A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse, from the Bleckley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes:

"I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use.

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with sore, bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bloat after eating and frequently become nauseated. I had an awful discharge and pains down through my limbs so I could hardly walk. It was as bad a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhœa, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

THE MAN OF THE WEST

Hawk Jenkine said to me to-day:
"I'm feelin' weary that-o-way,
About this cowboy guff I reads,
Them eastern papers' wild West screeds.
In the first place I'm yere to tell,
Real western men don't go an' yell
To some news-sharp how they has killed
Whole tribes o' Injuns, how they's spilled
The blood o' forty men or more,
An' that their regler feed is gore.

"Real western men don't give a dam
For paper praise, nor do they slam
Their jaws together an' look fierce,
Nor do their eyes git up an' pierce,
Nor do they gab in langwidge free
Long yarns o' what they uster be.
The truest men, the kind that stay,
Be them that has the least to say.
Such-like are kind an' to the end
You'll find 'em stickin' to a friend.
The papers don't ne'er hear o' these,
The mouthy kind is what they sees—
The kind that need six mules an' all
To simply pack around their gall.

"Jes' let me tell you of a man—
None best him while none ever can—
Won't give his name, 'cause he would kick,
But that won't stop me on this trick,
Call him Dakota, jes' fer fun,
You'll see the plot when I am done.

Dakota, small an' sort o' sad,
An' seems to me the feller had
Girl-eyes, an' freckles an' a smile
That kept you thinkin' all the while
That any little kid might tie
To him, an' that he'd ruther die
Afore he'd let one helpless know
Of pain or harm—you bet, that's so!
No bad man 'bout Dakota, tho'
I can't jes' say he was so slow
In any sort or kind o' fight,
Except his lips got thin an' white
An' after it was done he'd say,
'I'm sorry, boys,' an' walk away.
An' it's a fact that right to-day,
Dakota, good an' kind an' gray,
Don't have a word to say to men,
When on the corner, now an' then,
Some paper man hog-ties him fast
To tell the world about his past.

"An' that's the game, real western men
Be the same now as they were then;
Don't wear long hair ner buckskin things,
Don't like the bluff that allers stringsThe paper men an' never's stint
On seein' his full name in print.
True western men, the kind that stay,
Be them that has the least to say;
The true heart sort that ne'er discard
Yer friendship or yer true regard.
The kind a feller's free to love—
The kind the world hears nothin' of."
—Robert V. Carr in Whitewood, S. D., Plain Dealer.

The Throwers of Curves

"The unexpected is bound to happen in baseball," said Pat Tebeau recently. "No man knows this better than I. I was much interested in the training of the Pittsburg team during my visit to Hot Springs. It makes me smile to hear people say that such a world beating pitcher cannot give out all at once. That there must be a gradual decline, etc. George Cuppy was with me at Cleveland, and I brought him over to St. Louis when we moved the team over. I guess there was never a better pitcher in those days than Cuppy, yet his cunning left him one day while he was changing his shirt or something. The year we moved from Cleveland to St. Louis Cuppy seemed in his best shape at the spring training, but he was a joke when it came to pitching in the race. I never saw a man drop from a star to a dub in a day as did Cuppy, but he surely did do just that very thing.

"Talk about rules hurting pitchers—I don't believe it. I have never known a rule that was not made for the betterment of the game, and if it did not serve the purpose it was soon revealed. Amendments in pitching rules have saved or made more pitchers than they ever destroyed. There's Cy Young—training here now for his annual stunt with Boston, and the chances are he will be as good as ever. What has saved Cy and made him fit to go the distance? Simple life, say you. Fudge, say I. It's nothing more or less than the foul strike rule. That's what saved Cy Young. Years ago he would have been back on the farm, but the foul strike rule came along and put a brace under him, and he is the boy who worked that rule for all it was worth.

"Without fear of successful contradiction, I say that Cy Young was and has been benefited more by the foul strike than any other six pitchers in both leagues. He was always a swift man, and used the outside corner whenever he could, and nine times out of ten when that ball was not met square before it came half way across the plate it was a foul. I have seen long fouls sent to the fence time and again on Young, efforts which would have counted for naught under the old rules, but under the new rule the first two count as strikes. Cy should thank his stars for the foul strike rule. It has kept him in the game."

