

THREE EPOCHS IN A WOMAN'S LIFE



MRS. ELVA BARBER EDWARDS



MRS. GEORGE WALTERS

There are three critical stages in a woman's life which leave their mark in her career. The first of these stages is womanhood, or the change from a care free girl to budding womanhood. The second is motherhood, and the third is change of life.

Perils surround each of these stages, and most of the misery that comes to women through ill health dates from one or another of these important crises.

Women should remember that Lydia E. Pinkham's Vegetable Compound made from native roots and herbs has carried thousands of young girls over the critical period of puberty, and in later years carried them safely through the change of life more successfully than any other remedy in the world. Thousands of testimonials from grateful persons, two of which are here published, substantiate this fact beyond contradiction.

Mrs. George Walters of Woodlawn, Ill. writes: "Dear Mrs. Pinkham:—I feel it my duty to tell you of the good Lydia E. Pinkham's Vegetable Compound has done me in preparing for childbirth. After suffering and losing my children a friend advised me to try your valuable medicine, and the result was that I had very little inconvenience, a quick recovery and

During its long record of more than thirty years its long list of actual cures, entitles Lydia E. Pinkham's Vegetable Compound to the respect and confidence of every fair minded person.

Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

as healthy a child as can be found anywhere. Lydia E. Pinkham's Vegetable Compound is a blessing to all expectant mothers."

Mrs. Elva Barber Edwards, of Cathlamet, Wash., writes: "Dear Mrs. Pinkham:—I want to tell you how Lydia E. Pinkham's Vegetable Compound carried me through the critical period of the Change of Life without any trouble whatever, also cured me of a very severe female weakness. I cannot say enough in praise of what your medicine has done for me."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Walters and Mrs. Edwards it will do for other women in their condition. Every suffering woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Invitation to Women.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. Out of her vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Her advice is free and helpful.

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Wild Animals Tamed by Fear.

The fear wild animals have of man seems to leave them when other dangers render them helpless. When high waters cover the bottoms along the Mississippi bear and deer and other wild animals have been known to seek the highest point and with water completely surrounding them lose all fear of man, or at least become indifferent to his presence. In some instances they have seemed to welcome man's approach, seemingly feeling that he would be able to protect them.

Berlin Would Be Second.

If Berlin annexed all its suburbs, after the fashion of Paris, it would have about 3,000,000 inhabitants, and would be the second city in size in Europe.

Only One "Bromo Quinine"

That is Laxative Bromo Quinine. Similarly named remedies sometimes deceive. The first and original Gold Tablet is a White Package, with black and red lettering, and bears the signature of E. W. Grove, 25c.

Virtus in Copper.

"Copper is a marvelous preventive of disease. If we returned to the old copper drinking vessels of our forefathers, typhoid epidemics would disappear."

The speaker, a filtration expert, took a copper cent from his pocket. "Examine this cent under the microscope," he said, "and you will find it altogether free from disease germs. Examine gold and silver coins, and you will find them one wriggling and contorting mass. Yet copper coins pass through dirtier hands than gold and silver ones. You'd think they ought to be alive with micro-organisms. But, no. Copper kills germs. Diphtheria and cholera cultures smeared on a copper cent die in less than two hours.

"They have many cholera epidemics in China, but certain towns are always immune. These towns keep their drinking water in great copper vessels. Travelers have tried to buy these vessels, for they are beautiful but the villagers will not sell them. They have a superstition that their health and welfare depend on their retention. I wish all superstitions were as true and salutary as that."—Philadelphia Bulletin.

BABY TORTURED BY ITCHING.

Rash Covered Face and Feet—Would Dry Until Tired Out—Speedy Cure by Cuticura.

"My baby was about nine months old when she had rash on her face and feet. Her feet seemed to irritate her most, especially at night. They would cause her to be broken of her rest, and sometimes she would cry until she was tired out. I had used Cuticura Soap myself, and had heard of so many cures by the Cuticura ointment that I thought I would give it a trial. The improvement was noticeable in a few hours, and before I had used one box of the Cuticura Ointment she was well and had never troubled her face. I also used it to remove what is known as a 'cradle cap' from her head, and it worked like a charm, as it cleansed and healed the scalp at the same time. Now I keep Cuticura Ointment on hand in case of any little rash or insect bites, as it takes out the inflammation at once. Perhaps this may be the means of helping other suffering babies. Mrs. Hattie Currier, Thomaston, Me., June 9, 1906."

