

# A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.



Mrs. Martha Pohlman

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, frequent dizziness and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bleed after eating and frequently become nauseated. I had an acrid discharge and pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the highest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

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## SEEKING HAPPINESS.

I followed far o'er heath and desert land  
The fairy gleaming of a distant light;  
A shining lure, that beckoned as a hand,  
And with fair promise pierced the hostile night.

O'er rugged stones, and marshes, and sliny clay,  
And clinging tangles of the thorny briar;  
But still the dancing light shone far away,  
And at my feet lay stagnant waste and mire.

Weary, I paused, and, turning in the track,  
Glanced where the long, bleak, barren hills declined.  
And lo! athwart the trailing, ragged wrack,  
The wizard beacon glimmered far behind.

—London News.

## The Czar's Messenger

THE thing that earned me my first promotion," said Colonel B—, of the Seventy-eighth Russian Infantry, as we sat in the balcony of the little post-house at Tchinnaz, in one of the dreariest parts of Central Asia, watching the red glow of the sunset fading over the broad, shining curves of the Syr-Daria and the great plain beyond, "was rather a queer affair altogether."

"It was certainly one of those things which are a good deal pleasanter to talk about afterwards than to go through at the time; and I don't much think that I should care to try it again, anyhow."

"This was how it happened: When I first came out here the Khokandess still held all the country that we Russians have taken since, and it would have been no easy matter to get even as far as this."

"As for the country on the other side of the river, we knew no more about it than if it had been in the moon."

"Now, this tract beyond the river (which belonged to the Ameer of Bokhara in those days), was just the very place that our colonel, Tchernajeff, particularly wanted to know about."

"We were pretty certain to have to invade Bokhara sooner or later, and it was specially important to know if we should find any water or forage on the way, and what sort of country we should have to cross."

"So, when I got down here with one of our flying columns, which was making a raid through the Khokandess territory to give the 'coffee-faces' a lesson, I bethought myself that it might be long enough before I was so close to the border again, and that, as I knew the native language pretty well and wasn't afraid of a rough ride, I'd just go over into Bokhara and see what it was like."

"Didn't the old colonel look pleased when I volunteered? And I hadn't to ask twice for leave to go."

"I don't think you'll ever come back, my boy," said he; "but if you do, you shall see that I know how to reward good service."

"With this consolation I set off, accompanied only by two Cossacks."

"I remember well how queer I felt when I stood for the first time on the opposite bank of the river and looked back at the camp-fires of our soldiers and then forward at the great wide waste of desert; but the bright sunshine kept my spirits up—it's wonderful what a difference it makes sometimes, whether the day is fine or gloomy—and away I went, merrily enough."

"As for my two Cossacks, they looked as comfortable as if they were going to a picnic."

"We kept a bright lookout as we went along; and well we might in a country where we might all have our throats cut at any moment. But for the first two hours we didn't see a living thing. However, I had already made up my mind what to do in case we did fall in with any of the Bokharotes; and it was well I had, for all at once I caught sight of a cloud of dust, far in the distance, with a sort of glitter running through it every now and then, coming right down upon us."

"I saw my Cossacks looking at me to see how I took it, and so, of course, I had to put on as bold a face as I could; but I don't mind confessing now that I would have given all my chances of promotion to find myself safe across the border again."

"However, it was too late to think of that, for by this time we were so near that we could see we had in front of us a body of at least fifty horsemen, every man with a gun at his back and a sword by his side."

"I tied my white handkerchief to the point of my sword, by way of a flag of truce, and bidding the Cossacks to stay where they were, I rode forward to meet the Bokharotes, who slackened speed as I came up and looked at each other in a puzzled kind of way, as if they didn't quite know what to make of me."

"Peace be with you, brothers," said I. "You have doubtless been sent to meet me by the great Ameer, under the shadow of whose throne the whole world rests. May he live a hundred and twenty years! I bring him gifts from the Czar of the Oorooss (Russians). Let our horses be swift to reach Samarcand, that I may take the dust upon the threshold of Hazret (his majesty) into ointment for my eyelids."

"The fellows looked more puzzled than ever, but no one thought of doubting what I said, for, indeed, it could never have entered into their minds that any Russian could be riding through their deserts with only

two men at his back, unless he really had some business there."

