

## Nervous Women

Their Sufferings Are Usually Due to Uterine Disorders Perhaps Unsuspected

### A MEDICINE THAT CURES



Can we dispute the well-known fact that American women are nervous? How often do we hear the expression, "I am so nervous, it seems as if I should fly;" or, "Don't speak to me." Little things annoy you and make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

The relation of the nerves and generative organs in women is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability. Spirits easily affected, so that one minute she laughs, the next minute weeps. Pain in the ovaries and between the shoulders. Loss of voice; nervous dyspepsia. A tendency to cry at the least provocation. All this points to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydia E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, backache, headache, loss of appetite. I could not sleep and would walk the floor almost every night.

"I had three doctors and got no better, and life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wonders for me.

"I am a well woman, my nervousness is all gone and my friends say I look ten years younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick and weak and discouraged, exhausted each day, when you can be as easily cured as other women.

A six month's tour by bullock in South Africa, is the latest cure for consumption, as advertised by a London doctor. Your own milk cow accompanies you, the pace is only two miles an hour, there are frequent outspans, and vegetables, butter, butcher's meat, fowls and eggs are easily obtainable, it is said. The total cost is only \$525.

Recent radiographic measurements show that consumptives, except those who have been accidentally infected without predisposition, have hearts of only half the normal size and that this does not occur in other chronic diseases. The writer finds that these small hearts arrive frequent in phthisis, but thinks this is often due to degenerative changes.

#### Isn't This Absolutely True?

Nothing ever became popular—here or in any other country—without a reason.

Popular men have merit of some kind, MUST have, or they would not be popular.

They must have EXCEPTIONAL MERIT and wonderful character if their popularity INCREASES WITH TIME.

As with men, SO WITH GOODS. So with any article that is on the market, IT CANNOT INCREASE ITS SALES, it cannot be adopted as a STANDARD article, it cannot survive generations unless it have real, inherent merit.

Millions of dollars spent in advertising any article without merit are just wasted, so far as continued sales are concerned. Intelligent housekeepers cannot be compelled to buy what they do not approve of.

That much is a self-evident fact. It cannot be gained. But it tells its own story of LION COFFEE and its quality—a coffee that has been the leader of all package coffees for more than a quarter of a century, that has steadily grown in the affections of millions of American homes since its first introduction, long ago.

Its unexcelled flavor, perfect purity and uniform quality; its absolute cleanliness and neat appearance, have endeared it to the hearts of the people.

Good grocers will tell you this, but those who drink coffee ought to know much more about quality than they who simply SELL it.

Insist on LION COFFEE; buy no loose coffee (in bulk)—you don't know what you get. How can your grocer?

According to a Spanish exchange the republic of Columbia, in South America, since the times of the conquerors, has produced \$130,000,000 worth of gold.

An outbreak of 12 cases of small pox at Newcastle, England, last year has mystified the doctors. No ordinary source of infection could be discovered, but it has been found that on the days when eleven of the patients probably contracted the disease the wind was blowing from one or the other of two smallpox hospitals—one about a mile away, the other about two miles. It is pointed out that flies, a pest of hospitals, may be carried a long distance by the wind.

## Topics of the Day

The Japanese People, even the poor, travel much in their own country.

William Salter, who has made the accepted model of the Victoria memorial to be erected at Calcutta, is only 22 years old.

Dr. John Williamson Palmer, editor, poet and author of "Stonewall Jackson's Way," is 80 years old. He lives in Baltimore.

Fully 75 per cent of the rural population of the Prussian province of Saxony has drifted to the large cities, says the Hanover Courier.

The census of the Indians of Canada last year showed there were in all 107,978, as compared with 108,233 in 1903, a decrease of 255.

A Chinaman who was formerly a lay leader in the Methodist Episcopal Church is now a detective in the employ of the New York police department.

A prominent Mason, named Little, of Hull, England, committed suicide recently while laboring under the delusion that he had betrayed some secret of the craft.

The Bulgarian Minister of Public Instruction has prohibited the wearing of corsets by the pupils in the girls' schools of the principality. The penalty is expulsion from school.

It has been found that London porter is being extensively adulterated with poppers, which gives the porter a "head," with the additional advantage of making the consumer very thirsty.

In the Pope's treasure house are two crowns which are valued at \$2,500,000. One of them was the gift of Napoleon to Pius VII., and contains the largest emerald in the world. The other, the gift of Queen Isabella of Spain to Pius IX., weighs three pounds and is worth \$1,000,000.

The government of Quebec is finding itself embarrassed by a law entitling the parent of twelve living legitimate children to a hundred acres of crown lands. Up to June last 3,400 applicants had received their claims. Since then another 1,000 have applied, and every month brings in from 100 to 200 applicants.

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A silver tobacco pipe with a stem ten inches long is used by the Empress of Japan. The bowl is small; in fact, only a quantity of tobacco sufficient to give the smoker two or three whiffs can be put into it, then the ashes are knocked out and the pipe is carefully cleaned before it is refilled—a process gone through many times in the course of an afternoon.

