



Women who work, whether in the house, store, office or factory, very rarely have the ability to stand the strain. The case of Miss Frankie Orser, of Boston, Mass., is interesting to all women, and adds further proof that woman's great friend in need is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered misery for several years. My back ached and I had bearing down pains, and frequent headaches. I would often wake from a restful sleep in such pain and misery that it would be hours before I could close my eyes again. I dreaded the long nights and weary days. I could do no work. I consulted different physicians hoping to get relief, but finding that their medicines did not cure me, I tried Lydia E. Pinkham's Vegetable Compound, as it was highly recommended to me. I am glad that I did so, for I soon found that it was the medicine for my case. Very soon I was rid of every ache and pain and restored to perfect health. I feel splendid, have a fine appetite, and have gained in weight a lot."—Miss FRANKIE ORSER, 14 Warren St., Boston, Mass.

Surely you cannot wish to remain weak, sick and discouraged, and exhausted with each day's work. Some derangement of the feminine organs is responsible for this exhaustion, following any kind of work or effort. Lydia E. Pinkham's Vegetable Compound will help you just as it has thousands of other women.

The case of Mrs. Lennox, which follows, proves this.



"DEAR MRS. PINKHAM:—Last winter I broke down suddenly and had to seek the advice of a doctor. I felt sore all over, with a pounding in my head, and a dizziness which I had never experienced before. I had a miserable appetite, nothing tasted good, and gradually my health broke down completely. The doctor said I had female weakness, but, although I took his medicine faithfully, I found no relief.

"After two months I decided to try what a change would do for me, and as Lydia E. Pinkham's Vegetable Compound was strongly recommended to me I decided to try it. Within three days I felt better, my appetite returned, and I could sleep. In another week I was able to sit up part of the day, and in ten days more I was well. My strength had returned, I gained fourteen pounds, and felt better and stronger than I had for years. I gratefully acknowledge its merits. Very sincerely yours, Mrs. BERT E. LENNOX, 120 East 4th St., Dixon, Ill.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

My dear nephew, don't be in a haste hurry; let the fish swallow the hook before you twitch; don't pull the trigger until you have taken aim; hang onto your best hard azong az you kao; and remember this, while there is sun, plenty in repenting or a blunder, the world won't give you any credit for it.

The reason why there is so little genuine friendships in this world is because there are so few people whom deserve it.

Mankind are very proud of their judgments, but they are as often convinced against what they call their judgments as any other way.

Take all the poohs out of this world, and there wouldn't be any fun nor profit living in it.

My young disciple, don't fail to take advantage of your good luck, for good luck seldom comes to a man late in life.

FREE TO WOMEN

A Large Trial Box and book of instructions absolutely Free and Post-paid, enough to prove the value of Paxtine Toilet Antiseptic.

Paxtine is in powder form to dissolve in water—non-poisonous and far superior to liquid antiseptic containing alcohol which irritates inflamed surfaces, and has no cleansing properties. The contents of every box means more Antiseptic Solution—lasts longer—goes further—has more uses in the family and does more good than any antiseptic preparation you can buy.

The formula of a noted Boston physician, and used with great success as a Vaginal Wash, for Leucorrhoea, Pelvic Catarrh, Nasal Catarrh, Sore Throat, Sore Eyes, Cuts, and all soreness of mucous membrane.

In local treatment of female illa Paxtine is invaluable. Used as a Vaginal Wash we challenge the world to produce its equal for thoroughness. It is a revelation in cleansing and healing power; it kills all germs which cause inflammation and discharge.

All leading druggists keep Paxtine; price, 25c a box; if you don't, send to us for it. Don't take substitutes—there is nothing like Paxtine.

Write for the Free Box of Paxtine to-day. B. FAYTON CO., 6 Page Bldg., Boston, Mass.

Booksellers in Turkey never sell the Koran. The Turkish bible is deemed too precious to be sold. It is given away to the person who desires it, but the tradesman first insists that he receive a nice little present in money.

