



WOMEN'S WOES

Thousands of women suffer daily backache, headache, dizzy spells, languor, nervousness and a dozen other symptoms of kidney trouble, but lay it to other causes. Make no mistake. Keep the kidneys well, and these aches and troubles will disappear.

Mrs. Anthony Cadrette, 77 Mechanic street, Leominster, Mass., says: "My sight failed, I had sharp pain in my back and bearing-down pains through the hips. I was nervous, fretful and miserable. The urine was greatly disordered and I began to have the swellings of dropsy. I was running down fast, when I started using Doan's Kidney Pills. A wonderful change came and after using them faithfully for a short time I was well."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Leaves Literature for Invention.

It is said that Gabriele d'Annunzio has wearied of literature and now aspires to become a great inventor. His discoveries up to date are a new system for bicycles which does away with the rubber tire and a sure cure for baldness. The discoverer is still very bald.

The Ideal Family Laxative.

Is one that can be used by the entire family, young and old, weak and strong, without any danger of harmful effects. It should have properties which insure the same dose always having the same effect, otherwise the quantity will have to be increased and finally lose its effect altogether. These properties can be found in that old family remedy, Brandreth's Pills, because its ingredients are of the purest herbal extracts, and every pill is kept for three years before being sold, which allows them to mellow. We do not believe there is a laxative on the market that is so carefully made.

Brandreth's Pills are the same fine laxative tonic pills your grandparents used. They have been in use for over a century and are for sale everywhere, either plain or sugar-coated.

A Rule and an Exception.

According to the New York Tribune, a country paper lays down this rule of etiquette: "When a lady and gentleman are walking in the street, the lady should walk inside of the gentleman."

It seems a little strange that this simple rule, so long current among the cannibal tribes of the Andaman and other islands, should find its way into a rural journal of more or less civilization. It would appear that the etiquette editor of the paper in question was either too careless or too hurried to note any exceptions to the rule. Otherwise he would have explained that when the gentleman was thirsty and desired to enter a cafe, the lady would walk on the outside.—Cleveland Plain Dealer.

The Zulu War Cry.

The Zulu war cry, used whenever they take the field by the South African footballers now in London, has puzzled our newspapers, not one of which seems able to spell it correctly, says Notes and Queries. The Daily Express gives it as "Igamizho," and the Daily Mail as "Gammillo." The cry really consists of two words, and should be written "Igamma layo," and "Igamma" is Zulu for "name," and "layo" is a possessive pronoun, meaning either "his" or "their." Thus the Daily Mail, although quite wrong in its orthography of the cry, is right in saying that it merely means "That is his name." The explanation is that Zulu etiquette does not allow warriors, when they rush into battle, to mention the names of their enemies, but the leaders shout out, "That is his name," pointing to the victims with their spears.

HARD TO SEE.

Even When the Facts About Coffee Are Plain.

It is curious how people will refuse to believe what one can clearly see. Tell the average man or woman that the slow but cumulative poisonous effect of caffeine—the alkaloid in tea and coffee—tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of coffee drinkers from the above conditions, and a large per cent. of the human family will shrug their shoulders, take the drugs and—keep on drinking coffee or tea.

"Coffee never agreed with me nor with several members of our household," writes a lady. It enervates, depresses and creates a feeling of languor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and cure of these ills.

"The only reason, I am sure, why Postum is not used altogether to the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way—according to directions—boil it fully 15 minutes. Then it is delicious." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville, in pkgs. "There's a reason."

SAVED TRAIN FROM WRECK.

Engineer's Premonition of Danger Averted Disaster.

But for a locomotive engineer's premonition of impending danger, a frightful wreck would have undoubtedly occurred on the Chicago & North-western road, according to information from Negaunee, Mich. One man was killed as it was, but the fact that many other persons had an extremely close call from a similar fate was not brought out in the meager reports of the fatality.

A freight train had taken a siding near Pensaukee in order to permit the passage of a passenger train, due in a few minutes. It was found, however, that the siding was not long enough to permit the train to clear the main line, and the head brakeman was sent to flag the passenger in order that when it arrived the two trains could "saw" by each other.

The flagman had not been gone long when the engineer of the freight train was seized with dread of an accident, and to ease his mind a second brakeman was sent after the first. The second flagman had gone only a few hundred feet from the engine when he met the passenger coming along at full speed. He was successful in stopping it, and climbing on the locomotive he inquired why the train had not stopped for the flag of his brother brakeman. He was informed that the train had not been flagged, nor had the brakeman been seen.

The passenger train was backed up, and search was made for the first brakeman. He was soon found, a corpse, lying beside the track. From an examination made of the remains, it was surmised that he lay down for a rest and had almost immediately fallen asleep on the track, where he was caught by the oncoming passenger, scooped up on the pilot and thrown to one side. Death must have been instantaneous, as there was a large hole in the head.