The Salvation Army of England, Scotland and Ireland has an institution called "self-denial week," during which wage-earners at the cost of some personal sacrifice set apart a portion of their earnings for the army's purpose. In 1888 the "week" yielded \$63,165, but this year the gift is \$316,315. This sum was handed over to General Booth on his seventy-sixth birthday.

The Hudson's Bay Company's shares (amounting to 100,000) have recently risen from \$50 to \$350 a share. This oldest trading corporation in existence has had a most interesting career. It was chartered in 1670, in the reign of Charles II., and with few reactions it has been making profits for nearly 300 years for its owners. Its chains of trading houses now extend all over the northern portion of this hemisphere, and during the last ten years it has paid over nearly \$5,000,000 to its shareholders. During most of the history of the company its affairs have been managed with the highest ability as well as financial integrity.

Recently in London a cracked Chinese vase brought at auction \$10,000 and a Sevres vase in two minutes was run up to \$20,000. These are large figures, but ten years ago a Dodin oriform vase brought \$25,000, and thirty years ago another Sevres vase brought over \$50,000. Collectors in the past decade have been studying to differentiate the products of the various Chinese dynasties, with the result that Kang-hsi black-ground vases, such as the cracked vase just sold, cameled with green tracings of decorative foliage and figures, have become extremely valuable. A perfect set of them is very rare. The \$10,000 vase is seventeen and one-half inches high.

#### GIRLS OF HOLLAND.

Little White Bonnets and Clumsy Shoes Appeal to Artists.

Dutch girls have always been special favorites with artist persons in search of the picturesque, and no wonder, for their general appearance is so quaint that if it were much quainter they would be in a show alongside the

fat lady and the other exhibits, instead of being free to roam at large.

The little white bonnets they wear, for instance, are simply bewitching when the face underneath them is a pretty one; and if it has seen considerable wear and tear they help to hide it from the rapt gaze of the tourist. These caps seem to be always clean, too, and that shows how pure they keep the atmosphere over in Holland, for any Londoner would be proud to guarantee that the spotlessness of such a head-dress, after a good example of the November fog as seen hereabouts, would be considerably changed for the blacker, and altogether would show distinct and obvious signs of having seen heavy service somewhere.

One noticeable characteristic of Dutch girls is the remarkable pertness with which they walk about all day long with their feet incased in those huge wooden shoes, with seemingly no effort to speak of. On picking up an example of this footgear and examining it carefully the thought that immediately comes into one's mind is: What an admirable missile to throw out of the bedroom window by night at squalling specimens of the feline tribe!

If it chanced to hit a poor unfortunate mouser he would certainly squall no longer. He would be knocked out. For domestic use, too, both in an argument with one's husband and when administering slight but necessary, correction to one of the dear children, it would undoubtedly be the right thing in the right place.

But as for wearing such an article—never! Yet Dutch girls do, and make no audible complaint. They are very fond of skating, are the damsels of Holland. In fact, as there are plenty of canals in the country, which in winter time are comfortably frozen over, most, if not all, members of a Dutch family skate, from their early youth—or even before that, when the nurse drags them. The little Dutch girls take to the sport like a duck to water, as the saying is; only, of course, they remain upon the surface—except on unintentional occasions, when they go exploring through the ice and get an unexpected bath.

But then, the resulting disaster is entirely their own fault, for no doubt all the squeamish bits are marked off with notice boards bearing the Dutch equivalent of "Danger! Thin ice!" or something like that, which I am far too considerate to set out here, knowing nobody in the dentist line of business who would benefit thereby.

Pronouncing Dutch always affects the teeth of one unaccustomed to the language. And, besides that, between ourselves, I really don't know any Dutch worth mentioning. Dutch girls have strong constitutions, which is lucky, for it enables them both to withstand the climate and to pack the cheeses of the country without being overcome by hysterical fainting fits or partial annihilation of the respiratory organs. The principal occupation of pretty Dutch girls is, as I have said above, to pose to painting chaps for their Christmas number sketches, though why Dutch subjects should appear in Christmas numbers in particular I have never been able to understand.—Illustrated Bits.

#### LIBRARIANS OF MIDDLE AGES.

"Food and Weapons of the Soul" Guarded Carefully in Monasteries.

The librarian was sworn into office on the holy gospels, as became one whose duty it is to furnish to those who have need the "food" and "weapons" of the soul—for so they used to call books. "Books are the nourishment of the soul," says one abbot speaking of the library of his convent and another says: "As the armory is to the castle, so the library is to a monastery." The very name librarian "armarius," derived as it is from the press, cupboard or almeric in which the books are kept, is precisely the modern word almoner—as the almoner serves from his cupboard food and drink for the needy, so the librarian deals out books, which are the food and drink of the soul.

