

Woman's Nerves



Give Warning of Approach of More Serious Trouble.

Do you experience fits of depression with restlessness, alternating with extreme irritability, bordering upon hysteria? Are your spirits easily affected so that one minute you laugh, and the next fall into convulsive weeping?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the ovaries, and especially between the shoulders; sometimes loss of voice; nervous dyspepsia, and almost continually cross and snappy, with a tendency to cry at the least provocation?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Undoubtedly you do not know it, but in nine cases out of ten this is caused by some uterine disorder, and the nerves centering in and about the organs which make you a woman influence your entire nervous system. Something must be done at once to restore their natural condition or you will be prostrated for weeks and months perhaps, and suffer untold misery.

Proof is monumental that nothing in the world is better for this purpose than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women have written us so.

How Mrs. Holland, of Philadelphia, suffered among the finest physicians in the country, none of whom could help her—finally cured by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—For over two years I was a constant sufferer from extreme nervousness, indigestion, and dizziness. Menstruation was irregular, had backache and a feeling of great lassitude and weakness. I was so bad that I was not able to do my own work or go far in the street. I could not sleep nights.

"I tried several splendid doctors, but they gave me no relief. After taking Lydia E. Pinkham's Vegetable Compound I soon began to feel better, and was able to go out and not feel as if I would fall at every step. I continued to take the medicine until cured.

"I cannot say enough in behalf of Lydia E. Pinkham's medicine, and heartily recommend all suffering women to try it and find the relief I did."—Mrs. FLORENCE HOLLAND, 622 S. Clifton St., Philadelphia, Pa. (Jan. 6, 1902.)

Another case of severe female trouble cured by Lydia E. Pinkham's Vegetable Compound, after the doctors had failed.

"DEAR MRS. PINKHAM:—I was in poor health for several years. I had female trouble and was not able to do my housework alone. I felt tired, very nervous, and could not sleep. I doctored with several doctors. They doctored me for my stomach, but did not relieve me. I read in your book about your medicine, and thought I would try it. I did so, and am now cured and able to do my work alone, and feel good. I was always very poor, but now weigh one hundred and fifty pounds.

"I thank you for the relief I have obtained, and I hope that every woman troubled with female weakness will give Lydia E. Pinkham's Vegetable Compound a trial. I have recommended it to many of my friends."—Mrs. MARIA BOWERS, Millersville, Ohio. (Aug. 15, 1901.)

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all of the virtues of this medicine?

How shall the fact that it will help them be made plain? Surely you cannot wish to remain weak, and sick, and discouraged, exhausted with each day's work. You have some derangement of the feminine organism, and Lydia E. Pinkham's Vegetable Compound will help you just as surely as it has others.

Good Things to Eat
Libby's Natural Flavored Foods.
 Put a variety into Summer living—it's not the time of year to live near the kitchen range. Libby's
Veal Loaf Potted Turkey Deviled Ham Ox Tongue Etc.
 Quickly Made Ready to Serve.
 Send to-day for the little booklet, "How to Make Good Things to Eat," full of ideas on quick, delicious lunch serving. Libby's Atlas of the World mailed free for 5 two-cent stamps.
Libby, McNeill & Libby
 Chicago, U. S. A.

Curiosity loves to mask as tender solicitude.

Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES.

The proof of the home is in the nursery.

Stops the Cough and Works Off the Cold
 Laxative Bromo Quinine Tablets. Price 25c.

"All is not gold that glitters"—but the experts in peroxide sometimes keep us guessing.

Insist on Getting It.
 Some grocers say they don't keep Defiance Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. pkg. Defiance Starch for the same money.

Even diamonds made of paste will cause a woman to be stuck up.

"The Klean, Kool Kitchen Kind" of stoves keep you clean and cool. Economical and always ready. Sold at good stove stores.

He that burns his candle at both ends will have no place to stand it.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KLINE, LTD., 931 Arch Street, Philadelphia, Pa.

The merchant who does not advertise never needs the rest cure.

RED CROSS BALL BLUE Should be in every home. Ask your grocer for it. Large 2 oz. package only 5 cents.

"A rolling stone gathers no moss"—but the stone left by the roadside never adorned an imposing building.

FREE TO WOMEN!

