

PERIODS OF PAIN.

How Three Women Found Relief.



While no woman is entirely free from peritoneal suffering, it does not seem to have been the plan of nature that woman should suffer so severely. Lydia E. Pinkham's Vegetable Compound is the most thorough female regulator known to medical science. It relieves the condition which produces so much discomfort and robs menstruation of its terrors.

The three letters here published should encourage every woman who suffers:

Aug. 6, 1898.
 "DEAR MRS. PINKHAM:—I have suffered since the age of sixteen with painful menstruation. I have been treated for months, and was told that the womb had fallen a little. The doctor says that is now in place again, but I still have the same pain. Please tell me what to do."—Mrs. EMMA KUEHL, 115 Troutman St., Brooklyn, E. D., N. Y.



Jan. 19, 1899.
 "DEAR MRS. PINKHAM:—After receiving your reply to my letter of Aug. 6 I followed your kind advice, and am glad to tell you that I have been cured of the severe pain at time of menstruation through the use of Lydia E. Pinkham's Vegetable Compound. I have taken six bottles of it, felt better after the first bottle, and after a while had no more pain or womb trouble.

April 23, 1900.
 "Since receiving your answer to my letter I have been taking your Vegetable Compound, and it has done me more good than any medicine I have ever taken. My menses are all right now, and appear once a month, and I feel so much stronger. I shall always praise your medicine."—Miss MAGGIE POLLARD, 319 So. 4th St., Richmond, Va.

Feb. 26, 1900.
 "I saw your medicine so highly recommended I thought I would write you for advice.
 "My menstruation occurs every two weeks, lasts a week, and is painful. I have been troubled in this way for some time. I suffer from sick headache and backache all the time, especially if there is anything about my case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help you, for no person in America has such a wide experience in treating female ills as she has had. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

"I was troubled with female weakness, irregular and painful menstruation, and loss of strength. The doctor's medicine did me no good. I have taken one bottle and a half of your Vegetable Compound, and my pains are gone. I advise all women suffering as I have to use your Vegetable Compound."—EMMA J. PRIBBLEU, Indianapolis, Ill.



BEWARE.—We have deposited with the National City Bank of Lynn, \$5000, which will be paid to any person who produces the testimonial letters herein, or who produces the testimonial letters of Lydia E. Pinkham Medicine Co.

FARM TOPICS

When Matches Were Introduced.

The Atlas, a London newspaper, published on January 10, 1830, the following paragraph under the head of "Instantaneous Light": "Amongst the different methods invented for obtaining a light instantaneously ought certainly to be recorded that of Mr. Walker, chemist, Stockton-on-Tees. He supplies the purchaser with prepared matches which are put into tin boxes, but are not liable to change in the atmosphere, and also with a piece of fine glass paper folded in two. Even a strong blow will not inflame the matches which are put into tin boxes, the wood underneath, nor does rubbing upon wood or any common substance produce any effect except that of spoiling the match; but when one is pinched between the folds of the glass paper and suddenly drawn out it is instantly inflamed. Mr. Walker does not make them for extensive sale, but only to supply the small demand in his own neighborhood."—Newcastle (England) Chronicle.

A Stone Picker.

Where small stones are very thick upon the ground the work of removing them can be made easier and more expeditious by the home-made fork shown in the cut.



A HOME-MADE FORK FOR PICKING UP STONES.

The ends of broken horse rake teeth can be used, or the blacksmith can shape some three-eighths-inch iron rods for the purpose. Set the teeth an inch and a half apart in a "head" of hard wood, to which an old fork handle can be added. The tips of the tines should turn up a little and be rounded. This fork can be run in under the stones, when the latter can be thrown into a cart or stone-boat.—New York Tribune.

Feed Course Feeds.

It is recommended that a calf's digestive system be developed by feeding a good diet of coarse fodder. This will have a tendency to increase the stomach capacity, and in the end increase the cow's capacity for converting considerable amounts of feed into milk and butter. This does not mean, however, that condensed feed should be entirely avoided. It seems to the writer of these comments that fully four-fifths of the dairymen are in favor of having a heifer drop her first calf near her second birthday. In other words breed them when past their first year's growth. This is, of course, strictly for the dairy animal and the cow whose life is to produce butter fat. I note that one prominent writer recommends that great care be observed in breaking a heifer to milk to see that she is treated kindly at all times. If abused in any way she is inclined to hold back her milk, and the results are unfavorable to her development as a milker. This is said to be more particularly true during her first year. Her life habits are then just beginning to become fixed. It is best that one person should milk a heifer continuously if possible. She becomes accustomed to a person's habits, and the milker understands her more thoroughly as he becomes accustomed to her. The result is that both being better acquainted get along the best together. This is true of all cows but most strikingly true of the heifer with her first calf just learning to be milked. Regularity in milking should be encouraged. Have an hour night and morning convenient as possible and adhere to it as closely as possible at all times. The heifer soon comes to expect to be milked at a certain time night and morning, and when the time has passed she begins to become uneasy.—C. P. Reynolds, in The Epitomist.

