and long life. At this center there is an ancient church of picturesque type which has become a special attraction to tourists and which painters delight to sketch. The church graveyard adjacent is usually kept locked, but a notice is visible which reads: "The key of the graveyard is to be found in the tavern."

Cause and Effect.
Whiskey straight is the cause—a crooked walk the effect.

GIANT PITCHER EXPECTED TO MAKE GOOD



Louis Drucke, Texas Recruit.

One of the pitchers whom Manager McGraw of the Giants banked on heavily for this season was Louis Drucke, the young recruit from Texas. Drucke did some good work in the twirling line last year and it was expected that he would round to in fine shape and be a tower of strength to the Giants this season. But up to date Drucke's showing has been of a mediocre order. He has been hit freely by opposing batsmen and does not appear to have the cunning in his pitching arm that he had last year. It may be that the young Giant will display better form as the season advances and the pitchers can succeed in checking

the awful batting that is being done in the major leagues. Drucke was looked upon as a second Mathewson, possessing many of the pitching characteristics of the great Christy. Perhaps the fact that he injured his arm in a subway rush in New York has something to do with his poor box work this season. Drucke struck his arm against a pillar and is suing the Interboro Company for damages.

Phillies Get Pitcher Carter.

Catcher Carter of the York Tri-State club has been sold to the Philadelphia Nationals.

DO PITCHERS WORK ENOUGH?

Some Baseball Men Think That Twirlers Have It Altogether Too Easy. Shifted Quickly if Hit.

Now and then a little curiosity is expressed as to whether the modern pitchers obtain work enough to keep them in good condition. This doesn't refer to their physical condition, but to their pitching condition. The custom has grown upon managers to shift pitchers in a hurry if they happen to be batted hard when the game is close. For that reason almost all ball teams are carrying more pitchers in comparison with the actual work that they do on a ball field than they ever did. If occasionally one of the pitchers who happens to be hit hard were to be kept in the game instead of being sent to the bench it might be that the team would rally as quickly because of the pitcher's condition. Herman Schaefer denies he perpetrated that parrot story on Ping Bodie, but all the circumstantial evidence is against him. Connie Mack and his men are playing the game in a quiet, unassuming manner, but are getting there slowly but surely. Amby McConnell has become an important cog in the White Sox machine.

CALLAHAN IS STILL SPEEDY

Bill Lange, Former Chicago Outfielder, Is Not Surprised by "Come Back" of Old Teammate.

Bill Lange of San Francisco, the former Chicago outfielder, says that Jimmy Callahan was so fast in his



Lange and Callahan.

palm days that it is no wonder that he is able to come back. While he has lost some of his speed, he is still as fast as many of the players in the game now.

O'Toole Once With Reds.
Marty O'Toole was a member of the Cincinnati Reds about two years ago. He was allowed to don a suit and grab a ham sandwich and a cup of coffee for a day or so. That is nothing against Marty, though. He is not the only good ball player that Garry Herrmann had overlooked. There are enough good players, formerly Reds, making good on other teams to win a pennant in almost any league.

McQuillen to Minors.
George McQuillen has been sent out of major league company. He was sent to Columbus in the American association along with Herbie Juul.

PHILLIES ARE GOING STRONG

Team Is Composed of Hard Hitters and Has Two Star Pitchers in Moore and Alexander.

The Chicago Cubs think that the Phils will be in the pennant fight to the finish and say that the record of the Phillies at home will assure them of a good standing.

This home record dope is based on the short left field bleachers, which means a homer to the player dropping the ball among the spectators.

One of the oldest and most valued members of Chance's team says of the Phils:

"It is a club that has a bunch of clean-up hitters, and any man on the team is liable to break up a game with a long drive at any stage. This short bleacher is going to be a big help to Doolin's crew for a couple of reasons.

"In the first place, if a pitcher pitches them inside to a right-hander, any one of the Phil club is likely to lace it into the bleacher.

"The second side to the argument is that several of the Phils who have been hitting into the bleachers are natural right field hitters, and a pitcher is throwing away his own game by pitching to stop left field hitting.

"I tell you, boys, the Phils have a ball club that is going to be in the fight from start to finish. From what I read, another pitcher is needed to share the work with Earl Moore, a marvel at all times, and this kid Alexander, who is tipped to me as a wonder."

For the benefit of inquisitive fans it will be well to add that the gentleman who speaks so highly of the Phils has been a member of the Cubs for six years and is a dangerous clean-up hitter.

NEW YORK GETS MCCONNELL

Highlanders Pay Big Price to Secure Clever Pitcher From Rochester—Made Good Showing.

The Highlanders have paid a big price for Pitcher George McConnell, who was with them for a short time last year. He has been with the Rochester club this season and has



Pitcher George McConnell.

made a very good showing and Frank Farrell has paid close to \$10,000 for him, but that sum does not attract attention compared with the O'Toole purchase price.

