

TABLE AND KITCHEN.

Practical Suggestions About Food and the Preparation of It.

Table with columns for Daily Menus, Monday, Tuesday, Wednesday, and Lunch. Lists various food items like Cereal, Fruit, Cream, Meat, etc.

In Reference to Menus. When arranging menus for the week that are to be used in widely different sections...

Pure Food. None but Advertising of Thoroughly Reliable, Pure and Healthful Foods Will Be Accepted for These Columns.

Gladstone Bros. & Co. INCORPORATED. Fancy Groceries, Wines, Liquors and Cigars. 1308-1310 Douglas St. OMAHA, NEB.

WESSON ODORLESS COOKING OIL. ALL OTHER SUBSTITUTES FOR LARD OR BUTTER FOR COOKING HAVE FAILED BECAUSE OF THE ODOR AND TASTE GIVEN THE FOOD IN WHICH THEY ARE USED.

ABOUT BEER. If you are willing to test our statements you can quickly settle the beer question. We claim to give you better and purer beer than any other brewery...

For the stomach's sake BATTLE CREEK SANITARIUM FOODS. Thoroughly cooked! Ready for instant use! Delicacies at all seasons and for all ages!

When Mr. Bryan was nominated in 1896 Daniel Scotten, the millionaire tobacco merchant of Detroit, deposited almost \$1,000,000 in Canadian banks. He died before he withdrew all the money and then the Ontario government endeavored to collect death duties amounting to \$50,000.

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"I Followed Mrs. Pinkham's Advice and Now I am Well!"



Doctors Mystified.

A woman is sick; some disease peculiar to her sex is fast developing in her system. She goes to her family physician and tells him a story, but not the whole story. She holds something back, loses her head, becomes agitated, forgets what she wants to say, and finally conceals what she ought to have told, and thus completely mystifies the doctor.

Is it any wonder, therefore, that the doctor fails to cure the disease? Still, we cannot blame the woman, for it is very embarrassing to detail some of the symptoms of her suffering, even to her family physician. It was for this reason that years ago Mrs. Lydia E. Pinkham, at Lynn, Mass., determined to step in and help her sex. Having had considerable experience in treating female ills with her Vegetable Compound, she encouraged the women of America to write to her for advice in regard to their complaints, and being a woman, it was easy for her ailing sisters to pour into her ears every detail of their suffering.

No physician in the world has had such a training, or has such an amount of information at hand to assist in the treatment of all kinds of female ills, from the simplest local irritation to the most complicated diseases of the womb. This, therefore, is the reason why Mrs. Pinkham, in her laboratory at Lynn, Mass., is able to do more for the ailing women of America than the family physician. Any woman, therefore, is responsible for her own suffering who will not take the trouble to write to Mrs. Pinkham for advice. The testimonials which we are constantly publishing from grateful women establish beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

Grateful Letters from Cured Women.

"DEAR MRS. PINKHAM:—I was a sufferer from female weakness for about a year and a half. I have tried doctors and patent medicines, but nothing helped me. I underwent the horrors of local treatment, but received no benefit. My ailment was pronounced ulceration of the womb. I suffered from intense pains in the womb and ovaries, and the backache was dreadful. I had leucorrhoea in its worst form. Finally I grew so weak I had to keep to my bed. The pains were so hard as to almost cause spasms. When I could endure the pains no longer, I gave up all hope of getting well. Thus I dragged along. To please my sister I wrote to you for advice. Your answer came, but meantime I was taken worse, and was under the doctor's care for a while. "After reading your letter, I concluded to try your medicine. After taking two bottles I felt much better; but after using six bottles I was cured. All of my friends think my cure almost miraculous. I thank you very much for your timely advice and wish you prosperity in your noble work, for surely it is a blessing to broken-down women. I have full and complete faith in the Lydia E. Pinkham Vegetable Compound."—GRACE B. STANSBURY, Herington, Kansas.

"DEAR MRS. PINKHAM:—I have been thankful a thousand times since I wrote to you for what Lydia E. Pinkham's Vegetable Compound has done for me. I followed your advice carefully and now I feel like a different person. "My troubles were backache, headache, nervous tired feeling, painful menstruation, and leucorrhoea. I took four bottles of Vegetable Compound, one box of Liver Pills, and used one package of Sanative Balm, and am now well. "I thank you again for the good you have done me."—ELLA E. BRENNER, East Rochester, Ohio.

"DEAR MRS. PINKHAM:—I want to tell you what your medicine has done for me. I believe it saved my life. I had womb trouble and inflammation of the ovaries, and was troubled with flowing too much. I had two doctors, but they did me no good. After writing to you, I began the use of your remedies, and to-day I am well. I cannot say enough in your favor and shall always praise your Vegetable Compound."—MRS. FRED. LEO, Box 520, Skowhegan, Maine.

"DEAR MRS. PINKHAM:—I feel that it is my duty to write and tell you of the benefit I have derived from the use of Lydia E. Pinkham's Vegetable Compound. I wrote to you last June and described my sufferings. "I took seven bottles of your medicine and was cured of my troubles. Last September I was taken with a very bad kidney trouble. I was away from home and was obliged to return. I started to take your medicine again and was soon well. "When I wrote to you last summer I weighed only one hundred and five. I now weigh one hundred and thirteen. I am very grateful to you for the good advice you gave me, and would recommend your medicine to all who suffer from female weakness."—MRS. B. CUNNINGHAM, Oakland, Ill.

\$5000 REWARD. Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank of Lynn, Mass., \$5,000, which will be paid to any person who will show that the above testimonials are not genuine, or were published before obtaining the writers' special permission.—LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.