"So the leader of the band saluted me politely, and said that he 'laid his forehead in the dust before the messenger of the great Czar,' with a lot more figurative of the same sort; and then the whole party turned and rode back toward Samarcand, with me and my Cossacks in the center."

"We slept at Djizak that night, just where the desert ends and the mountain begins. The governor pitched a tent in the garden behind his house, and entertained the messenger of the great Czar sumptuously. My Cossacks—who, like true Russian soldiers, felt quite safe so long as their commanding officer showed no sign of anxiety—ate about two pounds of pilaff (a mess of rice and mutton) apiece, and then fell asleep quite comfortably."

"My slumbers, however, were not so quiet by any means. I had heard enough of the Ameer to be sure that he wouldn't be easily taken in; and if he found me out, it would be only being tortured to death by inches instead of getting cut down at once."

"Once or twice I thought of waking up my Cossacks and making a run for it; but every time I looked out of the tent there were two or three Bokharotes strolling about with guns on their shoulders, and I soon saw that there was nothing for it but to go right through with it to the end."

"We started again a little before sunrise, and got to Samarcand about noon. The view of the Tehepan-Ata Hills, standing out over the rush and foaming of the river, was very fine; but to my great disgust, as soon as we got to the outskirts of the town, they blindfolded me with a silken scarf, so I missed seeing the very thing that I especially wanted to see."

"We passed through several streets, seemingly crowded, to judge by their noise. Then I felt myself led up a winding path and through a gate; and then, all at once, the bandage was taken away from my eyes, and I found myself in a large paved court, in the midst of which, on a pile of cushions, sat a short, fat, heavy-looking old man, with small, narrow black eyes."

"The moment the Bokharotes who were with me came near him, they all fell upon their faces; and then I guessed that this old rogue must be the Ameer himself."

"What seek you, here, Oorooss?" asked the Ameer, looking keenly at me.

"So then I plucked up courage and told him as steadily as I could (for the unshathed swords all around were rather unpleasantly suggestive) that I had brought him gifts from the Czar, giving him at the same time my gold watch and my revolver."

"He was delighted with the revolver, and must needs fire it off at once, nearly shooting some of his own attendants. But just as all seemed to be going well he piercingly glanced at me and said:

"Surely, my brother, the Czar, would not send such gifts without sending a letter with them?"

"For a moment I felt cold all over, for then it seemed as if we were fairly caught at last, and I knew what mercy we might expect from these ruffians if once the trick were found out."

"I could see my Cossacks looking as blank as I did, but just then a bright thought struck me."

"About a week before, my brother in St. Petersburg had sent me a playbill of the Alexander Theater, with the program of my favorite play of Shakespeare."

"I drew it out of my pocketbook with a flourish, and said: 'The king hath spoken wisdom, and, lo! the letter of the Czar of Ooroossistan (Russia) is before his sublime eyes!'

"The Ameer looked at it, like a monkey at a Greek inscription; but the huge double eagle and the big 'Alexander' (the only word he could read) quite satisfied him."

"He dismissed me with rich presents, and gave me an escort from his own guard as far as the frontier, where I was mighty glad to find myself again."

"As for the precious playbill, it was laid up with all honor in the archives of Bokhara, and when our fellows took Samarcand, seven years later, they must have been rather astonished to find it there."—Golden Days.

### A Wretch.

Justice—What's the charge against this prisoner?

Officer—Yer honor, he's a public nuisance. He's been goin' around in th' dead of night wakin' up night watchmen an' then runnin' away.—Cleveland Leader.

## A JUDGE'S WIFE

PAIN IN THE BACK AND SIDE



MRS. MINNIE McALLISTER.

Mrs. Carrie King, Darlington, Mo., writes:

"I have suffered for years with biliousness, and kidney and liver trouble."

"If I caught a little cold, the pains were increased and backache and headache were frequent occurrences."

"However, Peruna cured me—twelve bottles made me a healthy woman."

## Quickly Cured by a Short Course of Pe-ru-na.

MRS. MINNIE E. McALLISTER, wife of Judge McAllister, writes from 1217 West 33rd Street, Minneapolis, Minn., as follows:

"I suffered for years with pain in the small of my back and right side. It interfered often with my domestic and social duties and I never supposed that I would be cured, as the doctor's medicine did not seem to help me any."

