His Turn for the Feather. Two motorists, having almost ruined their tempers-and their tires-in a rain attempt to find a hotel with a

vacant bed, were at last forced to make the best of a small inn. Even then they had to share a bed, which was-and on this the landlord laid great stress-a feather bed.

They turned in, and one of the pair was soon fast asleep; the other was not. He could not manage to dodge the bumps and heard hour after hour strike on the church clock until 3 a. m., when he also struck.

He did this by violently shaking his

snoring friend. "What's the matter?" growled the other. "It can't be time to get up

yet?" "No, it isn't," retorted his friend continuing to shake him, "but it's my turn to sleep on the feather!"

#### London Slums.

The approaching demolition of the notorious Tabard street area reminds one of the clearing away of another famous slum-the Rookery of St. Giles -which was pulled down in the forties found a feather in the gravy. for the construction of New Oxford street. It largely consisted of lodging houses where men and women were accommodated at two pence per night, and was the resort of thieves and cesspool.-London Chronicle.

#### His Life-Story.

"Excuse me, sir," said the seedy one in the hotel lobby, "but though a stranger to me, your face seems famillar. Have you any relatives in Atlan-

"Not one," was the reply. "Years ago I floated down the Chattahoochee river on a raft, leaving all my relatives behind. The raft was wrecked in a storm and I had to swim ashore, with fish for a week's board, put an 'ad' in the 'Lost' column, recovered my wrecked raft and started a lumber yard. You can get a doubleheader of the price."-Altanta Constitution.

### Up-to-Date Claquer.

The theatrical claquer has ever been in institution in France, especially Paris, where a "chef de claque" eneys a recognized status and receives comfortable income. It is a mistake to suppose that the only duty of plaquers is to applaud. A well-organized claque includes the art of infeclous laughter. These, called "chatouilseurs," attend the lighter forms of trama and laugh so heartily and naturally that their neighbors join in. and leave the house convinced that the May must be a most amusing one. Then, too, there are the "pleureuses," who are paid to shake with sobs at the ight moment during melodrama.

The Difference. Severe Moralist-My dear young man, do you bet on the races? Experienced Jockey-No, slr; I race

on the bets. More than 3,000,000 gross of pencils

are annually made in Philadelphia.

Putnam Fadeless Dyes do not stain the hands. Adv.

The diameter of the moon is estimated to be 2.162 miles.

The Secret of Health

在1990年,1990年中的1990年中的1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年中,1990年 NOT MUCH OF A PROBLEM

> Observing Boy Had Sure Way of Determining the Breed of Chicken Served for Dinner.

> At a recent dinner in a suburban district, where all the guests were amateur chicken raisers, after a discussion of the egg problem the conversation turned to the best breed of hens. After the good points of Orpingtons, Minorcas, Leghorns and others had all been brought forth the host said:

"Well, the ultimate end of every chicken is the pot, and you can't tell the difference when it is on the table. Let's see how many can tell what kind of a hen we have just eaten."

All agreed it was a very good kind, but there were many guesses as to the breed. The only child at the table, a twelve-year-old boy, was the one who guessed correctly.

The host beamed on him and said: 'Jimmie, how did you know it was a Plymouth Rock?"

"Oh, that was easy," he replied. "I

#### FACE FULL OF PIMPLES

Ruffin, N. C .- "My face became full coiners. Many of the houses were con- of pimples and blackheads, and nected together by the roof, yard and would itch, burn and smart. The skin cellar in such a way that the apprehen- was rough and red. I was really was an almost im- ashamed of my face. My arms and possible task. In some of the pas- back were affected almost as badly. sages traps were set which landed a The pimples would fester and there determined pursuer into a cellar or would come a dry scab on top. The trouble caused my face to be disfigured badly and the itching would bother me so I could not sleep well nights, especially during warm weather.

"The trouble lasted me three long years without anything doing me any good until a friend told me about Cuticura Soap and Ointment and then I decided to try them. After the first application I could see some improvement. After using Cuticura Soap and Ointment two weeks I did not look like the same person; most of the a 40-pound catfish in tow. I traded the pimples had disappeared. At the end of four weeks I was completely cured." (Signed) Miss Mamie Mitch-

ell, Jan. 9, 1913. Cuticura Soap and Ointment sold near-beer at the bar on the left; here's throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."-Adv.