If the average man gossiped about people half as much as the average woman he would be lying in a hospital most of the time. It is the feminine adroitness in saying things that enables her to dodge responsibility.

BEGGS' BLOOD PURIFIER
CURES catarrh of the stomach.

PISO'S CURE FOR
CONSUMPTION

A SKIN OF BEAUTY IS A JOY FOREVER.
DR. T. FELIX GOURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER



Remove Tan, Pimples, Freckles, Moth Patches, Rash, and Skin Diseases, and every blemish on beauty, and instant relief. It has stood the test of 46 years, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name. Dr. T. A. Hays said to a lady of the London (a patient) "As you ladies will use them, recommend a 'Gouraud's Cream' as the least harmful of all the skin preparations." For sale by all Druggists and Fancy Goods Dealers in the U. S., Canada, and Europe. FERD. T. HOPKINS, Prop'r, 27 Grant Jones St., N. Y.

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

A new girl sweeps clean.

No man is a hero to his own stenographer.

On an average 700 British subjects are born every year at sea.

The pay of a Chinese soldier is about eighteen cents a week.

The total commerce of Abyssinia is about \$9,500,000 a year.

National bank notes are one sixth of the money in circulation.

A woman delights in being a martyr until she finds it out.

Women must wait to be asked, but after that she usually dictates.

I have noticed that the man whose wife develops corns soon ceases to shave himself.

So far as I am able to judge there is not room in the average family closet for a skeleton.

When a man has been eating breath perfumes, he is never given the benefit of the doubt.

A spirit of self-sacrificing inspires some men to sit in the crazy corner and brve the backache.

An honest man may be the noblest work of God, but a beautiful woman elicits more genuine admiration.

The need of one of the happiest families I know confided to me that he makes it a point never to tell the truth at home.

Mrs. Leland Stanford is said to carry a larger amount of insurance than any other woman in the world. Her policies amount to more than one million dollars.

Australia has more churches per capita than any other country. She has 210 churches to every 100,000 people. England has 114 and Russia about fifty-five.

The people of the United States eat up \$15,000,000 worth of candy in a year and there are nearly 5,000 factories making it with a capital of \$38,000,000.

Russia has given the women of this country the unmanageable Removar, and Japan has furnished them the comfortable Kimono. Hence, we find the sex sympathizing with Japan in the present war.

Free to Twenty-Five Ladies.

The De fiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16 ounce package of De fiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the De fiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that De fiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and De fiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch or sale by all dealers.

The number of qualified voters in Japan is only about one per cent. of the total population. Each voter must be twenty-five years of age, and pay fifteen yen—about \$7.50—as a yearly tax.

A strange law prevails in China. If a native dies while being tried for murder, the very fact of his dying is taken as evidence of his guilt. He has departed, but somebody must suffer; and his eldest son, if he has one, is sent to prison for a year.

When a native of Quito sees a flash of lightning he reverently removes his hat.

Ask Your Dealer for Allen's Foot Ease. A powder to shake into your shoes. It rests the feet. Cures Corns, Bunions, Swollen, Sore, Hot, Callous, Aching, Sweating Feet and Itching Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all druggists and shoe stores. 25c. Sample mailed FREE. Address Allen B. Olmsted, Le Roy, N. Y.

Hushfulness is often nothing more than ignorance, and like the plating on a spoon, soon wears off and shows the odious brass.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures colic. Price 25c bottle.

This world is so full of sin and sinners that we often cum akrost counterfeit lies.

I have used Piso's Cure for Consumption with good results. It is all right.—John W. Henry, Box 642, Fostoria, Ohio, Oct. 4, 1901.

N. N. U. 829 - 26 YORK NEB



A Russian is not of age until he is twenty-six.

Mexico produces about 48,000,000 pounds of cotton annually.

Primary agricultural schools are now established in twelve cities of Saxony.

The Filipinos eat large quantities of dried grasshoppers, and also prepare them in confections.

