



Miss Nellie Holmes, treasurer of the Young Woman's Temperance Association of Buffalo, N.Y., strongly advises all suffering women to rely, as she did, upon Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Your medicine is indeed an ideal woman's medicine, and by far the best I know to restore lost health and strength. I suffered misery for several years, being troubled with hemorrhage. My back ached, I had bearing-down pains and frequent headaches. I would often wake from restless sleep, and in such pain that I suffered for hours before I could go to sleep again. I dreaded the long nights as much as the weary days. I consulted two different physicians, hoping to get relief but finding that their medicine did not seem to cure me. I tried your Vegetable Compound on the recommendation of a friend from the East who was visiting me. I am glad that I followed her advice, for every ache and pain is gone, and not only this, but my general health is much improved. I have a fine appetite and have gained in flesh. My earnest advice to suffering women is to put aside all other medicines and to take Lydia E. Pinkham's Vegetable Compound."—Miss NELLIE HOLMES, 549 No. Division St., Buffalo, N.Y. —\$5000 forfeit if formula of above letter proving genuine cannot be produced.

A Stylish Wedding—"They say her wedding beggared description." "Oh, more than that!" "Indeed?" "Yes, it beggared her father."—Chicago Evening Press.

Nothing Serious—The Heiress—"And I've been introduced to quite a number of the European nobility." Her friend—"Thinking of marrying any of them?" "Oh, no, I don't intend to buy a title—I'm merely shopping."—Vuck.

Rheumatism is almost unknown in Japan. The Japanese escape the malady, to a great degree, by avoiding the excessive use of alcohol and tobacco.

Free to Twenty-Five Ladies. The Defiance Starch Co. will give 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 Defiance cold water laundry starch. This means for your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance 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 Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch or sale by all dealers.

Winning makes the very best kind of just intendants, but the poorest kind of kaptains.

The Humorist's Rebuke—Mark Twin and W. H. Dowells were one day lunching in a cafe in New York. Two over-dressed young men entered, and the first one said in a loud voice: "Walter, bring me some bishue of Jobster, a bottle of wine and a chop. Just mention my name to the cook too, so that everything will be done to my liking."

The second young man said: "Bring me some sole with peas, and tell the cook who it's for." Mr. Twain gave his order a moment later. He said in a loud voice: "Bring me a half dozen oysters, and mention my name to each of them."—Brooklyn Eagle.

In Worcester there are 703 women who make needles and 11,044 nail-makers.

BRIGHT SAYINGS

A woman uses a glass to color her face, and a man uses one to color his nose.

When a man is unable to make a living at anything else he is eligible for a government job.

If you would get up with the lark go to bed without one.

A woman is never too good to be true.

A swallow of brandy often turns out to be a bird of ill omen.

It's a case of quick consumption with the man who bolts his food.

During courtship a girl thinks marriage is a haven of rest in which she will be free from all worry and care. After marriage she has another thing coming.—Chicago News.

The devil's traps are allwuss baited with pleasures ov sum kind.

The engines of a first class battleship cost about \$700,000.

Only 16 in 100 victims of Bright's disease are under 15 years of age.

In Russia there are one and a half electric lights for each person.

In Finland and East Turk stand thunder storms are wholly unknown.

Some of the beauties of Persia decorate their faces by painting figures of animals and insects upon them.

Dry stockings are provided in the schools of Rhenish Prussia, for the pupils who arrive there with wet feet.

The deepest artesian well in England is at Gainsborough. It is 1,515 feet in depth, and the boring occupied six years.

A Sudden Cure—"Jones' cure was very quick, wasn't it?" "Yes; his doctor received private information that his affairs were in a bad shape."—New Orleans Times-Democrat.

Brides in England now carry prayer books instead of bouquets. This fashion has caused a boom in the prayer book trade. The bindings have to be white—Morocco, calf, ivory, silver or mother-of-pearl.

A floating theater is being constructed by a manager in Amsterdam. It will accommodate 2,300 persons, and will have a restaurant and bar. It is to be towed up the Rhine, and will give performances of Italian opera at eighty-five river towns.

