

NO MORE HEADACHE

GENERAL WEAKNESS AND FEVER
DISAPPEAR TOO.

How a Woman Was Freed from Troubles
That Had Made Life Wretched for
Many Years.

The immediate causes of headaches vary, but most of them come from poor or poisoned blood. In anemia the blood is scanty or thin; the nerves are imperfectly nourished and pain is the way in which they express their weakness. In colds the blood absorbs poison from the mucous surfaces, and the poison irritates the nerves and produces pain. In rheumatism, malaria and the grip, the poison in the blood produces like discomfort. In indigestion the gases from the impure matter kept in the system affect the blood in the same way.

The ordinary headache-cures at best give only temporary relief. They deaden the pain but do not drive the poison out of the blood. Dr. Williams' Pink Pills on the contrary thoroughly renew the blood and the pain disappears permanently. Women in particular have found these pills an unfailing relief in headaches caused by anemia.

Miss Stella Blocker recently said: "Dr. Williams' Pink Pills did me a great deal of good. I had headache nearly all the time. After I had taken three boxes of these pills I became entirely well."

"How long had you suffered?" she was asked.

"For several years. I can't tell the exact date when my illness began for it came on by slow degrees. I had been going down hill for many years."

"Did you have any other ailments?"

"I was very weak and sometimes I had fever. My liver and kidneys were affected as well as my head."

"How did you come to take the remedy that cured you?"

"I saw in a southern newspaper a statement of some person who was cured of a like trouble by Dr. Williams' Pink Pills. My physician hadn't done me any good, so I bought a box of these pills. After I had taken one box I felt so much better that I kept on until I became entirely well."

Miss Blocker's home is at Leander, Louisiana. Dr. Williams' Pink Pills are sold by all druggists. Besides headache they cure neuralgia, sciatica, nervous prostration, partial paralysis and rheumatism.

Mythical Healing Qualities. Many plants acquired a reputation for healing merely from their shape or from some peculiar mark upon them. Thus the wood sorrel, which has a heart-shaped leaf, was used in a cordial; dragonwort was supposed to counteract snake bite, on account of its speckled appearance. The yellow juice of the celandine caused it to be recommended for jaundice upon the principle that "like cures like."

Small Boy's Mixed History. Around the great striking figures of history the small boy weaves curious answers. "Moses's mother pitched his little cradle within and without with pitch and left him there in the pool of Siloam. But when the daughter of Solomon got the green leaf from the dove she hastened and brought food convenient for him, and the babe crept thrice and grew up in her court.—Century Magazine.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

When a man tells his wife he has a surprise in store for her, she hopes it isn't a basement bargain.

FREE—55-page copyright book, "Advice to Victims Great White Plague (Tuberculosis)." Drs. Van Hurnell, 614 14th St., Denver, Colo.

Rat in His Strong ox. M. Aumont, a Belgian farmer, has committed suicide owing to the loss of valuable securities. Rats gnawed their way through a wooden deed box and destroyed the documents.

Insist on Getting It. Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 oz. in a package, which they won't be able to sell first, because Defiance contains 16 oz. for the same money.

Do you want 16 oz. instead of 12 oz. for same money? Then buy Defiance Starch. Requires no cooking.

The want of worthy motive has caused many a scaling down in the value of a seeming service.

IMPERIAL HERNIA CURE. Dr. O. S. Wood cures Rupture by a new process. In a few weeks, without loss of time or inconvenience. Rectal diseases cured without the knife. Send for circular. O. S. Wood, M. D., 521 N. Y. Life Bldg., Omaha.

Death has evidently traded his pale horse for an automobile.

Defiance Starch is guaranteed biggest and best or money refunded. 16 ounces, 10 cents. Try it now.

Blessed is the sorrow that cures of selfishness.

SIXTY LIVES LOST BY THE EXPLOSION OF BOILERS OF GUNBOAT BENNINGTON

They buried the gunboat Bennington's dead at San Diego Sunday—forty-seven of them—in a common grave in the little military burying ground on the promontory of Point Loma.

