PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



women

There are Many Imitations of

Baker's Cocoa

Baker's Chocolate

Don't be misled by them!

Our trade-mark is on every

package of genuine goods.

Under the decisions of several

United States Courts, no

other chocolate or cocoa than

Walter Baker & Co.'s is en-

titled to be sold as "Baker's

Look for this Trade-Mark Cocoa" or "Baker's Chocolate"

Our handsomely illustrated recipe book

sent free.

Walter Baker & Co. Ltd.

45 Highest Awards in Europe and America

Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you any-

thing else. You may not care for our opinion, but

What About the United Judgment of Millions

of housekeepers who have used LION COFFEE

Is there any stronger proof of merit, than the

for over a quarter of a century?

Established 1780 Dorchester, Massachusetts

Such testimony should be accepted

The success of Lydia E. Pinkham's

well-earned gratitude of American

ceration of the womb, that bearing-

down feeling, inflammation of the

ovaries, backache, bloating, (or flatu-

nervous prostration, or are beset with

such symptoms as dizziness, faintness,

lassitude, excitability, irritability, ner-

Vegetable Compound at once removes

such troubles. Refuse to buy any other

Don't hesitate to write to Mrs.

Pinkham if there is anything

about your sickness you do not understand. She will treat you

with kindness and her advice is

medicine, for you need the best.

While no woman is entirely free from | Vegetable Compound sooner; for I have tried periodical suffering, it does not seem to so many remedies without help. be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a women's and suffering for me, but after I had used the tion is a severe strain on a woman's Compound two months I became regular and 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 organ.

More than fifty thousand women by all women as convincing evidence have testified in grateful letters to Mrs. | that Lydia E. Pinkham's Vegetable Pinkham that Lydia E. Pinkham's Compound stands without a peer as a Vegetable Compound overcomes pain- remedy for all the distressing ills of ful and irregular menstruation. It provides a safe and sure way of es-

cape from distressing and dangerous Vegetable Compound rests upon the weaknesses and diseases. The two following letters tell so con- women. vincingly what Lydia E. Pinkham's When women are troubled with irreg-Vegetable Compound will do for ular, suppressed or painful menstrua-

women, they cannot fail to bring hope tion, leucorrhoea, displacement or ulto thousands of sufferers. Miss Nellie Holmes of 540 N. Davision 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 vousness, sleeplessness, melancholy, but failed to get any relief. A friend from they should remember there is one tried the East advised me to try Lydia E. Pinkand true remedy, Lydia E. Pinkand true remedy. ham'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 have been spared many free. No woman ever regretted

months of suffering and pain had I only writing her and she has helped known of the efficacy of Lydia E. Pinkham's thousands. Address Lynn, Mass. Ask Mrs. Pinkham's Advice-A Woman Best Understands a Woman's Ills.

Although he may not drowsing lie

While precious moments take their He breathes the sweet wind from the sky. As freely as a Croesus might; He may not have their proud delight Who sit in stations that are high, But pleasant dreams are his at night-Men call him poor. I wonder why?

With all his strength he must apply To put aside his work and vie With them whose riches lift them quite Above the needs and cares that blight;

But, glad to live, he does not sigh For strength to overthrow or smite-Men call him poor. I wonder why? There are no cheers when he goes by; He may not, when the hills invite,

Go lightly faring forth to try
His prowess on the links, but white
Hands stroke his brow; he bears no Against the fates or God; his eye And cheek with spiendid health are

Men call him poor. I wonder why? L.ENVOI. With hope endowed, with strength be dight, With those he loves still here to cry or joy when he looms on their sight,

Men call him poor—I wonder why?
—S. E. Kiser. "Bagging" an Army.

"It is no easy job," said the Colonel, "to bag a defeated or retreating army. We had lots of experience in the Maryland and Pennsylvania campaigns, but we never bagged an army, in the East, until the Appomattox campaign in 1865. I was at that time in the Twenty-fourth Army corps. From the minute that we got into position on the Petersburg front there had been beautiful fighting, day and night, up to the capture of Fort Gregg.