The opal is the only gem which cannot be counterfeited. Its delicate tints cannot be reproduced.

The government of Queensland offers a prize of \$25,000 for a method of exterminating the opuntia, a species of cactus imported from America.

The output of coal in both France and Belgium last year was greater than ever before, that of France being 38,000,000 tons and that of Belgium 23,000,000 tons.

The cost of maintaining the English navy now amounts to \$22 a year for every family in Great Britain, or more than two weeks' wages for the great body of the working people.

Land around the bayous of Louisiana and Texas, which until 1895 was classed as worthless, now yields \$25,000,000 worth of rice. About 100 Japanese expert rice growers are in this region.

The amount of water given off by an acre of grass is estimated at thirty hogheads a day. About 300 parts, by weight, of water pass through a plant to one part fixed and assimilated in its tissues.

Extended experiments in Paris show that in a given period of labor the total quantity produced is increased by intervals of rest, especially when short resting intervals are multiplied. Rest acts as a stimulant.

A successful method of making wood proof against both fire and decay is being introduced in Germany. The cells of the timber are emptied of air in a vacuum and filled with sulphate and borate of ammonia.

A scientist says it is not true that intellectual work is a relief from physical work, or vice versa. Fatigue, of whatever nature it is, accumulates during any kind of labor, and disappears only on complete repose.

A lake containing fresh water on top and salt water on the bottom has been discovered on Kildin Island, Lapland. The lake rises and falls with the tide, and the salt water evidently comes from the sea by an underground channel.

Athens, Greece, is soon to be connected with Paris by railway. The Grecian Government has already secured the building of a road to the Turkish frontier, which will soon be connected with the railway systems of Europe.

Intoxication affects men in various ways. When a Frenchman has drunk too much he wants to dance, a German to sing, a Spaniard to gamble, an Englishman to eat, an Italian to boast, an Irishman to fight and an American to make a speech.

A new theory of the Martian "canals" is that Mars has a solid crust and an elastic nucleus of a higher temperature. The crust in cooling necessarily contracted, and the pressure upon the mass within caused fissures to be formed in the surface.

The machine industry of Germany was never in worse condition than at present. Two reasons are given for the decline: First, the great depression in industrial life all over the empire; and, second, the enormous strides in the use of gas engines and steam turbines within the last few years.

Four of the cannon taken from the French off Finisterre in 1747 by Admiral Boscawen now fill the lowly if useful roles of curbposts and lamp-posts in front of the house, No. 2 St. James' square, London, of Boscawen's descendant, Lord Falmouth; while on Tower Hill there is a row of posts on the curbstones, every one of which is a cannon which has done service, or has been ready to do it, against England's enemies.

That ants perceive and avoid rays of ultra violet light much higher in the scale of vision than the human eye is able to detect, has been shown by Sir John Lubbock. Now a writer in Electrical World suggests that those who are trying to determine the wave length of the X-rays experiment with ants. The X-rays are invisible to man, but it has not been determined whether it is because they are too long or too short for his eye to see. The ultra violet waves are too short.

HOW LONG SHOULD MAN LIVE?
Minimum Limit Placed by a Scientist at 140 Years.

It is a sad commentary upon our civilization and our civilization that the average life of a man to-day should be somewhere between 30 and 55 years, says What to Eat. With all our scientific advance and our knowledge of hygiene and sanitation we have cut down the life of man to nearly one-sixth since the days of Abraham and Isaac. We have it on good authority that Abraham lived 175 years and that Isaac died at the ripe old age of 180, being "full of years and of days." Job's life was full of trials, bolts and vicissitudes and yet he was 120 years old when he gave up the ghost. Prof. Eli Metchnikoff of the Pasteur Institute has fixed the minimum limit of man's life at 140 years. Having lived a natural and scientific life from birth, indeed, man

need not expect to shuffle off his mortal coil at 140 years. At that time of life he will merely begin to feel himself "full of days." Prof. Metchnikoff shows that man's vermiform appendix is a moral disharmony for whose useful existence we must go back to her heating creatures like the rabbit, in which it fulfills a notable function in the digesting of raw vegetable matter. In man it is nothing but a death trap, one Paris hospital having treated 443 cases of appendicitis in five years.