All about them lie those who died in the nation's service in more trying times. Gravestones, yellow with age, bear the names of men who died at Monterey, in the Mexican war; others who gave up their life in the conquest of California, who followed Commo-



Commander Young.

dore Stockton at old San Pasqual, or who wore the blue in the civil war. Army and navy paid their last tributes no less sincere than the grief of the representatives of peace. From Fort Rosecrans came the 115th company, coast artillery. From the city of San Diego the naval reserves, from the Universal Brotherhood's home on Point Loma a company of khaki-clad representatives, and from the government ship Fortune a dozen sailors. But the most impressive body of mourners was the fifty-two men from the battered Bennington. Beside these there were hundreds of civilians who brought their offerings of flowers to lay upon the graves.

Besides those buried at San Diego there are eleven more bodies in the morgues awaiting shipment to relatives, and there are two bodies still in the fireroom of the Bennington, making the total sixty. There are forty-nine wounded at various hospitals and there are sixteen missing, making the aggregate of victims 125. Of the injured at hospitals seven or eight are expected to die.

Accident Seen from Shore.

Broken and blackened, with her flag flying at half mast, her hold filled with fifteen feet of water, the United States gunboat Bennington lies beached on the shores of San Diego harbor.

Sixty of her crew lay dead at city morgues, the fate of a dozen more is as yet undetermined, and three score are stretched upon beds of pain in various hospitals.

This is the result of the explosion which wrecked the trim little naval craft and wrought such terrible havoc among her crew of 192 officers and men at 10:10 o'clock on the morning of July 21.

The Bennington at the time of the accident was lying in the stream just off the commercial wharf at the foot of H street. The warship had received orders from the Navy department at Washington to sail for Port Hartford, where she was to meet the monitor Wyoming and convey the vessel to Mare Island navy yard. Steam was up and everything was in readiness for sailing when suddenly and without any warning whatever the starboard forward boiler exploded with a deafening roar.

The explosion was terrific. People standing on the shore saw a huge cloud of white steam rise above the Bennington. Columns of water were hurled into the air and for a distance of nearly twice the height of the spars of the vessel.

At the time of the accident Com-

mander Lucien Young and Surgeon F. E. Peck were on shore. The two officers, as soon as they learned of the disaster, hurried to the water front, where Commander Young immediately took charge.

On board the Bennington were presented terrible scenes. The force of the explosion had torn a great hole in the starboard side of the ship, and the vessel was already commencing to list. A section of the upper deck was carried away from stem to stern.

Blood and wreckage were distributed over the entire ship, the after cabin and the vicinity of the ship's deck to the exploded boiler resembling a charnel house. Over it all hung the great cloud of white smoke, which drifted slowly toward the Coronado shore.

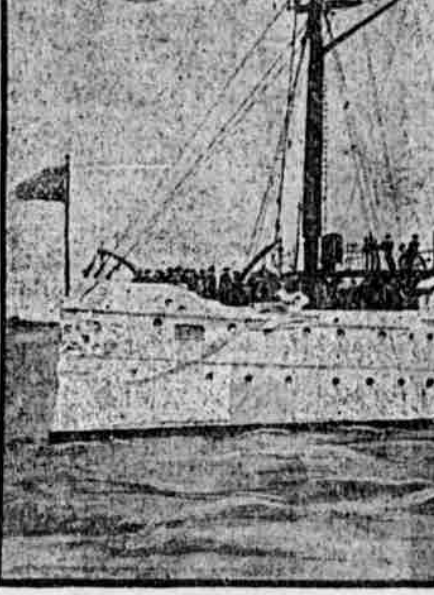
Commander Lucien Young said: "As to the cause of the explosion I cannot say anything, because I do not know. What I do know is that the damage was caused by an exploding boiler or boilers. The crown sheet of boiler B collapsed and the boiler head blew out, breaking through the steel bulkhead separating it from boiler D, the other main port boiler immediately aft. Boiler D was forced back, the crown sheet collapsing and breaking down the steel bulkhead separating it from the fireroom. Every one in the fireroom at the time was killed. Three bodies are now plinched down by the collapsed crown sheet of boiler D and four more by the burst bulkhead. These bodies we are now trying to release. One of the bodies is wedged in such shape that it may be necessary to dismember it in order to take it out."