"Fortunately a member of our Order advised me to try Peruna and gave it such high praise that I decided to try it. Although I started in with little faith, I felt so much better in a week that I felt encouraged."

"I took it faithfully for seven weeks and am happy indeed to be able to say that I am entirely cured."

"Words fail to express my gratitude. Perfect health once more is the best thing I could wish for, and thanks to Peruna, I enjoy that now."

Pain in the back, or on the right side. How often a physician hears this complaint!

Over and over we hear women say: "I have a pain in the small of my back. I have a pain in my right side, just below the ribs."

These symptoms indicate pelvic or abdominal catarrh.

They indicate that the bowels are not acting properly—that the liver is out of order—that the pelvic organs are congested.

Pelvic catarrh—that is the name for it. Peruna cures pelvic catarrh, when all of these symptoms disappear.

The catarrh may be all in the abdominal organs, when it would be properly called abdominal catarrh.

At any rate, it is one of those cases of internal catarrh which can be reached only by a course of treatment with Peruna.

We have on file thousands of testimonials similar to the above. It is impossible here to give our readers more than one or two specimens of the number of grateful and commendatory letters Dr. Hartman is constantly receiving in behalf of his famous catarrh remedy, Peruna.

### Men and Women.

The United States Census Bureau reports show that in America there are 1,638,321 more males than females, but notwithstanding the large excess of males there is an excess of women, as a rule, in American cities. Fifty-three per cent of the population of Washington city are female, due perhaps to the many women employed in government departments. Of the population of Massachusetts nearly 52 per cent are females, while in Rhode Island the percentage is but a trifle smaller. Sparsely settled regions are not favorable to female population, while the densely settled make, in that respect, an adverse showing.—Syracuse Telegram.

Many School Children Are Sickly. Mother Gray's Sweet Powder, for Children, used by Mother Gray, a nurse in Children's Home, New York, breaks up colds in 24 hours, cures constipation, Feverishness, Headache, Stomach Troubles, Teething Disorders, moves and regulates the bowels and destroys Worms. Sold by all druggists or by mail 25c. Sample mailed FREE. Address ALLEN S. OLSEN, Le Roy, N. Y.

Muzzies Needed. "See here!" exclaimed the angry man. "I wish you would muzzle that dog of yours at night. His barking keeps my baby awake."

"I was just going to request you to muzzle your baby," rejoined the neighbor. "His nightly howling annoys my dog."—New Yorker.

Chance for Gallantry. Congressman—What is the matter, madam? Fair Wheeler—I have punctured my bicycle tire. Here is the place. Won't you please make a speech into it.

Mrs. J. H. Giles, Everett, Pa., suffered years with kidney and gravel troubles. One bottle of Kennedy's Favorite Remedy, Rondont, N. Y., \$1.00, cured her.

Wheat Raising Ranching. Three Great Pursuits have again shown wonderful results on the FREE HOMESTEAD LANDS OF WESTERN CANADA.

Magnificent climate—fertile soil—in their shirt sleeves in the month of November. "More bound to be more than pleased with the first results of the season's increase."—Barnes, Coal, Wood, Water, Hay in abundance, schools, churches, markets convenient. Apply for information to: "Bureau of Homesteads, Immigration, Canada, or to E. J. Higgins, 215 Jackson St., St. Paul, Minn., and J. M. McLaughlin, Box 124, Watertown, S. D., U.S.A., authorized Government Agents. Please say where you saw this advertisement."

S. C. N. U. No. 19-1905

PISO'S CURE FOR GOUTS WHERE ALL ELSE FAILS. Best Tonic Syrup. Tastes Good. Use in Wine, Soda or Beer. CURE GOUTS.

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 "a 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 setting), 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.

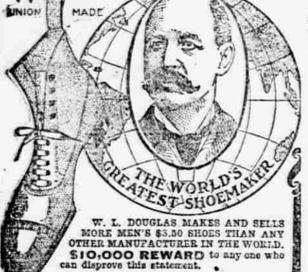
TWO WAYS TO SETTLE COFFEE. 1st. With Eggs. Use part of the white of an egg, mixing it with the ground LION COFFEE before boiling. 2d. With Cold Water instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

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.

Woolson Spice Co., Toledo, Ohio.

Sale Ten Million Boxes a Year. THE FAMILY'S FAVORITE MEDICINE. **Carolets** CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP. BEST FOR THE BOWELS.