The premonition of impending peril which had come over the engineer of the freight train proved to have been a merciful source of warning, for a disastrous collision was averted. The length of the freight train made it necessary for part of it to remain standing on the main line, and into these cars the passenger train would have crashed.

Scientific Wrecks.

The German government has taken possession of a short strip of track near Berlin and is planning to execute a unique series of railroad "accidents" made to order. Every variety of misplaced switch will be tested, every possible defect in wheels, axles and car equipment will be tried out, and the grand finale is to be an immense head-on collision of locomotives. These spectacular exhibitions are not planned by the government as a national amusement. They are for the purpose of scientific experiment, so that the engineers and railway experts may study ways and means to prevent accidents of all kinds in the future.

Railroad disasters have occurred with alarming frequency in the German empire. It is estimated that the German railways lose \$1,260,000 annually through damages. After the causes and effects of each variety of wreck have been noted it will be the task of the government officials to devise safeguards.

Screws Hold Ties Best.

Railroads of the world are confronted with the problem of the tie supply, and many plans for prolonging the life of the tie or finding some substitute are being investigated.

At least a partial solution seems to be in the use of screws, instead of spikes, in laying track. When these are made use of in laying new track, the life of the tie is greatly prolonged, and apparently useless ties may be made to do renewed service.

The part of the tie which gives way in use is that immediately under the tracks, where the slight movement of the rail cuts into the fibers of the wood, and where the spikes holding the rails in place enter the tie. The wood may be sound at all other points but, because of its weakness where it is desired to drive the spikes, it is necessary to throw the log away.

Luxurious Traveling.

One of the most luxurious railway coaches ever built has been completed in France by King George of Greece. It is 45 feet long, and consists of two bedrooms, with dressing and bath rooms, a study lined with book shelves, a magnificent drawing room and a dining-room, in which ten people can sit down to dinner. The rooms are hung with silk tapestry and the furniture is of mahogany and oak.

Signals for Engineers.

The Raymond-Phillips system of automatic signaling between the signal box and the cab of a locomotive has been tried with success on the lines of the North Staffordshire Railway company, England. The system is arranged to give a visual and audible signal in the cab of the engine or any other portion of the train and simultaneously to repeat such signals in the signal box.

Railway Assessments.

Railways nowadays are considered to be the legitimate prey of every local assessment committee, and although they have in many cases conferred a great benefit on the community and opened up districts and given transit facilities, railways are assessed almost more heavily as property owners than any other class of the community.—From the Car Illustrated.

Carpet rags dyed with PUTNAM FADELESS DYES will remain bright and beautiful. No trouble to use.

He who steals a watch should not be surprised if he has to do time later.

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

The Common Evil.

The sin which is termed dishonesty is the same evil as that which is called disease in living bodies or blight in the seasons, and in cities and governments has another name, which is injustice.—Plato.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the signature of *Chas. H. Fletcher*. In Use For Over 30 Years. The Kind You Have Always Bought.

New York Girl Now Lady Paget.

There are now ten Lady Pagets in Great Britain, the latest being the wife of Gen. Paget, who has just been knighted. She was Miss Minnie, daughter of Mrs. Paron Stevens, of New York. Her first appearance in London society was made a good many years ago, when her beauty and vivacity caused quite a sensation.

Value of Woman's Nose.

An Englishwoman was awarded \$500 damages for a broken nose. The judge said: "If my nose were injured I do not suppose the jury would allow me anything, but a woman stands in a different category."

Two French cases are apropos. In one a man was awarded \$150 for a nose broken in a fight, while in the other \$600 was received by a young woman whose nose was broken in a collision. The woman was an artist's model, and what would have been a trifle to a man was a serious matter to her, as it would probably prevent her from earning her living as a model.

SKIN ERUPTIONS 35 YEARS.

Suffered Severely with Eczema All Over Body—A Thousand Thanks to Cuticura Remedies.

"For over thirty-five years I was a severe sufferer from eczema. The eruption was not confined to any one place. It was all over my body, limbs, and even on my head. I am sixty years old and an old soldier, and have been examined by the Government Board over fifteen times, and they said there was no cure for me. I have taken all kinds of medicine and have spent large sums of money for doctors, without avail. A short time ago I decided to try the Cuticura Remedies, and after using two cakes of Cuticura Soap, two boxes of Cuticura Ointment, and two bottles of Cuticura Resolvent, two treatments in all, I am now well and completely cured. A thousand thanks to Cuticura. I cannot speak too highly of the Cuticura Remedies. Joan T. Roach, Richmondale, Ross Co., Ohio, July 17, 1905."

Important News Chronicled.

An English paper gravely announces that "Sir Kerl Singh, the maharao of Srohi, lost his last jaw tooth on July 2 and had a diamond one put in its place."

FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters—Interesting Experiences of Misses Borman and Mills.



Every mother possesses information which is of vital interest to her young daughter.