And what is the scientific conclusion from all this? Man cannot wait for his great intestine to disappear in the course of the ages, and he does no care to run the risk of having it cut out. And yet it is the theory of Prof. Metchnikoff that the phenomena of senility and old age is due directly to the microbes of the large intestines which are continually breaking down the higher cells of our structure. The only course is to fight the intestinal microbe and as there are 128,000,000,000,000 of him formed each day it will be seen that the job is no summer-day picnic. The professor speaks highly of buttermilk and warns us to beware of all uncooked products of the microbe-infested earth—salads, artichokes, strawberries, melons, onions, cucumbers, celery, radishes, turnips, carrots, cabbage. Unless they are thoroughly cooked they should not enter into the human organism. By rigid adherence to this theory of alimentary toxic serums prepared in the Pasteur Institute man may fight off old age. He will not "grow old" at 60, 70 and 80 as he does now. Whether the theories of Prof. Metchnikoff are scientifically sound or not, there is little doubt that man was designed to live to a much greater age than he now attains and that longevity is even now a question of rational, hygienic living.

CITY BOY'S ADVANTAGES.

A New-Yorker Says They Are Ahead of the Country Boys.

At the annual meeting of the University Settlement Society of New York, President John H. Finley of the College of the City of New York, delivered a speech which has aroused considerable comment and discussion. In the course of his speech, which was along the line of an ardent defense of the city boy's advantages, Dr. Finley said:

"The chances of the city-born are greater than the country-born. If you know about the life of the country boy, how he has to sleep in an unheated room in winter with the temperature degrees below zero and in the summer time work in the fields in the fierce heat of the sun from ten to fourteen hours a day, you would probably see that the city boy has an immense advantage.

"They tell that the hard work of the country boy makes him a splendid man physically. Of the country boys I knew fully one-half are under the sod they plowed or are old men in the village streets and at the age of 40, I believe that the best man is developed through association and struggle, and not in the country solitude. The farmer's boy is caught in the endless circle where he raises corn to feed hogs, to buy land to raise more corn to feed more hogs to feed more corn to feed more hogs.

"Of course the city-born may substitute stocks for crops in an endless chain of anxiety, but the city boy of New York has at hand the history of the world, as a lesson, and the voices of the greatest men within the reach of his ears rather than the cricket and the country night sounds. There are dirty streets and dark rooms in the city, but they are illuminated by ambition, and even these dirty streets are as dear in after years as the country is to the successful farmer's boys."

An Appropriate Present.

Little Mary and Ben had been greatly exercised over the approaching anniversary of the parental wedding day. They had overheard so much discussion of the subject that they supposed that numerous presents would be quite the order of the festival, and Ben, with the responsibility of his eleven years, proposed that they secure their own pennies and "buy a nice present for mamma and papa."

Mary gladly agreed, and with great secrecy they made their preparations. With a dollar they ran away one day and with much excitement made their purchase, which was safely hidden until the important event came off. When the presents were exhibited their proved no less interesting than more expensive gifts—there was "a beautiful picture," as they both assured their parents. Sure enough, there were two splendid lions in a large cage, and under them the inscription, "A Life Sentence."

No Sympathy.

"You don't feel any sympathy for the colleague who was convicted of grafting?"

"Not the slightest," answered Senator Sorghum. "His lack of honesty was equaled only by the primitive insufficiency of his methods."—Washington Star.

In Kansas.

"So there was a melodrama in town last week," said the hat drummer. "Was it realistic?"

"Gosh, yes," replied the Kansas postmaster. "Why, they had a cyclone so natural that every one ran out and jumped in the cyclone cellars."

That Would Never Do.