In the beginning the librarian was curiously enough as it sounds at first, the precentor or choirmaster, but the explanation of this is, in fact, simple enough; since the first books were the service books kept in the apse-cupboard in the church, the precentor was naturally charged with their care, and when the collection grew by the addition of other books he kept charge until the growth made subdivision of labor necessary.

The ordinary duties of librarians are often laid down with great minuteness in the monastic rules; they differ greatly in detail, but not much in essence from those of the modern "keep and know under their separate titles," frequently examine carefully to prevent damage from damp, dust, mice and "moth worms," and repair them when damaged. He must lend books to the brethren, enter each loan carefully in his register, and see that a sufficient deposit is left for its return, or proper bond given.—Harper's Magazine.

Milkmen are the last to desert the water wagon.

The good deeds you do are not lost even though you never hear of them again.

The love that cannot help itself is the only love that uplifts and inspires.

It not only takes humor, but sense, to enjoy a satirical story directed towards one's self.

It matters not so much what you do as how you do it. If you see another succeeding better than yourself, watch him closely and see how he does it.

#### Of Wide Interest.

Breed, Wis., June 26 (Special).—Chas. Y. Peterson, Justice of the Peace for Oconto Co., has delivered a judgment that is of interest to the whole United States. Put briefly, that judgment is, "Dodd's Kidney Pills are the best kidney medicine on the market to-day."

And Mr. Peterson gives his reason for this judgment. He says: "Last winter I had an aching pain in my back which troubled me very much. In the morning I could hardly straighten my back. I did not know what it was, but an advertisement led me to try Dodd's Kidney Pills. After taking one box I can only say they have done more for me than expected, as I feel as well now as ever I did before."

Pain in the back is one of the first symptoms of Kidney Disease. If not cured by Dodd's Kidney Pills it may develop into Bright's Disease, Diabetes, Rheumatism or some of the other deadly forms of Kidney Disease.

It came out in the house of commons the other day that the commissioners for the reduction of the national debt, appointed in 1862, had held only one meeting since, and that in 1864.

#### CUTICURA SOAP

The World's Greatest Skin Soap—The Standard of Every Nation of the Earth.

Millions of the world's best people use Cuticura Soap, assisted by Cuticura Ointment, the purest and sweetest of emollient skin cures, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and the stopping of falling hair, for softening, whitening and soothing red, rough and sore hands, for baby rashes, itchings and chafings, and many sanative, antiseptic purposes which readily suggest themselves to women, especially mothers, as well as for all the purposes of the toilet, bath and nursery.

At Pompeii, Naples, San Martino and other Italian cities tourists could obtain formerly with ease permits to snapshot historic places for a nominal fee, but now the objects intended to be photographed have to be specified in writing, and a tax, varying from ten cents to \$1, is imposed for every negative.

# MILLIONS USE



## THE WORLD'S FAVORITE

### For Preserving, Purifying and Beautifying the Skin, Scalp, Hair, and Hands.

Cuticura Soap comprises delicate medicinal and emollient properties derived from Cuticura, the great skin cure, with the purest of cleansing ingredients and the most refreshing of dyes. Two Soaps in one at one price—namely, a Medicinal and Toilet Soap for the Toilet, Bath and Nursery.

## SICK HEADACHE



Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Heartily Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL, SMALL DOSE, SMALL PRICE.



Genuine Must Bear Fac-Simile Signature  
*W. D. Carter*  
REFUSE SUBSTITUTES.

## The Secret of Good Coffee

Even the best housekeepers cannot make a good cup of coffee without good material. Dirty, adulterated and queerly blended coffee such as unscrupulous dealers shovel over their counters won't do. But take the pure, clean, natural flavored

**LION COFFEE**, the leader of all package coffees—the coffee that for over a quarter of a century has been daily welcomed in millions of homes—and you will make a drink fit for a king in this way:

#### HOW TO MAKE GOOD COFFEE.

Use LION COFFEE, because to get best results you must use the best coffee. Grind your LION COFFEE rather fine. Use 1/2 tablespoonful to each cup, and one extra for the pot. First mix it with a little cold water, enough to make a thick paste, and add white of an egg (if egg is to be used as a settler), then follow one of the following rules:

1st. WITH BOILING WATER. Add boiling water, and let it boil THREE MINUTES ONLY. Add a little cold water and set aside five minutes to settle. Serve promptly.

2d. WITH COLD WATER. Add your cold water to the paste and bring it to a boil. Then set aside, add a little cold water, and in five minutes it's ready to serve.

3. Don't boil it too long. Don't let it stand more than ten minutes before serving. DON'T use water that has been boiled before.

#### TWO WAYS TO SETTLE COFFEE.

1st. With Eggs. Use part of the white of an egg, mixing it with the ground LION COFFEE before boiling.

2d. With Cold Water instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

Insist on getting a package of genuine LION COFFEE, prepare it according to this recipe and you will only use LION COFFEE in future. (Sold only in 1 lb. sealed packages.)

(Lion-head on every package.)

(Save these Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

# Cascarets

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

BEST FOR THE BOWELS