When a deacon falls, there is joy in hell and grief in heaven for one hour.

Ask Your Dealer for Allen's Foot Ease. A powder to shake into your shoes. It rests the feet. Cures Corns, Bunions, Swollen Shoes, Hot Calluses, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot Ease makes new or tight shoes easy. Sold by all druggists and shoe stores. Sample mailed FREE. Address Allen E. Oatman, 100 Boylston St., N. Y.

It is allwuss safe to follow the religious belief that our mothers taught us. There never was a mother yet who taught her child to be an infidel.

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

The man who robs the widder and the orphan of their patrimony is simply a villain; but he who undertakes to disturb the religious faith of others is a fiend.

BIG DROP IN BINDER TWINE. We are selling the highest grade standard binder twine made, shipping it to any address in any quantity and at a much lower price than dealers can buy in carload lots. For our special inside price, our guarantee and money refund offer, for our insurance proposition against hail or storm, for the lowest price, the most liberal binder twine offer that will be made this season, cut this notice out and mail to us to-day and you will hear from us by return mail. Address SEARS, ROEBUCK & CO., Chicago, Ill.

There are lots of people in this world who are like a guide-board at the forks of the road—they can point out the right way for others to persew, but t he don't follow it themselves.

Two bottles of Piao's Cure for Consumption cured me of a terrible cough.—Fred Hermann, 209 Box avenue, Buffalo, N. Y., Sept. 24, 1901.

Those who have real merit are always the last ones to see it in themselves, and the first ones to see it in others.

Caushun is a good thing for a man to hav, but when he haz got so muten ov it that he iz afraid to tutch a cast-iron lion for fear it will bite, ignoranse iz what's the matter ov him.

In connection with the masculine bust that men are more consistent than women I always recall Emerson's remark that "Consistency is the jewel of fools."

Women's Doings.

The Duties of a Wife.

There was a clever magazine story told, some years ago, of a prospective bride who devoted her year before marriage to qualifying herself for the duties of a wife and the mistress of a house. Her friends supposed her to be absent upon a foreign tour, but in reality she spent the twelve months in domestic service, as cook, housemaid and nurse, thus attaining practical knowledge how to serve her husband and herself satisfactorily later on. "Tis true 'tis pity and pity 'tis 'tis true" that many American girls marry in ignorance, more or less total, of the things which every mistress of a family ought to understand. Even those who take a course in cooking, as a rule, imbibe but little practical knowledge for future application.

All this is wrong. No one who does not know how to do a thing is competent to direct others as to how it should be done. In other countries, where women are frankly trained as wives and mothers, housewifery, in all its branches, forms an important part of every girl's education, and the higher her rank the more stringent this rule. In French convent schools no pupil is given a diploma unless she bakes a loaf of bread and makes a man's dress shirt by hand so well as to be worthy of exhibition upon commencement day. The Empress of Germany excels in the making of fruit jams and jellies, and every German woman is expected to be a good cook.

The English princesses, one and all, are thorough housewives, and Louise of Argle is said to have paid for a fresh cup of tea once in a Canadian farmhouse by ironing a shirt for the master of the house. Queen Alexandra is an accomplished butter-maker. In old Norway every bride, from princess to peasant, was obliged to cook her wedding dinner, and upon that dinner depended her future reputation as a housekeeper.

It is a mortifying confession to make that marital happiness may depend upon the culinary skill of the wife, yet none the less it is a fact which cannot be gainsaid. That the straightaway to a man's heart lies down his throat is an old and oft-quoted proverb, while we are told even by poets that it is easier for civilized man to live without love than without cooks. A man may have the patience of Job, yet it is not wise to try him too often with indigestible food. It is the bounden duty of every wife to care for her husband's comfort, and in these days of inefficient and uncertain domestic service to do this requires a fair degree of culinary skill. The Scripture doctrine that "faith without works is dead" applies, and with equal force, to other things as well as religion. True love is forever glad to spend and be spent in the service of the beloved. Equally, no matter what other admirable qualities a husband may possess, if he fails to provide for his own household he fails miserably, and makes home life a hollow mockery.