How to Treat Bruises.

In the treatment of contusions where there is extensive discoloration of the skin if olive oil be freely applied without rubbing the discoloration will quickly disappear. Absorbent cotton may be soaked in the oil and applied. If the skin is broken a little boracic acid should be applied over the abrasion. A black eye thus treated can be rendered normal in a few hours, especially if the oil be applied warm.

Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a running sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Sold by druggists free. F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

The Tyranny of Clothes.

Place a man in a silk hat and frock-coat and transport him to a farmyard. Agricultural pursuits may be the one passion of his life, but clad in these garments he feels in such surroundings miserable, out of place, essentially urban. Clothe him conversely in flannels or knickers and place him in a church and it is utterly impossible for him to assume a fittingly devotional frame of mind. Unlimited autocracy itself cannot impose such tyrannies on the subject. Civilization is the slave of its clothes, and there is no prospect of freedom.—London Graphic.

Decline of the Drinking Habit.

Almost nothing else affords so striking an evidence of the moral improvement of the American people as the decline of drunkenness and of drinking. How great has been this decline only persons of advanced years can fully realize. Whether this is an effect of the preaching of temperance or a logical result of experience, or the spread of habits of industry and thrift or of all these influences, is not apparent, but the important thing is the fact itself.—Rochester Democrat and Chronicle.

He Died Anyhow.

This was the way a native physician in India filled out a death certificate: "I am of a mind that he died (or lost his life) for want of foodings or on account of starvation; maybe also for other things for comfortables, and most probably he died by drowning."

Don't Despair.

Read the Experience of a Minnesota Woman and Take Heart.

If your back aches, and you feel weak, languid, and miserable day after day—don't worry. Doan's Kidney Pills have cured thousands of women in the same condition. Mrs. A. Heiman, of Stillwater, Minn., says: "But for Doan's Kidney Pills I would not be living now. They cured me in 1899 and I've been well since. I need to have such pain in my back that once I fainted. The secretions were much disordered, and I was so far gone that I thought to be at death's door. Doan's Kidney Pills cured me as if I had been pulled back from a tomb." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



FOR THE HOUSEWIFE

Washing With Gasolene.

If gasolene is used instead of kerosene in boiling clothes, there will never be a greasy scum on the water, as is sometimes the case with kerosene, and there is no odor left on the clothes. Of course the gasolene can must not be taken near the stove, but if the amount needed is carried to the boiler in a cup there is no danger. Add two-thirds of a bar of soap to two-thirds of a boiler of water, and when it nearly reaches the boiling point add three tablespoonfuls of gasolene and put the clothes in dry. After they have boiled 20 minutes they are ready to be rubbed slightly, bleached and starched.—The Housekeeper.

Boiling Vegetables.

A housekeeper gives these hints for boiling vegetables:

At this time of year let them lie in cold water for an hour or so before cooking, then put them into boiling salted water. Parsnips will boil tender in from 20 to 30 minutes, spinach in 20 minutes; turnips need from 45 minutes to an hour. Do not break the skin of beets before they are cooked or they will lose their red juice. Boil them an hour or two until they are thoroughly tender. Then plunge them into cold water and slip off their skins. Many persons like onions and cabbage better if they are boiled in two or three waters. This takes away some of their rank flavor.

Laundry Suggestions.

Home washing on such matters as collars and shirts is, of course, usually out of the question; but if small quantities of the formulae we are about to give be prepared and presented to the queen of the wash tub, she will first temporize, then try, and ultimately pray you to teach her how it is done, and this is the modus operandi: Make an ounce of starch into a thick, smooth paste. Add to this a pint of boiling water, in which has been dissolved a tablespoonful of white sugar and a tablespoonful of salt. Drop in to this mass three drachms of paraffine wax and boil the whole for half an hour, stirring well to prevent burning. This must be strained and used while hot. Blue may be added if desired. Another excellent preparation, and of a simple nature, is made by taking one ounce of powdered gum arabic (procureable from any chemist), mix it with a pint of water and let it stand for twelve hours, then decant it, carefully straining it free of dregs, and use it as required. A teaspoonful of the solution in a pint of starch made in the usual way, will give a very excellent gloss to shirt fronts and collars.—The Cultivator.

Back to the Old Copper Kettle.