The men who were injured say that it has been the talk of the ship for at least six months that the boilers were defective. Many of them had

feared for a long time that just such an accident would happen. One of the men said that a year ago last February, while the ship was at Magdalena bay, the engineer of the cruiser New York was sent for to inspect the boilers, and he reported that they were in good condition. While the vessel was in San Francisco last year the talk of defective boilers again arose, but no steps were taken to remedy them.

Other Lost Warships.

The destruction of the gunboat Bennington in San Diego harbor was an appalling disaster. But it does not justify the intimation that warships are more liable to accidents than other vessels. The very opposite is true, as the vessels of the American navy have been singularly free from such



WRECKED GUNBOAT BENNINGTON.

her moorings in the harbor of St. Thomas about the same time and thrown upon the piles of a new wharf. The receding sea carried her into deep water again with little injury.

In 1868 an earthquake wave broke the storehouse Fredonia in pieces, drowning twenty-seven officers and men, and carried the steamer Wateree half a mile inland. The vessel was a total loss, but only one man was lost from the Wateree.

This record of disaster in the American navy is lost sight of when compared with the disaster record in the British navy. Six hundred lives were lost in the disaster to the Royal George, 250 on the Amphion, 100 on the Nassau, 291 on the Scythia, 673 on the Queen Charlotte, 126 on the Invincible, 250 on the Ajax, thirty on the Minotaur, 300 on the Saldanha, 2,000 when the St. George and other warships were destroyed, 365 on the Sea Horse, 200 on the Avenger, 454 on the Burtonhead, 472 on the Ironclad Captain, 300 on the Eurydice, 280 on the Atlanta, 167 on the torpedo cruiser Serpent, 353 on the battleship Victoria, sunk by the Camperdown, and 400 on the Lady Nugent.

His Work a Labor of Love.

Gifford Pinchot, chief of the government forestry bureau, is a wealthy man, but keeps his position through love of the work connected therewith. He is practically the first American to make forestry a profession. His salary of \$3,500 is not much of an object to him and doubtless he would be just as enthusiastic if the government did not pay him anything. He has thrown himself heart and soul into the work, giving to it all his time and strength and working much harder and many hours longer than the ordinary government clerk who is solely dependent upon the government for his support.

Chicagoans Not Worried.

"I chanced to be in Chicago," said a gentleman at a dinner to a company of fellow New Englanders, "two or three days after the great fire of 1871. As I walked among the smoking ruins, if I saw a man with a cheerful air, I knew that he was a resident of Chicago; if I saw a man with a long face I knew that he represented a Hartford insurance company. Really, the cheerful resignation with which the Chicago people endured the losses of New England did honor to human nature."

disasters as are common among passenger and merchant vessels.

The story of shipwreck and disaster to the American navy is a short one. The Fulton, our first steam war vessel, was destroyed by an explosion of the magazine and twenty-six lives were lost. The brig Somers was sunk by a squall Dec. 9, 1846, and forty-one lives were lost. The sloop of war Huron was wrecked on the coast of North Carolina Nov. 24, 1877, and 100 lives were lost.

On the evening of Jan. 24, 1870, the Onelda, steaming out of the harbor of Yokohama, Japan, homeward bound, after a three years' cruise, was run down by the British passenger steamer Bombay and sank in fifteen minutes. Twenty-two officers and ninety-five men were lost. March 15, 1889, the Trenton and Vandalla were wrecked and the Nipsic stranded in a storm at Apia, Samoa Islands, and fifty-one lives were lost. On Feb. 2, 1894, the Kearsarge was wrecked on Roncador reef, but no lives were lost.

Aside from the vessels lost in the arctic seas, this makes up our list of naval disasters down to the time of the destruction of the Maine in Havana harbor, which was an act of war. Other of our naval vessels had thrilling experiences in storms, but without great loss of life.

For example, while anchored off Fredericksburg, on the island of St. Croix, Nov. 18, 1867, the Monongahela was lifted by an earthquake wave and carried over a number of warehouses and landed in one of the streets of the town. A receding wave carried her out of town and placed her on a coral reef, but without serious damage and with only five of the crew lost. The ship was afterward successfully launched from the reef.

