

Cure For The Blues

ONE MEDICINE THAT HAS NEVER FAILED

Health Fully Restored and the Joy of Life Regained

When a cheerful, brave, light-hearted woman is suddenly plunged into that perfection of misery, the BLUES, it is a sad picture. It is usually this way: She has been feeling "out of sorts"



for some time; head has ached and back also; has slept poorly, been quite nervous, and nearly fainting once or twice; head dizzy, and heart-beats very fast; then that bearing-down feeling, and during her menstrual period she is exceedingly despondent. Nothing pleases her. Her doctor says: "Cheer up: you have dyspepsia; you will be all right soon."

But she doesn't get "all right," and hope vanishes; then come the brooding, morbid, melancholy, everlasting BLUES.

Don't wait until your sufferings have driven you to despair, with your nerves all shattered and your courage gone, but take Lydia E. Pinkham's Vegetable Compound. See what it did for Mrs. Rosa Adams, of 819 12th Street, Louisville, Ky., niece of the late General Roger Hanson, C.S.A. She writes: Dear Mrs. Pinkham:

"I cannot tell you with pen and ink what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered with female troubles, extreme lassitude, 'the blues,' nervousness and that all-gone feeling. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it not only cured my female derangement, but it has restored me to perfect health and strength. The buoyancy of my younger days has returned, and I do not suffer any longer with despondency, as I did before. I consider Lydia E. Pinkham's Vegetable Compound a boon to sick and suffering women."

If you have some derangement of the female organism write Mrs. Pinkham, Lynn, Mass., for advice.

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Alabastine

THE SANITARY WALL-COATING

A Rock Cement in white tints. Does not rub or scale. Destroys disease germs and vermin. No washing of walls after once applied. Any one can brush it on—mix with cold water. Other finishes, bearing fanciful names and mixed with either hot or cold water, do not have the cementing property of Alabastine. They are stuck on with glue, or other animal matter, which rots, feeding disease germs, rubbing, scaling and spoiling walls, clothing, etc. Such finishes must be washed off every year—expensive, filthy work. Buy Alabastine only in five pound packages, properly labeled. Tint card, pretty wall and ceiling design, "Hints on Decorating" and our artists' services in making color plans, free.

ALABASTINE CO., Grand Rapids, Mich., or 105 Water St., N. Y.

PIMPLES BLACKHEADS



Cuticura SOAP

To treat Pimples and Blackheads, Red, Rough, Oily Complexions, gently smear the face with Cuticura Ointment, the great Skin Cure, but do not rub. Wash off the Ointment in five minutes with Cuticura Soap and hot water, and bathe freely for some minutes. Repeat morning and evening. At other times use Cuticura Soap for bathing the face as often as agreeable. No other Skin Soap so pure, so sweet, so speedily effective.

Cuticura Soap comprises delicate medicinal and emollient properties derived from Cuticura, the great Skin Cure, with the power of cleansing ingredients and the moisturizing of finer oils. Two Soap in one at one price—namely, a Medicinal and Toilet Soap for the Face, Body and Hair. Cuticura Soap, Boston.

EDITORIALS

Opinions of Great Papers on Important Subjects.

Abusing the Flag.

HERE are two kinds of abuse of the flag, and both are objectionable. One abuse consists in using the flag to advertise goods, enterprises or occasions, without arousing a wholesome patriotism. Against this form of misuse the American people have raised their voices in emphatic and effective protest. But there is another abuse which arises from an improper conception of public duty, and such a case occurred the other day in Minnesota. There has been a local agitation around the city of Hutchinson against Sunday baseball, but no court processes have availed to prevent the games, the managers of the sport having won their cases. Finally, aroused to a pitch of high indignation, a woman, who is prominent in the community, sought to put an end to the practice by unusual methods. She attended a Sunday game with a large flag draped around her gown, displaying a placard with the words: "To attack the flag of the United States while it is being used in the enforcement of law is, according to the statutes, high treason." When the game was started she advanced to the center of the diamond and stationed herself, thus attired, between the pitcher and the batsman, in an effort to have the flag hit by the ball. After a ridiculous performance, the players trying to avoid striking her, and she dodging to and fro in order to get in the line of fire, the spectators, tiring of the unusual sport, took a hand and swarmed into the field, surrounding the determined woman and forcing her off the field. The game then proceeded without molestation. This woman's purpose was to enlist the federal authorities in the crusade against the Sunday ball players, but, of course, she would have failed to do so, even if she had succeeded in getting the flag hit by a ball. In thus invoking the aid of the national emblem she made not only herself, but to some degree the flag itself, ridiculous.—Washington Star.

