

How Mothers may Help their Daughters into Womanhood



Every mother possesses information of vital value to her young daughter. That daughter is a precious legacy, and the responsibility for her future is largely in the hands of the mother. The mysterious change that develops the thoughtless girl into the thoughtful woman should find the mother on the watch day and night. As she cares for the physical well-being of her daughter, so will the woman be, and her children also.

When the young girl's thoughts become sluggish, when she experiences headaches, dizziness, faintness, and exhibits an abnormal disposition to sleep, pains in the back and lower limbs, eyes dim, desire for solitude, and a dislike for the society of other girls, when she is a mystery to herself and friends, then the mother should go to her aid promptly. At such a time the greatest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the coming change, and is the surest reliance in this hour of trial.

The following letters from Miss Good are practical proof of Mrs. Pinkham's efficient advice to young women.

Miss Good asks Mrs. Pinkham for Help.

June 12th, 1899.
"DEAR MRS. PINKHAM:—I have been very much bothered for some time with my monthly periods being irregular. I will tell you all about it, and put myself in your care, for I have heard so much of you. Each month menstruation would become less and less, until it entirely stopped for six months, and now it has stopped again. I have become very nervous and of a very bad color. I am a young girl and have always had to work very hard. I would be very much pleased if you would tell me what to do."—MISS PEARL GOOD, Cor. 29th Avenue and Yesler Way, Seattle, Wash.



The Happy Result.

February 10th, 1900.
"DEAR MRS. PINKHAM:—I cannot praise Lydia E. Pinkham's Vegetable Compound enough. It is just simply wonderful the change your medicine has made in me. I feel like another person. My work is now a pleasure to me, while before using your medicine it was a burden. To-day I am a healthy and happy girl. I think if more women would use your Vegetable Compound there would be less suffering in the world. I cannot express the relief I have experienced by using Lydia E. Pinkham's Vegetable Compound."—MISS PEARL GOOD, Cor. 29th Avenue and Yesler Way, Seattle, Wash.

\$5000 REWARD Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, of Lynn, Mass., \$5,000, which will be paid to any person who can show that the above testimonial is not genuine, or was published before obtaining the writer's special permission.—LYDIA E. PINKHAM MEDICINE CO.

Blacksmithing Without a Fire.

A blacksmith's shop without a forge seems a novelty, indeed, but there are several in operation, declares the Chicago Inter-Ocean. In these shops there is applied a patent horseshoe made of a special steel which is soft enough to permit of its being hammered and shaped, as far as may be necessary, without heating. There are anvils here, and hammers are used, so that these time-honored accessories of the blacksmith's shop still remain here, but there is no fire, no bellows, with a grimy, swartly, stalwart blacksmith swaying on the handle with one hand, while he gently pokes the burning coal in the forge with the other. There is no smoke here and no flying sparks, nor is there the long familiar odor of the burning hoof when the hot shoe is laid up against it. These places are horseshoeing parlors.

One of these horseshoeing shops occupies a long room that was designed for a store in a building that stands on a corner. The shop proper, occupying the greater part of the space, opens on the side street. The office, or reception room, of the horseshoeing parlor, at the front end of the store, occupies a square of space of the width of the building, and running back about 20 feet, where an office railing is placed, dividing the reception room from the blacksmith shop.

On the floor of the office, or reception room, there is a \$200 rug; there are comfortable chairs about, for visitors or for customers; there is a desk for the manager, and there are potted palms. And all this is separated from the shop itself only by that office railing across the inner end of this reception room, beyond which one sees down the length of the shop men busily engaged shoeing horses in this blacksmith's shop without a fire.

Forestry—Its Need in This Country.

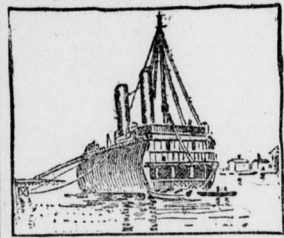
American forestry has not yet gone beyond the preservation of our old forests, for general reasons. Tree culture for profit, which forestry signifies in the Old World, is here not thought of—not will it be while we have forests to burn. In the Old World forestry is a business. The artificial, hand-made forests of France, and especially Germany, supply most of the timber used in those countries. England depends on outside sources almost wholly for its timber. England paid about \$10,000,000 for foreign timber last year. Her bill is annually growing larger. But it is slow work to make a profit on timber planting. Thirty-five years is long to wait.—Mechanics Weekly.