An English scientist attributes the wide prevalence of appendicitis to the use of enameled cooking utensils. He points out that when the old-fashioned cooking utensils were in vogue appendicitis was practically unknown. "The present age uses increasingly enamel ware, which splinters on the least provocation.

"I find that not only a food such as porridge will carry the needle-like splinters to the body, but that a soup, and even tea, may very well contain sharply splintered particles of this most dangerous glass."

Many physicians and surgeons have advanced the theory known as the mechanical theory, that the cause of appendicitis may be the introduction through the food of some sharp, irritating substance, causing inflammation and ulceration.

They designate tooth brush bristles, wheat grit, particles of antimonial rubber stoppers, as common irritants.

None of these are of such irritating quality as splinters of enamel, which might be swallowed with the sauces or vegetables cooked in the enameled ware vessels.

Accordingly among medical men and some housekeepers there is a crusade having for its object the return to the old copper or iron kettle.

Recipes.

Celery Toast.—Cut the crisp from the heart of a stalk of celery into portions of about two inches long, shred very fine, and lay in ice-cold water for two hours. Butter squares of toast, cover with the shredded celery, and pour over it whipped cream seasoned with salt and a little cayenne. Garnish with parsley.

Roast Goose.—A goose should be roasted longer and basted oftener than poultry. Twenty-five minutes to the pound is none too long. For the stuffing mix bread crumbs and pulverized chestnuts, seasoned with salt and pepper. A green goose is one under four months old, and these are decidedly preferable to the older fowls. Gooseberry sauce is an appropriate accompaniment. Apple sauce is also orthodox.

Orange Fritters.—Divide some oranges, leaving three or four sections together, sprinkle them with powdered sugar, and leave them for about half an hour before they are required. Then dip the pieces into a thick batter and fry them in a bath of boiling fat. Place the fritters on paper in front of a brick fire, as they are taken from the pan, and when all are ready pile them up on a hot dish covered with a dolly and scatter a little white sugar over them.

THE VALUE OF PERSONAL KNOWLEDGE

Personal knowledge is the winning factor in the culminating contests of this competitive age and when of ample character it places its fortunate possessor in the front ranks of

The Well Informed of the World.

A vast fund of personal knowledge is really essential to the achievement of the highest excellence in any field of human effort.

A Knowledge of Forms, Knowledge of Functions and Knowledge of Products are all of the utmost value and in questions of life and health when a true and wholesome remedy is desired it should be remembered that Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co., is an ethical product which has met with the approval of the most eminent physicians and gives universal satisfaction, because it is a remedy of

Known Quality, Known Excellence and Known Component Parts and has won the valuable patronage of millions of the Well Informed of the world, who know of their own personal knowledge and from actual use that it is the first and best of family laxatives, for which no extravagant or unreasonable claims are made.

This valuable remedy has been long and favorably known under the name of—Syrup of Figs—and has attained to world-wide acceptance as the most excellent family laxative. As its pure laxative principles, obtained from Senna, are well known to physicians and the Well Informed of the world to be the best we have adopted the more elaborate name of—Syrup of Figs and Elixir of Senna—as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of—Syrup of Figs—and to get its beneficial effects, always note, when purchasing the full name of the Company—California Fig Syrup Co.—printed on the front of every package, whether you call for—Syrup of Figs—or by the full name—Syrup of Figs and Elixir of Senna.

CALIFORNIA FIG SYRUP CO.

SAN FRANCISCO, CAL., U.S.A. LOUISVILLE, KY. LONDON, ENGLAND. NEW YORK, N.Y.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One size package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Fix Colors. PUTNAM DYE CO., Unionville, Missouri.

A Good Business Law.

The Cape parliament in South Africa passed a bill which compels each trader to keep proper books, and refuses him a license unless he can show that he has some capital and is not a man of straw.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatment free. Dr. H. R. Kline, Ltd., 931 Arch St., Phila., Pa.

Death Rate Decreasing.

Statistics of the Board of Health show that the general death rate in New York City is decreasing in all diseases excepting the four groups of acute respiratory troubles, cancer, diseases of the heart and diseases of the kidneys.

A Medical Trust.

The State Medical Board of California has 46 mandamus suits against it. The allegations are that certain physicians who control it are maintaining a doctors' trust and keeping physicians from other States from securing licenses in California. Among those barred, it is alleged, is Dr. Charles English of Washington, D. C., who was the family physician of President Benjamin Harrison.