> In Chicago. Mrs. Wabash-I see eggs laid by a New Zealand lizard require 14 months to hatch.

Mrs. Dearborn-The Idea! ought to boycott those eggs, too!

This Will Interest Mothers. This Will Interest Mothers.

Mother Gray's Sweet Powders for Children relieve Feverishness, Headache, Had Stomach, Teething Disorders, move and regulate the Bowels and destroy worms. They break up Colds in 24 hours. They are so pleasant to take children like them. Used by mothers for 24 years. All Druggists, 25c. Sample Figs. Address, A. S. Olmsted, Le Roy, N. Y. Adv.

Modern Form. Doctor-Do you take any form of active exercise? Patient-Oh, yes, doctor. I dedge

automobiles all the way downtown. When a young man calls on a girl and she tells him that she expects to die an old maid, it is equivalent to a

proposal.

Use Roman Eye Balsam for scalding sen-gation in eyes and inflammation of eyes or eyelide Adv.

Many a fellow who waits for something to turn up ends by marrying a girl with a pug nose

is Elimination of Waste Every business man knows how difficult it is to keep the pigeon holes and drawers of his deak free from the accumulation of useless papers. Every housewife knows how difficult it is to keep her home free from the accumulation of all manner of useless things. So it is with the body. It is difficult to keep it free from the accumulation of waste matter. Unless the waste is promptly eliminated the machinery of the body soon becomes clogged. This is the beginning of most human illa.

#### DR. PIERCE'S GOLDEN MEDICAL DISCOVERY

(In Tablet or Liquid Form) salists the stomach in the proper digestion of food, which is turned into health-staining blood and all poisonous waste matter is speedily disposed of through ature's channels. It makes men and women clear-headed and able-bodied—restores them the health and strength of youth. Now is the time for your rejuvenation, and 50 cents for a trial box of this medicine.

Send 31 one-cent stamps for Dr. Pierce's Common Sense Medical Adviser-1008 pages-worth \$2. Always handy in case of family illness.

Address R. V. PIERCE, Buffalo, N. Y.

# MOOSE TAKES

HINEBAUGH, PROGRESSIVE, IN-TRODUCES A PRESIDENTIAL PRIMARY BILL.

BACKED BY ALL HIS PARTY

Democrats Hesitant About Putting Wilson's Suggestion Into Form of a Measure-Such Law Might Permit Women to Vote.

By GEORGE CLINTON. of the Progressive party who, with the few and far between. approval of the party's organization, is the first to get into the field of legislation with a presidential primary bill. Representative Hinebaugh, Progressive, of Illinois, was the author of the measure to put into the law the spirit and the letter of the pronouncement in favor of presidential primaries made by the Progressive party in its convention at Chicago one year ago last

August. The legislative reference committee of the Progressive party has just met and has given the bill of Mr. Hinebaugh its indorsement. There are some Progressives here who think and of its better relations with the that one of the provisions of the bill is open to criticism and that perhaps another bill drawn by Mr. Hinebaugh early last spring is in this one particular better suited to the case. The measure just introduced by the Illinois representative, however, probably will stand as the expression of the Progressive party's endeavor in the presidential primary matter.

Thus far no Democrat in congress has cared to crystallize the party chieftain's recommendation for presiden tial primaries into the form of a bill. It was expected that zealous party men seeking for prestige and renown which, even if seemingly commendwould put the typewriter through the able, shall upset business conditions. paces and make a race for the bill it seems the Democrats think that basket with the first proposition to such legislation as they desire to engive effect to the president's wishes act can be spread over a longer period Nothing of the kind has happened.

administration's purpose in its own selves to the new plan of action. From behalf has been made. It may be that this springs the desire to do nothing before long the president, on his own initiative, will see that a measure embodying his ideas is introduced, but Democrats think that such legislation perhaps with his "one thing at a as is demanded by the Baltimore plattime" program he will postpone the form will be harsh. They do say, howprimary day until some more conveni- ever, that they think that, coming "in

Hinebaugh's Two Bills.

first Hinebaugh primary bill was in gram of make haste slowly. troduced into congress. As has been said, it has been superseded by another bill by the same author. In the first bill many of the election functions are left to the various states. In the second bill there is a provision which creates a "board of national election commissioners to be composed of five persons to be appointed by the president, by and with the advice and the hands of this national election conmission all the functions which under the first bill would be left to the various states."