Canada's foreign trade has grown \$40,000,000 during the past year.

A POWERFUL ICE BREAKER.

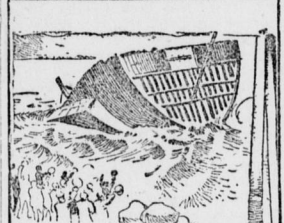
A New Nose Has Been Put on the Unique Russian Craft.

The ice-breaker Ermack, which was built last year by Messrs. Armstrong, Whitworth & Co., from the designs of Admiral Makaroff, for the Russian navy, was recently returned to New-castle, in order that the hull might be lengthened, and the form of her



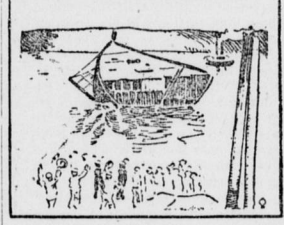
THE BOWLESS ICE BREAKER.

bow altered. The vessel has, therefore, been cut in two, as much of the bow being removed as possible without placing the boat in dry dock. The second stage in the operations has just been reached, and the launching of the new bow successfully carried out. The new bow is of such a shape that, un-



LAUNCHING THE NEW BOW FOR THE ERMAK.

aided, the structure would have been unable to maintain an upright position, and therefore a large steel pontoon was built, and securely riveted to the sides of the bow. Ballast was carefully placed, to prevent any tendency of the bow to tip during the



THE NEW BOW OF THE ERMAK IN THE WATER.

launching, and special precautions in the way of shoring and timbering were carried out. The curious-looking structure went into the water without the slightest difficulty, and floated within an inch of the calculated draught. The length of the new bow is seventy-five feet, and the launching weight was nearly 500 tons.

AN HONORED SCOTSMAN.

Donald Gordon, the Queen's New Highland Attendant.

The London Graphic says: Constable Donald Gordon, of Motherwell, has just been appointed to the post of Highland Attendant to the Queen. Gordon was summoned before Her Majesty, at Balmoral, on Thursday last, and receiving the appointment left Motherwell to take up his duties. He is twenty-eight years of age, and has been connected with the Lanarkshire Constabulary in Motherwell for the past four years. It may be mentioned that



DONALD GORDON.

Gordon has previously been in the service of the Queen, having been for a considerable time mounted messenger to Her Majesty. His father has also been for a long period in the Queen's private service. Gordon's fellow constables presented him before leaving with a dressing case and other articles as a token of their esteem.

New Implements for Soldiers.

An implement to be added to the soldier's kit, which can be used as a spade, pick-axe or saw and also as a shield for protection from bullets, has been invented by the Earl of Wemyss. It is said that the contrivance is to be adopted by the British army.

Defects in Public Schools.

The public school authorities are compelled by circumstances to proceed on the theory that what is good and sufficient for one child is good and sufficient for all children, says Joel Chandler Harris in the Saturday Evening Post. There is practically no remedy for this in our common schools, which are made up of a conglomerate mass of humanity, seething and various—a mass which must be dealt with in haste and on the run. In these schools the child is taken up, taught with the mass of pupils, and compelled to conform to the "grades" which have been invented for the convenience of the teachers; and is presently thrust out and sent about its business, knowing how to read and write, indeed, but possessing only the vaguest ideas in regard to the fund of knowledge which education is supposed to impart and preserve.

But a specially devised system of training and education should be compelled to give a different and a better account of itself. If it cannot be made adjustable to the individuality, the disposition and natural bent and tendency of each child that is to partake of its benefits—if it cannot be extended or modified to fit the demands of each and all—then it is not only not scientific, it is absurd. The special beauty of childhood and youth, the captivating mystery of humanity, consists mainly of the infinite, the endless variations of personality, individuality, tendency, temperament—the qualities and characteristics that are native to each individual and to no other—and if these special devices, which are put forward so confidently, do not conform to, and aid in bringing out and developing the most promising tendencies of the individual, they are unworthy of serious consideration.