When two people marry, let each promise little and perform all which is possible, each making the happiness of the other the first object of life. This shall love, like God's loving kindness, be new every morning and peace and contentment dwell within their home.

Lady Rachel Dudley, of the Vice Legal Lodge of Dublin, Ireland, has founded the Lady Dudley fund for district nurses for service in the poorest parts of Ireland.

Mrs. Rachel Jackson Lawrence, who has charge of the Tennessee building at the St. Louis Exposition, is a daughter of Andrew Jackson's adopted son and was a baby in the white house, though born at the Hermitage, in 1832.

Amanda Foley, a colored woman, aged 57, residing in Indianapolis, has just begun going to school and avows her determination to obtain an education so that she may appear to better advantage in society than she has heretofore.

Eighty-six women, of Aragnary, Brazil, petitioned for the franchise, but the official addressed replied that the constitution did not provide for conferring political rights on women, and that the family was the place for women.

A fashion adopted in Paris and London and now finding favor here with women is having portraits taken of the back of the figure as well as the face. The two photographs are then placed in a revolving frame so that a more complete picture may be obtained.

What Girls Can Do. "I am only a girl. What can I do?" is the exclamation one frequently hears when some fair young creature is urged to bestir herself and accomplish some good for those about her. It is such girls as these who fall to realize that it is the girl who does things in this world who is attractive,

both to men and to her own sex, which just counts a little, too, in the long run. You may not be able to do great things, to paint great pictures or to sing in grand opera, but you can learn to make bright little things for yourself and your friends, and perhaps to play the light, "catchy" airs of the day so that your friends will enjoy them, and if you can't do anything else cultivate the art of talking brightly and of being sympathetic.

Every girl can do one thing well if she will only take the trouble to find out what that thing is. The difficulty is that she often looks in the opposite direction; she wants to do something great and showy or nothing at all. But there are other talents within reach if she will only look, and these talents may be such a comfort to her in her dark hours that they will make life better and happier both for her and those about her.

How the world likes a cheerful, plucky girl who makes a brave fight and hides her skeleton in a closet instead of folding her hands and whining because things don't come her way; the girl who puts her own grief as much as possible aside—who takes a wholesome interest in life.—Selected.



Don't stuff the baby until nature rebels by an emesis.

Don't forget that it wants cool water to drink occasionally.

Don't be afraid to use common sense in the care of your baby.

Don't expect the baby to be perfect yet unless you feed it on nature's food—mother's milk.

Don't forget that regularity in meal-time is just as necessary for your little one as for yourself.

At night, be sure the room is well ventilated. It's susceptibility to sickness is in inverse ratio to the amount of good, pure air you provide for its lungs.

Don't keep the baby in the house one minute that it is possible to have it out of doors. A baby kept out in the air and sunshine will not be cross and irritable.

Don't put too many clothes on the baby, and, above all, don't inflict it with long clothes. Least of all should this be done during its first few months of life, when it is weaker than at any other time.

Rights of Women.

Chief Justice Mason, of the Superior Court of Massachusetts, lately handed down a decision of more than usual interest, because of its being on the rights of women. The case was a suit for divorce, brought by a Russian, who asked separation from his wife on the ground of desertion. It came out during the trial that the couple were married in Russia some years ago. Later the husband came to America. He tried to persuade his wife to come with him, and afterward sent her money and tickets, but she refused.

"The husband's right to determine the place of abode of the family," said the judge, "is not an absolute right, but one which must be exercised reasonably. The wife's refusal to leave her kindred and the protection of the laws under which she has lived, and emigrate to a foreign country, the language of which was an unknown tongue to her, was not unreasonable, and did not constitute desertion."

Going Up Stairs.