CAMP JEWETT.

If you are coming to the Pan-American Exposition, the following will interest you: We believe that hotel accommodations will be limited. We are constructing a fine Camp situated near the Exposition in a most beautiful part of the city. The Pan-American grounds can be reached in a walk of fifteen minutes, or in five minutes by trolley line passing the Camp. The beautiful Delaware Park and the Zoo are immediately adjoining. The Camp will be composed of 175 12x14 feet wall tents with fly, floors, electric light and furnished the same as a first-class hotel bedroom. We shall have all conveniences such as baggage room, postoffice, telephone, toilet rooms, etc., bonded walks to all points, and laundry. Our rate will be \$1 per day for each tent containing two double beds, or \$1.20 per day for tent with one double bed. This will make the expense much cheaper than hotel prices. A large dining hall will be provided, in which meals will be furnished at reasonable prices. Parties arriving in Buffalo by boat or at the railway depots, take Main Street, Buffalo and Lookout, Jefferson Street, or Buffalo, Tonawanda and Kenmore, cars; if at the Exposition grounds, take any of downtown cars at the Amherst Street EAST gate. Entrance to Camp, corner Parkside Avenue and Oakwood Place.

DAVIS & STEVENS, Camp Jewett, Highland Park, Buffalo, N. Y. Referencess: Citizen's Bank, Dunning & Stevens, Buffalo, N. Y.

"The Sauce that made West Point famous." **McILHENNY'S TABASCO.** DROPSY NEW DISCOVERY gives quick relief and cures worst cases of Dropsy, Biliousness and Indigestion. Free. Dr. H. M. GREEN'S HOME, BOX B, ALABAMA, GA.

A Match Starts the Meal
 If You use a **WICKLESS BLUE FLAME Oil Stove**

No Fuss No Muss

If your dealer does not keep them, write to the nearest agency of **ATLANTIC REFINING CO.**

30 FEET OF BOWELS

are packed away in your insides and must be kept clean, in order and doing business.
 It's a long way, with many turns and pitfalls to catch the refuse and clog the channel if not most carefully cleaned out every day.
 When this long canal is blocked, look out for trouble—furred tongue, bad breath, belching of gases, yellow spots, pimples and boils, headaches, spitting up of food after eating—an all-around disgusting nuisance.

Violent calomel purges or gripping salts are dangerous to use for cleaning out the bowels. They force out the obstruction by causing violent spasms of the bowels, but they leave the intestines weak and even less able to keep up regular movements than before, and make a larger dose necessary next time.

Then you have the pill habit, which kills more people than the morphine and whiskey habits combined.

The only safe, gentle but certain bowel cleanser: are sweet, fragrant **CASCARET'S**, because they don't force out the fecal matter with violence, but act as a tonic on the whole 30 feet of bowel wall, strengthen the muscles and restore healthy, natural action. Buy and try them! (Look out for imitations and substitutes or you can't get results. Cascarets are never sold in bulk. Look for the trade-mark, the long-tailed "C" on the box.) You will find that in an entirely natural way your bowels will be promptly and permanently

Made **CLEAN** and **STRONG** by **Cascarets**

LIVER TONIC

BEST FOR THE BOWELS

NEVER SOLD IN BULK.

10c. 25c. 50c.

ALL DRUGGISTS.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul taste in the mouth, headache, indigestion, pimples, pain after eating, liver troubles, slow circulation and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ails you, start taking **CASCARETS** today, for you will never get well and be well all the time until you put your bowels right. Take our advice; start with **CASCARETS** today, under an absolute guarantee to cure or money refunded.

GUARANTEED TO CURE! Five years ago the first box of **CASCARETS** was sold. Now it is over six million boxes a year, greater than any other medicine in the world. This conclusive proof of great merit, and our best testimonial. We have faith and will sell **CASCARETS** absolutely guaranteed to cure all bowel troubles. Do not buy today, two boxes, give them a fair, honest trial, as per simple directions, and if you are not satisfied, after using one dose, return the unused boxes and the empty box to us by mail, or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice—no matter what ails you—start today. Health will quickly follow and you will bless the day you first started the use of **CASCARETS**. Hook free by mail. Address: **STELLING HEMERY CO., NEW YORK or CHICAGO.**

LION COFFEE

A LUXURY WITHIN THE REACH OF ALL!

