

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's 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 organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weakness and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes of 510 N. Davison 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 but failed to get any relief. A friend from the East advised me to try Lydia E. Pinkham'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 been spared many months of suffering and pain had I only known of the efficacy of Lydia E. Pinkham's Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills."

Vegetable Compound sooner, for I have tried so many remedies without help.

"I dreaded the approach of my menstrual period every month, as it meant so much pain and suffering for me, but after I had used the Compound two months I became regular and natural and am now perfectly well and free from pain at my monthly periods. I am very grateful for what Lydia E. Pinkham's Vegetable Compound has done for me."

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

The success of Lydia E. Pinkham's Vegetable Compound rests upon the well-earned gratitude of American women.

When women are troubled with irregular, suppressed or painful menstruation, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound and once removed such troubles. Refuse to buy any other medicine, for you need the best.

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 free. No woman ever regretted writing her and she has helped thousands. Address Lynn, Mass.

Land of Bad Snowdrifts.
The worst snowdrifts experienced by any railroad are said to be those in Sweden. Although the cold is not so intense as in some of our Western States, the snowfall is heavy and continuous. The snow plows of various kinds which are used on these roads are said to be the most powerful in the world. There are times, however, when even this machinery fails to clear the way, when hundreds of men must be employed to dig out the stalled trains.

Mother Gray's Sweet Powders for Children.
Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Croup, Whooping Cough, Bad Stomach, Teething Disorders, Colic and regulate the Bowels and Destroy Worms. Over 2000 testimonials. At all Druggists. 2c. Sample FREE. Address A. S. GLENN, 215 E. 11th St., N. Y.

Shutting Him Off.
"Which way do the stairs run in the defendant's house?" asked the smart lawyer who was doing a cross-examining stunt.

"That depends entirely on the point of view," replied the witness. "One way they run up and the other way they run down."

A WEEK OF THE WAR.

WORLD HAS AWAITED A GREAT SEA BATTLE.

Russian Armada Has Been Threading Its Way Northward—Little Known as to Whereabouts of Admiral Togo's Fleet—Minor Land Operations.

The week ended as it began, with the attention of the world fixed on the China sea, through which the Russian armada had been threading its way northward, doubtless in hourly expectation of sighting the grim ships of Togo's fleet.

The Russian fleet, after passing through the Strait of Malacca, steamed past Singapore in well-ordered battle formation, and boldly entered the China sea, certainly making no effort to escape observation. It was announced that Rear Admiral Dewa, with a fleet of twenty-two Japanese cruisers, was in waiting at Horburgh light, twenty miles east of Singapore, but not a Japanese ship was sighted in the China sea.

When Admiral Rojestvensky sailed past Singapore his full fleet was reported with him. The next day positive assertions were made that his four strongest battleships were not with the fleet. It needed much ingenuity of the strategists on land to explain why he had divided his fleet at the critical moment. If the simple explanation had been accepted that the reports merely meant that the Russian consul at Singapore was trying to drag a herring across the trail much of the hard thinking would have been saved. We have now the positive assurance from Lloyds and from the Associated Press representatives that the full Russian fleet, battleships and all, is acting as a unit.

After passing Singapore, Rojestvensky spent a day or two at anchor near the Annam Islands, and then sent a hospital ship to Saigon, where it remained thirty-six hours before departing to rejoin the fleet. From the Annam Islands the admiral sailed to the north, but whether he is attempting to make his way through some passage among the Philippine Islands and so gain the open sea, whence he can sail straight for the Tzugaru straits and Vladivostok, as one rumor has it, or whether he is continuing north along the Asiatic coast, we do not know.

Admiral Togo is supposed to be in the neighborhood of Formosa. The Japanese have closed two ports—Kelong, on the north end of Formosa, and Makung, on one of the Pescadore Islands, between Formosa and the mainland. If Rojestvensky takes the latter of the two routes mentioned above, the big sea fight of the war should soon come. If he takes the former route, it is a question whether Togo will intercept him till he approaches Japanese shores. However vague our knowledge of Rojestvensky's movements may be, it is probable that Togo, through his swift cruiser scouts, has continuous information.