The cruiser De Soto was torn from

DIET OF THE FUTURE

VEGETABLES AND FRUIT TO REPLACE MEAT.

Dictates of Destiny Point Strongly Toward This End—Abundance and Cheapness of Nature's Production Bound to Turn the Scale.

That Americans are great meat eaters may be considered a fact of derivation from the hunting and fishing stage of the country's life. So long as meat was abundant and cheap it had the recommendations which led to its choice as the principle article of food. The vegetarian who here and there raised his voice in protest against the consumption of flesh foods was little heeded. A people are guided in the selection of their foods very little by deliberate choice. They eat the things which are closest to hand. The time may come with that remote future to which is referred everything Utopian when nations will deliberately select the predominating articles of their diet with reference to the development of specific racial characteristics. But at present people in general are not even convinced that what they eat has relevancy to what, as a nation, they become.

For a few centuries to come, Americans certainly will continue to eat the "food convenient to them," while good-humoredly allowing the serialists to tickle their palates with health foods. But even American independence or indifference is amenable to the dictates of destiny. Just now Americans seem destined to drift more strongly than ever toward a fruit diet. The moving consideration is the fancy figures, with an upward tendency, at which flesh foods are sold. The other consideration is the abundance and cheapness of fruits. As wisdom takes counsel of necessity, a third motive, which of itself would not have great weight, is the superior wholesomeness of fruit foods.

We produce the biggest apple crops in the world, our peach crops are unparalleled, our watermelons and small fruits respond in abundance to the mere tickling of the soil with a hoe. The same story holds true of all domestic fruits. But this term has become elastic. California distributes throughout the country great quantities of tropical fruits and the area of cultivation of these is constantly extending. When the Panama trench is dug the Pacific coast fruits can be brought to the eastern markets with greater celerity and less cost. Modern means of transportation have made the plantations of the West Indies also almost the same as though they were within the country confines.

It is safe to predict that the consumption of bananas especially will soon be increased. Oranges are being consumed in rapidly increasing quantities. Certainly during the summer months fruit will be king. During the winter months the force of habit will prevail and more fruit and less meat will be eaten.—Baltimore Herald.

Drove Trade in Autographs.

Dr. W. G. Grace, the most famous cricketer in England, probably has given his autograph as often as any other celebrity. At a match not long ago he wrote his name in the notebook of a little girl. A couple of weeks later, much to his surprise, the same little lady shyly sidled up to him with the necessary documents and the request for his autograph. "But I gave it you only a few days ago," laughingly said the veteran. "Oh," came the answer, "I changed that one for two bishops." Dr. Grace laughed heartily as he replied: "Well, my dear, if a cricketer is worth two bishops I don't believe I ought to give you another autograph. But your naivete is so delicious I suppose I must. So there you are."

The Professor's Toast.

"That reminds me," remarked the fellow opposite, "that we are a chivalrous race. At least we attempt to be so. Intention counts for considerable, especially when we give it consideration. A few years ago I was at a dinner—this was shortly after the 'new woman' appeared, and the staid professor, who was an old-fashioned man, mentioned that while this new woman had ceased to be a lady, she had not become a gentleman. Then he capped it all by lifting his glass and saying: 'Here's to the better sex, God bless them.'—New Orleans Times-Democrat.

From Strength to Strength.

Defeat? Nay, verily! such fate Never can overwhelm thee, trustful soul. As God lives, some time, soon or late, Thine is a splendid goal.

As frosts that grip, and storms that shock, And droughts that fire the verdant lands, But warp and closer interlock The oak's reluctant bands;

So are they friends, not enemies, Who seem to work thee foulest wrongs: Scorn, buffet and rebuff, though these, Thou growest but more strong.

True, night may find thee sick, forspent, Fain to give o'er the strife; but dawn Will nerve thee with more brave intent For all these hurts foregone.

—Henry Jerome Stockard.

May Command in India.

It is probable that should Lord Kitchener resign his position as commander in chief of the British forces in India he will be succeeded by Lieutenant General Sir William Nicholson. The latter has seen a good deal of active service, including campaigns in Afghanistan, Egypt, Burma and South Africa. He was British attaché with the Japanese army during the early portion of the Russo-Japanese war.

