

# A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Brookley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would blot after eating and frequently become nauseated. I had an aerial discharge and rashes down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

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 at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. Martha Pohlman

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## Pope-Hartford & Pope-Tribune

Modern Gasoline Cars and Runabouts at Moderate Prices.

Backed by 27 Years of Manufacturing Experience.

6 to 16 H.P. Prices, \$500 to \$1600

Simple Construction, Luxurious Equipment.

Address Dept. A For Complete Catalogues.

## Pope Manufacturing Co., HARTFORD, CONN.

Artificial Flowers. Fashion is responsive to many inventions. This is the case with the manufacture of artificial flowers, for their demand was due to a caprice of fashion. In Italy during festival time it was decreed that flowers should be worn in and out of their season, and that their color should be retained. Many plans for solving the problem were brought forward, and at last some one hit upon the idea of making them of various materials which would resemble the real flowers. Later in the Middle Ages, the artificial so far superseded the natural that both men and women decked their heads with imitation flowers of cambric, glass, paper, wax and metal. The most beautiful artificial blossoms are made in Paris, and their making is one of the chief industries of that city.

ITS permanently cured. Notts or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, 312 Broadway, New York. Dr. B. H. Kline, Ltd., 301 Arch St., Phila., Pa.

Hamburg is to have a school for training servants.

Mrs. Winslow's Eucalypti Syrup for children, soothing, softens the croup, reduces inflammation, allays pain, cures wind colic, 35c a bottle.

The crown of a human tooth is covered by a brilliant white cap of enamel.

Piso's Cure cannot be too highly spoken of. It cures cough, cold, croup, whooping cough, influenza, etc. Price, 50c a bottle. Dr. B. H. Kline, Ltd., 301 Arch St., Phila., Pa.

Chicken Raising in China. The keener of British poultry farmers is, as Mr. Chamberlain once said of himself in another connection, "a child in these matters" as compared with the poultry farmers of China. A traveler passing through the province of Chekiang a few weeks ago was struck with the enormous number of young chickens carried in the farmers' carts he met in the 'Tintal' country. He made inquiries on the subject, and at length he was asked by a poultry farmer to go and inspect his rearing arrangements. The plant deals with 10,000 eggs at a time and the average product is 5,000 chicks. The arrangements are simple and inexpensive, but they include opportunities for the scientific examination of the eggs in the course of incubation, and it is amusing to hear that where the eggs on examination through the testing holes do not show signs of fertilization at the end of the fourth day, they are immediately discarded to be sold cheap.—London Globe.

Prefer American Goods. There has been a steady increase in imports into Columbia from the United States. The people as a rule prefer American merchandise, and when the prices are right and the goods are properly packed, so as to reduce the duty as much as possible, the merchants will buy from American firms.

Precedence by Avoidropis. An African explorer tells of a tribe he met whose members determined worldly rank according to avoidropis. The heaviest savage was chief of the tribe, the next fattest was first lieutenant, and so on. As soon as a member gained in weight over the neighbor next above him in rank, he advanced one step in authority. Wealth, looks, personal popularity, capacity, were not taken into consideration when determining the standing of members of the tribe.—Housskeeper.

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### SCIENCE NOTES.

**The new incandescent lamp with a filament of tantalum has been under experiment for two years and it is claimed to yield the same candle-power and useful life as the carbon lamps, with a consumption of half as much electricity. The filament is necessarily very long—about 26 inches—and is mounted on a special support enclosed in the specially shaped bulb.**

**A new railway track layer, with a crew of 40 men, will lay two miles of track a day, according to the Indianapolis News. The track layer has a huge crane 60 feet long, which projects forward over the road and hauls behind it a train of 16 flat cars loaded with ties and rails. A continuous double line of cars moves constantly over rollers and carries the tie with it. Both rails and ties are seized at the proper time by the machinery and placed on the road in front of the train, where they shortly form part of the track over which it passes. This device is said to be the most expeditious as well as economical track layer in the world.**

**M. C. E. Stromeier of Manchester, England, suggests in a letter to Nature that irregularities of the earth's surface might be detected by special observations for determining the position of the northern and southern limits of totality during the coming total solar eclipse of August, next. Unfortunately, there are many practical difficulties in the way which the author has not discussed, but he makes one suggestion which might be carried out. He proposes to place soldiers at short distances along the northern and southern borders of the shadow's path, who, by marking the positions where the eclipse was total, might determine with greater accuracy than is known the breadth of the moon's shadow.**