Back of the Hinebaugh bill stand opinion, as has been said, concerning the substitution of the federal for the state control features, the bill as it stands probably will be made the standard of the Progressives' sanctioned legislation.

Would Permit Women to Vote. If congress shall pass the presidential primary law it is believed that under it women will be allowed to vote A constitutional amendment is not necessary to put a presidential primary into effect. There seems to be nothing in the document to ferbid women from voting in presidential primaries if the law instituting them shall be worded properly.

Representative Lafferty of Oregon. who is carried in the Congressional to protect the birds of this country. Directory as a Progressive Republican. There are now national bird reserves hyphen and with both words capital- reserves set aside so that during the ized, has followed in the trail of Rep- breeding season at least the songresentative Hinebaugh of Illinois and sters, the insect enters, the seed eathas introduced a presidential primary era and the game birds can rear their himself a Progressive. It is now said hunter. that he prefers to be called a Republican, though he wishes to be known as tional bird reservations have been eslarge The Progressives, however, it is said, will prefer to follow the presi-

No "Harshness" for Business. given in the capital of his drastic anti-trust legislation this winthought that the vice-president had | Petit Bois island, in Alabama. made a serious blunder and that he would find himself completely at outs

As has been forecast in these disvice-president has outlined it. Mr. the development of the fisheries.

Marshall unquestionably knew what he was talking about, and very likely he had direct information from the president that while a comprehensive plan for anti-trust legislation might be outlined this winter, it was not the intention of the administration to recommend drastic legislation or to push

this session. The sequence of events points to a period of rest for the business world. Great corporation after great corporation has been telling the United States government that it will obey the law and therefore it is probable that some of the prosecutions which have been instituted will not be pushed, and if the corporations continue to do the right thing as the department of jus-Washington.-it is a representative tice views it, the prosecutions will be

Seek to Reassure Business.

Some time ago it became known from some of the president's close advisers that Mr. Wilson desired that business should be reassured. It also became known that Democratic leaders in congress were urging that no drastic legislation affecting business should be passed at this session. Men in a position to know seemed to be certain that the president would say some definite reassuring words at a later time. When the currency bill was signed Mr. Wilson spoke of business government and he made his fine phrase calling the condition "A Constitution of Peace."

It was within forty-eight hours after this address of the president and immediately following his signing of the currency bill that Thomas R. Marshall, vice-president of the United States, said in Indianapolis that it could be taken for granted that no drastic anti-trust legislation would be enacted by congress this winter,

All things point to a desire on the part of the Democratic majority in congress to avoid any legislation and that gradually and easily the in-Thus far no announcement of the dustries of all kinds can adjust them-"barsh hastily."

It must not be understood that the a bunch," it might upset conditions and perhaps work to the temporary in-It was early in the spring that the jury of the country. It is to be a pro-

#### Saving American Birds.

Congress, as is probably pretty well known by this time, passed bill at the last session prohibiting the importation of the plumage of wild birds into this country. The reasons for this legislation are not perfectly clear, apparently, to the people of the United States. It was not passed solely because of a desire consent of the senate, and places in to save the wild bird life of other countries, although such a thought entered into the legislation. The real reason was that much of the plumage of the birds of other countries cannot be distinguished from the plumage of the Progressives now in congress. birds of this country, and it was found While there is some difference of frequently before the law was passed that birds protected in this country was then passed off as the plumage of

foreign birds The bird protectors, who are trying ricultural interests of the country by saving the insectiverous birds, found that the lure of the market was too strong for many American gunners, and that they would kill all kinds of birds, trusting to luck to pass their plumage off as that of the birds of Europe, Asia or Africa.