New Anti-Trust Decision.

IN accordance with Attorney General Moody's decision that the government may take rebates from railroads transporting material or machinery to be used on government works Secretary Hitchcock will accept reduced rates from all common carriers willing to give them in connection with the contracts for irrigation dams and other constructions in the arid regions. In the Attorney General's opinion, however, the right of public authorities, including those of States and municipalities, to accept rebates is dependent upon the fact that governmental works, as roads, water supply systems, etc., are not competitive. If a city or State or the United States should enter upon a commercial enterprise, as the refinement and sale of petroleum, for instance, the rule as to equality of rates to all shippers for like service would become operative.

When Kansas shall get its projected oil refinery going the State government would be under legal compulsion to pay the published rates for shipping and distributing the product. So would the Standard Oil Company, to be sure; but this concern could dodge the law by securing secret concessions from the railroads, whereas the State, which must conduct its business above board, could not. Somehow the anti-trust decision of President Roosevelt's administration seems to redound mainly to the advantage of the trusts.—Philadelphia Record.

The Panama Canal and the Jap.

THE prospect of this country's being flooded by a tide of Japanese coolie labor, brought over in thousands to work on the Panama Canal, is anything but assuring. It is thought the Japs that come over will never go back, but will find their way into our Southern States and spread throughout the whole country.

It is a problem affecting American labor much more intimately than does even the proposition of the canal com-

mission to purchase its ships and supplies abroad. The one might force a reduction in the price of certain products of American labor, but the other would cause demoralization in the price of American labor itself.

If half that is said of the efficiency and quickness of the Jap coolies be true they would be dangerous competitors in the labor markets of this country. They can live a year on what would not keep an American family a month. And they are not content to remain in menial employment, but rapidly perfect themselves in skilled labor and obtain high positions.

There is no law to keep them out, and it is not likely that Uncle Sam, since Japan has become so great a power in the world, will care to inaugurate any policy of exclusion.

Just at present the Japanese government itself has the matter under consideration. A special Japanese commission to investigate climatic and labor conditions on the isthmus and report upon the advisability of encouraging subjects of the Mikado to seek employment there has finished its inquiry, but has not yet made its report.

There are now between 7,000 and 8,000 government employes in the zone, but the number of Japanese among them is not given. So far the commissioners have depended chiefly upon the native and Jamaican negro, who is unsatisfactory. The gate is wide open to the Jap.—Indianapolis Star.

Tontine Insurance.

BY the new law which has been adopted in France for the regulation of life insurance companies and associations, the writing of tontine insurance is apparently prohibited—that is, it appears to be made impossible because an accounting of the profits, so far at least as French policy-holders are concerned, is made compulsory each year. There is not a little reason for believing that this is a proper precaution for the French government to take. Our own State has never justified tontine insurance—that is, it has not permitted companies inaugurated under its laws to issue policies of this kind, but it has not considered it advisable to prohibit companies incorporated under the laws of other States from issuing these policies through their Massachusetts agencies. The ground taken by the State of Massachusetts in this prohibitory action has been that tontine insurance was contrary to public policy, in that it was a species of gambling where the gains went to those who were so fortunate as to live, and the losses to the estates of those who were so unfortunate as to die, or who were compelled by adverse circumstances to permit their policies to lapse.—Boston Herald.