## W. L. DOUGLAS SHOES \$3.50



W. L. DOUGLAS SHOES AND BELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$2.00 TO \$7.00. Write for catalogue to any one who can dispense this statement.

W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, ease fitting and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$7.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost more to make, but they hold their shape better, wear longer, and are of greater value than any other \$3.50 shoe on the market. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. Write to me where you live. W. L. Douglas shoes are within your reach.

"The Best I Ever Wore." "I write to say that I have worn your \$3.50 shoes for the past five years, and find them the best I ever wore. —Rev. Frank L. Ripley, 105 West 42nd St., N. Y. C."

Boys wear W. L. Douglas \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than any other shoes. W. L. Douglas's Corona Collar in his \$3.50 shoes. Corona Collar is conceded to be the finest patent collar produced. Fast Color Eyelets will not wear brassy.

W. L. Douglas has the largest shoe and millinery business in the world. No trouble to get it by mail. 25 cents extra for postage. If you desire further information, write for Illustrated Catalogue of Spring Styles. W. L. DOUGLAS.

## MOST PROFITABLE FARM INVESTMENT.

This is what the Cream Separator has proved to be. Twenty years of experience upon the part of hundreds of thousands of users in every country of the world bear witness to the fact. No one disputes it.

There never was a better time to make this all-important farm investment than the present. Butter is unprecedentedly high in price. It is most desirable that none be left to go to waste, and that the quality be such as to command top prices.

If you have cream to separate you cannot afford to delay this investment a single day. If you haven't the ready cash the machine will earn its cost while you are paying for it.

THE DE LAVAL SEPARATOR CO. Randolph & Canal Sts. | 74 Cortland Street CHICAGO | NEW YORK

NEW MUSIC "You Are Welcome as the Flowers in May," and twenty 4-piece, waltzes and two-step, 45 pages of NEW MUSIC for only 25 cents. Safe way: If you return within two days you will receive your money back. F. P. Dean Music Store, Sioux City, Iowa.

PENSION JOHN W. MOHRER, Washington, D. C. Successfully Prosecutes Claims. Late Principal Manager U.S. Pension Bureau. Write for full particulars. No charge.

WHEN WRITING TO ADVERTISERS please say you saw the advertisement in this paper.

## In Light Distress.

A new term was heard the other day. An old lady and her two daughters came into a millinery store. The young women wore mourning hats. The old woman said to the clerks: "I want a mourning hat, for I am in mourning. But my datter here," indicating, "is a widder of two years' standing, and she is in light distress. Give her a hat with blue feathers on it."—Chicago News.

## SKIN-TORTURED BABIES.

Instant Relief in Warm Baths with Cuticura Soap and Gentle Anointings with Cuticura Ointment.

The suffering which Cuticura Remedies have alleviated among the young, and the comfort they have afforded worn-out and worried parents, have led to their adoption in countless homes as priceless curatives for the skin and blood. Infantile and birth humors, milk crust, scalded head, eczema, rashes, and every form of itching, scaly, pimply skin, and scalp humors, with loss of hair, of infancy and childhood, as speedily, permanently and economically cured when all other remedies suitable for children, and even the best physicians, fail.

The toughest fare that man was ever forced to exist on sustained the lives of six young men and a boy of fifteen for sixteen days. They had been wrecked on the Irish coast, near Kilsbeg, from the ship Windover. During the entire time they had nothing to eat but stewed rope-yarn. It made them sick, but it kept them alive.

\$100 Reward, \$100. The readers of this paper will be pleased to learn that there is at least one dreaded 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 now known to the medical fraternity. Catarrh, being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous 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, E. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc. Hall's Family Pills are the best.

## The Difference.

Little Rodney—Papa, what is the difference between climate and weather? Mr. Wayout (of Dismalhurst-on-the-Blink)—Climate, my son, is what a locality has when you are buying a home there, and weather is what it has afterward.—Puck.

Mrs. Winslow's SOOTHING SYRUP for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

A Fitting Reception. Mrs. Suburb—Dora! Dora! Daughter—Yes, ma. Mrs. Suburb—Run to the piano and play "Hail to the Chief." Here comes the new girl.

The oil regions discovered in Borneo furnished during the last year more than 100,000 tons of petroleum for export.

## CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of J. C. H. PITCHER.