

THE constantly recurring monthly suffering gives women the blues!
How hopeless the future appears, month after month the same siege with menstrual pain!
Comparatively few women understand that excessive pain indicates ill-health, or some serious derangement of the feminine organs.

DESPONDENT WOMEN

A million women have been helped by Mrs. Pinkham. Read what two of them say.
Mrs. Lizzie Coleman, of Wayland, N. Y., writes:
"DEAR MRS. PINKHAM—For years I suffered with painful menstruation and falling of womb. The bearing-down pains in my back and hips were dreadful. I could not stand for more than five minutes at a time when menstruation began. But thanks to Lydia E. Pinkham's Vegetable Compound, my sufferings are now a thing of the past. I shall gladly recommend your medicines to all my friends."

Miss C. D. Morris, 3 Louisburg Square, Boston, Mass., writes:
"DEAR MRS. PINKHAM—I have been using Lydia E. Pinkham's Vegetable Compound and it has helped me wonderfully. I was troubled with headache, backache and that weak and tired feeling. I cannot say enough in praise of your medicine for it has done me so much good. I shall recommend it to all my friends who suffer."

Despondency is a disease. Nervousness and snappishness come with it. Will power won't overcome it. The feminine organs are connected by nerves with the brain and all parts of the body. These organs must be healthy or the mind is not healthy.

All low-spirited or suffering women may write to Mrs. Pinkham at Lynn, Mass., and receive her advice free of charge. Don't wait until your life is wrecked by neglect and suffering. Get advice in time.



"A Fair Face Cannot Atone for An Untidy House."
Use

SAPOLIO

DO NOT SET A PLANT UNTIL YOU HAVE READ R. M. KELLOGG'S BOOK GREAT CROPS OF SMALL FRUIT

AND HOW TO GROW THEM. He has grown the largest crops of fancy fruit ever produced on an acre. In his experimental garden are such PLANTS WHICH PRODUCE OVER FOUR QUARTS of fine large berries. Our customers have done as well. This has been accomplished by scientifically breeding up plants to a high fruiting vigor so they throw their energies to the development of fruit instead of useless runners. All are propagated from an IDEAL PLANT and carried for six or seven years, or since the introduction of the variety. The largest and most perfectly equipped experimental gardens in the United States. The cheapest plant is the one which will give you the best fruit and most of it. You can't afford to play second fiddle on the market by using scrub plants. The only large stock of strictly thoroughbred plants in America. Standard varieties only 15 cents per dozen and 300 for \$1.00. Start a propagating bed with these strong fruiting plants. The book is sent free. Send in your address quick.
Address R. M. KELLOGG, Box 678, THREE RIVERS, MICHIGAN.

TOWER'S FISH BRAND POMMEL SLICKER
The Best Saddle Coat
Keeps both rider and saddle perfectly dry in the hardest storms. Substitutes will disappoint. Ask for the Fish Brand Pommel Slicker. It is made by new. If not for sale in your town, write for catalogue to A. J. TOWER, Boston, Mass.

FOR 14 CENTS
We wish to gain this year 50,000 new customers, and hence offer 14c for 100 seeds of the following:
Early Riping Cucumber..... 1c
Early Light Cucumber..... 1c
Salzer's Seed Lettuce..... 1c
Long Light Cucumber..... 1c
California Fig Tomato..... 1c
Early Riping Onion..... 1c
Brilliant Flower Seed..... 1c
Worth \$1.00, for 14 Cts. \$1.00
Above 10 pkgs., worth \$1.00, we will mail you free, together with our great Plant and Seed Catalogue upon request. This means and the postage we invite your trade and know when you order our Salzer's Seeds you will receive it along with them. Catalogue 50c. No. 10, N. D. N.

FREE HOMES
In the Great Grain and Grazing Belts of Western Canada and information as to how to secure them can be had on application to the Department of the Interior, Ottawa, Canada, or to N. Bartholomew, 306 5th Street, Des Moines, Iowa, Agent for the Government of Canada.

As Black as your DYE Your Whiskers
A Natural Black with Buckingham's Dye.
50 cts. of druggists or R. H. Hall & Co., Nashua, N. H.

A Skin of Beauty is a Joy Forever.
DR. F. F. BUCKINGHAM'S ORIENTAL CREAM OR MAGICAL BEAUTIFIER.
Removes Tan, Pimples, Freckles, and all blemishes. It is a skin beautifier and every woman should have it. It is the best of all skin preparations. It is made by a lady of the highest social position. As you know will see them, Buckingham's Oriental Cream is the best of all skin preparations.

WATERBURY'S PINK CURE FOR CONSUMPTION
CURES ALL ELSE FAILS.
Best Lung Remedy. Use in time. Sold by druggists.

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BEDTIME

Some Ideas as to What is the Best Retiring Hour.

A physician of courtly old-school manners used to give prescriptions marked respectively for early bedtime and for late bedtime. A discussion arose the other day as to what constituted early and what late bedtime. Some of the ladies maintained that 10 o'clock was the limit between the two, others thought that early bedtime lasted until 11, and a few who believed in beauty sleep pleaded that early bedtime began at 8 and ended at 9:30 o'clock.

So many people are engaged all day, and the dinner hour is necessarily, in city life, deferred to so late an hour, the families do not break up from their quiet evenings until after 10. Society pushes its hours later and later, and the votaries of fashion come near having no bedtime at all, snatching their rest when they can between one gay rout and another. The invalid and the aged person and the child must perforce retire early. For those steady-going persons who regulate their lives by rule, and who habitually rise at an early hour and breakfast punctually at 7 o'clock, 10 is certainly a good bedtime hour. Brain workers would find their account in seeking the repose of the couch and the darkened and silent chamber, with preferably opaque curtains to exclude the light of the room and street lamp alike, at 10 o'clock.

