



Health of Women

Health and beauty are the glories of perfect womanhood. Women who suffer constantly with weakness peculiar to their sex cannot retain their beauty. Preservation of pretty features and rounded form is a duty women owe to themselves.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound removes such troubles.

Case of this Prominent Chicago Woman Should Give Everyone Confidence in Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—It affords me great pleasure, indeed, to add my testimonial to the great number who are today praising Lydia E. Pinkham's Vegetable Compound. Three years ago I broke down from excessive physical and mental strain. I was unable to secure proper rest, also lost my appetite, and I became so nervous and irritable too that my friends trembled, and I was unable to attend to my work. Our physician prescribed for me, but as I did not seem to improve, I was advised to go away. I could neither spare the time nor money, and was very much worried when, fortunately, one of my club friends called. She told me how she had been cured of ovarian troubles, and how like my symptoms were to hers. Seven bottles of your medicine cured her, and she insisted that I take some.

"I did so, and am glad that I followed her advice. Within six weeks I was a different woman, strong and robust in health, and have been so ever since.

"A number of my friends who have been troubled with ailments peculiar to our sex have taken your compound, and have also been greatly benefited."—MISS ELIZABETH DALEY, 870 Loomis St., Chicago, Ill. President of the St. Ruth's Court, Order of Foresters, Catholic.

What is left for the women of America, after reading such letters as we publish, but to believe. Don't some of you who are sick and miserable feel how wicked you are to remain so, making life a burden for yourself and your friends, when a cure is easily and inexpensively obtained? Don't you think it would pay to drop some of your old prejudices and "try Lydia E. Pinkham's Vegetable Compound, which is better than all the doctors for cures?" Surely the experience of hundreds of thousands of women, whom the Compound has cured, should convince all women.

Follow the record of this medicine, and remember that these cures of thousands of women whose letters are constantly printed in this paper were not brought about by "something else," but by Lydia E. Pinkham's Vegetable Compound, the great Woman's Remedy for Woman's Ills.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Moral—stick to the medicine that you know is the Best. Write to Mrs. Pinkham for advice.

\$5000 FORFEIT if we cannot forthwith produce the original letter and signature of above testimonial, which will prove its absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

BROMO-SELTZER
CURES ALL Headaches
10 CENTS—EVERYWHERE

Whitcomb Riley Confesses. James Whitcomb Riley, the author, confesses to a fondness for social life, but always feels at a disadvantage at society gatherings. Being short-sighted he is unable to recognize people easily, and as a consequence he seems somewhat ungainly. "Besides," he adds, "not long ago I was detected pronouncing the 'programme' as it is spelled, and you can imagine my overwhelming, suffocating sense of humiliation when my attention was called to it."

GRIPPE HURT KIDNEYS.
The lingering results of La Grippe remain with the kidneys for a long time. They suffer from over exertion and the heavy drugs of Grippe medicines. Doan's Kidney Pills overcome this condition.

ACHING BACKS ARE EASED. Hip, back, and loin pains overcome. Swelling of the limbs and droopy signs vanish. They correct urine with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

FREE! Mail this coupon with your address for free trial box.

Doan's Kidney Pills, 50 CENTS. A SPECIFIC FOR KIDNEY COMPLAINTS.

Please mail me free trial box Doan's Kidney Pills. Name: _____ Post-office: _____ State: _____

Medical Advice Free.—Strictly Confidential.

PLUCK AND ADVENTURE.

HE "SNIPED" THE FILIPINOS. JUST before the volunteer regiments were ordered to the States for muster out, General Funston, then Colonel of the Twentieth Kansas, was on one of his famous hikes north of San Fernando. When near the swamps of Candaba, a little way from Arayat, he noted signs of the enemy, and to escape an engagement before he knew something of his strength he sent out a detachment of ten men to reconnoitre, locate him, and if possible, ascertain the character of his intrenchments.

