



Miss Nellie Holmes, treasurer of the Young Woman's Temperance Association of Buffalo, N. Y., strongly advises all suffering women to rely, as she did, upon Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Your medicine is indeed an ideal woman's medicine, and by far the best I know to restore lost health and strength. I suffered misery for several years, being troubled with menorrhagia. My back ached, I had bearing-down pains and frequent headaches. I would often wake from restful sleep, and in such pain that I suffered for hours before I could go to sleep again. I dreaded the long nights as much as the weary days. I consulted two different physicians, hoping to get relief, but, finding that their medicine did not seem to cure me, I tried your Vegetable Compound on the recommendation of a friend from the East who was visiting me. "I am glad that I followed her advice, for every ache and pain is gone, and not only this, but my general health is much improved. I have a fine appetite and have gained in flesh. My earnest advice to suffering women is to put away all other medicines and to take Lydia E. Pinkham's Vegetable Compound."—MISS NELLIE HOLMES, 540 No. Division St., Buffalo, N. Y.

Miss Irene Crosby, prominent in Social Life in East Savannah, Ga., adds her testimonial to the value of Lydia E. Pinkham's Vegetable Compound.



DEAR MRS. PINKHAM:—"It always gives me pleasure to find an article of real value and unquestioned merit. I have found Lydia E. Pinkham's Vegetable Compound well calculated to relieve and cure the various troubles arising from irregularities and menstrual pains. "Much suffering could be spared if we only paid more attention to proper living and diet, but as long as women do not do this, your Vegetable Compound has come to the front as a true friend in need. I have been very pleased indeed with the relief it has brought me. I find that I have perfect health now, and that my mind is also more clear and active since I used your Vegetable Compound. It has been of great benefit to me, and I gladly recommend it. Very sincerely yours, MISS IRENE CROSBY, 313 East Charlton St., East Savannah, Ga."

Remember that every woman is cordially invited to write to Mrs. Pinkham if there is anything about her case or symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass. Her advice is free, and is cheerfully given to any ailing woman who asks for it.

**\$5000 FORFEIT** If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

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**50,000 AMERICANS** Were Welcomed to

**Western Canada** during last Year

They are settled and settling on the Grain and Grazing Lands, and are prosperous and satisfied. Sir Wilfrid Laurier recently said: "A new star has risen upon the horizon, and is toward it that every immigrant who leaves the land of his ancestors to come and seek a home for himself now turns his gaze." Canada. There is **ROOM FOR MILLIONS** here.

For a descriptive Atlas and other information apply to SUPERINTENDENT OF IMMIGRATION, Ottawa, Canada; or Authorized Canadian Government Agent—W. V. Bonser, 301 New York Life Bldg., Omaha, Neb.

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**BEST FOR THE BOWELS**

# WOMEN

**What the Women of Japan Are Doing.**  
The women of Japan do not go out and fight to-day as they have done on rare occasions in the past. We had an Empress once who led an army into Korea and fought at the head of her soldiers. And even in the last century, when the Shogun made his last stand against the Mikado, nearly a thousand women and girls belonging to families attached to the Shogun fought behind and upon the castle walls, and many were killed.

It is different now. Only the men go out. But there is much left for the women to do, and there is not a woman in Japan who will shirk her duty. Not only must she take care of the family while the men are away, but she must work for the soldiers. Our Empress herself is the patron of the Japanese Red Cross society, whose president is always a prince of the royal house. With her own hands the Empress prepares bandages and clothing for the men in the field; and so great was her personal interest in the field; and so great was her personal interest in the men who fought in the war with China that at the close of the war she gave an artificial limb to every man who had lost one on the battlefield.

The women who act as nurses must lay aside their kimonos and wear the regular dress of a hospital nurse. Both before and since the war with China the women of Japan have attended the hospital training schools, where instruction is given by American and European nurses, and there are now no better nurses in the world than those of Japan.—Mrs. Sadazuchi Uchida, in Harper's Weekly.



**A Case of Convenience.**  
There are ingenious contrivances without end for the smart woman's convenience. A novel affair has the appearance of a plain card case suspended from a chain. On its side is a monogram, either in ribbon letters or in brilliants. But to carry cards is only half its mission. When it opens, there is found on one side a fair-sized mirror. Half of the other side lifts up, disclosing a tiny puff for powder or rouge. The lower half contains a memorandum book. When the entire side is lifted up there is a place for cards. The center contains a little gold pencil with a jeweled top. What could be more complete than this little case? For shopping or calling it is invaluable.

**Flowers in Waste Places.**  
You can grow flowers anywhere, if you only know the proper kind for each location, says Country Life in America. There is no portion of the earth's surface that cannot be covered by some kind of plant growth, nor a situation so desperate that it could not be redeemed with the life and cheer and color that flowers give. You have only to select the right variety of seed and you will find that there is no clay too tough, no sand too hot and dry, no rocks too devoid of soil, no winter too severe. If you have a swamp and are afraid of it, you can transform it into a water-lily pond or a bog garden. If you own a bit of woods you can fill it with wild flowers. In the heart of the biggest city a ten-inch hole can be made in the pavement, as they do in Boston, to cover the wall of the house with vines. The slums have their window boxes, and house leaks grow upon the shingles of a roof. Even the dump heap that you pass daily need not be an eyesore. Put a package of sunflower, poppy or morning glory seed in your pocket, and scatter the seed over the offending spot. And of all the people who enjoy the transformation, you will enjoy it most.