It seems reasonable to assume that a decisive naval engagement will not take place until Togo can attack with his battleships and heavy armored cruisers supporting his great fleet of destroyers. He cannot operate his destroyer flotilla at any great distance from a coaling base. Therefore, if this assumption be correct, the battle will take place as soon as Rojestvensky comes within striking distance of Formosa. If he can get past Formosa without a battle, the combat must take place at some point near the coast of Japan.

Operations on Land.
The operations on land during the week have consisted only of inconsequential outpost affairs. It is announced that the main part of Linévitch's army has reached Kirin. If the Japanese armies are making any progress in the great enveloping movement that is supposed to be taking place east and west of the railroad, the Russians have not discovered the fact, neither has the war office at Tokio revealed it.

The internal situation in Russia seems to be developing from bad to worse. Strikes continue at most of the industrial centers, and the agrarian outrages keep troops in motion in all parts of the empire. There are indications that the Czar and his immediate advisers are not a little perturbed over the outlook. This is evidenced by the imperial rescript issued Thursday appointing a commission to draw up a scheme of land reform by which the peasant may be given increased holdings, with an opportunity to purchase his land outright by a graduated system of payments.

The Russian Minister of Finance has promised the workmen that a commission is at work upon a scheme for the betterment of their condition, to include State insurance against sickness, the right to form unions, and the removal of criminal liability for strikes.

These reforms are promised for the indefinite future. There is danger, however, in the procrastinating habits of Russian officialdom, and while "commissions" are dallying with the problem of discovering the minimum of reform needed to calm the storm, the people themselves, with less study and less procrastination, may be devising the maximum of reform they propose to exact from a government that has kept them out of their own so long.

CROPS DELAYED BY COLD.

Government Report Shows Conditions Throughout the Country.

Crop reports from all sections of the country are summarized in the weekly bulletin of the weather bureau as follows:

Over nearly the whole of the country the week ending was abnormally cold and unfavorable for germination and growth. In western North Dakota the temperature fell nearly to zero on the 16th, and on this and the following date exceptionally low temperatures for the season occurred throughout the country east of the Rocky Mountains. Freezing temperatures occurring as far south as the northern portions of Alabama and Georgia and central South Carolina, with light to heavy frosts in the central portion of the east gulf States and light frost at Jacksonville. The damaging effects of this cold period, which came at the close of the week, are not fully covered in the reports collected at the climate and crop centers on the 17th and used in the preparation of this bulletin. Heavy rains were unfavorable in the south Atlantic and central gulf States, while the need of rain is beginning to be felt in portions of the lower Missouri valley and on the extreme north Pacific coast. The temperature conditions on the Pacific coast were unfavorable.

While corn-planting has continued in Kansas, Missouri and southern Illinois, none has been planted farther north nor in the upper Ohio valley and Middle States. Preparations for planting have been active in the central valleys, where planting will be vigorously pushed as soon as temperature conditions are favorable. In the south Atlantic and east gulf States planting is about finished and early corn is being cultivated.

Winter wheat continues in promising condition generally throughout the country, but is beginning to need rain in portions of Kansas and Michigan. Very slow progress was made with spring wheat seeding over the northern portion of the spring wheat region, as this work could be prosecuted only in the afternoons on account of low temperatures. The early sown spring wheat does not appear to have sustained injury from recent cold, except in Nebraska, where some fields were slightly damaged.

Out seeding was also delayed in the Dakotas, Minnesota, lake region and portions of the middle Atlantic States. While growth of the early sown has been checked and some injury sustained in Nebraska, the general situation respecting this crop continues promising.

Cotton planting is much delayed in Mississippi and Louisiana and is later than usual in Texas and the Carolinas. Better progress with this work has been made in Alabama and Georgia and in the southern portions of these States is nearing completion. Fair to good stands of the early planted are reported from Alabama, Georgia and Florida. In Texas the early planted is reported as promising.