Jack Devinnie, of Company M, was among the number selected to perform the important but dangerous mission. As his name suggests, he was of Erin's blood, and next to the green he loved the yellow, for he was a son of the eruptible Sunflower State. When on his good behavior Jack was looked upon as the peer of any man in his regiment for scout service, or service of any sort that required sagacity and mother wit. More than once he had received the gracious thanks of his company and regimental commanders for the successful performance of duties in which his life hung in the balance.

The detachment was placed under the command of a Sergeant, and it was soon hid in the bush of the adjacent forest, the edge of which had been selected for the night's bivouac, unless, perchance, the force of the foe and his position had been fixed beyond peradventure. Hour after hour passed, for the detachment, according to instructions, had made a wide detour and did not get back until just before sundown, when, for the first time, it was noticed that Devinnie's place in ranks was vacant. This caused no uneasiness at first, for it was supposed that he "fell out" for urgent reasons and would soon put in an appearance.

But darkness came and no Jack. Then there was anxiety. Some expressed the fear that he had got lost in the mazes of the underbrush, but his company companions, who knew him best, insisted that he would turn up in due time. Cold snacks were issued, sentinels were posted, and the regiment sought its rest with the trusty Krug by the side of each man. Funston's men were not to be caught napping.

"Corporal of the Guard No. 2," rang out upon the air about 10 o'clock. The answer was made post haste and there stood Devinnie with three Mausers and three gugu prisoners in front of him, and the sentinel was on his guard to see that not even Jack got away. The corporal and the missing man exchanged a few words, and on insisting he was taken before Funston. His company commander was not good enough for him just then.

The little man who ran the coup on hiking Aggie was overglad to see the missing scout, and it didn't take but a minute to see that he had some prizes to turn over and a story to tell. Jack stood behind his prisoners, and with his Krug at right shoulder, he brought his left hand briskly to the small of his stock, giving the proper salute, and stood at attention.

"Surrounded 'em, Jack?" queried the Colonel, with a merry twinkle in his eye.

"No, begorra," said he, "I sniped 'em."

Jack then explained that he was at the right of the detachment, which was moving in order of skirmishers about twenty feet apart, and that to escape an impenetrable jungle he moved still further to the right, tripped on some creeping vines and pitched headlong into a gulch, where he lay for some time in a dazed condition. On coming to himself he went opposite to the direction taken by the rest of the detachment, and ultimately spotted his three prisoners coming toward him. Hiding himself in a copse practically secure he awaited them, but they had evidently fired, and sent themselves to rest within thirty yards of his place of concealment. He then resolved on capturing them and their arms. So he bided his time, crept upon them, and when they were in the midst of their "hablas," he demanded their surrender with such uncton that they gave up without even reaching for their guns.—Manila Critic.

A GALLANT FIREMAN. The personal bravery of Captain Swenie, late Chief of the Chicago Fire Department, at a fire night have been called the most abandoned recklessness had he not been such a superb general and fighter. Great as were the risks he took he never took one unnecessarily, and never asked his men to go into a place of danger into which he was not glad and willing to lead them.

While he was still a boy volunteer his first act of conspicuous gallantry was recorded in the archives of the department. A two-story frame building, a paint store below an' living rooms above, caught fire late one night. The inmates, panic-stricken, fled down the narrow passageways and jumped from windows, but a servant and a two-year-old baby were abandoned to the flames and given up for lost. Their absence was discovered just as Swenie's company, with their old hand engine, reached the place, and the boy, without waiting for orders, or heeding the attempts of his fellow firemen to pull him back, got into the burning store, and scrambling along a passage-way leading upstairs, reached the room where the girl and child were lying unconscious.

The stairs were half-gone and the

whole building was a whirling mass of fire, but Swenie never lost his head. He picked the two up in his arms and groped his way back to the stairs he had ascended, only to find all means of escape cut off. Fighting through the fire in the room he reached an outside window, attracted the attention of the firemen below and waited while they got a ladder up to him. Then he carried his burden down in safety. His hair and eyebrows were burnt off and his whole back and hands were badly scorched, but in a week he was running again with the Red Jacket, willing and eager for another chance to risk his life for the lives of others.