"There's a great deal of wisdom in that old injunction, 'Know thyself.'"

"Yes, but after you gain such knowledge it's best, for the sake of your reputation, not to share it with your neighbors."—Philadelphia Ledger.

When I was a young man I was all ways crazy to take hold of the big end of the stick, and do all of the lifting; now that I am older, I seize hold of the small end and do all of the granting.

We all pray for a long life, but few of us pray for a good one.

If we would grant to others the same privilege that we claim for ourselves, it would almost pay to live forever in this world.

Strong Language.

Fredericksburg, Ind., June 20.—Rev. Enoch P. Stevens of this place uses strong language in speaking of Dodd's Kidney Pills, and he gives good reasons for what he says:

"I can't praise Dodd's Kidney Pills too much," says Mr. Stevens. "They have done me so much good. I was troubled with my kidneys so much that I had to get up two or three times in the night and sometimes in the day when starting to the water house the water would come from me before getting there. Two boxes of Dodd's Kidney Pills cured me entirely."

"I have recommended Dodd's Kidney Pills to many people and have never yet heard of a failure. Dodd's Kidney Pills are the things for Kidney Disease and Rheumatism."

Dodd's Kidney Pills always cure the kidneys. Good kidneys ensure pure blood. Pure blood means good health.

A policeman in Denver, after having served eleven years on the force, lost a leg in an election riot about a year ago. He has been dismissed from the service, and is compelled to beg on the streets.

I know lots of individuals who might have good wages raising potatoes at 50 cents a bushel, but they ain't satisfied unless they kin have a for-norn hope ov sum kind to pool round.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

West & Trux, Wholesale Druggists, Toledo, O. Walting, Kinnan & Marvin, Wholesale Druggists, Chicago, Ill.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all druggists. Testimonials free.

Hall's Family Pills are the best.

The world's production of rubber was two years ago almost equally divided between Africa and South America. Now the Amazon region produces three-fifths of it.

An Adamless Eden sort of a bank is projected for New York city. It is to be capitalized and offered by women and will solicit the patronage of women exclusively.

The gold contained in the medals, vessels, chains and other objects in the Vatican could make more gold money than the whole of the present circulation.

The attitude of the feminine mind towards the truth, is that of a child which feels free to make any statement when its fingers are crossed.

At what age does coquetry in women begin and end? After diligent inquiry in kindergartens and old 'olks' homes, we are forced to admit ignorance.

I find that most girl stenographers, while learning billing, soon acquire the gentle art of cooing.

That man is not to be trusted who does not make a fool of himself over some woman occasionally.

Many shortcomings are atoned for by a wellfilled stocking.

Tribes of men with feet almost useless have been discovered in New Guinea. They live in the midst of lakes, moving about on little canoes, and possessing a few cabins built on wood piles. Their feet are so undeveloped as to be of little service for walking.

A man who marries a Laplander girl, against the will of her parents, is deemed guilty of a crime second alone to murder, and in Lapland the punishment is very severe.

FOOD FACTS.

What an M. D. Learned.

A prominent physician of Rome, Georgia, went through a food experience which he makes public:

"It was my own experience that first led me to advocate Grape-Nuts food and I also know from having prescribed it to convalescents and other weak patients that the food is a wonderful re-builder and restorer of nerve and brain tissue, as well as muscle. It improves the digestion, and sick patients always gain just as I did in strength and weight very rapidly.

"I was in such a low state that I had to give up my work entirely and go to the mountains of this State, but two months there did not improve me in fact I was not quite as well as when I left home. My food absolutely refused to sustain me, and it became plain that I must change; then I began to use Grape-Nuts food and in two weeks I could walk a mile without the least fatigue, and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life.

"As a physician I consider it a duty to make these facts public." Name given by Postum Co., Battle Creek, Mich.

Trial 10 days on Grape-Nuts when the regular food does not seem to sustain the body will work miracles.

"There's a reason."

Look in each pkg. for the famous little book, "The Road to Wellville."