Tobacco plants are generally plentiful and transplanting has begun in South Carolina and Florida.

While fruit must necessarily have sustained injury from the severe cold during the latter part of the week in the central and southern districts, it is probable that in the more northerly sections to the eastward of the Mississippi river the damage has been less serious. In New England and the northern portion of the lake region it is probable that no serious injury has been done.

TO HOLD UP COTTON PRICES.

Planters in the South Organize to Reduce the Acreage.

The cotton growers of the South are organizing for the purpose of keeping up the prices of the commodity by curtailing the number of acres devoted to its cultivation. The normal cotton crop of the South, writes William E. Curtis in the Chicago Record-Herald, is about 10,500,000 bales, and it pays a reasonable profit if middlings, that is the average grade, sell anywhere above 8 cents. Ten cents a pound is the ideal price, and allows the planters to live in the greatest luxury. Middlings are now quoted at about 7½ cents, which leaves only a small margin of profit. If the crop this year is all gathered it will run as high as 15,000,000 bales, but about 10 per cent of it is still left unpicker in the fields, and it is estimated that 12,000,000 or 13,000,000 bales are already gathered and ready for market.

In order to keep the price at 10 cents it is proposed to withdraw 2,000,000 bales of the present crop from the market and reduce the acreage cultivated 20 per cent next year. To do this it is necessary to organize the farmers. Conventions have been held in all the cotton States and agents have been appointed to canvass every one of the counties in which cotton is grown. They are calling the farmers together and conferring with them, explaining the situation, persuading them to join the Southern Cotton Association, which is organized to promote the general welfare, and the Cotton Planters' Holding and Commission Company, which is to provide the ways and means to hold back 2,000,000 bales of this year's crop from market. Harvie Jordan, president of the association, is directing the movement, in which not only planters are engaged, but bankers, merchants and other business men whose interests are involved in the cotton crop—and there are few people in the Southern States whose interests are not.

A big convention which was held in New Orleans in January sent a commission to Washington to confer with the President and to ask Congress to appoint a commission to discover means by which the exports of cotton may be promoted. At present about 60 per cent of the normal crop is sent to foreign countries, and about 40 per cent is consumed at home.

Workmen Lose a Million.
Because, notwithstanding hard times, the employees of Messrs. Yarrow of Millwall, on the Thames, would not take time and a quarter for night work and insisted on "time and a half," the building of 28 destroyers and torpedo boats for Austria will be done at Trieste, instead of on the Thames. The loss to the workmen is about \$1,000,000.

The bones of Capt. Hicks, a notorious pirate hanged on Bedloe's Island, are believed to have been unearthed at Bedloe's Island, New York.

CUBAN MINISTER TO THE U. S.

Recommends Pe-ru-na



Senor Quesada, Cuban Minister to the United States.

Senor Quesada, Cuban Minister to the United States, is an orator born. In an article in The Outlook for July, 1899, by George Keenan, who heard Quesada speak at the Estaban Theater, Matanzas, Cuba, he said: "I have seen many audiences under the spell of eloquent speech and in the grip of strong emotional excitement; but I have rarely witnessed such a scene as at the close of Quesada's eulogy upon the dead patriot, Martí." In a letter to The Pe-ru-na Medicine Company, written from Washington, D. C., Senor Quesada says:

"Peruna I can recommend as a very good medicine. It is an excellent strengthening tonic, and it is also an efficacious cure for the almost universal complaint of catarrh."—Gonzalo De Quesada.

Congressman J. H. Bankhead, of Alabama, one of the most influential members of the House of Representatives, in a letter written from Washington, D. C., gives his endorsement to the great catarrh remedy, Peruna, in the following words:

"Your Peruna is one of the best medicines I ever tried, and no family should be without your remarkable remedy. As a tonic and catarrh cure I know of nothing better."—J. H. Bankhead.

There is but a single medicine which is a radical specific for catarrh. It is Peruna, which has stood a half century, tested and cured thousands of cases.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O. All correspondence held strictly confidential.

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is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition. LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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