**The baobab tree, which has been transplanted from Africa to Asia and America, has a fruit whose pulp—"monkey bread"—is eaten by negroes, and seeds that are prized by natives of Madagascar for the oil that is abstracted by crushing and boiling in water. A French chemist has been investigating. He finds that the round seeds grow to a diameter of three-fourths of an inch, that their kernels contain 53 percent of oil, with much nitrogenous matter, and that the Madagascar oil is a whitish solid which begins to melt at about 255 degrees C. The odor recalls Tunisian olive oil. The oil does not become rancid, and is suggested as a valuable product in place of coconut oil and in fine soaps and unguents.**

**The usual laws of distillation are proven by the electric furnace experiments of Molissan and Farrelly to hold good in the case of mixtures of metals. With mixtures of copper with zinc and with cadmium, the zinc and cadmium were quickly expelled, and lead separated from copper in the same way, but after longer distillation. Some mixtures of copper and tin gradually lost their copper, others their tin, while others distilled without change of composition. Mixtures of lead and tin showed a gradually decreasing proportion of lead until only pure tin was left. A remarkable peculiarity noted in tin is the wide range of temperature in which the metal is liquid as it melts at 226 degrees C. while its boiling point is above that of copper and lead.**

**An interesting archeological discovery was made in the neighborhood of Bournemouth, England, recently. During the construction of a new road the excavators cut into a mound, which is indicated upon the maps as an ancient burial ground, and a large sun-baked clay urn was unearthed. It was in a remarkable state of preservation, and was intact, though in repairing it the vessel was slightly damaged. The urn was only buried a few inches below the surface of the ground; in fact, the roots of the heather had forced their way into the interior of the receptacle into the ashes and dust it contained. Upon examination by experts, the urn was estimated to be 2000 years old. As this road will penetrate through other similar mounds, the work is to be conducted under the supervision of antiquarians, in the hope that other articles of archeological value may be excavated.**

**The Grape.** The history of the grape is almost as old as that of man. Growing in its highest perfection in Syria and Persia, its luscious fruit recommended it to the especial care of the patriarchal tillers of the vine, and vineyards were extensively planted long before orchards or collections of other fruit trees were at all common.

**The grape came originally from Persia. From the latter country as civilization advanced westward, this fruit accompanied it—first to Egypt, then to Greece, Sicily, Italy, Spain, France and then to Great Britain, to which latter country the Romans carried it 200 years after Christ.**

**To America the seeds and plants of the European varieties were brought by emigrants and colonists the first 50 years after its settlement. There are a vast number of varieties of grapes, but there are really only about a dozen varieties good for the table. California produces the Tokay, Muskat, Black Prince, Malaga, etc., while the eastern states produce such varieties as Concord, Catawba, Niagara, Delaware, Black Hamburg and Isabella.—New England Grocer.**

**Must Not Sew Bridal Gown.** The Berlin bride must not sew a stitch in her wedding dress if she hopes for happiness in her married life. A piece of money is often sewed in the train, or else it is placed in the shoe. This is supposed not only to bring her plenty of this world's goods, but also to insure to her the ruling hand in her household—a thing rather rare in the Fatherland. In some of the provinces not only money but bread and salt are sewed in the train. This is a remnant of the ancient custom, still practiced in eastern countries, of presenting bread and salt upon entering a new home.

**Against Rate Reduction.** Atlanta, Ga.—The recent proposition of J. Pope Brown, Chairman of the Georgia Railroad Commission, to reduce the passenger rate in Georgia from three to two cents per mile was protested against by the Brotherhood of Locomotive Engineers, the Order of Railway Conductors, and unions of the blacksmiths, machinists and telegraphers, hollermakers, railway train men, carpenters and joiners, clerks and carmen. These organizations employed an attorney especially to represent them, who urged that such a reduction would work against the prosperity of the State and lead to a reduction in the number of railroad employes as well as of their wages. The Travelers' Protective Association also protested that a reduction as proposed would result in fewer trains and poorer service.

**Well Seasoned Wood.** Oak beams over one thousand years old were last year removed from the Blue Bell Inn at Bedlington, England, and were made into handsome furniture by a local manufacturer.