Why Germany Has No Tramps.

TODAY the lot of the laboring man in Germany is in many respects better than that of ours. The German state recognizes the right of every man to live—we do not. When the German laborer becomes old or feeble the state pensions him honorably. In Germany the laboring man can ride on the electric cars for two cents—we pay five. German cities have public baths, public laundry establishments, big parks, free concerts and many other features which soften poverty—although they may not remove it.

The corollary to this is that the Emperor permits no tramps to terrorize his highways. The police is organized for rural patrol as well as city work, and every loafer is stopped and made to give an account of himself. In England vagrancy has been a public nuisance for generations—with us it has become of late years almost a public danger. Germany has no tramps. The man who is without work in Germany finds no inducement to remain idle. A paternal government sets him to such hard work that the would-be unemployed finds it decidedly to his interest to seek some other employment as soon as possible.—National Magazine.

FISHERIES OF JAPAN.

In Many Respects They Take First Rank Over Those of Other Nations.

The fisheries of Japan are less valuable than those of several other countries, but they take first rank over those of all other nations (1) in the actual number of people making a livelihood thereby; (2) in the relative number of persons engaged in and dependent on the industry; (3) in the quantity of products taken annually from the water; (4) in the relative importance of fishery products in the domestic economy; (5) in the ingenuity and skill shown by the people in devising and using fishing appliances and preparing the catch for use; (6) in the extent to which all kinds of water products are utilized; (7) in the extent to which the fisheries of foreign countries have been studied and the best methods adapted to home conditions; (8) in the extent to which agriculture has been carried; (9) in the zeal and intelligence displayed by the government in promoting the development of the fisheries and the welfare of the fishing population.

From the earliest times down to the present day, fishing has supplied the staple animal foods and a large portion of the vegetable and mineral foods consumed in Japan, and none of the other great powers is now so dependent on the water for subsistence. So important are water products and so numerous are their kinds and the methods of preparation, that I venture the assertion, from what I have seen of domestic life in Japan, that every day in every Japanese family some form of fishery food is served—I am almost ready to say at every meal.

The Japanese fishermen as a class are hardy, skillful, energetic, sober, self-reliant, to which qualities is superadded a spirit of intense bravery and patriotism, which makes them invaluable, indeed indispensable, in the crisis through which Japan is now passing. With ingenuity and deftness which, it seems to me, are unsurpassed by any other people, the Japanese have devised apparatus and developed methods which centuries ago brought their fisheries to a very high degree of effectiveness; but not content with this, they have within our own time super-

imposed upon and adapted to their own already well-nigh perfect fisheries all that is best and most useful in those of other countries, so that to-day fishing with the Japanese is more than a mere industry—it is almost a fine art.

A striking feature of the Japanese fisheries, and one which might reasonably be expected in a people so frugal and ingenious, is the utilization of all kinds of water products which in the United States and in many European countries are wholly or largely neglected. In the matter of eating aquatic animals and plants the Japanese have few prejudices, and what they



GATHERING SEA-WEED.

do not eat they utilize in other ways. As examples I may mention marine vegetables, and sharks, which are among the commonest and most wholesome of the Japanese food-fishes. They are sent to the markets in immense numbers, reach there in excellent condition, and are butchered as beefs are in our country. I believe the time will come when we shall have attained that degree of civilization which will make fashionable the eating of sharks, skates and similar fishes now generally discarded. Meanwhile many of us will be content to eat the so-called "fresh fish" of our markets, albeit days and weeks old, reeking with putrefactive bacteria, and kept "fresh" by

Prejudice.
The word "prejudice" comes from two Latin words, "pro" or "pre," beforehand, and "judico," I judge. Therefore "prejudice" means the forming of an opinion beforehand or before knowledge. To form an opinion or declare a judgment concerning any subject without or ignoring knowledge is "prejudice." An opinion formed after a life-long acquaintance and experience and after thorough investigation and study may be erroneous, but cannot properly be styled "prejudice." When the teaching and experiences of the world are disregarded, when the facts of history and science are ignored or denied, the conclusions or opinions thus arrived at must not only be mistaken, but they must be the result of prejudice.

