

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 weaknesses 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 540 N. Davidson 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 at once removes 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.

FRAUDULENT CONCERN FAILS

"Get-Rich-Quick" Company Operating in Kansas City Closes Its Doors.

KANSAS CITY—The American Mercantile association, alleged to be a "get-rich-quick" concern, with offices in a downtown office building, has been closed and this notice posted on the door: "Goodby, suckers, goodby." The whereabouts of the officers of the association is not known. The company's head office was at St. Joseph, Mo., and from there a notice had been sent out to its subscribers announcing the suspension as follows: "The officers of the American Mercantile association takes this means to announce to you that the business of the said corporation has been suspended and that it will be unable to complete or carry out its contract with you."

When this notice was received by the Kansas City subscribers, the majority of whom are laboring people, they flocked to the concern's offices. Many pitiable scenes were enacted.

The subscribers had agreed to pay \$1 a week for eighty weeks on the promise that they were to receive \$100 at that period. Many working girls and laborers had been making payments for months past. One woman had paid \$7.50 a week for sixty-six weeks and expected soon to realize \$720.

JAPANESE PLANS.

Oyama's Force to Be One Million Men.

TOKIO—Japan is meeting the Russian plan of reorganization and reinforcement of its Manchurian armies with an extensive expedition from its own military organization. The details and figures are carefully concealed of what seems to be a plan to double the present army units, but it is reliably estimated that by autumn next the total military organization will exceed 1,000,000 men actually employed in the field. The fighting force is roughly estimated at 700,000 men, with increases largely in the infantry and artillery, although an enlargement in the cavalry branch is also contemplated.

As a result of the manufacture at the arsenals in Japan, together with captures and purchases of guns, it is predicted that this year will see a Japanese artillery superior to that of the Russians, in quality as well as numerically, and it is confidently believed that the Russians will be incapable of overcoming these numerical advantages. Wherever railway improvements are possible they will be carried out when Japan will be sufficiently strong to take and hold Harbin and simultaneously continue operations against the Russian forces to the eastward of that city.

CASTRO'S REPLY DEFIANT

Venezuela President Flatly Refuses to Submit Case to Arbitration.

CARACAS, Venezuela—(Correspondence of the Associated Press)—"President Castro will not withdraw the New York and Bermudez Asphalt company case from the Venezuelan courts and will not resubmit the Olcott case to arbitration if the whole American army and navy come to Venezuela."

This emphatic statement of General Alejandro Ybarra, the Venezuelan secretary of foreign affairs, reflects the spirit of the reply which President Castro made to the recent proposal of the American state department for the arbitration of the Bermudez and Olcott cases.

It was generally rumored throughout Venezuela that the demand of the United States was little less than an ultimatum to General Castro, and the reply of the Venezuelan president was awaited with interest.

Nearly two weeks have passed since Castro made his reply and as no action has been taken by the United States, and no further demands have been made, the last demand of the United States has gone the way of many previous requests for arbitration and the incident is practically closed as far as its discussion is Caracas is concerned.

EIGHT-HOUR DAY AND CANAL

Believed That Law Does Not Apply to the Isthmus.

WASHINGTON—Chief Engineer Wallace of the Isthmian canal commission had an interview with Secretary Taft, in which the conditions on the canal were discussed. Afterward Mr. Wallace met such members of the commission as are in the city.

As to the right of the commission to employ labor for more than eight hours per day there is a belief that the eight-hour law does not apply to the canal zone. Chief Engineer Wallace says that it would very seriously impede work to have the eight-hour law in effect during the construction of the canal. It would be impossible to make uniform hours for all labor, because some labor must be twelve hours, while ten hours is the regular rule for most of the workmen.

Must Get Japan's Consent.

WASHINGTON—The executive committee of the Panama canal commission, Messrs. Shonts, Magoon and Wallace decided to draw up detailed specifications to govern in the employment of labor on the canal. A decision from Attorney General Moody as to the application of the eight-hour day to the work is expected in a few days, and will govern that problem in the specifications. Permission will have to be obtained from the Japanese government before the 2,000 laborers can be secured.

"Watch as Well as Pray."

Such is the tenor of a note left behind by some audacious burglars at a house in Ramsey entered during the absence at church of the tenant, a spinster lady. The burglars ransacked the house, taking all the money they could find, but not before quietly partaking of supper. They spread a white cloth over a table, emptied the larder, and having enjoyed a good feed, decamped undetected.—Liverpool (Eng) Mercury.

Objected to Buying Teeth.

At the meeting of the Wigan board of guardians a lady guardian entered a protest against the board expending the sum of \$25 in supplying a woman 76 years of age with false teeth. She said she was not bothering about the price of the teeth, but about the ratepayers having to expend that sum of money in providing false teeth for a woman aged 76.

Strange Charitable Bequest.

Many persons who wish to bestow charity have strange ways of carrying out their ideas. Some years ago an Englishman named James Moss left \$500 to be invested in land, the rent of which was to provide five gowns, according to the will, "of a sad blue color" for as many aged and poor men living in the town.

Bee Farming in Australia.