### TORTURING HUMOR

**Body a Mass of Sores—Called in Three Doctors But Grew Worse—Cured by Cuticura For 75c.**

"My little daughter was a mass of sores all over her body. Her face was being eaten away, and her ears looked as if they would drop off. I had three doctors, but she grew worse. Neighbors advised Cuticura, and before I had used half of the cake of soap and box of ointment, the sores had all healed, and my little one's skin was as clear as a new-born babe's. I would not be without Cuticura if it cost five dollars, instead of 75 cents, which is all it cost us to cure our baby. Mrs. G. J. Steese, 701 Coburn St., Akron, Ohio."

**Got Rich on Tips.** Francois Dumon, a French waiter, has just left Denver, on his way home to France, having made \$40,000 in tips in five years. Of this he made \$8000 last year at St. Louis. He speaks six languages. His father and grandfather were waiters all their lives, and he was brought up to the business. He is still a young man.

**There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by E. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & CO., Toledo, O.**

**By Hygienists, 75c.** Take Hall's Family Pills for constipation. **Strait-Laced by the Public Schools.** A bright youngster answered an advertisement for an office boy in a store in the dry goods quarter, and was turned down because he wrote too good a hand. "It is a ledger hand, and you will never rise above the level of a bookkeeper," said the merchant.—New York Press.

**The Big Woman's Troubles.** There was an enormously stout German woman sitting in the corner of a street car the other night, weeping as if her heart would break. Some kindly spirit asked her what the matter was. "I am so fat that every time I want to get off the car I have to back de door out, and de conductor man he tink I was getting on and pushes me in. I have since 10 o'clock been riding this morning, and I'm hungry." Her sympathetic listener explained, and the poor woman got off at last.—Boston Record.

**Tallest Young Soldier.** The tallest soldier that ever put in an appearance in Denver arrived in the person of Arthur W. Jaffray. Young Jaffray is just a fraction over 6 feet 10 inches tall. He is now in the army service, having become a recruit 10 days ago, and is now bound for San Francisco, from which city he will go to the Philippines. Jaffray is barely past 22 and looks much younger. He weighs 190 pounds and is awkward and ungainly.—Denver Republican.

### A VOICE FROM THE PULPIT.

Rev. Jacob D. Van Doren, of 57 Sixth Street, Fond Du Lac, Wis., Presbyterian clergyman, says: "I had attacks of kidney disorders which kept me in the house for days at a time, unable to do anything. What I suffered can hardly be told. Complications set in, the particulars of which I will be pleased to give in a personal interview to any one who requires information. This I can conscientiously say, Dean's Kidney Pills caused a general improvement in my health. They brought great relief by lessening the pain and correcting the action of the kidney secretions." Dean's Kidney Pills for sale by all dealers. Price, 50 cents. Foster-Milburn Co., Buffalo, N. Y.

### THE OWL'S ENEMIES.

**With All Their Precautions They Receive No Mercy from Birds.**

As they (owls) are incapable of supporting the light of the day, or, at least, of then seeing and readily avoiding their danger, they shut themselves up during the day in some obscure retreat. If they be seen out of these retreats in the daytime they may be considered as having lost their way, as having by some accident been thrown into the midst of their enemies and surrounded with danger. In this distress they are obliged to take shelter in the first tree or hedge that offers till the returning darkness once more supplies them with a better plan of the country. But it too often happens that, with all their precautions to conceal themselves, they are spied out by other birds and are sure to receive no mercy. The blackbird, the thrush, the jay, the hunting and the redstarts all come in file and employ their little arts of insult and abuse. The smallest, the feeblest and the most contemptible of this unfortunate bird's enemies are then the first to injure and torment him. They increase their cries and turbulence round him, flap him with their wings, and are ready to show their courage to be great, as they are sensible that their danger is but small.

The unfortunate owl, not knowing where to attack or whence to fly, patiently sits and suffers all their insults. Astonished and dizzy, he only replies to their mockeries by awkward and ridiculous gestures, by turning his head and rolling his eyes with an air of stupidity. \* \* \* It sometimes happens \* \* \* that the little birds pursue their insults with the same impudent zeal with which the owl pursued his deprecations—they hunt him the whole day, but when night comes he makes his pursuers pay dear for their former sports; nor is a man always an unconcerned spectator. The bird catchers have got an art of counterfeiting the cry of the owl exactly, and having before climbed the branches of a hedge, they sit unseen and call. At this all the little birds flock to the place where they expect to find their well known enemy, but instead of finding their stupid antagonist they are stuck fast to the hedge themselves. This sport must be put into practice an hour before nightfall in order to succeed, for if it is put off till later those birds which but a few minutes sooner came to provoke their enemy will then fly from him with as much terror as they just before showed insolence.—Notes and Queries.

