

THE CHANGE OF LIFE

Sensible Advice to Women from Mrs. Henry Lee, Mrs. Fred Certia and Mrs. Pinkham.



MRS HENRY LEE

MRS. FRED CERTIA

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

This is the most critical period of her whole existence and every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition or she is predisposed to apoplexy or congestion of any organ, the tendency is at this period likely to become active and with a host of nervous irritations make life a burden. At this time also cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, melancholia, dread of impending evil, palpitation of the heart, irregularities, constipation and dizziness are promptly heeded by intelligent women who are approaching the period of life when this great change may be expected.

Mrs. Fred Certia, 1014 So. Lafayette Street, So. Bend, Ind., writes:

Dear Mrs. Pinkham:—
"Lydia E. Pinkham's Vegetable Compound is the ideal medicine for women who

are passing through Change of Life. For several months I suffered from hot flashes, extreme nervousness, headache and sleeplessness. I had no appetite and could not sleep. I had made up my mind there was no help for me until I began to use Lydia E. Pinkham's Vegetable Compound, my bad symptoms ceased, and it brought me safely through the danger period. I built up my system and I am in excellent health. I consider Lydia E. Pinkham's Vegetable Compound unsurpassed for women during this trying period of life."

Mrs. Henry Lee, 60 Winter Street, New Haven, Conn., writes:

Dear Mrs. Pinkham:—
"After suffering untold misery for three years during Change of Life I heard of Lydia E. Pinkham's Vegetable Compound. I wrote you my condition, and began to take Lydia E. Pinkham's Vegetable Compound and followed your advice, and to-day I am well and happy. I can now walk anywhere and work as well as anyone, and for years previous I had tried but could not get around without help. I consider your medicine a sovereign balm for suffering women."

Women passing through this critical period should rely upon Lydia E. Pinkham's Vegetable Compound. If there is anything about your case you don't understand write to Mrs. Pinkham, Lynn, Mass., for advice. It is free and has guided thousands to health.

When a medicine has been successful in restoring to health, actually thousands of women, you cannot well say without trying it, "I do not believe it will help me." It is your duty to yourself and family to try Lydia E. Pinkham's Vegetable Compound.

Out of the Mouths of Babies.

Little Harold, 6 years old, was visiting a playmate who lived in the house opposite.

During his absence his mamma had occasion to polish the parlor stove. Diligent search failed to reveal the whereabouts of the blackening. Knowing Harold's penchant for amusing himself in various unexpected ways, she ran over to her neighbor's and asked her son if he had been playing with the stove blackening.

He replied without hesitation: "Why, yes, mamma, I left it under the can."

"But, my dear, I cannot find the can; what did you do with the can?" his mamma questioned.

He wrinkled his little forehead and thought a minute, then said innocently: "O, I remember now; I left it over the blacking."

Albert is 5 years old. The other day he overheard somebody referring to his mother as a woman. Albert took exception to the remark.

"My mother is a lady," he said.

"But what is the difference?" was asked. After a few seconds of hard thinking the child replied:

"A woman talks too much, a lady doesn't."

Little Paul was 4 years old when the western city in which he lived was swept one night by a terrible storm. Wind, thunder and lightning played havoc, and while other members of the family were huddled in dark corners, Paul watched the illumination of the sky with great delight. The next morning at breakfast he asked his father what caused the streaks of fire across the sky, and his father, with great pains, assayed to explain. Paul listened attentively and apparently accepted what was told him, but when he found attention diverted from himself, he leaned over to his aunt who sat beside him and whispered:

"It wasn't that, aunties. It was God scratching matches on the sky."

Little Johnny—What are you crying for, mamma?

Mama—I can't find my teeth, dear.

Little-Johnny—Oh, I'll bet that's why the baby cries so much. He can't find his teeth, either.

Little Margie—What do you have to go downtown for every day, papa?

Papa—to earn your bread and butter, my dear.

Little-Margie—Well, we've got lots of bread and butter. Can't you earn some jam today?

Little Fred's father had been away for several days and every night he added a special appeal in his behalf to his prayer.

