

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organism. More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation. It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases. The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes of 640 N. Davison Street, Buffalo, N. Y., writes:

Dear Mrs. Pinkham—

Your medicine is indeed an ideal medicine for women. I suffered misery for years with painful periods, headaches and bearing-down pains. I consulted two different physicians but failed to get any relief. A friend from the East advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and no longer suffer as I did before. My periods are natural, every ache and pain is gone, and my general health is much improved. I advise all women who suffer to take Lydia E. Pinkham's Vegetable Compound."

Mrs. Tillie Hart, of Larimore, N. D., writes:

Dear Mrs. Pinkham—

I might have been spared many months of suffering and pain had I only known of the efficacy of Lydia E. Pinkham's Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

BEST FOR THE BOWELS

Cascarets

CANDY CATHARTIC

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, yellow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. Try Cascarets today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cascarets today and you have a guarantee to cure or money refunded. The genuine tablet stamped C. C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

Fate of a Man Who Ran a "Corner."

Edward W. Mitchell died in Chicago a few days ago, and the members of the Chicago Board of Trade made up a fund to bury him. Mitchell died a pauper. Mitchell was once a great man. Where the names of Gates, Morgan, Armour and other stock plungers are now printed Mitchell's name was printed 30 years ago. Mitchell was a big grain operator in Chicago, when Fisk and Gould were piling up money in railroads in New York. In 1868 he "cornered" the wheat market in Chicago. He had a company of fellow-conspirators against consumers. They shot the prices sky high. Mitchell made a million or more. Then he went into the market as a bigger plunger. He was betrayed and sold out and found himself penniless. That was 35 years ago. Mitchell for 10 years sought to regain his fortune, but he was out-classeed by keener minded men. Then he became a pauper. And every man that has tried to "corner" a food product has died poor.

The Diet of Nations.

The German, after all, is not the champion beer-drinker. That honor rests with the Britisher, who drinks three gallons a year more than the Teuton. On the other hand, the Frenchman eats nearly twice as much bread as the Britisher and an American 50 per cent more meat than a citizen of the United Kingdom. The English are, however, the greatest teardrinkers and sugar-consumers in the world, though they only drink two quarts of wine a head where the thirtieth Spaniard imbibes 36 gallons.

Cannot Reduce a Rate.

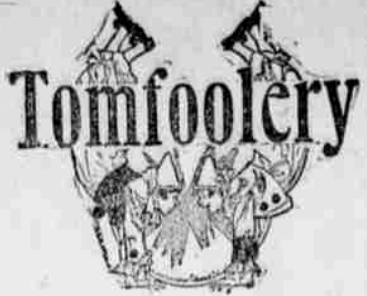
It is stated in Washington that under the Townsend rate bill if a rate is fixed by the commission it cannot be lowered by a railroad. Should an emergency arise calling for a decreased rate the railroads or shippers would have to appeal again to the commission, there being no latitude allowed, whatever the circumstances. Hitherto a maximum rate has been the rule, but no such concession is made under the proposed legislation.

America Found Too Soon.

Christopher Columbus made a mistake in discovering America in 1492, according to Prof. J. Paul Goode of the department of commercial geography of the University of Chicago. In an address before the seniors of the mid-way institution, says the Chicago Chronicle, the geography expert told the collegians that the turbulent condition of Europe at that time regarding religion and morality was a setback to the progress of the new world. "It would have been much better had this great discovery come a century later," said the professor. "Then the European countries would have been better prepared to develop a new country."

English Shopkeepers.

The upper class in England is sinking; the middle is rising rapidly, and those who belong to the former keep shops in assumed names, while those who belong to the latter endeavor to conceal that they themselves are connected with trade. The conversation of both, however, betrays that they are shopkeepers.—London Truth.



Tomfoolery

WHAT TATE ATE.
There was a young fellow named Tate,
Who ate with his girl at 8.38.
Since Tate did not state,
I cannot relate
What Tate ate at his tete-a-tete ate at 8.38.

LOVE.
"Love," said the beautiful one with poetic fancies, "is a rose."
"Yes," replied the grizzled bachelor, "and marriage is the wind that blows the petals off."—Chicago Record-Herald.

HUNDRED-MILE DASH.
Johnny—Paw, this paper says the autos made a century run down in Florida. What is a century run?
Paw—"It all depends on how it is spelt. Some of them make century runs."—Dallas News.