That was not a bad start for a boy. It pointed to still braver deeds in future years, and it is hardly enough to say that Swenie fulfilled the promise of his youth.

WIFE WORE SOLDIER'S UNIFORM. That "love will find a way" is again verified in the case of Mrs. Alma Bays, who is temporarily stepping at 220 North Liberty street, Baltimore, Md. In order to be near her soldier husband, who had been ordered to the Philippines, Mrs. Bays, then a bride of less than a year, donned a soldier's uniform and traveled half way across the Pacific on an army transport crowded with men.

At Thomas, Ky., was the scene of the beginning of Mrs. Bays' romance, for there she met and married Bays, who was a musician, attached to the Sixth Infantry. Later the regiment was sent to Ft. Sam Houston, near San Antonio, Texas, and was stationed there when the cable brought the news of Dewey's victory. Less than two weeks later the regiment was ordered to Manila.

The plan to accompany her husband was made up almost as soon as the orders came. From the regimental quartermaster was obtained a regulation uniform to fit Mrs. Bays, and when the special trains carrying the regiment moved westward for San Francisco, Mrs. Bays was on board. The trip to San Francisco was uneventful, but it was only with considerable difficulty that she was smuggled aboard the transport. Then her troubles began to multiply, for officers were moving constantly about the ship.

"The men who were in the secret," said Mrs. Bays, "kept near me, and when inspections were ordered, I was generally stowed away under a lot of saddle bags and blankets. For a week everything went along well, but as we neared Honolulu one of the regimental surgeons happened to see me and the secret was out. I was ordered out, and as soon as we reached Honolulu was sent ashore, and came back to this country on the next ship. Another lady, who went with her husband just as I did, escaped detection and was carried all the way to Manila."

Mrs. Bays never saw her husband again after bidding him goodby in Honolulu. He went on with his regiment, which was later stationed on the island of Negros, and one day while in bathing he was ambushed by the natives and killed. She is a Virginia woman, coming from a good family which lives near Lynchburg.—Cincinnati Enquirer.

UNDER THE EYE OF GOD. A good story is told in the English papers of how the Somali Mad Mullah worked one of those "miracles" which drew many waverers to his banner.

An English man-of-war was sent to demonstrate off the coast, and at night threw a searchlight onto the jungle-covered mountains. Abdullah was in hiding there, and knowing from his visits to Aden what it was that his followers hailed as a new star, told them that the light was seeking him.

When the electric rays actually flooded his concealment he cried in triumph: "Will you deny now that I am under the eyes of God?"

The Somali fell on his knees, beat the earth with their foreheads and replied: "Thou art truly the Elect, the Chosen, the Mullah, the Master. Our goods, our existence, our souls belong to thee. We place ourselves entirely at the disposition of thy will."

A few weeks later came the news of the rising of some 4000 of these Somalis.—New York Tribune.

Her Justification. Very few women deceive a husband without making themselves believe it is for his own good that they do it.—New York Press.

HOUSEHOLD AFFAIRS.

A CAPITAL CLEANSER. Magnesia makes a capital cleanser for delicate, light colored fabrics that have become spotted or stained. Rub the spots on both sides with magnesia, then put the article away, just as it is. When needed, brush off the magnesia, and the dirt will be found to have disappeared.

THE KEROSENE SPOT. To take out a kerosene spot from woolen fabrics cover the stain on both sides with French chalk and leave it so over night. Press between clean blotting paper with a warm iron. Candle-grease spots are best removed by placing blotting paper next the goods on the side where the grease is, and holding a hot iron close to the surface. If the fabric is ironed the grease will run through to the other side.

AN OLD CARPET'S USE. A Western woman suggests a novel method of making an old carpet into a new linoleum. Her recipe consists in first tacking the carpet down smoothly on the floor of the room it is permanently to adorn. Cover this with a thick coat of paste made of boiled starch and water. When thoroughly dry, paint a dark green or red, or any other color desirable, and as soon as that coat is dry give it another. The result, she declares, is a good substitute for a linoleum carpet.

