

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular, something is wrong which should be set right as it will lead to a serious derangement of the whole female organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes of 549 N. Davidson Street, Buffalo, N. Y., writes:

Dear Mrs. Pinkham—

I have been afflicted with irregular periods for many years. I have tried all kinds of medicine, but failed to get any relief. I had a friend who advised me to try Lydia E. Pinkham's Vegetable Compound. I bought a bottle and after using it a few days I felt a great relief. I continued to use it and in a few weeks my periods were regular and I felt much better. I have since bought several more bottles and have used them with the same success. I can now do my usual work and feel much better than I have for many years.

Mrs. Tillie Hart of Lawrence, N. D., writes:

Dear Mrs. Pinkham—

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Ask Mrs. Pinkham's Advice A Woman Best Understands a Woman's Ills

Mistress Rosemary Allyn

By MILLICENT E. MANN
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CHAPTER XVIII.—Continued.

The Captain, upon the landlord's telling him that there was no other outlet from the cellar, called his men and proceeded to drink to their success. When they had satisfied their thirst, bound up their scratches, and laughed a little over little incidents in the affray, they began to parley with the prisoner, Quentin Waters by name.

The man being promised safe conduct back to the same room, a grin on his dare-devil face. Doubtless he had intended to go to another that had spent their strength in taking the wrong man. They questioned him. He knew nothing of the prisoner or his friends, denied being Quentin Waters of Long Haut; hooted at the idea. He was Anthony Bryce, a tinker on the way to London in search of work. He had happened in at the inn for a bite of supper, and had only seen the men as they rushed out of the house to meet the Guards. When the men had poured upon him had in respectation of his own safety, he had fled. He told his story well, and mine host of the Tabard corroborated what he said. Consternation came upon them. One of the men said that Quentin Waters was a gentleman about town, and that the hour could not possibly be his. To clap the clasp on the man's forehead with positiveness that the fellow was not the prisoner wanted, for he had seen Quentin Waters often about London, and that he was at least two inches taller, and also of a darker complexion.

At this the captain wanted to know why in hell he hadn't said so before. The soldier replied that he hadn't been near enough to get a good look at him. So with crimination and recrimination, they were like to have a small fight among themselves when the captain happened remembered his duty, and put the still smiling fellow under arrest.

It being now too late to go in search of the man, and a heavy fog about, they returned to London a sorry lot.

CHAPTER XVIII.

The Loan of a Locket.

Lady Felton and I left the ivy-green south wall, the deep-throated well, and the sound of tinkling steel behind us and rode toward the open country.

The fog thickened. We rode close. My knees touched her horse's belly. I thought me in such a fog there was no need to go in a roundabout way.

No one will be able to recognize us in this fog," I said, "we will ride for the bridge; we shall have time to cross it before the guards will have reached it and can station men there."

"I trust Gil for the house and waited until I heard the door close and heard her say, 'Oh, Moffet, how you frightened me!' Then I turned and remounting my horse rode slowly out of the grounds. I passed the high pillars of stone at its entrance. A light was shining before my eyes. I heard a whisper, 'This is a thousand colors dashed before me.' I clutched at something—anything to save myself from falling. Then I knew no more.

CHAPTER XIX.

Pretty Alice Lynton.

Buzz-buzz-buzz sounded throughout the room. What fretted me most was that the noise kept time to the beating in my temples.

"Master Arrol," I muttered, "is a fine way to treat your guests—drink 'em under the table—first time in life—your wine's too newly drawn—too new I say. Oh, my head's as heavy as a leaden ball—No, no, my lord, the game is mine, mine, I say."

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head—it was sore to the touch, and about it there was a cloth.

"But how came you here?" I questioned.

"I see," I said whimsically. "I should have said how I came here."

"It is a long tale," she began, "and I am afraid the chiturgeon will not want me to talk to you for fear of your fever coming back."

"Never mind the chiturgeon," said I. "I am more like to die of impatience if you keep me long waiting. But first ask Gil to stop his jabbering there in the corner—tell him to come here—why doesn't he come here—perhaps I can induce him to satisfy my curiosity, since you are so reluctant."

She did not move from my side.

"Gil, Gil," I cried. "I marvelled that my voice gave out so small a sound."