#### Many National Bird Reserves.

In addition to his non-importation laws, Uncle Sam is doing a great deal printed just as it is here with no in many parts of the United States, bill on his own account. When Mr young in peace, free from the terrors Lafferty came to congress he declared of the nest robber and the plume

During the past year seven new naone with Progressive marks looming tablished by the president of the United States. There are now 63 of these reservations, and the good that dential priamry lead of Mr. Hinebaugh. they are doing is manifest in the increased number of birds which year-When Washington heard from ly make their migratory flight. The Indianapolis that Vice-President Mar- new reservations are as follows: shall had intimated in an inter- Chamisso Island, in Alaska; Pishkun, in Montana; Desecheo island, in Porto home state that there would be no Rico; Cravel island, on Green bay, In Wisconsin; Aleutian islands, in Alaster, there were some people who ka; Walker lake, in Arkansas; and

The reservation embracing the islands of the Aleutian chain situated with the president of the United between the north Pacific ocean and Bebring sea, was set apart not only as a breeding place for native birds. patches from Washington, the condi- but for the propagation of reindeer tion seems to be very much as the and fur-bearing animals and also for

Men Bearing the Name of Hugh Williams Apparently Are Immune From Death by Drowning.

Among many English seafaring men there is a tradition that no man blessed with the name of Hugh Williams will ever die at sea-a tradition based on one of the most remarkable series of coincidences ever recorded in the logs of those who go down to the sea in

The last and most remarkable instance of this Immunity of the Hugh Williamses from death at sea occurred was wrecked on the Isle of Man with in 1889, when a coal barge was caught

down. There were nine men on board, and all were lost except two, who were uncle and nephew and each of whom was named Hugh Williams. For years afterward the relatives of the fortu- policeman. gate men held a yearly reunion to celebrate the day of deliverance from with his wife threw both arms around what had seemed certain death.

But the superstition that no Hugh "This isn't any arrest. This is a res-Williams can become Neptune's vic- cue."

NEED NOT FEAR OCEAN PERIL tim is far older than that. In August, 1820, a pleasure boat of the Thames collided with another vessel and went down. There were 25 persons on board, most of them children, and all were drowned save one, Hugh Williams, a lad of six.

> Another similar case was that of the Menal, a ferryboat, which plied across the Straits of Dover. In 1785 this craft was caught in a gale and went down. Sixty persons were drowned and only one was saved, an old gentleman named Hugh Williams.

A similar instance is recorded at an even earlier date. In 1664 a vessel 80 persons on board. One was saved in a storm in the North sea and went it? The cases are apparently authen--Hugh Williams! Who can explain

#### Welcomed.

"I'll have to arrest you," said the The man who was having trouble

the officer and exclaimed:

# **BIG VICTORY**

the entire program of moderate antitrust legisltaion to a completion at Gen. Mercado Surrenders to U. S. Army Officers.

#### **SEVERE BLOW DEALT HUERTA**

The Federals Forced To Yield Because Of Lack Of Ammunition-Most Of Federals On the American Side.

Presidio, Texas.-The Mexican federal army, with its nine generals, evacuated Olinaga, Mexico, after six hours of fighting. The triumphant rebel forces under General Francisco Villa immediately occupied the town. General Salvador Mercado, who was Huerta's chief military commander, crossed the river and surrendered to Major McNamee, of the United States

It was impossible for Major Mc-Namee to learn what had become of the federals, whether the bulk of them had taken refuge on this side or whether they scattered to points in Mexico. The country about Ojinaga is mostly desert with little to sustain. Later General Mercado sent over seven wagon loads of government

documents under the escort of a

wounded lieutenant, who also brought his personal effects. The wagons were pulled out of the river and taken into the United States Army camp.

#### Feared a Massacre.

The defeat of the federal army followed only a few hours fighting in which the rebels, beginning at sundown, started to close in on the Lasleged garrison with a cannon and rifle fire.

General Castro and General Mercado of the federal regulars saw that the asault was to be nothing less than a massacre. The federals had left only 50 rounds of ammunition for each man. Generals Castro and Mercado therefore gave the order to evacuate.

All the federal soldiers and their officers who could scramble to the American side did so. The others ran in all rections. Gen. Pascual Orozco, commander of federal volunteers, threatened with summary execution by Villa, was the first to cross. It was believed he had escaped into the mountains of Texas.

Major McNamee, commanding the United States patrol, immediately called out all the cavalrymen to meet an emergency. Women, children and wounded soldiers had been crossing in numbers, but the apparent advance of the rebels turned to the very heart of the federal garrison, gave reason to believe a greater rush across the border was imminent.

### PUBLICITY LAW CONSTRUED.

Only Bona Fide Paid-For Circulation To Be Counted.