DESIGN FOR DOILIES. The mistress of a pretty summer home, whose dining room decoration is wholly in green and white, has just had designed for her dining table mats and doilies which harmonize delightfully with the color scheme of the room. They are of white linen with a pattern of English ivy sprays running over them. The leaves are cut out of the linen and white Brussels net is placed under the openings, the veinings of the leaves being done in green silk on the net. The borders of the pieces consist of a green embroidered scallop.—Pittsburg Dispatch.

A "FLOWER BEDROOM." A delightful "flower bedroom," whose mistress is a young girl of artistic tastes and considerable aesthetic culture, has been modeled on the water lily. Could anything be more charming, unless it be a forget-me-not or wild rose room? The furnishings of this water lily room are all in green and white, with a suspicion of yellow here and there—white wall paper, dark green matting, curtains of white muslin, white enameled furniture, and bedspread and dressing table cover of white—Brussels net over the palest Nile green. The woodwork is a delicate green, and the ceiling and frieze a delicate yellow.

The "flower bedroom" is just now a fad, especially with young women and young girls. Often the most impossible carpets, woodwork and furniture can be made to lend themselves to artistic effects, with a little money and the "know how." Apple blossoms, forget-me-nots, pink roses, yellow roses, cardinal flowers, cowslips, heliotrope—all these and a hundred other floral favorites may be symbolized with enchanting results. These "flower bedrooms" never fail to please the originator and her friends, because there are never two alike, and invention is given a free rein. Ingenuity is never put to better uses than when making the greatest possible amount of beauty out of unlovely properties and a meagre purse.—New York Tribune.

CRAB MEAT ON TOAST—Put into a chopping dish two level tablespoonfuls of butter; when it has melted add one level tablespoonful of flour and half a cupful of milk, stirring until thickened; one teaspoon of chopped parsley and one cupful of crab meat; stir until quite thick; add salt, pepper, paprika and a little lemon juice to taste; spread on toasted buns or on thin rounds of bread toasted.

Sour Cream Dressing—Mix one teaspoon of mustard and a pinch of salt; add three tablespoonfuls of vinegar, and stir until smooth; beat one egg, add the vinegar, stirring constantly; then add one tablespoonful of butter; set the bowl in a pan of boiling water; stir and cook until creamy; remove and stand in a cool place; add three tablespoonfuls of sour cream; if the cream is very rich omit the butter.

Mutton Kidney Sauté—Split five mutton kidneys in halves; remove the skin and cut out the fat from the centre; heat two tablespoonfuls of butter in a frying pan; sprinkle salt over the kidneys and add them to the butter; cook five minutes, then stir in one tablespoon of flour and add half a cup of water; cover the pan and cook five minutes, then add lemon juice to taste; serve with squares of toast.

Fruit Rolls—Sift into a bowl two cupfuls of roller, two spoonfuls of baking powder and half a teaspoon of salt; rub in lightly two tablespoonfuls of butter or half butter and half lard; add three-fourths cup of milk; it should be a soft dough; toss on a floured board, roll out half an inch thick; spread over with softened butter; sprinkle with half a cup of sugar and half a cup of currants, roll up as for a jelly roll; cut in half inch slices, lay them on a greased baking pan, and bake twenty minutes in a quick oven.

RECIPES

MIND THIS. It makes no difference whether it is chronic, acute or inflammatory.

Rheumatism of the muscles or joints

St. Jacobs Oil cures and cures promptly. Price, 25c. and 50c.

The Lass With a Glass of Hires Rootbeer brightens her eyes, deepens the roses in her cheeks, and gives her health and buoyant spirits.

Hires Rootbeer is the great hot weather drink, it is sold everywhere.

DROPSY NEW DISCOVERY; gives ease. Book of testimonials and 10 day trial treatment. Free. Dr. E. H. GREEN'S DISP. Box 8, Atlanta, Ga.

P. N. U. 23, '08.

FISCH'S CURE FOR GOUT WHILE ALL ELSE FAILS. Don't miss this. It cures Gout. Use in time. Sold by druggists.