"After the inner line of Confederate works had been taken we drew out and followed Gen. Sheridan's cavalry in face of their deadly fire. lency), general debility, indigestion and in a night march after the enemy. It was an exciting chase, and we received a message from Sheridan every three or four hours to this effect: Bring up the infantry. We are driving the enemy like hell.' There was a sameness in the messages, but every one was received with cheers, and after the reception of each we would cut out after the cavalry with a quick-

"I remember particularly the message that came just before we got into line at Amelia Court House. Sheriwhen we put in an appearance his men were making a rear guard like a lot of wild horses for the road on which Lee was marching to Farmville. Gen. Walter C. Newberry, by column at Paine's Cross Roads, cut

"At Sailors' creek we struck Gen. Ewell's corps, and gobbled a good many prisoners. We struck the same corps at Farmville, and doubled it up. but did not head it off until we reached Appomattox Court House and the valley of the Appomattox river, on the slopes beyond which was drawn up Gen. Lee's army preliminary

"We had bagged the army at last, but after the surrender we did not go into camp. That same afternoon Gen. Grant put the Army of the Potomac in motion for Danville, Gen. Sheridan leading. Gen. Grant had been in the bagging business before at Fort Donelson and Vicksburg, and he didn't seem to appreciate the feelings of the officers and soldiers of the Army of the Potomac after their long chase. At all events, away we went as if the catching of an army was nothing to brag about."-Chicago Inter Ocean.

Plan to Honor Brave Sailor. Representative Morrill of Pennsylvania has introduced a bill in Congress for the erection of a bronze monument in the city of Washington to the memory of Rear Admiral Charles Stewart, who was for seventy-one years in the United States navy, a longer service than has ever before been recorded. Rear Admiral Stewart's career shows that real life cidents than the imagination ever dared to picture. He was commissioned a lieutenant in 1798. His first command was the schooner Experiment, with which he captured the schooner Deux Amis in 1800. Soon afterward he was chased by two French schooners. He captured one of them, the Diane, and then captured a privateer, the Laura Bridget. Lieutenant Stewart was in the first brush with Tripolitan boats, having gone to the Mediterranean under Captain Mur- To the Editor: ray, who was in command of the Constellation. Later he commanded the brig Siren and conveyed the party in the ketch Intrepid that destroyed the Philadelphia. He rendered gallant ted. In 1852 he became the senior of- is correct. ficer of the navy, being promoted to

into battle, for as a member of his be some sort of special recognition of regiment I saw him tried in more than the post's historic value by spending one place which put the courage of a small amount of additional money ren to a supreme test," said Mr. J. L. there. For strategic purposes the Ketcham, a prominent manufacturer value of the fort is not now highly of Indianapolis, at the New Willard. rated by the War department, because "Mr. Harrison really never had the the city of Baltimore has grown beopportunities that fell to some others, | youd it and the fort is no longer an but I have always been of the belief outpost. Quarters for troops are that he had in him the elements of still maintained, however, and the a great military chieftain, as well as Twenty-first and Thirty-ninth batteries

that was an inspiring spectacle. It was a beautiful Sunday morning, the 15th of April, 1864. Our brigade of five regiments was encamped on a height crowned with a grove of fine trees. The confederates were posted on another hill some little distance away, and this was covered with about as dense a growth of underbrush as I ever saw. We knew that the guns of the enemy were concealed in this or the foe and take his guns if we could. An order to 'fix bayonets' is one of the most serious that can come to a soldier's ears, for it implies that

ates. It was just at this time that Ifving in the town. Harrison, at the head of his regiment, yelled out in his peculiarly ringing voice, 'Come on, boys, and shout for getten and animated by the example at a terrible disadvantage, nor did we find out till later that back of their cannon the southerners had strong earthwork defenses. At first they gave way, then they rallied, and at least 150 of our brave boys went down

"Among those hurt was my good friend Major Dan Ransdell, now secretary of the United States Senate, who lost an arm in the charge. I didn't mean to give you a history of Resca, but will finish by saying that we waited till night and then we invaded the thicket and took the guns that we failed of capturing that day."-Wash-

Next National Encampment.

The trip of the commander-in-chief dan was still calling for the infantry, of the Grand Army of the Republic to Denver, Colo., to investigate the preparations being made for holding the National Encampment there next among the comrades themselves and the way, dashed into the Confederate | the general public. The people of Colorado are enthusiastic about the enit in two, and captured six guns and | campment, which they have been trying to secure for many years, and they are going to make unusual efforts to render the gathering there at-Army comrades to Colorado, and therefore they will neglect nothing that will help to give to every visitor the very best impression of the State, its people and its conditions. The outlook is for one of the very greatest national encampments in the history of the Grand Army of the Republic. -New York Press.

The Captured Battle Flags.

