



After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. Sallie French, of Paucanla, Ind. Ter., writes to Mrs. Pinkham: "I had female troubles for seven years—was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles, but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Biliary Colic, Headache, Dizziness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL, SMALL DOSE, SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Face-Similar Signature. *Small Pills* REFUSE SUBSTITUTES.



WESTERN CANADA

Some of the choicest lands for grain growing, stock raising and mixed farming in the new domain of Saskatchewan and Alberta have recently been opened for settlement under the

Revised Homestead Regulations

Entry may now be made by proxy (on certain conditions), by the father, mother, son, daughter, brother or sister of an intending homesteader. Thousands of homesteads of 160 acres each are now available in these great grain-growing, stock-raising and mixed farming sections.

Where you will find beautiful climate, good neighbors, churches for family worship, schools for your children, good laws, splendid crops, and all roads convenient to market.

Entry fee in each case is \$10.00. For pamphlet, "Last Best West," particulars as to rates, routes, best time to go and where to locate, apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, at Jackson St., St. Paul, Minn., and J. M. MacLachlan, Box 10, Watertown, So. Dakota. Authorized Government Agents.

Please say where you saw this advertisement.

Paxtine TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.



Large Trial Sample WITH "HEALTH AND BEAUTY" BOOK SENT FREE THE PAXTON TOILET CO., Boston, Mass.

WIDOWS' PENSIONS under NEW LAW obtained by JOHN W. MORRIS, Washington, D. C.

Hard to do without Pockets. "The most annoying thing in navy life for a recruit is the absence of side pockets in the uniform trousers." J. R. Ross, a yeoman at the navy recruiting station, said this morning.

"The average man doesn't realize how strong is the custom of thrusting his hands in his trousers pockets until he dons a pair without pockets. I've worn the navy uniform four years now, and I frequently find myself trying to put my hands in my pockets."—Kansas City Times.

FROM THE COMMONER

MR. BRYAN'S PAPER

The Test of Patriotism.

At the first reunion of the Spanish war veterans of Nebraska held at Lincoln Thursday, June 4, Mr. Bryan delivered a brief address, taking as his subject, "The Test of Patriotism." Below will be found a brief extract from Mr. Bryan's address:

Meeting again the men with whom I served for a few months ten years ago, my memory recalls many pleasing incidents and many sad experiences connected with the service. Among those who are missing I recall with great distinctness my lieutenant colonel, Gen. Victor Viquain, who some four years ago answered to the roll call of the Great Commander. Those who served with me in the Third Nebraska will never forget him. Of all the members of our regiment he was the chief in all that related to army life and he won his way into the hearts of the members of the regiment by his kindness and consideration for all. We miss him to-night.

I would not take a great deal for what I learned about human nature in the army. Military service brings out the best, as well as the worst, that is in man, and there is no place where we can learn how to know each other more completely. I became well enough acquainted with many of my regiment to feel sure that if duty required them to march straight up to the cannon's mouth, they would have exhibited as much courage as any of the heroes who have fallen upon the battle field.

I think I learned in the army what I never could have learned outside—of the patient suffering endured by those who spent a lingering illness in the hospital. Those who die upon the battle field are inspired by the life and drum and sustained by the ardor of their companions, but those who are fever-stricken and who,

a batt'le field and every day there is a call to service. War might be described as the surgical operation that cures a limb that might be saved by earlier treatment. In proportion as we discharge our civic duties in time of peace we can prevent the resort to war. The world is moving away from bloodshed and the time will yet come when men will be able to settle their differences without killing each other.

Lincoln, in his incomparable speech at Gettysburg, spoke of the unfinished work to which the nation should consecrate itself—the work of preserving the government of the people, by the people and for the people. This is a continuing war. The war of government, the war of society, the war of civilization is never ended. Each generation finds an unfinished work when it enters upon the stage and leaves the work still unfinished when it departs. The generations which have preceded ours have done their duty, they have given us a wonderful heritage. Those who have worked in peace and those who have striven in war have alike contributed to the great structure which the revolutionary patriots planned. Our nation is the world's leader in all that goes to make up a great nation and a high civilization and we, the people of the nation, must prove our patriotism as generation after generation is called upon to meet new problems and new difficulties.