To prove the healing and cleansing power of Paxtine Toilet Antiseptic we will mail a large trial package with book of instructions absolutely free. This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ills, curing inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash and to remove tartar and whiten the teeth. Send today; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed.
THE E. PAXTON CO., Boston, Mass., 214 Columbus Ave.

SPANISH DISHES THAT ARE POPULAR IN SOUTH AMERICA

Sidney Smith, when he said "My idea of heaven is eating foie gras to the sound of trumpets," probably never had the experience of a Spanish breakfast. In fact, no one without this experience could have his natural prejudice to Spanish cooking overcome.

The memory of a breakfast in Lima, Peru, or in Valparaiso, Chile, in a real Spanish home, will sharpen the appetite of anyone who has ever enjoyed it, and a senorita of a real Castilian type is especially charming at the table, especially so when with her dainty fingers she picks up a sweet morsel of food and puts it to a guest's mouth.

And a guest would hardly invite criticism if he made so bold as to kiss the tips of the fingers for so great a compliment, although a strictly fastidious person might not approved it as the highest form of table etiquette.

Breakfast is not served till 11 o'clock, and as one takes his seat at the table the senoras and senoritas are present in their white gowns, with their long black hair hanging in two loose plaits down their backs.

Greetings are exchanged, and then breakfast begins. First, a soup, called chupe, which is made of a kind of crab, is served. Then comes fruit. The next course is broiled caribina, which resembles fresh mackerel.

Then follows the more substantial foods—fried bananas with poached eggs, lamb chops breaded or beefsteak, with fried potatoes and lettuce salad, or ham and eggs.

Anuque, a native dish, is served at the same time, and this is a compound of red peppers and potatoes,

made so hot that the tears will start from the eyes of the novice as he swallows it. Then come rice and picante, another fiery dish, its chief component being mustard or curry.

Coffee is next served in tiny cups. The breakfast ends with claret and cigars, the women not only lighting the cigars for the men, but cigarettes for themselves.

Pescado is a common dish, but indulged in most in the Lenten season. It is simply fish, generally served with some elaborate sauce, usually mayonnaise. Sometimes it is prepared with oil and baked.

Cacido puchero is a dish that may mean any one of several different foods, since cacido puchero really means "boiled in an earthen pot." Alla cacido puchero is a dish composed of some kind of meat, Spanish peas and other vegetables boiled in an earthen pot. Garbanazos, which are universally on the dinner table, are the common chick peas.

And, as at breakfast, soup is the first course, one kind being la sopa de ajo, or garlic soup. It is made of water, oil, red pepper well ground and a little garlic. Slices of bread are also put into it, and often poached eggs. It is a favorite dish with all classes, and is considered the thing to give anyone who feels a "little scedy from the night before."

Gazpacho is a refreshing stimulant, it being composed of raw cucumber, onion, tomatoes and lettuce finely chopped up and passed through a sieve, there being added to it oil, vinegar, water and bits of bread.—New York Tribune.

CUB REPORTER HAD WRONG MAN DO THE SWEARING

The old-time reporter had an audience, so he began: "I never faked but once, and then I didn't make a howling success of it." He waited reminiscently until the rapping on the table was responded to, then concluded: "It was down in Cincinnati, back in the '80s. We had a crazy city editor whose specialty was chasing a man over the edge of the earth on an impossible story about the time the paper was going to press in the morning. I was young in those days, but after two or three months of chasing obits at 2 a. m. I was ready for rebellion.

"One night at midnight I was just starting home when the old man, pulling his hair and in a frenzy of excitement, rushed after me and yelled: 'Jump in a cab; go to 137 May street, Walnut Hills, see Henry Johnson. Interview him about —. Git, hustle, and I got.

"I ran downstairs, but slowed up outside. I figured the story was not worth printing, that it wouldn't be printed if I got it, that I couldn't get it, and finally I arrived at the conclusion that I would drop over to Jake's, drink a few beers, play a couple of games of penuche, and then come back and tell the old man I couldn't get that fellow out of bed.

"I gollowed out that program. About 2 o'clock I rushed into the office all out of breath. The old man was raging. 'Did you get it?' he yelled. 'No,'

I screamed wack, all excited. 'Why not?'