"Bless papa and take care of him while he is away," he added one night as usual when he suddenly raised his head and listened.

"Never mind about him now, Lord," concluded the little fellow; "I hear him downstairs."

Mary, 3 years old, came running into the house crying and holding up her fingers.

When asked what the trouble was she tearfully said that Rosie, a neighbor's child, had stepped on her fingers. Some one asked:

"Did she do it on purpose?"

"No; right on her front steps," was the reply.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

P. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Information Wanted.
Green—"Can't I sell you my automobile?"

Brown—"Which is broke—you or the machine?"

The Evolution of Household Remedies.

The modern patent medicine business is the natural outgrowth of the old-time household remedies.

In the early history of this country, EVERY FAMILY HAD ITS HOME-MADE MEDICINES. Herb teas, bitters, laxative and tonics, were to be found in almost every house, compounded by the housewife, sometimes assisted by the apothecary or the family doctor. Such remedies as picra, which was aloes and quassa, dissolved in apple brandy. Sometimes a hop tonic, made of whiskey, hops and bitter barks. A score or more of popular, home-made remedies were thus compounded, the formulae for which were passed along from house to house, sometimes written, sometimes verbally communicated.

The patent medicine business is a natural outgrowth from this wholesome, old-time custom. In the beginning, some enterprising doctor, impressed by the usefulness of one of these home-made remedies, would take it up, improve it in many ways, manufacture it on a large scale, advertise it mainly through almanacs for the home, and thus it would become used over a large area. LATERLY THE HOUSEHOLD REMEDY BUSINESS TOOK A MORE EXACT AND SCIENTIFIC FORM.

Peruna was originally one of these old-time remedies. It was used by the Mennonites, of Pennsylvania, before it was offered to the public for sale. Dr. Hartman, THE ORIGINAL COMPOUNDER OF PERUNA, is of Mennonite origin. First, he prescribed it for his neighbors and his patients. The sale of it increased, and at last he established a manufactory and furnished it to the general drug trade.

Peruna is useful in a great many climatic ailments, such as coughs, colds, sore throat, bronchitis and catarrhal diseases generally. THOUSANDS OF FAMILIES HAVE LEARNED THE USE OF PERUNA and its value in the treatment of these ailments. They have learned to trust and believe in Dr. Hartman's judgment, and to rely on his remedy, Peruna.

Fine Sense of Touch.

From the Philadelphia Bulletin.

Dr. H. W. Wiley was reminded by the pure food law of a story.

"A country grocer," he said, "was talking to a throng of customers about the wonderful sense of touch that the blind have."

"Here comes old blind Henry Perkins now," said the grocer. "Well test him." And he took a scoopful of sugar and extended it to the old man. "Feel this, Henry," he said, "and tell us what it is."

"The blind man put his hand in the scoop, passed its contents through his fingers and said in a firm, confident tone: "Sand."

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

Undivided Advice.

A New Orleans man said regretfully of the late Harold Van Buren, the American consul at Nice:

"Every American traveler will be sad to hear of the death of this distinguished man. He was an ideal consul, entertaining beautifully the rich visitors to the Riviera, and very charitable, very helpful, to such poor folk as found themselves in difficulties in American consul to Nice:

"Tall, slender, quiet, can see him yet. One day I asked him if in his many charities he was never deceived.

"Oh, yes," he answered. "Not often though. And when I am deceived, I judge my man kindly. I am not like the jurist whom Alphonse Karr, who lived here, used to tell about. Karr used to say that there was a venerable judge who, when the moment for passing sentence on a prisoner came, would consult the colleague on either side of him as to the proper penalty.

"What ought we to give this rascal, brother?" he would say, bending to the right.

"Three years sir, I should think."

"Then, bending to the left, 'What is your opinion, brother?'"

"I should say about four years, sir."

"Then the judge, glancing at the prisoner benevolently, begins:

"Prisoner at the bar, left to my own resources, I should have given you a severe sentence; but I have consulted my colleagues, charitable men, and shall take their advice." Prisoner, you are hereby sentenced to seven years."