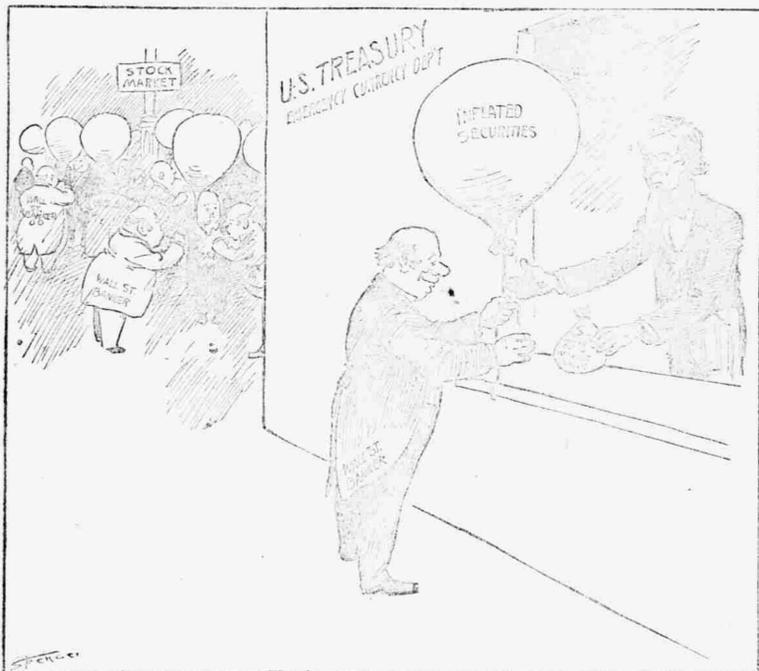
The Spanish war removed the prejudice that the Civil War aroused. The sons of those who wore the blue and the sons of those who wore the gray marched with each other ten years ago and died with each other in their loyalty to the government and to the government's ideals. The soldiers mingled together without regard to section, or party, or creed and proved that in a great emergency our people are patriots by every test that can be applied.

the fact that the word "pressing" was substituted for the word "present." This may have been a typographical error, or the reporter may have written the word carelessly. It will be noticed also that the word "leading" was inserted before the word "issue." The two words "pressing" and "leading" change the entire meaning of the sentence. Mr. Bryan stated that it would not be a PRESENT issue; that is, not an issue to be considered at this time, and that he did not intend that it should be made an issue by those who were using it to escape from the real issue. Then the word "rates" was added, and this limits the railroad question to the subject of rates, whereas the term used by Mr. Bryan, "effective regulation of railroads," covers other things besides rates. It will be seen, therefore, that the reporter by using three words that Mr. Bryan did not use, gave the opposition a chance to misrepresent Mr. Bryan's attitude. If Mr. Bryan had actually said that the railroad question was not a pressing issue, it would have been equivalent to saying that it was an issue but not as important as some other, but to say that it was not a present issue was equivalent to saying that it is not an issue at all at the present time. If Mr. Bryan had said that it would not be a leading issue it would have meant that it would have been a minor issue, but he said that it would not be an issue at all, which is an entirely different proposition.

There is no way to prevent these misrepresentations—and this is only an illustration—without a refusal to answer questions. The newspapers are doing a great work and the representatives are, as a rule, conscientious and anxious to report correctly, but it is not always possible to have an interview taken down in longhand and the memory is not infallible. With the very best of motives a newspaper man may unintentionally omit a word or a phrase, or unintentionally add a word or phrase, and the phrase omitted or added may change the entire sense of the sentence or may give entirely untrue conclusions from the interview.

Mr. Bryan has stated time and time again that the question of government ownership of railroads is not an issue and

"EMERGENCY" CURRENCY!



The Aldrich-Vreeland law in a nut shell

far away from home and family, spend weary days upon the cot or die without the comforting smile of kindred. These give to their country a full measure of devotion.