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

A City of the Past.

Rimini is full of associations with thrilling people of the past. It was here that Caesar crossed the Rubicon. We crossed ourselves on the very bridge his feet had touched. It was here, too, that St. Anthony came to preach and, finding no people who would give heed to him, turned in despair and preached to the fishes, who raised their heads out of the water to listen to him. There is a chapel which marks the spot where he stood by the water. In Rimini lived Paolo and Francesco, the tragedy of whose love every one knows.—Travel Magazine.

333 Personally Conducted Excursions.

Colonists' one-way tickets Chicago to the Pacific Coast, via the Chicago, Union Pacific & North-Western Line, are on sale daily during March and April at the rate of \$33. Correspondingly low rates from all points. Double berth in tourist sleeping car only \$7, through without change to San Francisco, Los Angeles and Portland. No extra charge on our personally conducted tours. Write for itinerary and full particulars to S. A. HURCHISON, Manager Tourist Department, 313 Clark St., Chicago, Ill.

1847-1907.

Sixty years ago Alcock's Plasters were first introduced to the public. They are to-day the world's standard plasters. This invention has been one of the greatest blessings imaginable and affords the quickest, cheapest and best means of healing and relief for certain ailments, that have ever been discovered.

Alcock's are the original and genuine porous plasters and are sold by druggists in every part of the civilized world.

A laboring man in Mexico thinks he is entitled to 131 holidays out of 365 days of the year.

Piles Cured in 6 to 14 Days.

Pain Ointment is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Experience teaches us to distrust everything, and ourselves most of all.

One in Every Ninety Insane.

Declaring that one person in every ninety in Cook county is mentally unsafe and requires watching, the State Board of Charities will present its biennial report to Governor Deussen, endorsing the establishment at Kankakee of a training school for doctors employed in the different detention hospitals in the State. While Cook county contains a larger number of persons liable to insanity than any other part of the State, the general average for Illinois is one in every hundred, or a total of 59,000 persons who are liable at any moment to become insane. The report of the State board states that the State institutions for the insane are conducted too much along the line of prisons, and that the hospital side is not sufficiently developed.—Chicago Inter Ocean.

Black Fox Skin Valuable.

While hunting red foxes on Mead run, McKean county, Pa., George Sanders shot and killed a black fox. The animal fell into a pool of water after being injured, getting wet and muddy, and, as it was nearly dark, they did not discover that it was black until they reached their camp. They sold the fur for \$700.

FREE

ARTIFICIAL LIMBS FREE—Cripples with a real one are a society will be given work in their own town, by which they can earn the best \$100 limit, and save all to order their measurements, star charts, etc. with a society no money. Address: WISLOR, 190 W. 14th St., Chicago.

PAINT ECONOMY

It is poor economy to use inferior paints on your building, and you can't afford to do it—especially when you consider that the labor is the most costly part of painting. If you paint, this spring, use Buffalo A. L. O. Paints, and feel satisfied that you have the Best.

Buffalo Paints look best, protect and preserve your property longest, because they contain the best and most lasting pigments, **OXIDE OF ZINC** and **WHITE LEAD**, ground in aged Linseed Oil in correct proportion. **Perfect Paint.** Before you decide on the kind of paint to use, you should know about Buffalo Paints. Send for our 1907 Color Charts and valuable Paint Information.

BUFFALO OIL PAINT & VARNISH CO. BUFFALO CHICAGO

BUFFALO PAINTS

COMING OF THE STORK

SUGGESTS

Cuticura SOAP

For Baby's First Bath and Subsequent Baths.

Because of its delicate, emollient, sanative, antiseptic properties derived from Cuticura, united with the purest of saponaceous ingredients and most refreshing of flower odours, Cuticura Soap is all that the fondest of fond mothers desires for cleansing, preserving and purifying the skin, scalp, hair and hands of infants and children. Guaranteed absolutely pure and may be used from the hour of birth.

Depots: London, 27 Chancery Lane; Paris, 5 Rue de la Paix; Potter Drug & Chem. Corp., Boston, U.S.A.; Sole Proprietors, Foot & Co., Cuticura, N.Y.

FREE

To convince any woman that Paxtine Antiseptic will improve her health, and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE

cleanses and heals and heals catarrh and inflammation caused by feminine ills; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT.

THE R. PAXTON CO., Boston, Mass.

P. N. U. S. 1907.

Thompson's Eye Water