Thompson's Eye Water

REGISTER OF THE U. S. TREASURY USES PE-RU-NA FOR SUMMER CATARRH.

Summer Catarrh Afflicts Men and Women.

HON. JUDSON W. LYONS, Register of the United States Treasury, in a letter from Washington, D. C., says: "I find Peruna to be an excellent remedy for the catarrhal affections of spring and summer, and those who suffer from depression from the heat of the summer will find no remedy the equal of Peruna."—Judson W. Lyons.

No man is better known in the financial world than Judson W. Lyons, formerly of Augusta, Ga. His name on every piece of money of recent date makes his signature one of the most familiar ones in the United States.

Two Interesting Letters From Thankful Women. Miss Camilla Chartier, 5 West Lexington St., Baltimore, Md., writes: "Late summers gradually affected my digestion and made me a miserable dyspeptic, suffering intensely at times. I took several kinds of medicine which were prescribed by different physicians, but still continued to suffer. But the trial of one bottle of Peruna convinced me that it would rid me of this trouble, so I continued taking it for several weeks and I was in excellent health, having gained ten pounds."—Miss Camilla Chartier.

Summer Catarrh. Mrs. Kate Hohn, 1119 Willowghy Ave., Brooklyn, N. Y., writes: "When I wrote you I was troubled with frequent headaches, dizzy, strange feeling in the head, sleeplessness, sinking feelings, faintness and numbness. Sometimes I had heartburn. My food would rise to my throat after every meal, and my bowels were very irregular. I wrote you for advice, and I now take pleasure in informing you that my improvement is very great indeed. I did not expect to improve so quickly after suffering for five long years. I am feeling very good and strong. I thank you so much for Peruna. I shall recommend it to all suffering with the effects of catarrh and I consider it a household blessing. I shall never be without Peruna."

For those phases of catarrh peculiar to summer Peruna will be found efficacious, and I consider it a household blessing. I shall never be without Peruna. Peruna cures catarrh in all phases and stages. If you do not derive 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.

BEST FOR THE BOWELS



Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CASCARETS today, for you will never get well and stay well until you get your bowels moving. Take our advice, start with Cascarets and we guarantee to cure or money refunded. The genuine tablet stamped C. C. C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

The Well Dressed. The best dressed men in New York are the Wall streeters. There is one young member of the Stock Exchange who is famous for his clothes. He has a wardrobe in his private office, and changes his suit three times a day—at 10, at noon and at 3 o'clock. A busy session on the floor will wreck any suit. Most of the brokers wear an old office coat in the shuffie and in the evening they are in a state of turmoil, and there is scarcely an active member but has an extra pair of trousers to put on after the close of business. Scores of little tailors in the financial district make a good living pressing trousers at 50 cents a pair.

A direct weekly train from Moscow to Dalny on the Yellow Sea, has just been installed. The time is 13 1/2 days with two days' steamer added to Shanghai and one and one-half added to Nagasaki, Japan.

TORTURING DISFIGURING
Skin, Scalp and Blood Humours
From Pimples to Scrofula
From Infancy to Age
Speedily Cured by Cuticura
When All Else Fails.

The agonizing itching and burning of the skin, as in Eczema; the frightful scaling, as in psoriasis; the loss of hair and crusting of the scalp, as in scalled head; the facial disfigurements, as in acne and ringworm; the awful suffering of infants, and anxiety of worn-out parents, as in milk crust, tetter and salt rheum,—all demand a remedy of almost supernatural virtues to successfully cope with them. That Cuticura Soap, Ointment and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy, have made them the standard skin cures, blood purifiers and humour remedies of the civilized world.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle. Dry, without rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, take Cuticura Resolvent, to cool and cleanse the blood. This complete local and constitutional treatment affords instant relief, permits rest and sleep in the severest forms of eczema, and other itching, burning and scaly humours of the skin, scalp and blood, and points to a speedy, permanent and economical cure when all else fails.

St. Jacobs Oil cures and cures promptly. Price, 25c. and 50c.

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