"Well, I went on hurriedly, lying as fast as I could think, 'I went up there, rang the bell, beat the door, jumped up and down on the porch, and pounded the pillars with my cane, and finally he stuck his head out of the window and said: 'What the blankety, blankety, blankety, blanky do you want, you blankety blanked blank, blank double blanked idiot?' And I told him: 'I'm a reporter. I want to see you about —.' Well, then he broke loose for fair, and said: 'I don't want to see any blankety blankety, blankety double blankety dash blankety, blankety blank reporters at this hour of the morning,' and slammed down the window and went to bed.

"I finished up the description with a flourish of profanity, for I had been reporting the river news and knew some of the mates. All the time I was describing the interview the old man was slipping lower down in his chair and I knew something was wrong, but I couldn't figure out where my story was faulty. When I got through the old man sized me up and asked:

"Whom did you go to see?"

"Why, Henry Johnson, 137 May street, Walnut Hills."

"Yes—the Rev. Henry Johnson, pastor of the Tenth Street Baptist church. 'I resigned the next morning.'

HAD HIS CHOICE BETWEEN BEING DRUNK OR DROWNED

One of the best known wits in the Mohawk valley was the ex-sheriff of Montgomery county, Alfred J. Wagner of Fort Plain, who died recently. Mr. Wagner was a distant friend of the late Senator Webster Wagner of Wagner sleeping car fame, who for many years previous to his death in 1882 in the awful Spuyten Duyvil accident had the eighteen senatorial district almost in his pocket. One campaign, however, the senator felt a little sary as to the result and he unbosomed himself as to his fears to "Alf." The latter told his distinguished relative that he was being denounced by the whisky element and that he would need to go around and see the boys or he would be beaten. "Alf." could drink a little, but the senator was a temperance man and a member of St. Mark's Lutheran church in Canajoharie.

AS TO CHARITY AND JUSTICE.

Prof. Finley Punctures an Old and Well-Worn Proverb.

As an illustration of the original, common sense views and methods of Prof. John H. Finley, president-elect of the College of the City of New York take this episode, for the authenticity of which a leading Presbyterian clergyman of Manhattan vouches:

It happened that a lady prominent in social reform movements waited upon Mr. Finley, while he was secretary of the State Charities Aid association, and invited him to co-operate in some special plans she had on foot. She was urgent and he was sympathetic. Finally, seeing that she need to no more persuading, she brought her appeal to a close with the remark, 'I am so glad to find, Mr. Finley, you

At last it was fixed up that the two Wagners were to make a campaign round among the saloons. "Alf." had suggested as a scheme for his friend to always call for gin with a little water as a chaser. He was to drink the chaser and let the gin stand. Thus he would be "one of the boys," but would save his stomach and square himself with his convictions. The two continued to "set 'em up" nearly one whole day around Fort Plain and St. Johnsville. About 5 in the afternoon the senator remarked to "Alf.": "Well, I've got to quit here. I'm all in."

"Why, how is that?" asked "Alf." "You haven't disregarded the plan and been drinking the gin, have you?"

"Oh, no," answered the senator. "I haven't drunk any of the gin, but I've swallowed so much water that I'm nearly drowned."—New York Times.

agree with me that charity begins at home."

"Pardon me, madame," was the reply, "for differing from you on that point of doctrine. To my way of thinking, charity does not begin at home; and the theory that it does has been just condemned as a cheap pocket edition of selfishness. Charity begins abroad. It is justice, madame, justice that begins at home. Let us not forget that the sound foundation for all social reform is not charity, but justice."—New York Mail and Express.

British Military Folly.

Of eighty recruits sent him for mounted irregulars in South Africa three-fourths did not know how to saddle a horse, said Col. Gemp, M. P., recently at the United Service Institution in England.

TESTED BY TIME.

Mrs. Robert Broderick, who resides at 1915 Virginia st., in San Antonio, Tex., tells an experience that will interest every reader; it shows as well that Doan's cures are lasting cures.