Many women use up a large portion of the vitality by going up and down stairs from ten to thirty times a day. Few people appreciate the strength expended in going up and down stairs. Supposing you weigh 150 pounds. Now if you will attach 150 pounds to a rope and attempt to pull it up from one story to the next above you will get some idea of the strength expended in going up stairs, for every time you ascend to the second floor you must lift your body from one story to the other. Ladies' dresses interfere with their graceful and easy ascent of the stairs while the boys leap up two stairs at a time. Most women have not learned to economize their strength. I know of many housewives who go up and down stairs on the least pretext whereas by thoughtful planning they might save at least half the number of excursions up and down stairs. Going down stairs is not so hard and yet it is much harder work than walking on a level floor.

Reliable Way of Testing Poultry.

When buying a turkey, chicken or any other poultry prick the leg with an ordinary pin. If tough it will drag the skin. If tender and young, it will come out quite easily. This is really reliable and worth knowing.

A Help in Spring Cleaning.

Knit or crochet loosely, in coarse, unbleached knitting cotton, a bag large enough to cover the head of a long handled sweeping brush. Use this in sweeping down the walls of rooms.

Prospective Trouble—"Village Druggist—"I understand the church committee has decided to raise your salary."

Village Parson—"Well I hope it isn't true."

Village Druggist—"Why man, are you crazy?"

Village Parson—"No but I will be if I have to collect a larger salary. I have trouble enough collecting the small salary they pay me now."—Chicago News.

It Pays to Read Newspapers.

Cox, Wis., July 4.—Frank M. Russell, of this place, had Kidney Disease so bad that he could not walk. He tried Doctors' treatment and many different remedies, but was getting worse. He was very low.

He read in a newspaper how Dodd's Kidney Pills were curing cases of Kidney Trouble, Bright's Disease, and Rheumatism, and thought he would try them. He took two boxes, and now he is quite well. He says: "I can now work all day, and not feel tired. Before using Dodd's Kidney Pills, I couldn't walk across the door."

Mr. Russell's is the most wonderful case ever known in Chippewa County. This new remedy—Dodd's Kidney Pills—is making some miraculous cures in Wisconsin.

If there is ever a perfectly happy man found in this world it will be one who has but little, and don't want anything more.

Man is a dissatisfied knitter, and that is just what he was put here on earth for. The man who is satisfied with everything just as he finds it, is no better off than a number 2 knacker.

If you undertake to hire a man to be honest you will have to raise his wages every morning, and watch him tread up class besides.

There is lots of folks who are never satisfied with the best there is, but allwuss want sumthing a little better.

Hunting for happiness is like hunting for hens' eggs under the barn; half the time they are added after you have found them.

It is the surprizes of life that add most to our pleasure. One man is surprized with a legacy from a rich uncle, another that the old speckled hen has just cum off from her nest with 22 chickens.

Here is the grate difference between a fool and a wise man—the fool is known most by others, the wise man by himself.

Men are never so happy, and seldom so innocent spending their money, as they are in making it.

The value that most people put upon things in this world is the price they are held at.

There is a luxury in poverty, but the poverty must be imaginary, not real.

Fanning oneself on a warm day is like chewing gum, the more you do it the more you want to.

The world all praise the philosophers, but toss their pennies into the caps of the monkeys.

A healthy infidel is a very brave man forth; but give him a sharp turn of the stomach ache, and he is the meekest coward I know of.

Employment is the grate boon of life; a man with nothing to do is not half so interesting a sight as a 'spending turlop.

TWO STEPS

The Last One Helps the First. A sick coffee drinker must take two steps to be rid of his troubles and get strong and well again.

The first is to cut off coffee absolutely.

That removes the destroying element. The next step is to take liquid food (and that is Postum Food Coffee) that has in it the elements nature requires to change the blood corpuscles from pale pink or white to rich red, and good red blood builds good strong and healthy cells in place of the broken down cells destroyed by coffee. With well boiled Postum Food Coffee to shift to, both these steps are easy and pleasant. The experience of a Georgian proves how important both are.

"From 1872 to the year 1900 my wife and I had both been afflicted with sick or nervous headache and at times we suffered untold agony. We were coffee drinkers and did not know how to get away from it, for the habit is hard to quit.