DEAR OLD LADY!
"Yes," remarked Mrs. Malaprop, "it was a grand sight. First came the King, carrying a sceptre in his hand, and wearing a beautiful red mantle all trimmed with vermilion. It was a grand sight."—London Tri-Bits.

VERY APPROPRIATE.
"I have been eating onions," confessed the pretty girl in the dim parlor. "Then I will tell you a ghost story," whispered the suitor.
"But why a ghost story?"
"Because it will take your breath away."—Chicago News.

IN CONFIDENCE.
Stranger—"So this is the Sheep-Blacks mansion. Have they many family secrets?"
The Butler—"Yes, indeed, sir. Why, they have so many skeletons in their closets the place looks like the catacombs."—Detroit Tribune.

IN INSECT LAND.

The Stomachless Man.
The stomach proper has ceased to be a serious problem to the surgeon. He can invade and explore it with impunity. He can even, if circumstances demand, relieve the owner of it entirely, and so arrange the losses ends that the functions of nutrition are successfully maintained. To be sure, the patient can never thereafter derive much pleasure from his meals; he must restrict himself to a rigid diet; but for all the other affairs of life he may be as competent as before. There are today several stomachless men who are earning their daily predigestion ration in occupations varying from clerk to expression-man.

FITS permanently cured. Nocturnal nervousness after first day's use of Dr. Kline's Great Nerve-Exhauster, \$2.00. Trial bottle and treatise free. Dr. H. H. Kline, Ltd., 381 Arch St., Phila., Pa.

In some of the London schools the boys take lessons in cooking.

Ask Your Dealer For Allen's Foot-Ease. A powder, it rests the foot, cures Corns, Bunions, Swollen Feet, Calluses, Aching Sore Feet and Incurable Nails. Allen's Foot-Ease makes new or old shoes easy. At all Drugists and Shoe Stores, 25 cents. Assortment of substitutes. Sample mailed Free. Address, Allen S. Olmsted, Lefroy, N. Y.

The crown forests of Russia comprise 30,000,000 acres belonging to the Czar.

Popular Cars.
The Pope-Hartford and Pope-Tribune gasoline cars and runabouts meet the special demands of a large class of automobile users. They are simple in construction, free from complicated and inefficient parts, and priced from \$350 to \$1600. For fully illustrated catalogue and descriptive matter, address Dept. A, Pope Manufacturing Co., Hartford, Conn.

Glass houses may soon be made steam-heat.

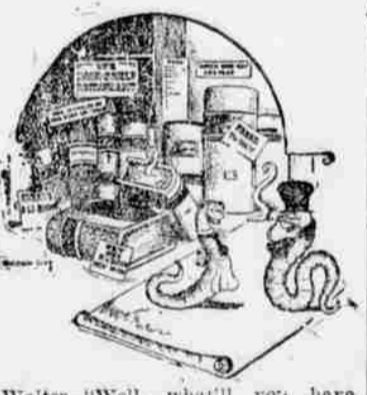
Flo's Cure is the best medicine we ever used for all affections of the throat and lungs. W. G. ESTELAY, Vanburse, Ind., Feb. 10, 1900.

A former army officer plays a band organ on the streets of Sheffield, England.

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

Fruits grown in China are usually inferior in flavor.

Automobiles in France.
The French manufacturers of automobiles assert that they have no present cause to fear American competition, although they admit that the parts of the machine can be made cheaper here than elsewhere. Our trouble appears to be that "the same cure in assembling the parts is not shown in America as in France," the latter employing costly skilled labor and doing by hand work which is done here by machinery. In 1898 the number of automobiles made in France was 1,850, valued at \$1,602,000, while last year the number reached 22,000, and the estimated value \$34,000,000.



BABY'S AWFUL ECZEMA

Face Like Raw Beech—Thought She Would Lose Her Ear—Healed Without a Blemish—Mother Thanks Cuticura.

"My little girl had eczema very bad when she was ten months old. I thought she would lose her right ear. It had turned black, and her face was like a piece of raw meat, and very sore. It would bleed when I washed her, and I had to keep cloths on it day and night. There was not a clear spot on her face when I began using Cuticura Soap and Ointment, and now it is completely healed, without scarp or blemish, which is more than I had hoped for. (Signed) Mrs. Rose Ether, 291 Eckford St., Brooklyn, N. Y."

Fate of the Chess Player.