Must Learn the Life Spots.

The first task of a Chinese medical student upon entering the Imperial college at Shanghai is to learn the 300 "life spots" in the human body. A "life spot" is supposed to be a place through which a needle may be passed without causing death. The Chinese believe firmly in demoniacal possessions, and their doctors do a great deal of stabbing and prodding to make holes for the purpose of letting out the evil spirits that are causing the sickness. I was called in to see one poor fellow who was dying of jaundice, and counted over eighty punctures in his chest and arms. The Chinese practitioners had furnished the demon with plenty of exits, but he declined to depart. When a criminal is executed the native doctors are nearly always on hand to secrete sections of the body to use in compounding their medicines. A powder made of the thigh bones is believed to be a specific for the disease known to science as "mimer's anaemia," which is caused by a parasite and easily controlled by proper remedies.—New Orleans Times Democrat.

London Has Forbidden Gates.

There are two gates in London which it is an honor equal to the star of an order to be allowed to drive through. One is the gate in the arch of the Horse Guards, and the other is that of the Marble Arch. The Horse Guards' arch is guarded by a stalwart trooper, who stands in the way of any carriage that attempts to go through, and, should the occupant not have the right to pass, turns it back. The Bishop of London, it may be remembered, was stopped once by a sentry, who did not know that his lordship is one of the privileged persons. When there is any disputed claim, if the occupant of the vehicle who wishes to go through the arch has patience enough to wait, he can remain until one of the high court officials has given his decision according to immemorial custom.—London Telegraph.

Coated

Look at your tongue. Is it coated? Then you have a bad taste in your mouth every morning. Your appetite is poor, and food distresses you. You have frequent headaches and are often dizzy. Your stomach is weak and your bowels are always constipated. There's an old and reliable cure:



Don't take a cathartic dose and then stop. Better take a laxative dose each night, just enough to cause one good free movement the day following.

You feel better the very next day. Your appetite returns, your dyspepsia is cured, your headaches pass away, your tongue clears up, your liver acts well, and your bowels no longer give you trouble.

Price, 25 cents. All druggists.

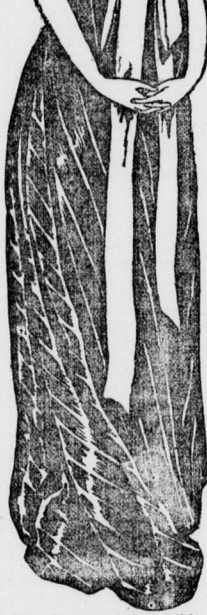
"I have taken Ayer's Pills for 25 years, and I consider them the best medicine. One pill goes me more good than half a box of any other kind I have ever tried."

Mrs. N. F. TALBOT,
March 20, 1890. Arrington, Kans.

FADED IN HER YOUTH

Pretty faces and graceful forms of young women! Why is it they are so soon replaced by plainness and lankness? It is because the young girl just entering into womanhood does not know how to take care of herself and has no one competent to instruct her. It is not necessary that there should be anything weakening or wearying about the functions of a female organism. Parents of young girls should inform themselves and prevent their dear ones from making costly errors.

That young woman has a just cause of complaint, who is permitted to believe that great periodic suffering is to be expected, that severe mysterious pains and aches are part of her natural experience as a woman. These things are making constant war on her health, her disposition and her beauty. It is a wanton sacrifice, absolutely unnecessary and cruel. It is more—it is criminal.



Dr. Greene's NERVURA

for the Blood and Nerves

Dr. Greene's Nervura blood and nerve remedy, is the right medicine for every young girl who is just entering the first stage of womanhood. It prepares the system in every way to act normally. It enriches the blood supply, and keeps the nerves calm and steady. Fortified with this great medicine, all the womanly duties may be undertaken and experienced without the slightest jeopardy to health. It preserves the gifts of nature and assists their development into glowing, healthful beauty.

Mrs. MARY FRANCES LITTLE, of 2 Hunter Alley, Rochester, N. Y., says:

"I was very pale and delicate—had no color, I took Dr. Greene's Nervura, blood and nerve remedy, and now I am well and strong, my face is plump, and cheeks red, and my complexion pure."