DEPENDING ON CURVE BALL

Pitchers Cannot Afford to Allow Batters to Meet Ball as Square as They Can Fast Ones.

Billy Evans says American league pitchers are using the curve ball more this season than in any of the five seasons he has been a major league umpire.

"With the lively ball in use pitchers can't afford to let batters meet it too well," Evans said. "They depend on the curve ball to fool the batter and keep him from meeting the ball as squarely as he can meet a fast one.

"Batters don't have to hit a fast ball very hard this season to get it past the infield. Pitchers are depending on the curve ball almost entirely when runners are on.

"Pitchers are using the curve a good deal more this season when they have three balls and two strikes on the batter. Under these conditions the batter knows the pitcher will try to get the next one over. Pitchers generally have better control of the fast ball and last year could take a chance on having it hit. This year they prefer trying to fool the batter with a curve even at the risk of a base on balls.

"In a game I umpired in Boston Ralph Works passed five men rather than pitch the fast ball with three and two on batters. The catcher signaled for a fast ball each time, but Works shook his head. He took a chance with the curve and could not get it over."

An Imaginary Game.

Jack Hayden of the Louisville Colonels is a southpaw and has everything that the best of twirlers have when it comes to the flinging art. Jesse Orendorff was catching him in an imaginary game the other day and kept calling for ins and outs trying to fool the batters who were not there.

When Mowe, the Indian shortstop, came to bat, Jack threw three straight ones over the plate and the kid went out. Then Hickman of Toledo came up and by mixing them a little Hick was forced to roll to Robbie at short.

Finally Jesse Orendorff remarked: "Well Jack, here comes Hayden at bat."

Whereupon Jack quoth: "We can't take any chances on a guy like that, so here goes four wide ones." And Hayden passed himself to keep him from hitting the pellet.

Stars at Joss Benefit.

Some one has figured out that the all-star team that played in the Joss benefit is worth \$220,000. They must have been figuring the prices at the same rate that the Pittsburgh club paid for O'Toole.

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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

J. C. FLETCHER

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In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

HIS COLOR CHANGED.

Evelyn—But when it comes to love-making Harold is rather green, isn't he?
Myrtle—Not now.
Evelyn—Indeed!
Myrtle—No, he's blue; I rejected him last evening.

In Strict Obedience.

Master Gregory Graham, aged three, had been having an ocean bath, and breaking away from his older sister he ran all dripping wet to the door of the living room, where Mrs. Graham was entertaining a caller from the fashionable hotel.

"Why, Greg," his mother greeted him, "you mustn't come in here like that, dear. Go straight upstairs and take off your bathing suit first."

A few minutes later Mrs. Graham turned toward the door in curiosity as to what sight there had sent her visitor's eyebrows up so high, and in the same moment her son's cheerful voice rang out:

"I took it off, mother, like you told me to. I'm coming in now for some cake."

Prepared.

"Gracious, what is all that crepe for?"
"I had a chance to get it at a bargain, and, you know, my husband goes in for flying!"

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Sold by druggists. Hill's Hair and Whisker Dye, black or brown, 50c.

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Highly improved 40 acre farm completely equipped for poultry and fruit raising. Modern poultry houses, 60 ft. brooding houses, hot water system; 10 acres fruit, eight room bungalow, 4 1/2 miles from Jacksonville, Ill.; population 12,000, excellent market, abundance good water, phone, sacrifice at \$2,500 easy terms. Address B. R. UPHAM, JACKSONVILLE, ILL.

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Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale-people lack food, rich, red blood. Their stomachs need investigating for, after all, a man can be no stronger than his stomach.

A remedy that makes the stomach strong and the liver active, makes rich red blood and overcomes and drives out disease-producing bacteria and cures a whole multitude of diseases.

Get rid of your Stomach Weakness and Liver Laziness by taking a course of Dr. Pierce's Golden Medical Discovery—the great Stomach Restorative, Liver Invigorator and Blood Cleanser.

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovery," which is a medicine of known composition, having a complete list of ingredients in plain English on its bottle-wrapper, same being attested as correct under oath.

Dr. Pierce's Pleasant Pellets regulate and invigorate Stomach, Liver and Bowels.

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THE STANDARD OF QUALITY FOR OVER 30 YEARS

The workmanship which has made W.L. Douglas shoes famous the world over is maintained in every pair.

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 are warranted to hold their shape, fit better and wear longer than any other make for the price.

CAUTION The genuine have W. L. Douglas name and price stamped on bottom.

If you cannot obtain W. L. Douglas shoes in your town, write for catalog. Shows sent direct from factory to wear, all charges prepaid. W. L. DOUGLAS, 145 Spark St., Brockton, Mass. TWO PAIRS of ordinary boys' shoes