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts become sluggish, with headache, dizziness or a disposition to sleep, pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will at this time prepare the system for the coming change, and start this trying period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them, have been received by the Lydia E. Pinkham Medicine Co., at Lynn, Mass.

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Dear Mrs. Pinkham:— (First Letter.) "I am but fifteen years of age, and depressed, have dizzy spells, chills, headache and backache, and as I have heard that you can give helpful advice to girls in my condition, I am writing you."—Myrtle Mills, Oquawka, Ill.

Dear Mrs. Pinkham:— (Second Letter.) "It is with the feeling of utmost gratitude that I write to you to tell you what your valuable medicine has done for me. When I wrote you in regard to my condition I had consulted several doctors, but they failed to understand my case and I did not receive any benefit from their treatment. I followed your advice, and took Lydia E. Pinkham's Vegetable Compound and am now healthy and well, and all the distressing symptoms which I had at that time have disappeared."—Myrtle Mills, Oquawka, Ill.

Miss Matilda Borman writes Mrs. Pinkham as follows:

Dear Mrs. Pinkham:— "Before taking Lydia E. Pinkham's Vegetable Compound my periods were irregular and painful, and I always had such dreadful headaches. "But since taking the Compound my headaches have entirely left me, my periods are regular, and I am getting strong and well. I am telling all my girl friends what Lydia E. Pinkham's Vegetable Compound has done for me."—Matilda Borman, Farmington, Iowa.

If you know of any young girl who is sick and needs motherly advice, ask her to address Mrs. Pinkham at Lynn, Mass., and tell her every detail of her symptoms, and to keep nothing back. She will receive advice absolutely free, from a source that has no rival in the experience of woman's ills, and it will, if followed, put her on the right road to a strong, healthy and happy womanhood.

Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of cures of female ills of any medicine that the world has ever known. Why don't you try it?

Immigrants for Ecuador.

The government of Ecuador has signed a contract with an agency in Guayaquil for the purpose of importing immigrants into the lower and eastern portion of the republic. The company binds itself to import 5,000 families. It is specified in the contract that the immigrants shall be white and preferably of the German or Dutch races.

Bird's Unbroken Flight.

In one unbroken nocturnal flight the European bird known as the northern blue throat has been proved to travel from central Africa to the German ocean, a distance of 1,690 miles, making the journey in nine hours.

W. L. DOUGLAS

'3.50 & '3.00 Shoes



W.L. Douglas \$4 Gift Edge line cannot be equalled at any price.

W.L. Douglas's Jobbing House is the most complete in this country. Send for Catalog.

SHOES FOR EVERYBODY AT ALL PRICES. Men's shoes, \$4 to \$1.50. Women's shoes, \$3 to \$1.25. Children's shoes, \$2.00 to \$1.00. Try W. L. Douglas's Women's, Misses and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substitutes. Ask your dealer for W. L. Douglas shoes, and insist upon having them. Fast Color Agents used; they will not wear or fade. Write for Illustrated Catalog of All Styles. W. L. DOUGLAS, Dept. 12, Brockton, Mass.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with **Paxtine Toilet Antiseptic** which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness.

Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

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The Standard Athletic Library of the World. Each book complete in itself. Never become profane in any particular sport by studying the text of any one of these books. Price, each book, 10 cents.

No. 14—Indian Clubs and Dumb Bells. No. 15—Boxing gloves. No. 16—How to Win Indian Clubs. No. 17—Tennis Rackets. No. 18—Dumb Bells. No. 19—How to Become a Kicker. No. 20—32 Health Answers. No. 21—Divided Calisthenics and Dumb Bell Drill. No. 22—Jiu Jitsu. No. 23—School Tactics and Mass Running. No. 24—How to Practice No. 25—American Football. No. 26—Basket Building. No. 27—Athletic Training for Amateurs. No. 28—How to Practice. No. 29—Official Basketball Guide for Women. No. 30—Tennis Exercises. No. 31—Ice Hockey and Ice Skating. No. 32—The Olympic Games at Athens 1896. No. 33—Official Football Guide. No. 34—Judo (Judo and How to Play Judo). No. 35—Official Basketball Guide. Price, per book, 10 cents. For sale by dealers, 5 cents by mail. Every boy should send a postal card and receive FREE a fully illustrated and interesting catalogue of sports.

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25 ounces for 25 cents

Made from pure, carefully tested materials.

Makes all baking healthful.

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NO MORE MUSTARD PLASTERS TO BLISTER.

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CAPISICUM VASELINE

EXTRACT OF THE CAYENNE PEPPER PLANT

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c—IN COLLAPSIBLE TUBES—AT ALL DRUGGISTS AND DEALERS. OR BY MAIL ON RECEIPT OF 15c IN POSTAGE STAMPS. DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.

A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "it is the best of all your preparations." Accept no preparation of vaseline unless the same carries our label, as otherwise it is not genuine. SEND YOUR ADDRESS AND WE WILL MAIL OUR VASELINE PAMPHLET WHICH WILL INTEREST YOU.

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