"THE NEW YANKEE DOODLE."

LION COFFEE came to town To satisfy the craving Of millions, and their pleasure crown By also money saving.

LION COFFEE IS the best, LION COFFEE stands the test, LION COFFEE's sales attest
 The road to fame 'tis paving.

LION COFFEE is not glazed, It has no foreign coating, Its purity is always praised— Good health it is promoting.

LION COFFEE takes the lead, **LION COFFEE's** grand, indeed, **LION COFFEE** all concede
 Perfection is denoting.

LION COFFEE's in the bean— Nothing there to hide it. Lion head on package seen, Premium List inside it! **LION COFFEE's** gifts are great, **LION COFFEE's** one-pound weight, **LION COFFEE's** up-to-date,
 All grocers will provide it.

Watch our next advertisement. Just try a package of **LION COFFEE** and you will understand the reason of its popularity. **LION COFFEE** is now used in millions of homes.

In every package of **LION COFFEE** you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold). **WOOLSON SPICE CO., TOLEDO, OHIO.**

SIXTY DOLLARS! Worth of staple goods free to one intelligent man or woman in every county of the U. S. Write quickly. New Jersey Mfg. Co. (Incorp.), Jersey City, N. J.

CHEWING GUM FREE A box of No. 1 Cheewing Gum FREE. Write for particulars and sample. **NEUROPTIC MEDICAL COMPANY, Hornellsville, N. Y.**

Dr. Bull's Cough Syrup Safest, surest cure for all throat and lung troubles. People praise it. Doctors prescribe it. Quick, sure results. Refuse substitutes. Get Dr. Bull's Cough Syrup.

—A Missouri man at Nevada drinks a good, big amount of whisky, but only consumes the pure moonshine quality, which he has shipped in from the mountains of East Tennessee.

All goods are alike to PUTNAM FADELESS DYES, as they color all fibers at one boiling. Sold by all druggists.

Only one colored soldier wears the Victoria cross—Lance-Sergeant Gordon, of the West Indian regiment.

France changed its Constitution four times during Queen Victoria's reign.

Ask Your Dealer for Allen's Foot-Ease. A powder to shake into your shoes; rests the feet. Cures Corns, Bunions, Swollen, Sore, Hot, Callous, Aching, Sweating Feet and Injuring Nails. Allen's Foot-Ease makes new or tight shoes easy. At all druggists and shoe stores, 25 cts. Sample mailed FREE. Address: Allen S. Olmsted, Lefroy, N. Y.

On some of the Japanese railway terra cotta sleepers are used. They are far more durable than those of wood.

If You Have Dyspepsia Send no money, but write Dr. Shoop, Racine Wis., Box 148, for six bottles of Dr. Shoop's Restorative; express paid. If cured, pay \$3.50; if not, it is free.

Austria and Mexico have resumed intercourse for the first time since the execution of Emperor Maximilian.

WE USE FAST COLOR EYELETS

W. L. DOUGLAS \$3. & \$3.50 SHOES MADE.

Real worth of W. L. Douglas shoes is \$12.00 shoes for \$3.00. My shoes last long. Lasts cannot be equalled at any price.

It is not alone the best leather that makes a first class shoe. It is the skill and knowledge that have planned the best style, that a perfect model of the foot, and the construction of the shoe. It is the skill and knowledge that have made W. L. Douglas shoes the best in the world for men. Take no substitute. Insist on having W. L. Douglas shoes with name and price stamped on bottom. Your dealer should keep them. If he does not, send for catalog giving full instructions how to order my shoes.

W. L. DOUGLAS, Brockton, Mass.

IN WET WEATHER A WISE MAN WEARS TOWER'S FISH BRAND OILED WATERPROOF CLOTHING

BLACK OR TELLOW

WILL KEEP YOU DRY NOTHING ELSE WILL
 TAKE NO SUBSTITUTES—CATALOGS FREE— SHOWING FULL LINE OF GARMENTS AND HATS— A. J. TOWER CO., BOSTON, MASS. 40

AGENTS WANTED for the...
Brehard Seah Look and Brehard Beer Holder

Active workers everywhere can earn big money always a steady demand for our goods. Samples always with prospectus. Free Catalogue. **BREHARD'S OIL**, Department 12, Philadelphia, Pa.