Washington.-The manner in which were killed for their plumage, which circulation of newspapers in order to make reports required by the Publicity law enacted by Congress in 1912 has been set forth in an opinion rendered by to do what they can to serve the ag- Attorney-General McReynolds to Postmaster-General Burleson. The reports, according to the Attorney-General, must cover the whole bona fide paid circulation, whether sold over the counter, distributed through news agencies or disposed of in other ways Copies actually paid for by news agents, reporting the number delivered, less the number returned unsold, are to be counted.

WOMEN TO SIT AS JUDGES.

#### To Hear Cases Of Girls In St. Louis Juvenile Court.

St. Louis, Mo .- Two women hereafter will act as judges in the Juvenile Court when girls are on trial. This was announced by Circuit Judge Hennings. The women designated for the work are Miss Catherine Dunn and Mrs. E. C. Runge, both attaches of the court. Judge Hennings' decision was a result of the trial of four girls who had run away from home. The girls refused to discuss the case freely in the presence of the judge.

MUNICIPAL STORE IN CHICAGO.

City Plans To Sell Necessities To the Poor At Cost.

Chicago. - A municipal "general store," at which persons with limited funds may purchase the necessities of life, probably will be established in Chicago in the near future. Council finance committee set aside \$25,000 in the city's 1914 budget for the "unemployed commission," which will have charge of the city store.

TAFT 80 POUNDS LIGHTER.

#### Ex-President Has Tailor "Take a Reef" In 35 Pair Of Trousers.

New Haven, Conn.-Loss of weight has compelled former President William H. Taft to have his garments modeled on less generous lines. He gave to a keal journeyman tailor an order for changes to be made in 35 pairs of trousers. Professor Taft has reduced his weight 80 pounds and his waist line has contracted six inches so that it now measures only 48 inches

12 KILLED IN MINE EXPLOSION.

Disaster Occurs In Rock Castle Colliery In Alabama.

Birmingham, Ala.-Twelve men, five whites and seven negroes, were killed in an explosion in the Rock Castle mine of the Davis Creek Coal Company, 25 miles south of Birmingham, in Tuscaloosa county. More than 200 men were at work in the mine when the explosion occurred. All but 12 got out of the workings before the afterdamp affected them seriously. The explosion is believed to have been of gas origin, igniting dust in the mine.

#### IT OUT SIMPLY REASON

General Manager Could Form Only One Conclusion From Appearance of the Applicant.

"Poor girl!" said the general manager, as the young woman who had just applied for a position as stenogra-

pher walked out of his office. "What's her trouble?" asked the sec

"It's too bad that a girl who is so pretty-one who might be living in luxury-is compelled to get out looking for work because she refused to listen to her parents. You heard her

say she was married, didn't you?" "Yes, but I didn't hear her mention

her parents." "Evidently you have not developed much ability in the way of making deductions. Why would a girl with such eyes, such hair, such a complexion, such teeth, such a beautiful face and such a figure as her have to go out looking for work if she hadn't married against her parents' wishes?"

#### Shanghai and Salt Fish.

The city of Shanghai imported last year about 500,000 yez worth of salt fish. The import of salt fish dates three years back, and began with the introduction of salt salmon from Primerskaya (Russian littoral province), salt cod from Kwangtung leased territory, and salt sardines from Nagasaki, Says the Manchurian Daily News. In right the stomach and bowels are right addition to salt cod, the leased territory exported 5,000 yen worth of swordfish last year. This fish, which owes its name to its likeness to a sword in shape as well as in its glistening, scaleless body, is found in great abundance in these coast waters. The local quality is better suited to the Chinese palate than imports from Ningpo and ports on the North China coasts, and has a promising future on the Shanghai market. In fact, the Chinese are heavy consumers of this fish, the total annual import to Shanghai reaching 4,200,000 piculs,

#### Iceless Refrigerator.

What might be termed an iceless refrigerator has been invented by an Oregon man, a double-walled chest, between the walls of which is packed salt to protect its contents from surrounding warm air.

ARE YOU CONSTIPATED? Wright's Indian Vegetable Pills have proved their worth for 75 years. Test them yourself now. Send for sample to 372 Pearl New York. Adv.