Carefully stored away in the subbasement of the War department are the battle flags that were carired by Northern and Southern troops during the Civil War. They are badly torn and tattered and some of them bear dark, gloomy-looking stains. The passing years and long exposure have dimmed the letters on some of the emblems, so that it is difficult to identify

These are the battle flags which Congress directed, at the recent session, should be returned to the military organizations that originally owned them. They have been in the custody of the government ever since the surrender of Gen. Lee. The collection includes about 100 Union flags, which the Confederates captured. The great bulk of them, however, are Confederate flags. Gen. Ainsworth, the military secretary, has been charged with the duty of restoring the flags to their former owners. He has sent out circular letters to the Governors of the several states, notifying them of the flags held by the government and asking where they shall

Names of Battlefields. Sir-Please say why the battles of Manassa, Seven Pines and Cold Har-Of course, the three battles mentioned were, respectively, named Maservice throughout the war in the nassas (not Manassa), Seven Pines Mediterranean, and as a naval captain and Cold Harbor from the localities he performed many daring feats on at which they were fought, and which the sea during the war of 1812. As were so named long before the battle commander of the Constitution he took place. Manassas Junction is a captured the Picou and other vessels railroad point; Seven Pines was so in 1814. On Feb. 15, 1815, after a gal- named from a marked cluster of sev lant fight, he captured the Cyane and en pines, which were cut down durthe Levant, but was chased by a ing the war, but when, at the close of squadron and lost the Levant. A gold | the war, the Federals made their cem medal and the thanks of Congress etery there, they set out seven other were given him. In 1824 he com- pines to mark the spot and continue manded the Pacific squadron, and up- its name. Cold Harbor was someon his return home he was tried on times written, I believe, Coal Harbor, alleged irregularities, but was acquit- but I think the first mentioned form

To Preserve Fort McHenry.

Nov. 6, 1869. He was the grandfather are trying to interest the government in improving Fort McHenry. This is the fort the defense of which inspired "Ex-President Benjamin Harrison The Star Spangled Banner," and was as Lrave a soldier as ever went | many people think that there should of coast artillery and one company of "It was at the battle of Resaca that | the Eighth infantry are stationed in

house in Ramsey entered during the absence at church of the tenant, a sr'nster lady. The burglars ransacked the house, taking all the money they could find, but not before quietly partaking of surger. They spread a white cloth over a table, emptied the larder, and, having enjoyed a good feed, decamped undertected.-Liverpool (Eng) Mercury.

Objected to Buying Teeth.

At the meeting of the Wigan board of guardians a lady guardian entered a protest against the board expending the sum of \$25 in supplying a woman 76 years of age with false teeth. She said she was not bothering about the thicket, and pretty soon the word went | price of the teeth, but about the ratearound to 'fix bayonets.' That, of payers having to expend that sum of course, meant that we were to charge | money in providing false teeth for a woman aged 76.

Strange Charitable Bequest.

Many persons who wish to bestow desperate fighting is imminent and charity have strange ways of carrying that the hours of his life may be few. out their ideas. Some years ago an "But most of us were young and Englishman named James Moss left realous, and, nerving ourselves to the \$500 to be invested in land, the rent bloody work ahead, we prepared to of which was to provide five gowns. dash down our hill, across the inter- according to the will, "of a sad blue vening hollow, and at the confeder- color" for as many aged and poor men

Bee Farming in Australia.

Bee farming has become a popular Indiana.' He was answered by a and profitable occupation in many wild hurrah and forthwith we charged parts of the Australian continent. The on the run, all thought of danger for | first "hive" bees were brought to Australia in 1822. At the present time cf our colonel, who exposed himself there are over 250,000 hives in Auswith utter fearlessness. On account tralia, and the production of honey cf the dense undergrowth we were varies from 10,000,000 to 15,000,000 pounds annually.

Camphor Barometers.

If the camphor bottle becomes roilly it is going to storm. When it clears settled weather may be expected. This idea has seemingly been utilized in the manufacture of some our cheap barometers. The main trouble is, they seldom foretell the change until near its arrival.

Railway Ambulances.

Prussian railways for express routes. weak nerves.

Such is the tenor of a note left behind by some audacious burglars at a QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE Heartily Approves of Peruna for the Nerves.

York City, writes the following:

"I am glad to write my endorsement of the great remedy, Peruna, as a nerve tonic. I do so most heartily."-Julia Marlowe.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become blood-Railways carrages transformable less for want of proper nutrition. into ambulance compartments for the This is especially true in the spring use of passengers who have been season. Every spring a host of invalids taken ill have been provided on the are produced as the direct result of

This can be easily obviated by using cine Co., Miss Julia Marlowe, of New | Peruna. Peruna strikes at the root of the difficulty by correcting the diges-

> Digestion furnishes nutrition for the nerve centers. Properly digested food furnishes these reservoirs of life with vitality which leads to strong, steady nerves and thus nourishes life.

Peruna is in great favor among women, especially those who have vocations that are trying to the nerves.

Buy a bottle of Peruna to-day. If you do not receive all the benetits from Peruna that you expected, write to Dr. S. B. Hartman, Colum-

THE SECRET OUT.