"But in 1900 I read of a case similar to ours where Postum Coffee was used in place of the old coffee and a complete cure resulted, so I concluded to get some and try it.

"The result was, after three days' use of Postum in place of the coffee I never had a symptom of the old trouble and in five months I had gained from 145 pounds to 163 pounds.

"My friends asked me almost daily what wrought the change. My answer always is, leaving off coffee and drinking Postum in its place.

"We have many friends who have been benefited by Postum.

"As to whether or not I have stated the facts truthfully I refer you to the Bank of Carrollton or any business firm in that city where I have lived for many years and am well known." Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

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

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



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 mucus membrane.

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

All leading druggists keep Paxtine, price 50c a box. If you do not send to us for it, don't take a substitute—there is nothing like Paxtine.

Write for the Free Box of Paxtine to-day. R. PAXTON CO., 6 Pope Bldg., Boston, Mass.

Lady "drummers" in Berlin, seeking trade for the department stores, make tours around the city on bicycles, which are arranged to carry samples of goods

Ripans Tablets are the best dyspepsia medicine ever made. A hundred millions of them have been sold in the United States in a single year. Constipation, heartburn, sick headache, dizziness, bad breath, sore throat, and every other illness arising from a disordered stomach are relieved or cured by Ripans Tablets. One will generally give relief within twenty minutes. The five-cent package is enough for ordinary occasions. All druggists sell them.

A directory of Metz, Germany, has a star attached to the name of every married man. This is to impart information to unmarried females.

There is only one kind of person who is fit to live in solitude, and it is the one who is capable of adorning every position in society.

The street railroads of Nottingham, England, a city of 250,000 population, are owned and run by the commonwealth. Last year the railroads made a profit of eleven per cent. on the capital invested. The fare charged is about two cents a mile.

The bamboo sometimes grows two feet in twenty-four hours. There are thirty varieties of this tree; the smallest is only six inches in height, and the largest one hundred and fifty feet.

A SKIN OF BEAUTY IS A JOY FOREVER.

DR. T. FELIX GOULAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER

Removes Tan, Pimples, Freckles, Moth Patches, Rash, and Skin Diseases, and every kind of skin blemish. It is a beauty and health preserver. It has stood the test of 25 years, and is still the most perfect skin preparation. It is the property made of the finest of similia. Accept no imitations. Dr. L. A. Sayre said to a lady of the South: "As you ladies will see them, I recommend 'Goulaud's Cream' as the best harmful of all the skin preparations." For sale by all Druggists and Fancy Goods Dealers in the U. S., Canada, and Europe. F. T. HOPKINS, Prop'r., 37 Great Jones St., N. Y.

Japan, excluding Formosa, has a population of 40,000,000.

Solled photographs may be cleansed by sponging with clear cold water. The cardboard mounts should be cleansed by rubbing with dry bread.

Luv is one of those diseases that you can't git, nor git rid of, with envy certainty, envy more than you can the rumatiz.

I fully believe in the divinity of the Bible. I believe it because no man has ever been able to disprove it.

My friend, let us thank God for one thing, it is this: The books are to be balanced in heaven not here.

When washing dishes which have held milk, rinse them out with cold water before placing them in hot water.

Envy is not only the meanest passion of the human heart, but it is the most common one, too.

Sarkasm is a powerful weapon, but in handling it meany people take hold of the blade instead of the handle.

Happiness don't seem to konstist so much in what a man has as it duz in what sum bobby else has.

I have a theory that in the miracle of the loaves and fishes, there was a woman around who did the serving. I have seen three women dine on one egg, the heel of a loaf of bread and a pot of tea—and there were scraps afterward taken up.

There are forty-eight different diseases of the eye. No other organ of the human body has so many.

The banyan tree of East India is remarkable for the fact that its branches droop down to the ground and take root as separate stems.

BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.

PISO'S CURE FOR BILIOUSNESS, COLIC, CONSTIPATION

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Sale 10,000,000 Boxes a Year. THE FAMILY'S FAVORITE MEDICINE. Caraceta CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP. BEST FOR THE BOWELS.