Native Christians in China

According to William Greener, author of "A Secret Agent in Port Arthur," the status of a Christian convert in China is similar to that of many avowed atheists in this country. "His relatives plead with him and reproach him, the bulk of the people condemn him, the officials despise him and are not ready to help him. If persuasion will not win him back to the conventions of the public his family try threates; the rage of his ancestors at his apostasy, the dishonor he has brought upon them and upon his living relatives, such wickedness as the gods will not allow to go unpunished. If he remain obdurate they tell him of the fate of other Christian converts and ask him if he wishes to be a tortured martyr.

"Then they say there is a strong secret body of the orthodox faith, the old true believers of China, who mean to drive out the foreign devils and destroy all who believe as the foreigners believe, and have forsaken the sacred faith of their forefathers and mock the true religion. The Chinaman, timid by nature, is influenced at last; terrorized by these hints he goes to the missionary with a story of a secret society of blood-thirsty vegetarians, the fearful 'tsilili,' who are plotting to murder the missionaries and other converts.

"This story in various forms comes from so many converts that the missionaries become alarmed and write to the consul. If the consul has many such communications he, too, takes fright and requests the presence of a gunboat, or some other drastic remedy, and at once you have all the ingredients of an ugly international incident."

Real Record for Laziness

In the shadow of the Sandwich mountains, in the peaceful valley under Quaker hill, lived Moses and Aaron, chums for eighty long years. I can still picture them sitting under the tamaracks, after they had made up their annual spring quarrel about the line fences. Then we knew the old stories would be forthcoming.

'Aaron," said Moses, "do you remember hearin' ole Deacon Taylor, him that lived up in Whiteface clearin', tell about the laziest man that ever settled in Sandwich?"

"Fears as though I ought to, but I don't jes' seem to recklect," Aaron would answer, accommodatingly.

"Wal," Moses ould hasten to say, "this 'ere feller was so shif-less that his wife and children and all of his critters died off. He didn't raise any crops, and finally the neighbors made up their minds he must work or depart this earth.

"So they put him into a big hogshead, about seven foot deep, and they fixed it so that it could be filled with runnin' water, but by pumpin' hard the feller could jest keep his head above the water. They loaded the whole business on to a pack, and were starting for the millpond when the parson hollered out: 'Hold, brethren, I would fain give the erring man one more chance. I will give him a bushel of corn from my scanty store.'

"The feller managed to stick his head out fer enough to inquire, 'Is the corn shelled, parson?'

"'No, brother.'

"Then drive on, boys,' sez he, and settled back into the hogshead."—Boston Herald.

Pen Picture of Fukushima

"No one who encountered Gen. Fukushima casually," says a writer, "without knowing his name, would ever dream that he was a personage of special importance in the world; the very shrewdest judge of character indeed, might pass him without detecting in him a single sign of unusual ability. For in appearance he is a most insignificant little gentleman, one of the sort who just amble through life doing nothing, excepting perhaps very small errands. His figure is short and slight, the color of a mouse, with silver-gray hair and his voice is almost deprecatory in its gentleness. He has a singularly pleasing smile, it is true, but he smiles very rarely.

"Then his manner is as unassuming as his appearance is insignificant; he goes about his work quietly, silently, with a dreamy, heavy look in his eyes, as if he had neither hope, ambition nor care in life, and asked for nothing but to be left in peace. And this is Yasunata Fukushima, who rivals Ito himself in subtlety, Yamagata in war craft, and who has certainly sharper eyes and possibly keener wits than either.

"This man, with his dull, expressionless face, listless, aimless, stolid bearing, and his meager frame, is renowned throughout the east alike for his cunning, his daring and his strength. Intellectually he is the most brilliant of all Japan's brilliant soldier-politicians, the most farsighted of her layers of plans, the most boundlessly ambitious, however, not for himself but only for his country."

Japs Recognize the Y. M. C. A.

Carlisle V. Hibbard was graduated with the class of 1900 at the University of Wisconsin. He is a member of the international committee of the Young Men's Christian association and as such has been with the Japanese armies throughout the present war in the east. Of his experiences at Fenghuangcheng he writes: "Our reception was more than could have been desired. We called first on the head of the local military government, then on the couple of other officials whom I had had the good fortune to meet at Antung. In the streets we met numbers of soldiers who recognized me as 'the soldier-comforting foreigner.' Everywhere the reputation of the Antung work secured us the most cordial treatment.