She says: "Up to the early part of the year 1902 I had been a sufferer from kidney troubles for many years. The pain in my back became worse and worse until it was a daily burden that interfered with every duty. I was much afflicted with headaches and dizzy spells and was unable to rest well nights. In May, 1902, after using Doan's Kidney Pills I made a statement for publication, declaring that they had entirely relieved me of the pain in my back. I have since then had a year's time in which to study the effects of the medicine, and while I have had slight touches of the trouble since, the use of the pills has always driven away all signs of the disorder and I have become convinced of the fact that the first treatment was practically permanent in its effects, and I know that a box of Doan's Kidney Pills kept on hand are a sufficient guarantee against any suffering from the kidneys or back. I should advise every sufferer to take Doan's Kidney Pills and I know that they will be surprised and pleased with the result."

A FREE TRIAL of this great kidney medicine which cured Mrs. Broderick will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

"All's fair in love and war"—but Cupid sometimes gets into trouble while poaching.

GREATLY REDUCED RATES

via WABASH RAILROAD.

Below is a partial list of the many half rates offered via the Wabash Railroad.

Atlanta, Ga., and return.....	\$32.10
Sold July 5th, 6th and 7th.	
Indianapolis, Ind., and return.....	\$31.40
Sold June 7th, 8th, 9th, 13th and 14th.	
St. Louis, Mo., and return.....	\$31.50
Sold June 16th and 17th.	
Boston, Mass., and return.....	\$31.75
Sold June 24th, 25th and 26th.	
Boston, Mass., and return.....	\$33.75
Sold June 30th to July 4th.	
Saratoga, N. Y., and return.....	\$32.20
Sold July 4th and 5th.	
Detroit, Mich., and return.....	\$32.00
Sold July 14th and 15th.	
Baltimore, Md., and return.....	\$32.25
Sold July 17th and 18th.	
Baltimore, Md., and return.....	\$32.25
Sold Sept. 17th, 18th and 19th.	

All tickets reading over the Wabash are good on steamers in either direction between Detroit and Buffalo without extra charge, except meals and berths. Long limits and stopovers allowed. Remember this is "The World's Fair Line." Go this route and view the grounds.

For folders and all information, address HARRY E. MOORES, G. A. P. D., Omaha, Neb.

Premier Balfour and Golf.

It is an old golfing joke about the clergyman who was ready to give up the ministry for the game, but how about giving up the prime ministry? To that pitch of devotion Mr. Balfour came very near pledging himself the other day. Addressing the Sundridge Park Golf club, he said that he could only trust in being granted the leisure—"I won't say by what means" (evidently, we infer, leaving office)—"to take full advantage of the opportunity the club has afforded him in making him an honorary life member. Many can play the game as well as Mr. Balfour, but few can philosophize about it so satisfactorily. It leads to no abuse," he maintained in the address referred to, and then, mounting with his theme, he added: "It is capable of no excess!" That earnest golfer whom his wife caught at 2 a. m. practicing putting on the billiard table will thank the author of the "Foundations of Belief" for stating the truth, without a particle of excess.

Eskimos' Sealskin Church.

The Eskimos possess the most remarkable place of worship in the world. It was a sealskin church. Forty sealskins were stretched over a little framework, and in this tent, 18 feet by 12 feet, services were held every Sunday. But the church came to an untimely end. One hard winter the Eskimos' dogs, being half famished, dined on the sealskins, and only the frame was left. The Eskimos have now erected a dog-proof tabernacle.

Saved His Life.

Whitehall, Ill., June 8th.—Mr. Lon Manley had Bright's Disease and after his home doctor had treated him for some time he finally told him that he could do nothing more for him and that he would surely die. A friend who had heard of what Dodd's Kidney Pills had done in cases of Kidney Trouble, advised Mr. Manley to try a treatment of this remedy. He did so and everyone was surprised and delighted to see an improvement in a very short time. This improvement gradually kept on as the treatment proceeded, till now Mr. Manley is well. He says: "The doctor said he had done all he could for me. He gave me up. A friend advised me to take Dodd's Kidney Pills, and in a few weeks I was nearly all right again. "I am not dead, and can truthfully say that I feel better to-day than I have for years. Dodd's Kidney Pills are a wonderful remedy and I will always praise them and recommend them to everyone suffering as I did." Mr. Manley's recovery has caused a profound sensation, as no one ever thought he would recover.

It is foolish to bite off your nose to spite your face, because it is impossible to do so.