So Pillsbury succumbs to the banes of great chess playing—overstrain of brain force. He follows Steinitz, the marvelous analyzer and strategist, and Paul Morphy, who was probably the greatest genius of the three, having an unexplainable instinct toward success. In power of instantaneously photographing on his brain and retaining there the pictures of many games as they simultaneously developed Pillsbury, no doubt, excelled his great predecessors, and this gave him pre-eminence where other and greater masters could not follow. It is a brain and nerve destroying game when over-indulged.—Boston Herald.

Pipe in a Can.

Walking sticks are made to suit all tastes, but one owned by Health Commissioner Darlington serves a double purpose, its second use being unsuspected even by the most careful investigation. The cane is of dark wood, with a heavy carved head. Should the owner desire a snioke while out walking, he has only to unscrew the head. This is found to be nothing but the bowl of a pipe. The stem is hidden in the hollowed-out stick and can be assembled with the bowl in an instant. Tobacco may be obtained by unscrewing the ferrule. The interior of the stick holds a quarter of a pound.—N. Y. Sun.

THE IDEAL SPOT.

"The doctor told Senator Tillman that he must go to some quiet place where he could have a complete rest and be beyond harassing distractions of telegrams and newspapers."
"Where did he go?"
"To Philadelphia."—Cleveland Plain Dealer.

GETTING THE AVERAGE.

"The work of the world should be distributed around so that each man could have a fair share."
"I believe in averaging it around. My father, for instance, did so much work in his generation that we don't have to do any in ours."—Cleveland Plain Dealer.

JUST A LITTLE SLAP.

Tess—"I thought you weren't going to send Marie McInnes an invitation to your tea?"
Jess—"Oh! I decided that I couldn't hurt her feelings that much."
Tess—"So you sent her one?"
Jess—"Yes, but I addressed it to Miss Mary McGinnis."—Philadelphia Press.

ALL IN THE WORDING.

"We've been trying for the last two weeks to get a girl," said the passenger with the ear muffs. "We advertised for one, but it didn't do any good. We got three or four answers to the advertisement, and none of them was satisfactory."
"I guess you didn't word your ad. right."
"I said the passenger with the scarlet muffer. "I advertised for a girl a few weeks ago and got sixty-seven replies."
"How did you word yours?"
"Wanted—To open a correspondence with a good, amiable, healthy young woman, with a view to matrimony. Address "Middle-Aged Widower, P. O. Box 52 and So."—Chicago Tribune.

SCIENCE & MECHANICS

London fogs are of local origin, although their cause seems to be not fully understood. Few losses only ten per cent of the annual sunshine brought through fog, while Westminster loses thirty-six per cent.

Two London investigators are seeking persons, who in the dark, can see colored rays from the human body and flashes from a magnet. Professor Reichenbach is said to have proven that thirty persons in every one hundred can see the latter.

The trustees of the Percy Sladen Fund for the assistance of scientific research, the establishment of which with an endowment of \$100,000 was recently noted in science journals, will hold a second meeting in November to consider applications for grants.

The ingenious adulteration lately detected by a French chemist, consists in the addition to poor or skimmed milk of cheap fats—such as cocoanut butter or pork dripping—and thus bringing the proportion of fatty matter up to the standard required by the inspectors. The foreign fat, which may be dissolved out by benzine without affecting the natural fat, is apparent when a clean glass rod is dipped into the milk, imperfect emulsification producing small granules that adhere to the rod.

A new adhesive that has gained popularity in France is a mixture of casein and tannate of lime. In preparing it, a solution of tannin is precipitated with milk of lime, the liquid is poured off and the precipitate is slowly dried. This dry calcium tannate is then ground in a mill with dry casein in the proportion of one to ten times its weight, according to the use to be made of the adhesive. The compound dissolves in water, petroleum, oils and carbon bisulphide, adheres very strongly, and is applied as a paste with water.

What seems to be true mimicry in plants has been pointed out in South Africa by Dr. R. Marloth. Of four singular species belonging to the genus Mesembryanthemum, two resemble both in form and color the quartz pebbles among which they grow, and the others have each two leaves about the size of a duck's egg, with a surface like weathered stone, and a stone like brownish gray color tinged with green. At least two of these species do not change their characters under cultivation. A species of the genus Anacampteros has leaves covered with white papery stipules, and also resembles the surrounding quartz pebbles.