Bee farming has become a popular and profitable occupation in many parts of the Australian continent. The first "hive" bees were brought to Australia in 1822. At the present time there are over 250,000 hives in Australia, and the production of honey varies from 10,000,000 to 15,000,000 pounds annually.

Camphor Barometers.

If the camphor bottle becomes roily it is going to storm. When it clears settled weather may be expected. This idea has seemingly been utilized in the manufacture of some of our cheap barometers. The main trouble is, they seldom foretell the change until near its arrival.

Railway Ambulances.

Railways carriages transformable into ambulance compartments for the use of passengers who have been taken ill have been provided on the Prussian railways for express routes.

QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE
Heartily Approves of Peruna for the Nerves.

In a recent letter to The Peruna Medicine Co., Miss Julia Marlowe, of New York City, writes the following:

"I am glad to write my endorsement of the great remedy, Peruna, as a nerve tonic. I do so most heartily."—Julia Marlowe.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become bloodless for want of proper nutrition. This is especially true in the spring season. Every spring a host of invalids are produced as the direct result of weak nerves.

This can be easily obviated by using Peruna. Peruna strikes at the root of the difficulty by correcting the digestion.

Digestion furnishes nutrition for the nerve centers. Properly digested food furnishes these reservoirs of life with vitality which leads to strong, steady nerves and thus nourishes life.

Peruna is in great favor among women, especially those who have vocations that are trying to the nerves.

Buy a bottle of Peruna to-day. If you do not receive all the benefits from Peruna that you expected, write to Dr. S. B. Hartman, Columbus, Ohio.

THE SECRET OUT.

The Door Stands Wide Open.

To refute the many false and malicious attacks, bogus formulas and other untruthful statements published concerning Dr. Pierce's World-famous Family Medicine the Doctor has decided to publish all the ingredients entering into his "Favorite Prescription" for women and his equally popular tonic alternative known as Dr. Pierce's Golden Medical Discovery. Hereafter every bottle of these medicines leaving the great Laboratory at Buffalo, N. Y., will bear upon it a full list of all the ingredients entering into the compound. Both are made entirely from native roots, barks and herbs. The ingredients of the "Golden Medical Discovery" being Golden Seal root, Queen's root, Black-cherrybark, Mandrake root, Bloodroot.

Why is it so many have been strengthened and benefited by the tonic effect of Dr. Pierce's Golden Medical Discovery? It is because at this time of the year people feel run-down, nerveless, sleepless and worn out. Poisons have accumulated in their body during the long winter. Their blood stores up a lot of waste product which poisons the system. That is why in the spring and early summer a tonic is almost a necessity. Dr. Pierce's Golden Medical Discovery being made of medicinal plants, is next to nature and the best tonic you can use. For the same reason that vegetables and greens are good for the system at this time of the year, so it is true that a tonic made entirely of medicinal plants, without the use of alcohol, is the proper medicine to take at this time. It fills the blood with rich, red blood corpuscles. It gives you a feeling of strength, and it puts sunshine into your system as no other remedy can. That is why Dr. Pierce's Golden Medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and he invites every one to visit his Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., to see how systematically the sick are taken care of and cured, as well as to see how his huge laboratory attests the scientific methods of preparing this wonderful tonic. Neither man nor

woman can be handsome who has impurities in the blood, for it will show in pimples, boils, and eruptions, in the dark circles under the eyes and in the sallow complexion. After taking "Golden Medical Discovery" you are bound to have pink cheeks and a fresh complexion. The muscles get the good, rich, red blood, that puts on strength. It is a flesh builder, but not a fat builder.

As an example of the good results thus obtained, note the following letter:

"In the year 1869, I had an attack of indigestion and got so bad that my home doctor said he could not do me any good," writes Mr. G. Treat, of Gordonville, Texas. "I wrote to you and you advised me to use Dr. Pierce's Golden Medical Discovery, so I bought six bottles, and when I commenced using it I was so weak could hardly walk about the house. By the time I had used one bottle my stomach and bowels commenced to heal. There were strips of the lining of my bowels as large as a man's two fingers passed and I had a great deal of misery in my stomach and bowels, and also in the rectum especially. I could not eat anything without having much distress afterward, but by the time I had taken eight bottles of the 'Golden Medical Discovery' I was sound and well, and could eat anything I pleased without suffering in the least. Could also do as much work in a day as I ever could. I have not suffered from the trouble since."

Dr. Pierce's Good temper is largely a matter of good health, and good health is largely a matter of healthy activity of the bowels. Dr. Pierce's Pleasant Pellets cure constipation. They are safe, sure and speedy, and once taken do not have to be taken always. One little "Pellet" is a gentle laxative, and two a mild, cathartic. They never gripe. By all druggists.

The selfish seller who urges some substitute is thinking of the larger profit he'll make and not of your best good.



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Knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

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THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER.

My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant laxative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Tea" or

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All druggists or by mail 25 cts. and 50 cts. Buy it to-day. Lane's Family Medicine moves the bowels each day, in order for the body to be healthy. Address, G. J. Woodard, La Roy, N. Y.

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