"It is an ill wind that blows nobody good"—and the hurricane helps the undertaker.

Those Who Have Tried It will use no other. Defiance Cold Water Starch has no equal in Quantity or Quality—16 oz. for 10 cents. Other brands contain only 12 oz.

"A soft answer turneth away wrath"—but a quick-witted one has secured a good husband.

Hall's Catarrh Cure Is a constitutional cure. Price, 75c.

The mermaid is right in her element when she fishes for compliments.

ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

A silent man's words are never repeated in court.

CUTICURA SOAP

The World's Greatest Skin Soap.

The World's Sweetest Toilet Soap.

Sale Greater Than the World's Product of Other Skin Soaps.

Sold Wherever Civilization Has Penetrated.

Millions of the world's best people 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, or too free or offensive perspiration, for ulcerative weaknesses, and many sanative, anti-septic purposes which readily suggest themselves to women, especially mothers, as well as for all the purposes of the toilet, bath and nursery.

Cuticura Soap combines delicate emollient properties derived from Cuticura, the great skin cure, with the purest of cleansing ingredients and the most refreshing of flower odours. No other medicated soap ever compounded is to be compared with it for preserving, purifying and beautifying the skin, scalp, hair and hands. No other foreign or domestic toilet soap, however expensive, is to be compared with it for all the purposes of the toilet, bath and nursery. Thus it combines in one soap as one price the most effective skin and complexion soap, and the purest and sweetest toilet, bath and nursery soap ever compounded.

Sold throughout the world. Cuticura Resolvent, etc. (in form of Chocolate Coated Pills, 50c. per box of 60). Cuticura, etc. Soap, 5c. per box. Depot: 117 Columbus Ave., New York City. Sole Proprietors: H. A. C. & Co., 117 Columbus Ave., New York City.

When the sun gets big and round,
Hires Rootbeer should be around.
 A package makes five gallons.
CHARLES E. HIRES CO.,
 Mahan, Pa.

Many who formerly smoked 10 Cigars now smoke
LEWIS' SINGLE BINDER
 STRAIGHT 5 CIGAR
 Your Jobber or Direct from Factory, P.O. 11.

SOZODONT TOOTH POWDER
 For 53 years the Dentifrice of Quality. Absolutely Non-Acid
 No Waste. No Grit
New Patent Top Can 25c

WESTERN CANADA HAS FREE HOMES FOR MILLIONS.
 Upwards of 100,000 Americans have settled in Western Canada during the past 5 years. They are CONTENTED, HAPPY, AND PROSPEROUS, and there is room still for MILLIONS.
 Wonderful yields of wheat and other grains. The best grazing lands on the continent. Magnificent climate; plenty of water and fuel; good schools, excellent churches; splendid railway facilities.
HOMESTEAD LANDS OF 160 ACRES FREE, the only charge for which is \$10 for entry. Send to the following for an Atlas and other literature, as well as for certificate giving you reduced railway rates, etc.: Superintendent of Immigration, Ottawa, Canada, or to W. V. Bennett, 301 New York Life Bldg., Omaha, Neb., the authorized Canadian Government Agent.

The Keeley Cure For 19th and Leavenworth Sts. OMAHA, NEB.
 The only positive cure for Drunkenness, Drug-Taking and the Tobacco Habit. Correspondence strictly confidential.
 WM. R. BURNS, Manager.

STOCK SCALES Premium Scales of the World. Steel Frames. Adjustable Racks. Buy the Best and save money. Hundreds of Useful Articles. Lists Free.
\$20 & Up. Chicago Scale Co., Chicago, Ill.

Results Count!

There are some things that have to depend on catchy "talking points" in order to induce sales. There are other things that are sold solely on their merit and on account of RESULTS! A notable example of this is found in the **NEW Tiffin Wagon** which owes its supremacy SOLELY to RESULTS. Its wonderful durability and capacity for carrying enormous loads, and the remarkable ease with which it runs are some of the "results" which have made it famous wherever known. **INSIST** on your dealer ordering one for you. If he refuses to do so write **THE TIFFIN WAGON CO., TIFFIN, OHIO,** and they will tell you who handles this superior wagon.

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W. N. U.—Omaha. No. 24—1905

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