California, that wonderland of vegetation, has also produced for a number of years, in a commercial way, silk worm eggs that find a ready market in Europe. The California Experiment Station has recently taken up anew the problem of silk worm culture, with the idea of devising a method which will reduce the cost of producing raw silk. The European market absorbs all the silk worm eggs California produces, but the expense of producing the silk is too great to enable the silk worm growers to compete with Oriental or European growers.

What Makes the Blue Blue?

The sky has been a puzzle to physicists. There are two mysteries to explain it—its reflection and its color. The old view was that the blue of the sky was due simply to atmospheric oxygen. Oxygen has a faint blue tint, and the idea was that several miles of gas, even when diluted, as it is in the air, would have a bright blue color. But this did not account for the intense illumination of the sky, and of recent years Tyndall's "dust theory," or some modification of it, has been generally accepted. This regards the blue color as an optical effect, like the color of very thin smoke, due to excessively fine particles floating in the air, which would also account for the large proportion of reflected light from the sky.

Recent calculations by Professor Spring of Liege, Belgium, however, indicate that the dust in the air is not sufficient in amount, nor finely enough divided, to support this explanation, and he rejects it for this and other reasons. He has gone back to the old oxygen theory, and accounts for the general illumination of the sky on the hypothesis, first advanced by Hagenbach, that intermingled layers of different densities in the atmosphere give it the power of reflecting light.—Success.

Life as It Really Is.

The man of grand impulses sheds a lustre on all around him.

When a woman says she is of little consequence she does not expect she will be taken at her word.

A man usually estimates his value according to the scale of his own making.

Men speak of women's vanity as something which is part of every woman's make-up.

The kiss of love lingers long in the memory of a woman.

When a man undertakes to prove his importance he is inclined to overstep the mark.

Every woman feels she knows just how far to go in the matter of assisting nature—with her face and figure.

Many commanding men are easily controlled by those who seem to be other than commanding.

The woman who thinks she can manage her husband's affairs never makes known how she would do it.—Pittsburg Dispatch.

CURE YOUR KIDNEYS.

When the Back Aches and Bladder Troubles Set In, Get at the Cause.

Don't make the mistake of believing backache and bladder ills to be local ailments. Get at the cause and cure the kidneys. Use Doan's Kidney Pills which have cured thousands.

Captain S. D. Hunter, of Engine No. 14, Pittsburg, Pa., Fire Department, and residing at 2729 Wylie avenue, says:

"It was three years ago that I used Doan's Kidney Pills for an attack of kidney trouble that was mostly backache, and they fixed me up fine. There is no mistake about that, and if I should ever be troubled again I would get them first thing, as I know what they are."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y.

THE GRAND PRIZE

THE HIGHEST AWARD AT THE ST. LOUIS WORLD'S FAIR WAS GIVEN TO TOWER'S WATERPROOF OILED CLOTHING SLICKERS, HATS, FISH BRAND POMMEL SLICKERS

A. J. TOWER CO. ESTABLISHED 1836

BOSTON NEW YORK CHICAGO

TOWER CANADIAN CO. LIMITED TORONTO, CAN.

WE MANUFACTURE Gas Saving Gas Burners

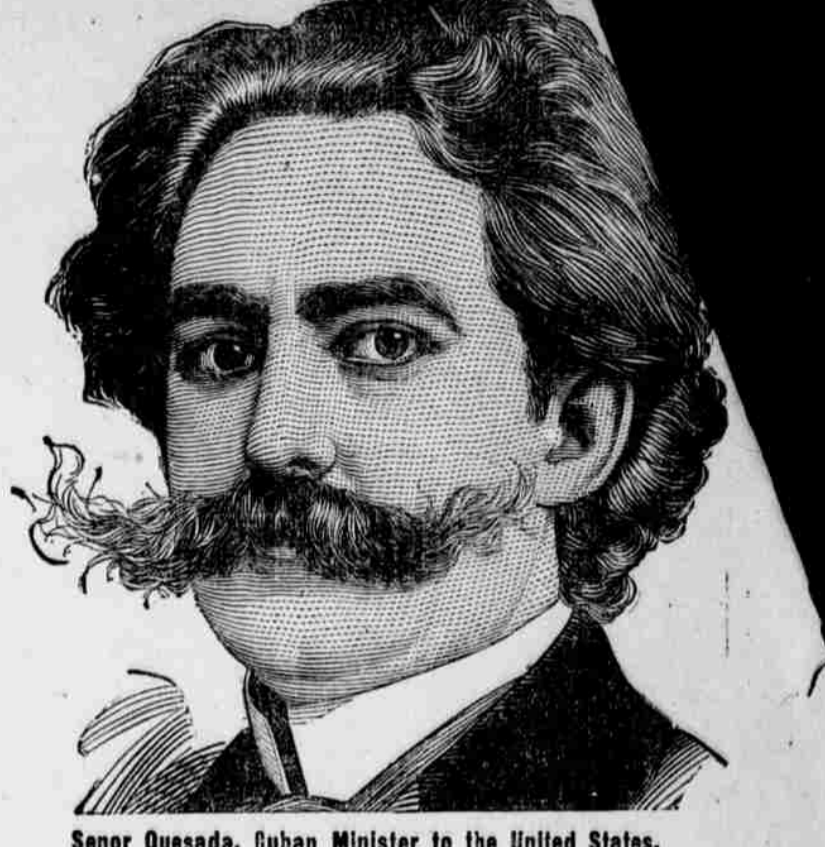
For Boilers and Hot Air Furnaces. Write for Catalogue.