I never knew so much of sickness as I learned in the hospitals and my experience with the sick suggested an improvement which I think might be made in our military service. The chaplain is a necessary part of the army and the difference between the religious forms of various churches has convinced me that we ought to have two chaplains in each regiment instead of one. I had in my regiment both Catholics and Protestants and I learned how great a solace it is to a dying soldier to have one of his faith with him to administer the last rites and speak words of hope and comfort to him. The Protestant clergyman can not at such times fully meet the needs of the Catholic soldier and the Catholic priest can not at such times fully meet the needs of the Protestant soldier. Can not our government in its abundance supply the needs of both and contribute in this way to the peace of the last hours of those who enlist in their country's service?

The moral needs of those in health could be more fully met also by this recognition of religious preference and surely it is important that the morals of our soldiers should be guarded and cared for as well as their physical well-being.

Those who are called upon for military service prove their patriotism by an obvious test, for no one can doubt the love of country of those who are willing to die for their country. I can not, however, allow such an occasion to pass without suggesting that a man's patriotism can be tested in other ways than by army service. A generation has grown up since the Civil War and until the Spanish war these never had occasion to respond to a call to arms and only a few of the present generation were needed in the Spanish war. It would be sad indeed if only those who were regarded as lovers of their country who had had the occasion to don the uniform. The real test of the patriot is to be found in his willingness to perform whatever duty his country calls for, and in a country like ours every year furnishes

And I have no doubt that in meeting the issues presented by peaceful progress we shall be equally successful in proving that beneath our minor differences there is a unity of purpose that binds us all together and insures the triumph of every righteous cause.

A Sample of Misrepresentation.

Nothing in the experience of the man in public life (and one can be in public life without being in office) is more irritating than misrepresentation of his position, and yet it seems to be impossible to prevent misrepresentation. A newspaper man calls upon you, often as you are getting on the train or getting off, and asks a question. If you refuse to answer the question your refusal will be misconstrued, and yet when you answer it you take your chance upon a misquotation, and if you are misquoted the unfriendly papers are sure to seize upon the misquotation and build editorials upon it, gladly assuming that you are correctly quoted. The following is a case in point. Mr. Bryan went to Baltimore in response to an invitation of a local committee to deliver his lecture, "The Prince of Peace," during the session of the Methodist conference—the entire proceeds going to the local committee which had in charge the defraying of the expenses of the conference. He announced to reporters that as he was not there upon a political mission he would not discuss politics. One of the reporters asked him: "Will your advocacy of government and State ownership of railroads be prominent in the campaign?" Mr. Bryan replied: "That is not a present issue and I do not intend that it shall be made an issue. The people who are pressing it are trying to sidetrack the real issue, which is the effective regulation of railroads." The reporter, instead of reporting what Mr. Bryan stated, published the following: "This is not a pressing issue, and I do not intend that it shall be a leading issue, because the people who will press it are trying to sidetrack the real issue, which is the regulation of railroad rates," and he described Mr. Bryan as saying it "with emphasis and determination." A comparison of the two statements will disclose

will not be an issue in the campaign. The question of regulation is an issue, and those who are opposed to regulation, recognizing the weakness of their position, are constantly striving to deceive the voters and to turn attention away from the subject under consideration to some other subject.

Sometimes interviews are doctored in the newspaper office after they have been sent in. Mr. Bryan has had newspaper men complain to him that interviews sent in by them had been edited in the office so as to conform to the editorial policy of the paper. Of course, no defense can be made of such journalism, and yet there are daily papers which stoop to such methods in their selfish subservience to the exploiting interests.

It is a tribute to the intelligence as well as to the fidelity of the masses that the numerous misrepresentations of the subsidized press are having less and less influence with the voters. It takes time for the crooked methods of a bad paper to become known, but when they become known, the paper's influence decreases until, in time, its support becomes a reflection upon a candidate and its opposition a compliment.

Pennsylvania Democrats.

Many have done excellently, but none have made a braver fight than the Pennsylvania Democrats, who have met and conquered the consolidated forces of predatory wealth. But the victory was won at the primaries, not at a State convention.

Where?

Now that Alabama and Michigan have acted, to what States will those anxious guardians of Democracy, the New York Sun and the New York World, turn for relief from the rule of the majority?

Ratification.

Some seem to fear that the Denver convention will be a ratification meeting; but if the convention ratifies what the voters have done it will be easier for the voters to ratify what the convention does.



San Francisco chauffeurs have organized a union.

A branch of the Union Label League is to be organized in Memphis.