"The commandant of commissariat regretted that he could not furnish us with permanent quarters at once, but offered to do the best he could for us temporarily. A soldier guided us to a very good room in a Chinese house and set the Chinese to cleaning the same. When we returned from the station with the baggage a cart was at the door and a couple of soldiers who were carrying in a great wooden bucket of cooked rice, a parcel of fresh meat, canned fish, a firebox, charcoal, firewood and a lamp.

"Our work in Fenghuangcheng has opened with unexpected success. We have had from 200 to 300 every day and yesterday I spoke to 150, all the place would hold, and a good many standing outside."

When Mrs. Stowe Awoke.

A friend of mine, a Northern woman long resident in Florida, once gave me the following account of a visit from Mrs. Stowe: "I had invited her to spend the day, with several other ladies, at my villa. She came with an old white fur tippet wrapped about her neck. She sat all day near the open fire, occupied apparently with her own thoughts, for she spoke to no one. When the day was well nigh spent, one of the guests related the remarkable experience of a woman who had passed through some danger. I forget of what sort. Mrs. Stowe presently startled us all by inquiring, with some show of interest, 'Did the woman live?'"—Julia Ward Howe's Article on Harriet Beecher Stowe, in the Reader Magazine.

Protesting Against Rate Reduction.

Atlanta, Ga.—The recent proposition of J. Pope Brown, Chairman of the Georgia Railroad commission, to reduce the passenger rate in Georgia from three to two cents per mile was protested against by the Brotherhood of Locomotive Engineers, the Order of Railway Conductors, and unions of the blacksmiths, machinists and telegraphers, boilermakers, railway trainmen, carpenters and joiners, clerks and car men. These organizations employed an attorney especially to represent them, who urged that such a reduction would work against the prosperity of the state and lead to a reduction in the number of railroad employes, as well as of their wages. The Travelers' Protective Association also protested that a reduction, as proposed, would result in fewer trains and poorer service.

A Correction.

The Tribune made "quite an error" in regard to the Swartz-Fischer wedding. The groom's name was Charles Wencil instead of George Swartz, and the wedding took place at the Lutheran church instead of at the bride's parents. We also made such an error, but are not altogether to blame for it as we were misinformed in regard to the occasion.—Montgomery Tribune.

They Wouldn't, if They Might.

One would think that the experience of men and women who return to primitive ways some part of every year would teach us something. That they thrive amazingly during their brief holiday they confess with perfect frankness, but make no change in the life they lead before and after it.

Contagions of the Soul.

Petrarch says: "Let no man deceive himself by thinking that the contagions of the soul are less than those of the body. They are greater—they sink deeper and come on more unsuspectedly."

Says Uncle 'Ras.

"Hit don' seem exactly de propah thing," remraked Uncle 'Rastus, "fer man ter thank de Lawd fo' givin' him his daily bread, an' den turn right eroun' an' jump on his wife case hit ain't no good."—Detroit Tribune

First Play Bill.

In 1663 the first play bill was issued from Drury Lane theater. The play was advertised to be acted "by his majesty's company of comedians," and was entitled the "Hymorovs Leivtenant," and was to comence at 3 o'clock precisely.

FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

As a Spring Tonic to Get the System In Good Shape.

"I advise all Athletes who are about to go in training to try a bottle of Pe-ru-na."
—J. W. Glenister.

John Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

PE-RU-NA
Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.
The Peruna Medicine Company.
Columbus, Ohio:

Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.

"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, though the advice of a friend, I have tried Peruna and it has given satisfaction.

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape." Yours truly,
JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim.

The digestion must be good, the circulation perfect, sleep regular and enough of it.

If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially trying.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vocation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore athletes are especially friendly toward Peruna. Peruna never fails them.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But

LION COFFEE

is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.)
(Save your Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE
WOOLSON SPICE CO., Toledo, Ohio.