BEAUTIFUL SKIN.

Soft White Hands and Luxuriant Hair
Produced by Cuticura Soap.
Millions of Women Use Cuticura Soap, assisted by Cuticura Ointment, the great skin cure, 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, for annoying irritations and ulcerative weaknesses, and many antiseptic purposes which readily suggest themselves, as well as for all the purposes of the toilet, bath and nursery.

Don't censure a society woman for entering the theater a little late. She probably had to wash the dinner dishes before she started.

"Dr. David Kennedy's Favorite Remedy cured me of Bright's Disease and Gravel. This physician failed." Mrs. E. F. Mizner,burgh, O. \$1.00 bottle.

The Belgians are the greatest potato eaters in the world, and the Irish come second.

SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty 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.

CARTER'S LITTLE LIVER PILLS.
Genuine Must Bear Fac-Simile Signature
Brewer & Co. REFUSE SUBSTITUTES.

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FOR WOMEN
troubled with ills peculiar to their sex, used as a douche is marvellously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.
Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all TOILET AND WOMEN'S SPECIAL USES.
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Best Cough Syrup and Lung Tonic. Use to time. Sold by druggists.

Mull's Grape Tonic

(FREE) FOR Hot Weather Dangers CONSTITIION STOMACH AND BOWEL TROUBLE

No one with regular bowels and healthy stomach can contract disease. A person with Constipation and Stomach Trouble is always the first to succumb to Sun Stroke, Heat Cholera and Diarrhea. Chills, Colic and Diarrhea are more fatal in Hot Weather because vitality is lower—they are the direct result of Constipation. It is a mistake to suddenly check diarrhea, the danger is Blood Poison. A physician is also dangerous as it weakens the patient and reduces vitality. Treat the cause with Mull's Grape Tonic. Constipation and its attending ills are caused by decaying or dying bowels and intestines—Mull's Grape Tonic revives and strengthens the bowels so that they are enabled to act naturally and eject the poison from the system, everybody should take it during hot weather. It wards off disease, builds up the system and purifies the blood. Typhoid Fever and Appendicitis are unknown in families where Mull's Grape Tonic is employed. As a Stomach Tonic it is unequalled.

SUFFERED ALL HIS LIFE.
The endorsement of E. B. McCurdy of Troy, Ohio, proves that the severest forms of Constipation are promptly cured by Mull's Grape Tonic—He says:
"I gave your Tonic a thorough trial. It is the only remedy that will cure constipation. I do not believe anyone suffered more therefrom than I as I had been afflicted with it all my life. For days my bowels would not act and then only by the use of strong cathartics that were fast ruining my health. My Stomach and Liver were deranged and I suffered with inward piles, the pains of which would at times raise me off my chair. I spent much money with various doctors and medicines to no avail. Soon after I started Mull's Grape Tonic my bowels began to move regularly—the pain left me and my general health built up rapidly. I heartily recommend it as an absolute cure to which I am a living witness."
Until Mull's Grape Tonic was put on the American market there was no cure for Constipation. Let us send you a bottle free to-day to show you that it will do all we claim.
Good for Alling Children and Nursing Mothers.

FREE BOTTLE COUPON
Send this coupon with your name and address and your druggist's name, for a free bottle of Mull's Grape Tonic, Stomach Tonic, Constipation Cure and Blood Purifier, to MULL'S GRAPE TONIC CO., 21 Taird Ave., Rock Island, Ill. Give full address and write plainly. The \$1.00 bottle contains nearly three times the 50c. size. At drug stores. The genuine has a date and number stamped on the label—take no other from your druggist.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But

LION COFFEE

Is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."
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BEST FOR THE BOWELS