A MISSOURI WOMAN

Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 603 West Hickman St., Columbia, Mo., says:

"Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water.

There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Too Risky.

"Why in the world have they got that sign tacked up there?" asked the tall passenger on the New York-Chicago airship.

"What sign?" queried the short passenger.

"Why, the sign that reads: 'Passengers Are Requested Not to Tell Funny Jokes While Sitting on Deck.'"

"Oh, that's a precaution for safety. You see, if passengers started to tell funny jokes somebody might tumble."

It's a funny thing how so many widows think they ought to wear yellow hair for mourning the second year.

Worse Inside Than Out.

Prince Haseba, the distinguished Japanese, referred at a dinner in Spokane to the well-known cleanliness of his nation. "If you should visit a Japanese house," he said, "you would be obliged to remove your shoes at the doorway. Japanese floors are very beautifully kept. I know of some houses where thirty or forty servants have no other duty than the polishing of the floors. A young Japanese student, studying in London, had the fortune to live in an apartment house where the janitor did not keep the hall in very good condition. It was a great change to him, and he felt it keenly. On the approach of winter the janitor put up in the entrance the notice: "Please wipe your feet."

"The young Japanese, the first night he observed this notice, took out a pencil and added to it, 'On going out.'"

SKIN SORE EIGHT YEARS.

Spent \$300 on Doctors and Remedies but Got No Relief—Cuticura Cures in a Week.

"Upon the limbs and between the toes my skin was rough and sore, and also sore under the arms, and I had to stay at home several times because of this affection. Up to a week or so ago I had tried many other remedies and several doctors, and spent about three hundred dollars, without any success, but this is to-day the seventh day that I have been using the Cuticura Remedies (costing a dollar and a half), which have cured me completely, so that I can again attend to my business. I went to work again to-night. I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Fritz Hirschblatt, 24 Columbus avenue, New York, N. Y., March 29 and April 6, 1906."

Intended to Pay.

From Harper's Weekly.

The kindly old lady from the country had purchased a pair of gloves in a department store.

"Cash!" shouted the saleslady.

"My land," exclaimed the old lady, fumbling in her valise, "I'll give it to you just as soon as I find my pocketbook."

DON'T GRUMBLE AT TRIFLES.

Twenty-Five Bushels Wheat and Forty-Five Bushels Oats Per Acre Are in Western Canada.

Saltoots, Sask., Dec. 8, 1906.

To the Editor—Dear Sir:

I willingly give you the result of my four and a half years' experience in the District of Saltoots.

Previous to coming here I farmed in Baldwin, St. Croix County, Wis., and as I have heard a great deal about the Canadian Northwest, I decided to take a trip there and see the country for myself. I was so impressed with the richness of the soil that I bought half a section of land about five miles from the town of Saltoots. I moved on to the land the following June, and that year I broke 90 acres, which I cropped in 1904, and had 39 bushels wheat per acre. In 1905, with an acreage of 160 acres, I had 24 bushels wheat and 35 bushels of oats per acre. In 1906, with 175 acres under crop, I had 25 bushels wheat and 45 bushels of oats per acre.

From the above mentioned yields you can readily understand that I am very well pleased with the Canadian West. Of course, I have had to work hard, but I don't mind that when I get such a good return for my labor.

To any one thinking about coming to this country I can truthfully say that if they are prepared to work and not grumble at trifles, they are bound to get on. Some things I would like different, but take the country all round, I don't know where to go to get a better.

Yours truly,

(Signed) O. B. OLSON.

Write to any Canadian government agent for literature and full particulars.

Nightly Demonstrations.

Gunner—"Most extraordinary looking club house over there?"

Guyer—"Yes, that is the 'Isaak Walton' club."

Gunner—"But why is it such a long building?"

Guyer—"Well, you see the truthful members need plenty of room to illustrate the length of the big fish that 'got away'!"

Garfield Tea, which is guaranteed under the Pure Food and Drugs Act, is the best remedy for constipation, sick-headache and indigestion. It purifies the blood and cleanses the system.