A portion of Mont Blanc has been sold for \$30,000, and is to be broken into large squares of granite for building purposes. The rock in question is a world-famous stone which, broken off from Mont Blanc in the glacial period, was deposited in the Rhone valley at Monthey.

A man's wife may not object if he becomes economical with his kisses six months after marriage, but she's sure to kick if he acts the same way with his money.—Chicago News.

Thousands of Women ARE MADE WELL AND STRONG

Success of Lydia E. Pinkham's Vegetable Compound Rests Upon the Fact that It Really Does Make Sick Women Well

Thousands upon thousands of American women have been restored to health by Lydia E. Pinkham's Vegetable Compound. Their letters are on file in Mrs. Pinkham's office, and prove this statement to be a fact and not a mere boast.

Overhauling indeed is the success of this great medicine, and compared with it all other medicines and treatment for women are experiments.

Why has Lydia E. Pinkham's Vegetable Compound accomplished its widespread results for good?

Why has it lived and thrived and done its glorious work for a quarter of a century?

Simply and surely because of its sterling worth. The reason no other medicine has even approached its success is plainly and positively because there is no other medicine in the world so good for women's ills.

The wonderful power of Lydia E. Pinkham's Vegetable Compound over the diseases of womanhood is not because it is a stimulant—not because it is a palliative, but simply because it is the most wonderful tonic and reconstructer ever discovered to act directly upon the uterine system, positively curing disease and displacements and restoring health and vigor.

Marvelous cures are reported from all parts of the country by women who have been cured, trained nurses who have witnessed cures, and physicians who have recognized the virtue in Lydia E. Pinkham's Vegetable Compound, and are fair enough to give credit where it is due. If physicians dared to be frank and open, hundreds of them would acknowledge that they constantly prescribe Lydia E. Pinkham's Vegetable Compound in severe cases of female ills, as they know by experience that it will effect a cure.

Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, nervous prostration, or the blues, should take immediate action to ward off the serious consequences and be restored to health and strength by taking Lydia E. Pinkham's Vegetable Compound. Anyway, write to Mrs. Pinkham, Lynn, Mass., for advice. It's free and always helpful.

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The name and address of your shoe dealer and 15c to cover cost of mailing, etc., will secure one of the handsome rolled gold pins illustrated above. Enamelled in colors and will wear for years. These pins were secured by thousands of World's Fair visitors. Only a few hundred left. Write Quick.

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SHOE CO. ST. LOUIS

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THE DAISY FLY KILLER destroys all the flies and mosquitoes that annoy you in your home—in dining-room, sleeping-room and places where you are. Clean, neat, and safe. Try it now! It is a sure thing. You will never be without it. It is not sold by dealers, sent prepaid for 10c. Write for it. Send 10c. to Lewis & Clark, 140 DeKalb Ave., Brooklyn, N. Y.

Many who formerly smoked 10¢ Cigars now smoke
LEWIS'S SINGLE BINDER
STRAIGHT 5¢ CIGAR
Your jobber or direct from Factory, Peoria, Ill.

MOLES and WARTS REMOVED
With ANTI-MOLE. No pain, soreness or scar. GUARANTEED PERMANENT. Send for bottle by mail.—Miller Manufacturing Co., Lincoln, Neb.

W. N. U. Omaha. No. 31—1905.

\$25.00 Cream Separator

FOR 25¢ DOWN & \$1.00 WEEKLY. The celebrated DUNN'S CREAM SEPARATOR, capacity 50 pounds per hour; 25 pounds capacity per hour for \$25.00. Guaranteed to separate the cream from the milk. If not satisfied, return it for a full refund. Write for full particulars. Send 25¢ for a trial bottle. Address: DUNN'S CREAM SEPARATOR CO., 140 DeKalb Ave., Brooklyn, N. Y.

OUR OFFER. You a Separator on 10 days' free trial. With the binding understanding and agreement that if you do not find it to your satisfaction, you may return it for a full refund. We will immediately return your money. You may have it for freight charges or otherwise. On this trial, you will receive a full refund of your money. Write for full particulars. Send 25¢ for a trial bottle. Address: DUNN'S CREAM SEPARATOR CO., 140 DeKalb Ave., Brooklyn, N. Y.

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