Vancouver, B. C., will soon have a building trades council in working order.

At Leithbridge, Canada, with a population of 4,000, there are about 1,000 trade unionists.

National Brotherhood of Operative Potters will meet next month in Atlantic City, N. J.

Minneapolis will entertain the 1900 convention of the International Musicians' Association.

The eight-hour day for all municipal work has been introduced in the City Council at Louisville.

The Women Suffrage League of New York City wishes the support of the labor organizations in its agitation for political equality.

The Moynihan Railway Company of Sao Paulo has just constructed in its shops the first locomotive which has been built in Brazil.

The Central Labor Council at Richmond, Contra Costa county, Cal., recently reorganized, has already fifteen unions affiliated with it.

Boston (Mass.) Upholstery Union is admitting mattress makers to its ranks for the first time in its history, and has already taken in nearly 100 of these men.

San Francisco Laundry Workers' Union has decided to contribute 10 cents per capita on the membership in support of the movement against Japanese laundries.

The child labor law, with fourteen years as the age limit and the eight-hour day for persons under 16 years of age, was recently passed by the Kentucky Legislature.

The recently organized Building Trades Council of San Mateo county, Cal., now has fifteen unions affiliated with it, and the aggregate membership is in excess of 1,000.

The extra appropriation given the Lowell Textile School by the State of Massachusetts, will enable the trustees to lay the foundation for a thorough engineering education.

A resolution providing for the establishment of a labor paper at San Juan, Porto Rico, has just been passed at a convention there of representatives of 110 unions having affiliation with the American Federation of Labor.

The call for the New England convention of the Metal Polishers', Buffers', Paterns' and Brass and Silver Workers' unions has been issued. It will be in Boston July 5. The Boston unions are organizing the international for a permanent Boston organizer.

The Scottish coal owners have put forward a demand for a reduction in wages of 25 per cent. Only a short time ago a matter of regulation was referred to arbitration, as the conciliation board could not agree. The award was for a reduction of 6 1/2 per cent; now comes the claim for 25 per cent.

The subject of a State industrial college is being considered in Massachusetts. It is proposed to establish the institute in Boston or vicinity, and that it shall maintain both day and evening classes. The main object of such a school is to develop men for the lower and middle supervisory positions.

The last reports presented to the Gas Workers' Union were to the effect that all the members of the jurisdiction, which includes the unions in San Francisco, Cal., San Jose, Oakland and Sacramento, are at work, and that this craft has been particularly fortunate in having work for the membership during the last ten months.

The new wage agreement between the cotton manufacturers at Fall River, Mass., and the Textile Council, which will be in force until next November, became effective last month. Under the agreement the 25,000 operatives accept a wage reduction of 17.94 per cent. The cut swells the number of cotton operatives in New England whose wages have been reduced this spring to about 170,000.

Labor is to have a newspaper system covering the entire country. A syndicate has been formed and the enterprise capitalized, it is said, to the extent of issuing a paper in the cities of New York, Philadelphia, Washington, Chicago, St. Louis, Denver and San Francisco. Publication will begin Sept. 1, and the policy will be one of ultra conservatism, the object being to restrain the labor movement from merging with the more radical socialistic element that has been making great inroads on the membership of the unions composing the skilled crafts.

HARD LUCK TALES.

Fay Allen, the 9-year-old daughter of Mr. and Mrs. J. W. Allen of Waterloo, Iowa, was stunned for several hours by lightning that struck the Allen home. The bolt passed along the wall against which Fay had her bed.

At Hopkinsville, Ky., Rev. J. M. Gordon, a prominent missionary of the Disciple of Christ denomination at a bath tub at the residence of Rev. H. D. Smith, whom he was visiting.

High waters in the Mississippi drove thousands of low land residents from their homes. At Hannibal, Mo., citizens organized an armed guard which patrolled in boats the flooded district with the avowed intention of shooting any one caught looting deserted houses.

At Jackson, Tenn., twelve men were injured in a rear-end collision between two passenger trains in the Illinois Central yards.

Arthur Anderson, the 11-year-old son of August Anderson of Kennedy, Minn., was drowned while swimming in a pond near that place.