The Difference.

Attorney General Hadley of Missouri condemned, in an address at Topeka before the State Bar association, certain trust methods.

"I am sure," he said, "that we all want to see laws enacted that will give a square deal to everybody—the same deal to the poor and friendless widow as to the great corporation. I am sure we all want to see wiped out that accusation of unfairness, of favoritism towards the money power, that is made against courts and the working of courts."

"We want, all over the world, as little as possible of that thing which is exemplified in the anecdote of the Syracuse widow.

"This lady lost every cent she possessed through the speculations of some dishonest bank officials. In discussing the matter with her, a minister said, soothingly: "The thieves will be punished, maybe. They're committed for trial."

"Yes," said the widow, "they're committed for trial, it is true; and my child and I are condemned to hard labor for life."

Mamma says for you to please tell me when it is 4 o'clock, for she says I must come home then," said our neighbor's wee daughter, when she came over to play with our children one afternoon. When the time came, I reminded her of what her mother had said. "O, mamma said if I'm membered, but I don't member," said the child, and kept on playing.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co.

Women Who Wear Well.

It is astonishing how great a change a few years of married life often make in the appearance and disposition of many women. The freshness, the charm, the brilliance vanish like the bloom from a peach which is dimly handled. The matron is only a sad shadow, a faint echo of the charming maiden. There are two reasons for this change, ignorance and neglect. Few young women appreciate the shock to the system through the change which comes with marriage and motherhood. Many neglect to deal with the unpleasant pelvic drains and weaknesses which too often come with marriage and motherhood, not understanding that this secret drain is robbing the cheek of its freshness and the form of its fairness.

As surely as the general health suffers when there is derangement of the health of the delicate womanly organs, so surely when these organs are established in health the face and form at once witness to the fact in renewed comeliness. Nearly a million women have found health and happiness in the use of Dr. Pierce's Favorite Prescription. It makes weak women strong and sick women well. Ingredients on label—contains no alcohol or harmful habit-forming drugs. Made wholly of those native, American, medicinal roots most highly recommended by leading medical authorities of all the several schools of practice for the cure of woman's peculiar ailments.

For nursing mothers, or for those broken-down in health by too frequent bearing of children, also for the expectant mothers, to prepare the system for the coming of baby and making its advent easy and almost painless, there is no medicine quite so good as "Favorite Prescription." It can do no harm in any condition of the system. It is a most potent invigorating tonic and strengthening nerve tonic, adapted to woman's delicate system by a physician of large experience in the treatment of woman's peculiar ailments.

Dr. Pierce may be consulted by letter free of charge. Address Dr. R. V. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

DYSPEPSIA

"Having taken your wonderful 'Cascarets' for three months and being wonderfully cured of my catarrh and dyspepsia, I think a word of praise is due 'Cascarets' for their wonderful composition. I have taken numerous other cathartics, but without avail and I find that Cascarets relieve more in a day than all the others I have taken since I was a year."

James McInure, 108 Mercer St., Jersey City, N. J.



Best For The Bowels

THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Dripes, 10c, 25c, 50c. Never sold in bulk. This genuine has no imitation. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N.Y. 50c ANNUAL SALE, TEN MILLION BOXES

A Question of Honor.

"The duel," said Senator Tillman at a dinner in Washington, "is a thing I abhor. I believe, though, in manliness and pluck, and I hope the time will never come when a conversation such as was recently had in New York club will be typical of American chivalry."

A New York clubman approached a friend and whispered anxiously:

"Bludd threatens to kick me the next time he sees me in company. If he should come in here now, what would you advise me to do?"

"'Sit down,' was the reply."

FARMS IN WESTERN CANADA FREE

The Canadian West is the Best West

The testimony of tens of thousands during the past year is that the Canadian West is the best West. Year by year the agricultural resources have increased in volume and in value, and still the Canadian Government offers 100 acres free to every bona fide settler.

Some of the Advantages.

The phenomenal increase in railway mileage—main lines and branches—has put almost every portion of the country within easy reach of churches, schools, markets, cheap fuel and every modern convenience.