Mrs. WILLIAM BARTELS, 239 East 87th St., New York City, says:

"Dr. Greene's Nervura made a wonderful improvement in my health, and that dark, sallow look left my face. My friends hardly know me. I have gained flesh and am like a different person."

The nervousness in women which invariably comes with pain is of itself certain to stop the development of beauty in face and figure. Excited nerves make sharp lines and hasty speech. The beautiful curves which make woman so attractive are not possible when the female organism is out of order, as it surely is when discomfort and pain are always or even periodically present. It is only necessary to look in the faces of young women everywhere to see that this must be so. Else why are they so pale and thin?

Dr. Greene's Nervura is sold by all druggists.

GET FREE ADVICE FROM DR. GREENE

Real beauty is rare. It belongs to perfect health. It is possible to every woman who takes the matter in hand intelligently. Get advice from Dr. Greene, the great specialist in these matters. He will tell you why all this is so, and show you how to avoid the stumbling blocks that bar woman's way to happiness. You may consult Dr. Greene without cost by calling or writing to him at his office, 35 West 14th Street, New York City. Don't throw away your beauty. Write to Dr. Greene to-day.

An Imperial Trophy.

Captain Potts, of the Maxim Company of the Hongkong volunteer corps, has just secured an extraordinary trophy of war—nothing less than the Order of the Black Eagle set with precious stones, which the German emperor sent out by Prince Henry to the emperor of China. He has also the autograph letter from the kaiser which accompanied the decoration.

The lucky captain obtained this remarkable relic of war in a quite haphazard fashion. Recently at Tien-Tsin he came across some Russian soldiers who had been present at the looting of Peking. One of the Russians had the rarely bestowed order among his share of the loot, but he was too ignorant to recognize its great value. Captain Potts had no difficulty in arriving at the correct conclusion when he set eyes on the insignia and the Emperor William's letter, and for a trifling sum he secured possession of the two. When the captain arrived at Shanghai and exhibited his prize the German consul said that he must take charge of it, but Captain Potts declined to part. He said that he was not at all anxious to sell, and put a fabulous price on the trophy.

The consul immediately cabled to Berlin for instructions and Captain Potts is now calmly awaiting the reply.—London Daily Mail.

Politics is Now a Trade.

In modern politics I have many times known of more money spent in a single ward for the election of a councilman than the entire amount contributed in 1860 to carry the Pennsylvania election in October that gave the Republicans absolute victory in November, says Colonel A. K. McClure, in the Saturday Evening Post. There is not an earnestly contested legislative district in this city that does not cost thousands of dollars to run the campaign and pay the party workers; and a recent contest for nomination in one of the senatorial districts of Philadelphia cost the opposing factional leaders not less than \$100,000.

Under our present system political leaders make politics a trade, and every ward and precinct have a host of men who live by politics and who refuse to give political service of any kind unless liberally paid. In 1860 there was not an attempt made to buy a vote for Curtin in the entire State, and, excepting in rare instances where special and unusual service was required, the entire work of that great battle, that revolutionized a Nation, was willingly performed without pay as a matter of patriotic duty.

Rich Antiquarian Find in Turkey.

At the village of Anbar, near Erplu, close to the ancient town of Iconium, a sarcophagus has been uncovered entire, composed of marble, on which flowers, animals and figures of warriors are sculptured, says a foreign correspondent. The period to which the relic belongs is not yet known, but the workmanship is exquisite, and is said to be superior to anything of the kind in the Stamboul Museum, which contains the sarcophagus of Alexander the Great.

Don't Stop Tobacco Suddenly!

It balances nervous system to do so. It is the only cure that Health Cure BAGO-GURO and nothing you when to stop. And it is a guarantee that three boxes will cure any case. BAGO-GURO is vegetable and harmless. It has all the virtues of the best tobacco, and it is sold by all druggists or by mail, 25 cents. Write to CHEMICAL CO., La Crosse, Wis.

DROPSY NEW DISCOVERY! gives ease. Box of testimonials and 10 days' treatment free. Dr. H. H. GLENN'S BLOOD, La Crosse, Wis.

P. N. U. 4, 1900.