AT BED TIME I TAKE A PLEASANT HERB DRINK

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

My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant laxative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Tea"

LANE'S FAMILY MEDICINE

All druggists or by mail 25 cts. and 50 cts. Buy it to-day. Lane's Family Medicine moves the bowels each day. In order to be healthy this is necessary. Address, F. J. Woodward, Le Roy, N. Y.

"All Signs Fail in a Dry Time"
THE SIGN OF THE FISH NEVER FAILS IN A WET TIME

In ordering Tower's Slickers, a customer writes: "I know they will be all right if they have the 'Fish' on them." This confidence is the outgrowth of sixty-nine years of careful manufacturing.

Highest Award World's Fair, 1904.

A. J. TOWER CO, The Sign of the Fish Boston, U. S. A.
Tower Canadian Co. Limited Toronto, Canada
Makers of Warranted Wet Weather Clothing

"The Adirondacks and How to Reach Them" is a nice folder with maps and references to localities, hotels, boarding houses, mountains and rivers in the great wilderness of Northern New York known as the Adirondack Mountains. If you visit this region once, you will be sure to go again. A copy of "The Adirondack Mountains and How to Reach Them" will be mailed free, postpaid, to any address, on receipt of a two-cent stamp, by George H. Daniels, General Passenger Agent, Grand Central Station, New York.

Find Oil Paintings.

In the recent overhauling of an ancient moated farmhouse near Birmingham a collection of oil paintings was found under an old rotted floor. The pictures date back as far as the sixteenth century and are considered very valuable.

In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package FREE. Address A. S Olmsted, Le Roy, N. Y.

Beautiful Enthusiasm!

Another Atchison girl has promised to love him till death. Good heavens, and she is only 16, and her ancestors all lived to be past 90!—Atchison Globe.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

The wise man shapes himself according to his environment, as water to the shape of the vessel into which it is poured.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

A floating debt is a poor thing to keep a man's head above water.

Many a silk gown covers a starved heart.

"Dr. David Kennedy's Favorite Remedy cured my wife of a terrible disease. With pleasure I testify to its marvelous efficacy." J. Sweet, Albany, N. Y.

Trust to luck—if you want to go hungry.

CELERY KING'S NATURE'S CURE

Why Not Both

Josh Billings, the quaint philosopher whose maxims are full of homely wisdom, once said: "The longer I live the more I believe a good set of bowels are worth more than a good set of brains." Celery King helps make good bowels. 25c.

If afflicted with sore eyes, use Thompson's Eye Water

W. N. U.—DETROIT—No. 18—1905 577.

The thousands of people who write to me, saying that

Shiloh's Consumption Cure The Lung Tonic

cured them of chronic coughs, cannot all be mistaken. There must be some truth in it.

Try a bottle for that cough of yours.

Prices: S. C. WELLS & Co. 10 25c. 50c. $1. LeRoy, N.Y., Toronto, Can.

160 ACRE FARMS IN WESTERN CANADA FREE

THE FARMERS on the Free Homestead Lands of **Western Canada** Carry the banner for yields of wheat and other grains for 1904.

100,000 FARMERS

receive $55,000,000 as a result of their Wheat Crop alone.

The returns from Oats, Barley and other grains, as well as cattle and horses, add considerably to this.

Secure a Free Homestead at once, or Purchase from some reliable dealer while lands are selling at present low prices.

Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent—M. V. McInnes, 4 Avenue Theatre Block, Detroit, Michigan; C. A. Laurier, Sault Ste Marie, Michigan.

Please say where you saw this advertisement.

What is Castoria.

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

900 DROPS
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS / CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.
NOT NARCOTIC.
Recipe of Old Dr SAMUEL PITCHER
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac Simile Signature of
NEW YORK.
At 6 months old
35 DOSES 35 CENTS
EXACT COPY OF WRAPPER.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."

Dr. Gustave A. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."

Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my institution and outside practice for a number of years and find it to be an excellent remedy for children."

Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."

Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E. Dahlidson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."

Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. In not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers."

Dr. Albert J. Weston, of Cleveland, O., says: "I have used your Castoria in my practice for the past eighteen years with the utmost success."

Dr. Edwin F. Pardee, of New York City, says: "For several years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results."

Dr. N. B. Bizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher.

The Kind You Have Always Bought
In Use For Over 30 Years.
THE CENTAUR COMPANY, 77 MURRAY ST., NEW YORK CITY.