STANDARD HEATING AND RADIATOR CO., PITTSBURG, PA.

PISO'S CURE FOR CONSUMPTION

WHEAT BREAD ALL THE YEAR! Best Cough Syrup, Throat Lozenges, Cold Pills, Sold by Druggists.

CUBAN MINISTER Recommends Peruna



Senor Quesada, Cuban Minister to the United States.
Senor Quesada, Cuban Minister to the United States, is an orator born. In an article in The Outlook for July, 1899, by George Kennan, who heard Quesada speak at the Esteban Theatre, Matanzas, Cuba, he said: "I have seen many audiences under the spell of eloquent speech and in the grip of strong emotional excitement; but I have rarely witnessed such a scene as at the close of Quesada's eulogy upon the dead patriot, Marti. In a letter to The Peruna Medicine Company, written from Washington, D. C., Senor Quesada says:

"Peruna I can recommend as a very good medicine. It is an excellent strengthening tonic, and it is also an efficacious cure for the almost universal complaint of catarrh."—Gonzalo De Quesada.

Congressman J. H. Bankhead, of Alabama, one of the most influential members of the House of Representatives, in a letter written from Washington, D. C., gives his endorsement to the great catarrh remedy, Peruna, in the following words:

"Your Peruna is one of the best medicines I ever tried, and no family should be without your remarkable remedy. As a tonic and catarrh cure I know of nothing better."—J. H. Bankhead.

There is but a single medicine which is a radical specific for catarrh. It is Peruna, which has stood a half century test and cured thousands of cases.

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, O. All correspondence held strictly confidential.

Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE, The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition.

LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

W. L. DOUGLAS SHOES \$3.50

UNION MADE

THE WORLD'S GREATEST SHOEMAKER

W. L. DOUGLAS MAKES AND SELLS THE BEST MEN'S \$3.50 SHOES AND BEST OUTFITS MANUFACTURED IN THE WORLD. \$10,000 REWARD to any one who can improve this statement.

W. L. Douglas's \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are made of the finest leather, cost only \$3.50 to \$7.00. The only difference between the \$3.50 shoe and the \$7.00 shoe is the price. W. L. Douglas's \$3.50 shoes cost more to make, hold their shape longer, wear longer, and are of greater value than any other shoe made today. W. L. Douglas's \$3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas's shoes are within your reach.

"The Best I Ever Wore."
"I write to say that I have worn your \$3.50 shoes for the past five years, and feel them the best ever worn."—Hon. Frank H. Ripley, 503 East Jefferson St., Louisville, Ky.

Boys wear W. L. Douglas's \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than other makes.

W. L. Douglas uses Corona Collar in his \$3.50 shoes. Corona Collar is made to be the most perfect leather produced.

Fast Color Eyelets will not wear brassy.

W. L. Douglas has the largest shoe mail order business in the world. No trouble to get a fit. It costs extra to prepare delivery.

If you desire further information, write for Illustrated Catalogue of Spring Styles.

W. L. DOUGLAS, Brockton, Mass.

WE MANUFACTURE Gas Saving Gas Burners

For Boilers and Hot Air Furnaces. Write for Catalogue.

STANDARD HEATING AND RADIATOR CO., PITTSBURG, PA.

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