**A Genius.** Miss Mears, who made the Frances E. Willard statue that was unveiled in the capitol at Washington, D. C., is a genius. She began to model when she was a child. Before she was nine years old her work was exhibited and admired. She won the prize of \$500 offered by the Woman's club of Milwaukee, Wis., for the best work of art exhibited at the World's Columbian exposition by a Wisconsin woman. It was a symbolical figure of that state, which has since been put in marble, and now stands in the rotunda of the capitol at Madison. Up to that time she was simply following her instincts. All her technical instruction was limited to six weeks at the Art institution at Chicago, Ill., but her work attracted so much attention that Mr. St. Gaudens admitted her to his studio in New York City, where she remained a year and a half, and then went to Paris, France. There she won instant success, and in 1897 her work was admitted to the salon. She then went to Rome and Florence, Italy, and at the completion of her third year in Europe joined Mr. St. Gaudens and assisted him in his studio for two years. Her design for the Willard statue was the unanimous choice of the commission.

**Completed Proverbs.** "Opportunity knocks once at every man's door, but often makes sure the man is out before knocking." "It takes two to make a quarrel." How about husband and wife, who are one?

"A fool and his money are soon parted," when the fool has friends.

"Whatever man has done man can do" better.

"Look before you leap" out of the frying-pan into the fire.

"Honesty is exact to a penny," but not always to larger amounts.

"The best things are not bought and sold;" they are stolen and kept.

"Pity is akin to love," but kinship does not always signify friendship.

"Everything comes to the man who waits," except that for which he waits.

"A fool is never wrong;" few of us are.

"The second blow makes the fray," but not if the first is well placed.

"There's many a slip 'twixt the cradle and the grave."

"No fool like an old fool" in the toils of a woman.

"He who hesitates" when lying "is lost."

"Until a man finds a wife he is only half;" thereafter he is less.—Literary Digest.

**Don't Forget That—** There is plenty of opportunity for superior talents. The top of the ladder of success offers plenty of standing room and invites guests. The lower part only is fearfully crowded. There is no excuse for the universal wall of lack of opportunity, for there is no lack. The trouble lies with the demands laid upon those who aspire to first place. One thing is certain—there is no quarter for the winner, and precious little encouragement for those who do not care to work with might and main.—Chicago Journal

### FAMOUS ATHLETES PAY GLOWING TRIBUTE

As a Spring Tonic to Get the System in Good



John Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

**PE-RU-NA** Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York, Columbia, Ohio: Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth. "During the Springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction."

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape."

Years ago, JOHN W. GLENISTER.

### Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But



**LION COFFEE** is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee reaches the factory no hand touches it is opened in your kitchen.

This has made LION COFFEE the LEADER of ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

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

**SOLD BY GROCERS EVERYWHERE** WOOLSON SPICE CO., Toledo, Ohio.

### MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Every Child's Cough, Cold, Whooping Cough, Sore Throat, Hoarseness, Stomach Troubles, Febrile Conditions, etc., and Best of All, It is Pure and Safe. Sold in 25c and 50c Packages. Sent by Mail, 10c. Address, New York City, A. S. OLMSTED, Le Roy, N. Y.

### PIMPLES

"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and black heads. After taking Cascarets they all left. I am clean and my friends. I feel fine when I rise in the morning. Hope so many others will rise in the morning. Cascarets. Fred C. Witten, 76 Elm St., Newark, N. J."

**Cascarets** Best For The Bowels. THEY WORK WHILE YOU SLEEP. CANDY CATHARTIC.

Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sickens, Weakens or Grips. 25c, 50c, 100c. Sold in bulk. The genuine tables stamped U.S.C. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N.Y. 295 ANNUAL SALE, TEN MILLION BOXES

**PISO'S CURE FOR COLIC** CURES WHILE ALL ELSE FAILS. Best Cough Syrup, Whooping Cough, Use in time. Sold by Druggists.

**CONSUMPTION**

If afflicted with weak eyes, use Thompson's Eye Water

ATHLETES realize the importance of keeping in good bodily trim. The digestion must be good, the circulation perfect, sleep regular and enough of it. If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strengthening.

Those who lead very active lives, like athletes, with good muscular development, and the spring months especially trying.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The reaction of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore athletes are especially friendly toward Peruna.

Peruna never fails them.

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