**Japanese Wives.**  
Just now, when our attention is directed to the war, it is interesting to know and hear about the customs of the countries engaged in the struggle. This is just a little about the wives and mothers of Japan. "The position of the Japanese wife is not that of equality with her husband. He is the liege lord, to be obeyed by her in the most servile manner. He exacts from her the little attentions that an American woman expects, and usually gets, from her husband. Without so much as a murmur of complaint from his spouse, who must always receive him with bows and smiles and ever have her mind and eyes on his comfort, he goes and comes when he pleases. When he faces

forth socially, he does not take her with him; he receives gentlemen in his own house—a rare thing by the way—madam seldom presents herself, unless in some menial capacity. And while such a thing as conjugal love must exist in Japan, it usually escapes the notice of the foreign sojourner, the people considering it vulgar to exhibit emotion of any kind in public. The wife as a social unit being completely submerged, it follows that others of her sex must take her place socially, and in this office the geisha girls play an important role."—Minneapolis Tribune.



The toys used by Queen Victoria when a child will be on exhibition at the world's fair at St. Louis.

In Dutch Guiana the women carry upon their persons all their family savings in the shape of heavy bracelets, anklets, necklaces and even crowns of gold and silver.

At a recent fashionable wedding in London the hats of the bridesmaids were trimmed with natural flowers and it is predicted that the style will be popular next summer.

The Japanese woman does not blacken her teeth under any mistaken idea that it makes her attractive. She does it to make herself unattractive. Her husband is supposed to know her value.

Recently an old woman at Clinchy, France, was told that she had won \$20,000 in a Spanish lottery. Later she found she had been hoaxed and the shock of the disappointment killed her instantly.

The oldest love letter in the world is in the British museum. It is a proposal of marriage for the hand of an Egyptian princess and it was made 3,500 years ago. It is in the form of an inscribed brick.

**Hint for Sleepless Folk.**  
It is not uncommon to hear people say, "I was too tired to sleep"—but it is not generally known how great a help it is at such times not to try to sleep, but to go to work deliberately to get rested in preparation for it. In nine cases out of ten it is the unwillingness to lie awake that keeps us awake. We wonder why we do not sleep. We toss and turn and wish we could sleep. We fret and fume and worry because we do not sleep. We think of all that we have to do on the following day, and are oppressed with the thought that we cannot do it if we do not sleep. First, we try one experiment to see if it will not make us sleep and when it fails we try another, and perhaps another. In each experiment we are watching to see if it will work. There are many things to do, any one of which might help us to sleep, but the watching to see if they will work keeps us awake.—Leslie's Monthly.

**Plain Shirt Waists.**



The shirt waist at the left shows one of the new spring styles. The waist is of white dotted pique, with fine stitching. The sleeve with the box plait extending its length is becoming to a stout person. The waist fastens under a box plait at one side. The waist at the right is of red linen stitched with white. Under the neckband of red linen and stitchery is set a collar of white embroidered linen.

**A Home-Invented Clothes-Closet.**

As my sleeping room had no clothes-closet, I obtained a board 12 inches wide and four feet long. This was fastened securely to the wall by means of brackets, just high enough for me to reach conveniently. Into the board I screwed about two dozen hooks—the kind made to fasten into the under side of shelves. This made ample room for the clothes that were needed most, and has an advantage over hooks put up against the wall in that the clothes do not crush nearly so badly. Some pretty curtains reaching from the shelf to the floor were used to drape the closet.—Woman's Home Companion.

**NEVER WAS WEST**  
Veteran—"I presume you never heard an Indian war whoop?"  
Civilian—"N-o, but I've heard boys coming out of school."

**EITHER MIGHT.**  
Mrs. Binks (reading)—"Women can endure pain better than men."  
Mr. Binks—"Who says that—a doctor or a shoe maker?"

**NO HOPE THERE**  
Missess (thinking about dessert)—"What kind of pies are you most familiar with?"  
New Girl—"Baker's pies, mum."

**Dangerous Neglect.**  
It's the neglect of back-ache, headache, pain in the hips or loins that finally prostrates the strongest body. The kidney warnings are serious—they tell you that they are unable to filter the body's waste and poison from the blood—the sewers are clogged and impurities are running wild to impregnate nerves, heart, brain and every organ of the body with disease elements. Doan's Kidney Pills are quick to soothe and strengthen sick kidneys, and help them free the system from poison. Read how valuable they are, even in cases of long standing:

L. C. Lovell, of 415 North First street, Spokane, Wash., says: "I have had trouble from my kidneys for the past ten years. It was caused by a strain to which I paid little attention. But as I neglected the trouble it became worse and worse until my strain or a slight cold was sure to be followed by severe pain across my back. Then the action of the kidney secretions became deranged and I was caused much annoyance besides loss of sleep. Doan's Kidney Pills were brought to my notice, and after taking them a short time their good effect was apparent. All the pain was removed from my back and the kidney secretions became normal. Doan's Kidney Pills do all that is claimed for them."

A FREE TRIAL of this great remedy which cured Mr. Lovell will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

**FOUND AT LAST.**  
Inventor—"I've hit a money-making thing at last. The preachers will go crazy over it, and it will sell like hot cakes. It's a church contribution box."

Friend—"What good is that?"  
Inventor—"It's a triumph. The coins fall through slots of different sizes, and all dollars, halves, quarters and dimes land on velvet but the nickels and pennies drop on to a Chinese kong."

**\$100 Reward, \$100.**  
The readers of this paper will be pleased to learn that there is at least one disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on the blood and nervous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.  
Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc.  
Hall's Family Pills are the best.

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Like all our waterproof coats, pants and hats for all kinds of wet work, it is often imitated but never equalled. Made in black or yellow and fully guaranteed by us.

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