"Oh, sir," she said, "I'm afraid you will do yourself harm. Prick this place, and then I'll tell you what I know."

She took a cup from among the bottles on a chair near the bed, and put it to my lips. I meekly drank. It contained a nasty concoction of drugs.

"Your pardon," I begged, for while she had my hand held I had peered more closely into the dinky corner. "My head is not very clear, and I thought twas Gil humming as he oft does one of his outlandish verses to himself." I added petulantly.

(To be continued.)

FOUND OUT ALL ABOUT IT.

How Englishman's Thirst for Information Was Satisfied.

One day when we were preparing the American exhibit at the World Exhibition, the chemist, Mr. McMurtrie, the chemical expert, was arranged some bottles of wine when an Englishman came along. I would have recognized him for an Englishman in the center of Africa. He stood and watched me for a while and then he said to me in a very noticeable English accent, "Is that wine?"

"I told him it was. Did it come from America?" he asked. I satisfied his curiosity. "Do you make wine in America?" was his next question. I now indicated that he was trying to say my name, and he said, "What do you make it?" he inquired insistently. I was now sure that he was trying to say my name, so I answered, "Why, potatoes, of course. What did you think we made it of?" A minute afterward I was sorry for I saw that he had been trying to say my name, and he said, "I'm afraid you've been deceived. With an expression of cordial admiration he remarked, 'Favney! I knew you didn't have any grapes in America, but I never thought you were clever enough to make it out of potatoes!'"—New York Times.

TELL THE COMING WEATHER.

Observant Persons Need Never Be Caught Napping.

If the clickwood and scarlet pimpernel expand their tiny petals, rain need not be expected. A man here says, "Bees work with redoubled energy just before a rain. If the flies are unusually persistent either in the house or around stock there is rain in the air. The creaking of the approach of cold weather. Scuttles close a large supply of water. The hawks of course are unusually thick and the buds of deciduous trees have a firmer protecting coat if a severe winter is at hand. If the poplar or quaking asp leaves turn up the under side rain will soon follow."

Live and Learn.

I have been in business many years and during that time have received hundreds of thousands of postal cards," declared a Market Street business man, "but recently I had a novel experience.

"I received an ordinary postal card on which was placed a 2-cent due stamp. And of course, before I could receive the card I had to pay the postage 2 cents."

"I became curious. A postal card with a due stamp on it had never before. About the postage card there was nothing to suggest that extra postage was required. So I made inquiries. Then it was shown to me that the sender of the postal in question, perhaps for convenience in carrying, had cut off a quarter-inch strip from the bottom. And therefore upon government regulations, full letter postage had to be placed in the card. All of which goes to show that the longer we live the more we learn."—Philadelphia Press.

Good Reason to Follow.

A happy father and mother had their little girl and turned over to them as their "very own." The rafters and door were stained green. Over the latter were scattered old-fashioned rag carpet rugs of the bit-and-miss or end, with red or yellow stripes at the ends. A long row of chairs was set out to comfortable height. Among the chairs is an old "Boston" rocker that is the seat of honor of the place. There are ferns, shelves containing treasures gathered up from field and shore, two open bookcases, a handsome lamp, and a cowbell suspended by a rope over the stairs. This is the doerbell, if you please. The cubbies between the timbers of the sloping roof are occupied as dolls' houses, etc.

Good Reason for Excuse.

Mr. Theodore Cuno, editor of the Staats-Zeitung, has a very cute little granddaughter of about four years of age.

One day her mother was entertaining, and had just seen her last guest go. "Mamma says won't you please excuse her; she's all cups and saucers."—New York Tribune.

THE FISH BRAND SLICKER A VALUED FRIEND

"A good many years ago I bought a FISH BRAND Slicker, and it has proven a valued friend for many a stormy day, but now it is getting old and I must have another. Please send me a price list." (The name of the water, added to the name of the weather, will give you the name of all the Fish Brand Slickers.)

HIGHEST AWARD WORLD'S FAIR, 1904.

A. J. TOWER CO. TOWERS

TOWER CANADIAN COMPANY, Limited, Toronto, Canada.

Wet Weather Clothing, Suits, and Hats for all kinds of work or sport.

QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE
Heavily Approves of Peruna for the Nerves.

In a recent letter to The Peruna Medicine Co., Miss Julia Marlowe of New York City, writes the following:

"I am glad to write my endorsement of the great remedy, Peruna, as a nerve tonic. I do so most heartily."—Julia Marlowe.

Digestion furnishes nutrition for the nerve centers. Property of food furnishes the raw materials of life with vitality which leads to strong, steady nerves and thus nourishes life.

Peruna is in great favor among women, especially those who have vocations that are taxing to the nerves.

This can be easily obtained by using Peruna. Peruna strikes at the root of the difficulty by correcting the digestion.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become bloodless for want of proper nutrition.

This is especially true in the spring season. Every spring a host of invalids are produced as the direct result of weak nerves.

Buy a bottle of Peruna to-day. If you do not receive all the benefits from Peruna that you expected, write to Dr. S. B. Harrison, Columbus, Ohio.

THE SECRET OUT.

The Door Stands Wide Open.

To defeat the enemy, first and foremost, you must know the secret. The secret is the key to the door. The door stands wide open. The secret is the key to the door. The door stands wide open.

THE LADY WHO IRONS

Knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes further, does more. Ask the lady who irons. Defiance Starch at all grocers. 10c. per 10 cents.

Dr. Pierce's

Dr. Pierce's Pellets.

There are Many Imitations of Baker's Cocoa and Baker's Chocolate. Don't be misled by them!

Our trade-mark is on every package of genuine goods. Under the decisions of several United States Courts, no other chocolate or cocoa than Walter Baker & Co.'s is entitled to be sold as "Baker's Cocoa" or "Baker's Chocolate"

Our handsomely illustrated recipe book sent free.

Walter Baker & Co. Ltd.
Established 1700 Dorchester, Massachusetts
45 Highest Awards in Europe and America

Made by Hand Wear a Lifetime

Our Catalogue explains how we can give you a piano for \$1500 to \$10000 below the market price. Don't Buy Until Posted.

Write for our catalogue, price terms and our 1000 special proposition.

We Have No Agents—Address the Manufacturer

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1312 FARNAM ST., OMAHA.

A GAS RANGE in the COUNTRY

QUICK MEAL Gasoline Range

Would You Like a Present?

Why it is the Best

Insist on Getting It.

AT BED TIME I TAKE A PLEASANT PERS DRINK

THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER

My doctor says it is the best medicine for my condition. It is called "Lane's Family Medicine"

LANE'S FAMILY MEDICINE

It is a mistake to force a good thing into service where it has no place.

ALL Up-to-Date Housekeepers use Defiance Cold Water Starch. because it is better, and 4 ounces more for the same money.

BEGGS' BLOOD PURIFIER CURES outbreaks of the stomach.

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Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

What About the United Judgment of Millions

of housekeepers who have used LION COFFEE for over a quarter of a century?

Is there any stronger proof of merit, than this

Confidence of the People

and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

AN OPENING FOR YOU

There is an opening for you in the Southwest. It is a chance to make a fortune. It is a chance to make a fortune. It is a chance to make a fortune.

NOW IS THE TIME!

Less Than One Fare For The Round Trip.

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FARMS IN WESTERN CANADA FREE

Excursions to the Free Grant Lands of Western Canada.

During the month of March and April, there will be excursions on the various lines of rail way to the Canadian West.

Hundreds of thousands of acres of the best wheat and farming lands on the continent free to the settler.

Apply to the nearest agent for particulars.

For information as to route, cost of transportation, etc., apply to the Superintendent of Immigration, Ottawa, or to the nearest agent.

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W. N. U. Omaha No. 16-1905.

DEMISTER IMPROVED STEEL WIND MILL

THEY STOP THE WIND AND THEY WEAR LATEST STURGEON BELL FACTORY, BRIDGE, N.B.

BRANCH OFFICES: Kansas City, Mo.; St. Paul, Minn.; Omaha, Neb.; Denver, Colo.; Chicago, Ill.; St. Louis, Mo.; Portland, Ore.; Seattle, Wash.; San Francisco, Cal.; Los Angeles, Cal.; San Diego, Cal.; San Jose, Cal.; Sacramento, Cal.

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