The Door Stands Wide Open.

ous attacks, bogus formulas and other purities in the blood, for it will show in untruthful statements published concern- pimples, boils, and eruptions, in the dark "Favorite Prescription" for women and pink cheeks and a fresh compl his equally popular tonic alterative The muscles get the good, rich, red blood, known as Dr. Pierce's Golden Medical that puts on strength. It is a flesh Discovery. Hereafter every bottle of builder, but not a fat builder. these medicines leaving the great Labor- As an example of the good results thus atory at Buffalo, N. Y., will bear upon it obtained, note the following letter: into the compound. Both are made entirely from native roots, barks and herbs. The ingredients of the "Golden Med- doctor said he could not do me any good," ical Discovery" being Golden Seal root, Writes Mr. G. Trent, of Gordonville, Queen's root, Black-cherrybark, Man-Texas. "I wrote to you and you advised drake root, Bloodroot.

people feel run-down, nerveless, sleepless stomach and bowels commenced to heal. and worn out. Poisons have accumu- There were strips of the lining of my lated in their body during the long win- bowels as large as a man's two fingers ter. Their blood stores up a lot of waste product which poisons the system. That is why in the spring and early summer a tonic is almost a necessity. Dr. Pierce's Golden Medical Discovery being made of medicianal plants, is next to nature and the rectum especially. I could not eat anything without having much distress afterward, but by the time I had taken eight bottles of the 'Golden Medical Discovery' I was sowned and well and could be covery.' the best tonic you can use. For the same | covery' I was sound and well, and could reason that vegetables and greens are eat anything I pleased without suffering good for the system at this time of the in the least. Could also do as much year, so is it true that a tonic made up entirely of medicinal plants, without the use of alcohol, is the proper medicine to take at this time. It fills the blood with rich, red blood corpusales. It gives your a material of the least. Could also do as much work in a day as I ever could. I have not suffered from the trouble since."

Dr. Pierce's largely a material of the least. Could also do as much work in a day as I ever could. I have not suffered from the trouble since." rich, red blood corpuscles. It gives you a feeling of strength, and it puts sunshine health, and good health is largely a matinto your system as no other remedy can. That is why Dr. Pierce's Golden Medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and he invites every one to visit his Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., to see how systematically the sick are taken care of and cured as well as N. Y., to see how systematically the sick are taken care of and cured, as well as looking over his burg labored, as well as looking over his huge laboratory and see- The selfish seller who urges some sub-

To refute the many false and malici- | woman can be handsome who has iming Doctor Pierce's World-famed Family circles under the eyes and in the sallow Medicines the Doctor has decided to pub- complexion. After taking "Golden Medlish all the ingredients entering into his | ical Discovery "you are bound to have

"In the year 1899, I had an attack of indigestion and got so bad that my home me to use Dr. Pierce's Golden Medical Why is it so many have been strength- Discovery, so I bought six bottles, and ened and benefited by the tonic effect of Dr. Pierce's Golden Medical Discovery? Weak could hardly walk about the house. It is because at this time of the year people feel rundam and the strength.

Dr. Pierce's Good temper is largely a mat-

ing the scientific methods of preparing stitute is thinking of the larger profit this wonderful tonic. Neither man nor he'll make and not of your best good.



THE LADY WHO IRONS

knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

The DEFIANCE STARCH CO., OMAHA - -- NEG



STEEL WIND MILL POLLER RIM GEARS THEY STOP THE NOISE AND LESSEN THE WEAR LATEST, STRONGEST, BEST. II FACTORY, BEATRICE, NEB. Kansas City, Mo., Omaha, Neb., Sioux Falls, S.D. See nearest dealer or write for circular.



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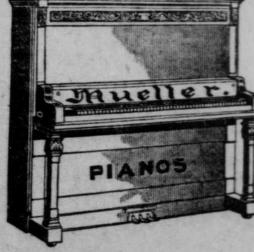
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Lion-head on every package. Save these Lion-heads for valuable premiums.

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URES WHERE ALL ELSE FAILS. Cough Syrup. Tastes Good. Use In time. Sold by druggists.

rafficted with Thompson's Eye Water

of a leader in times of peace.

Harrison in Battle.

Rear Admiral July 16, 1862. He died

of Charles Stewart Parnell.

saw him give an exhibition of grit the fort.

The people of the city of Baltimore

THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER. My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant laxative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Ten?" or LANE'S FAMILY MEDICINE

All druggists or by mail 25 cts. and 50 cts. Buy it to day. Lane's Family Medicine moves the bowels each day. In order to be healthy this is necessary. Address, O. F. Woodward, Le Roy, N.Y.

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A VALUED FRIEND

"A good many years ago I bought a FISH BRAND Slicker, and it has proven a valued friend for many a stormy day, but now it is getting old and I must have another. Please send me a price-list."

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