As the result of the explosion of an old four-inch cannon which was being used to fire a salute to the passing Atlantic fleet, one man was instantly killed, three women and one boy dangerously and a dozen more slightly injured at Centerville Beach, Cal.

YOU'RE TOO THIN.

Even Slight Catarrhal Derangements of the Stomach Produce Acid Fermentation of the Food.

It's Stomach Catarrh

Some people are thin and always remain thin, from temperamental reasons. Probably in such cases nothing can be done to change this personal peculiarity.

But there are a large number of people who get thin, or remain thin, who naturally would be plump and fleshy but for some digestive derangement.

Thin people lack in adipose tissue. Adipose tissue is chiefly composed of fat.

Fat is derived from the oily constituents of food.

The fat-making foods are called by the physiologist, hydrocarbons. This class of foods are not digested in the stomach at all. They are digested in the duodenum, the division of the alimentary canal just below the stomach.

The digestion of fat is mainly, if not wholly, the work of the pancreatic juice. This juice is of alkaline reaction, and is rendered inert by the addition of acid. A hyperacidity of the digestive fluids of the stomach passing down into the duodenum, destroys the pancreatic fluid for digestive purposes. Therefore, the fats are not digested or emulsified, and the system is deprived of its due proportion of oily constituents. Hence, the patient grows thin.

The beginning of the trouble is a catarrhal condition of the stomach which causes hyperacidity of the gastric juices. This hyperacidity is caused by fermentation of food in the stomach. When the food is taken into the stomach, if the process of digestion does not begin immediately, acid fermentation will take place. This creates a hyperacidity of the stomach juices which in their turn prevent the pancreatic digestion of the oils, and the emaciation results.

A dose of Peruna before each meal hastens the stomach digestion. By hurrying digestion, Peruna prevents fermentation of the contents of the stomach, and the pancreatic juices thus preserved in its normal state. It then only remains for the patient to eat a sufficient amount of fat-forming foods, and the thinness disappears and plumpness takes its place.

TO PREVENT A WORLD FAMINE.

Observer Thinks World May Starve to Death in Short Time.

How soon will the world starve to death?

Last year Sir William Crookes predicted that unless something is done to increase the yield of wheat per acre there will soon be a world-famine. He pointed the finger of scientific prophecy at the fact that the average yield per acre, the world over, is only 12.7 bushels, so writes Prof. F. Knorr, of Colorado Agricultural College, in the Technical World Magazine.

Prof. Crookes was denounced as a pessimistic alarmist. But within a year of his statement the alarming condition he predicted has been reached.

"The world has a wheat deficit of four hundred millions of bushels," says a leading statistical authority. "The United States has a surplus available for export of four hundred and ninety-three millions of bushels, against a minimum requirement of over five hundred millions. We can supply the demand only by selling from our emergency supply."

The population of the United States increases much more rapidly in proportion than the acreage added to farming lands used for the great primary crops. Since 1898 the area devoted to wheat growing has been increased by only a few thousand acres; corn acreage has increased a little more; but, comparatively speaking, only a trifle; oats are on a par with wheat. Along with the vastly enlarged domestic consumption goes a constantly increasing demand for export.

"Cremation is good," wrote the little girl in the examination, "because the person might only be in a swoon, and if he is burned, he cannot recover."

FULLY NOURISHED.

Grape-Nuts a Perfectly Balanced Food.

No chemist's analysis of Grape-Nuts can begin to show the real value of the food—the practical value as shown by personal experience.

It is a food that is perfectly balanced, supplies the needed elements of brain and nerves in all stages of life from the infant, through the strenuous times of active middle life, and is a comfort and support in old age.

"For two years I have used Grape-Nuts with milk and a little cream, for breakfast. I am comfortably hungry for my dinner at noon."

"I use little meat, plenty of vegetables and fruit, in season, for the noon meal, and if tired at tea time, take Grape-Nuts alone and feel perfectly nourished."

"Nerve and brain power, and memory are much improved since using Grape-Nuts. I am over sixty and weigh 155 lbs. My son and husband seeing how I had improved, are now using Grape-Nuts."

"My son, who is a traveling man, eats nothing for breakfast but Grape-Nuts and a glass of milk. An aunt, over 70, seems fully nourished on Grape-Nuts and cream." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.