The NINETY MILLION BUSHEL WHEAT CROP of this year means \$20,000,000 to the farmers of Western Canada, apart from the results of other grains and cattle.

For advice and information address the Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government agent, W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. J. Holmes, 315 Jackson St., St. Paul, Minn.; M. MacLachlan, Box 10, Watertown, South Dakota, and W. V. Bennett, 100 New York Life Building, Omaha, Neb., Authorized Government Agents.

Please say where you saw this advertisement.

A Positive CATARRH CURE

Ely's Cream Balm is quickly absorbed. Gives Relief at Once.

It cleanses, soothes and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Relieves Hay Fever.

Taste and Smell. Full size 50c, at Druggists or by mail; Trial Size 10c, by mail. Ely Brothers, 66 Warren Street, New York.

FREE

To convince any woman that PAXTINE will improve her health and do all we claim, send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address to a postal box.

PAXTINE cleanses and heals in 100 cases of catarrh and inflammation caused by pelvic ulcers; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Trial box, however, FREE. IT COSTS YOU NOTHING TO TRY IT.

THE R. PAXTON CO., Boston, Mass.

SIoux CITY PTTG CO., 1,187-17 1907

BARGAINS in farms and ranches in the great Judith Basin and central sections where wheat is king and stock raising is producing unlimited wealth. Free booklet and list of lands on application. Edmund Wright, Lewistown, Mont.

W. L. DOUGLAS

\$3.00 AND \$3.50 SHOES

W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.

SHOES FOR EVERYBODY AT ALL PRICES:

Men's Shoes, \$5 to \$1.50. Boys' Shoes, \$3 to \$1.50. Women's Shoes, \$4 to \$1.00. Misses' & Children's Shoes, \$2.25 to \$1.00.

W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost. If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other makes.

W. L. Douglas name and price is stamped on the bottom, which protects the wearer against high prices and inferior shoes. Take No Substitute. Sold by the best shoe dealers everywhere. Past Color Eyelets used exclusively. Catalog mailed free. W. L. DOUGLAS, Brockton, Mass.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Teething Disorders, and Diarrhoea. Worms. They Break up Colds in 24 hours. All Druggists.

Sample mailed FREE. Address: Mrs. M. Gray, 100 West 10th St., New York City.

A. S. OLMSTED, La Roy, N. Y.

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The General Condemnation of So-Called Patent or Secret Medicines

of an injurious character, which indulge in extravagant and unfounded pretensions to cure all manner of ills, and the

National Legislation Enacted to Restrict Their Sale

have established more clearly than could have been accomplished in any other way

The Value and Importance of Ethical Remedies.

Remedies which physicians sanction for family use, as they act most beneficially and are gentle yet prompt in effect, and called ethical, because they are of

Known Excellence and Quality and of Known Component Parts.

To gain the full confidence of the Well-Informed of the world and the approval of the most eminent physicians, it is essential that the component parts be known to and approved by them, and, therefore, the California Fig Syrup Company has published for many years past in its advertisements and upon every package a full statement thereof. The perfect purity and uniformity of product which they demand in a laxative remedy of an ethical character are assured by the California Fig Syrup Company's original method of manufacture, known to the Company only.

There are other ethical remedies approved by physicians, but the product of the California Fig Syrup Company possesses the advantage over all other family laxatives that it cleanses, sweetens and relieves the internal organs on which it acts, without disturbing the natural functions or any debilitating after effects and without having to increase the quantity from time to time.

This valuable remedy has been long and favorably known under the name of Syrup of Figs, and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of Syrup of Figs and Elixir of Senna, as more fully descriptive of the remedy, but doubtlessly it will always be called for by the shorter name of Syrup of Figs; and to get its beneficial effects, always note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for Syrup of Figs, or by the full name, Syrup of Figs and Elixir of Senna, as Syrup of Figs and Elixir of Senna is the one laxative remedy manufactured by the California Fig Syrup Company, and the same heretofore known by the name, Syrup of Figs, which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act, June 30th, 1906.

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