Its Result. "How did Maude's experiment in apartment life succeed?" 'Not at all. It was a flat failure.'

Time works wonders. Many a young

widow is really older than many an old maid. Coughs and Colds cannot hold out agains

Dean's Mentholated Cough Drops, A single dose gives relief--5c at all Druggists. Our idea of an earthly angel is a

satisfactory wife. Milwankee's continuation school now

## Rheumatism Is Torture Many pains that pass as rheumatism are due to weak kidneys—to the failure of the kidneys to drive off uric acid thoroughly.

When you suffer achy, bad joints, backache too, dizziness and some urinary disturbances, get Doan's Kidney Pills,

the remedy that is recommended by over 150,000 people in many different lands. Doan's Kidney Pills help weak kidneys to drive out the uric acid which the cause of backache, rheumatism



antiered from chemicalle pains across
my back and my
hindder was badly
infamed I had disy
and fainting spells
and my whole eysten
was affected. I was
so helpess I could
hardly walk and doetor's treatment failed.
Finally I took Doan's
Kidney Pulls and in a
monthibey caredme." Get Doan's at Any Store, 50c a Box DOAN'S RIDNEY FOSTER-MILBURN CO., BUFFALO, N.Y.

# Make the Liver

Do its Duty CARTER'S LITTLE LIVER PILLS gently but firmly com pel a lazy liver to do its duty. Cures Constipation, In-

Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE

Genuine must bear Signature Breut Good

FREE TO ALL SUFFERERS.

THERAPION TO YOURSELF Absolutely FREE, No follower considers. HED, Co. HAVEBSTOCK RD, HAMPSTEAD, L.

DROPGY IREATED, usually gives quick a short breath, often gives entire relief in 18to 20 days. Trial treatment sent Free Dr. HOMAS E. GREEN, Successor to Dr. H. H. Greens Sons. Box O, Atlanta, Ga. \$100.00 FREE SCHOLARSHIP CONTEST. The person forming the greatest number of words from the letters in "standary," will receive a FRLE SCHOLARSHIP in book-keeping and stenotypy, words \$100. Other contestants will receive certificates worth \$15 in \$10. Lebunon Business College, Lebunon Pa.

SPECIAL-A DOZEN HANDKERCHIEFS Steinberg Mig., 344 Main St., Strondsburg, Pa.

REAL ESTATE

FOR SALE-2742 A. IN SUSSEX CO., VA.1 12 a. cult., one 14 and one 13 r. cottage, barn, outbidgs., etc. J. C. Allen, R. I. Waverty, Va. FOR SALE-350 A. IN JAMES CITY CO., Va.: 80 a. cult., 2 houses, barn, outhidgs, ore chard, etc. Win. Lee, Groye, York Co., Va.

# mene Everywhere

## Praise Lydia E. Pinkham's Vegetable Compound

Women from the Atlantic to the Pacific, from all sections of this great country, no city so large, no village so small but that some woman has written words of thanks for health restored by Lydia E. Pinkham's Vegetable Compound. No woman who is suffering from the ills peculiar to her sex should rest until she has given this famous remedy a trial. Is it not reasonable to believe that what it did for these women it will do for any sick woman?

### Wonderful Case of Mrs. Stephenson, on the Pacific Coast.

INDEPENDENCE, OREGON .- "I was sick with what four doctors called Nervous Prostration, was treated by them for several years, would be better for a while then back in the old way again. I had palpitation of the heart very bad, fainting spells, and was so nervous that a spoon dropping to the floor would nearly kill me, could not lift the lightest weight without making me sick; in fact was about as sick and miserable as a person could be. I saw your medicines advertised and thought I would try them, and am so thankful I did for they helped me at once. I took about a dozen bottles of Lydia E. Pinkham's Vegetable Compound and also used the Sanative Wash. Since then I have used them whenever I felt sick. Your remedies are the only doctor I employ. You are at liberty to publish this letter."—Mrs. W. Stephenson, Independence, Oregon.

## A Grateful Atlantic Coast Woman.

Hodgon, Mr.-"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and was fat and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."—Mrs. HAYWARD SOWERS, Hodgdon, Maine.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's allments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health. Write to LYDIA E.PINKHAM MEDICINE CO. Your letter will be opened, read and answered oby a woman and held in strict confidence.