A long sleep rests the mind as well as the body, and prepares one for the work of the next day, whatever it may be. Far better than an opiate or a narcotic is the habit of seeking the pillow at an early hour, and quietly lying still, with closed eyes and relaxed limbs, until sleep, gently wooed, comes with its healing touch and softly weaves its spells of balm.

The good doctor probably meant by early bedtime any hour between 8 and 9:30, and regarded the latter period as between 9:30 and midnight.

Growing children cannot too carefully be enjoined to get plenty of sleep. The boy or girl who has lessons to learn must waken early after a good night's rest, and this is insured only by punctuality in retiring. Eight o'clock is a good bedtime for all young people under 15 and should be insisted upon by parents.—Harper's Bazar.

Oldest Hotel in Europe.

The oldest hotel in Europe is the Goldenes Kreuz (Golden Cross) at Regensburg (Ratisbon) in Bavaria. King Ferdinand I. halted at it on his way to his coronation in 1531, and no other hotel in Europe possesses records of such great antiquity as the Golden Cross at Ratisbon does, or can boast of having had so many Royal visitors as have enjoyed its hospitality. The existing visitors' books, which date from 1819, contain the names of more than five hundred imperial, royal and princely personages. The room is shown where, in 1865, the late Prince Bismarck, at that time Prussian Premier, slept when he came with his sovereign to hold the conference which was the last attempt to prevent war between Austria and Prussia. The negotiations were held in the "small hall" of the hotel under the presidency of King William of Prussia. The host is equally proud of the autographs of Schiller and other men of letters, which he possesses. The author of "Wilhelm Tell" wrote the words "Und eine Heimath istles" ("It is indeed a home"), in memory of his stay there, and no lander could wish for a better advertisement.

Dickens and the Children.

Writing in the Century on Charles Dickens' interest in the cause of education, James L. Hughes concludes his article by saying:

He was the first great English student of Froebel. He deals with nineteen different schools in his books. He gives more attention to the training of childhood than any other novelist, or any other educator except Froebel. He was one of the first Englishmen to demand national control of education, even in private schools, and the thorough training of all teachers. He exposed fourteen types of coercion, and did more than any one else to lead Christian men and women to treat children humanely. Every book he wrote except two is rich in educational thought. He took the most advanced position on every phase of modern educational thought, except manual training. When he is thoroughly understood he will be recognized as the Froebel of England.

Over Three Score Decorations.

The most decorated man in Europe probably is Count August of Eulenberg, the marshal of the German court, who has sixty-three decorations. This record was not even equaled by the late Prince Bismarck, who had only fifty-four decorations. Count Von Moltke, another much-decorated man, had forty-four. Among living men General Von Hahnke comes after Count August of Eulenberg, with a total of fifty-two decorations. He is followed by Prince Albrecht of Prussia, who has forty-four.

IS THIS YOUR STORY?

"Every morning I have a bad taste in my mouth; my tongue is coated; my head aches and I often feel dizzy. I have no appetite for breakfast and what food I eat distresses me. I have a heavy feeling in my stomach. I am getting so weak that sometimes I tremble and my nerves are all unstrung. I am getting pale and thin. I am as tired in the morning as at night."
"What does your doctor say?"
"You are suffering from impure blood."
"What is his remedy?"



You must not have constipated bowels if you expect the Sarsaparilla to do its best work. Buy Ayer's Pills cure constipation.

We have a book on Paleness and Weakness which you may have for the asking.

Write to our Doctors.
Perhaps you would like to consult eminent physicians about your condition. Write us freely all the particulars in your case. You will receive a prompt reply.
Address, DR. J. C. AYER, Lowell, Mass.

NOT MARRIED YET.

All Because the Young Man Did Not Appreciate the Situation.

I rode up to a country store, where a young girl stood on the porch swinging a sunbonnet and talking to a mountaineer. I had left her in that position a year before, and her father had told me then his daughter and the mountaineer would soon be married. Talking to the father a few minutes later, I asked:

"Is your daughter married yet?"
"Naw, an' I don't reckon she will be."
"What is the trouble? I saw her talking to her lover just now."

"Yas—she don't do much else. That feller ain't no 'count. He's been courtin' for three y'ar, an' axed Sal ter marry 'im a y'ar ago. I tol' him ter clean out, an' s'posed he'd 'lope with her. I tol' Sal she could hev my bes' hoss ter run away with, but he never did make no proposition. I ain' goin' ter the expense of no weddin' fixin's, an' it looks like he won't goin' ter run off with her, so it jes' stan's thar. I ain't goin' ter hev no home weddin'; kain't afford no sich nonsense; an' I've hed six gals run off an' git married, and that feller don't seem to hev no appreciation of the situation."

As I left the girl was still talking to her lover, while the old man watched them from behind a tree.—Washington Star.

Fish with an Elastic Stomach.

The good old rule that a receptacle must be larger than its contents finds apparent refutation in the case of the elasmobranch, a fish popularly known as "the black swallower." It is noted for its voracity and for the enormous distensibility of its stomach, which permits it to swallow fishes larger than itself.

After the Cooling Process.

Don't cool off too quickly after being in an overheated room. If you do, you will need St. Jacobs Oil to cure Lumbago, which sets in very often after the cooling process. It relaxes the stiffened muscles.

March Toward the Pole.

The distance from the farthest point of polar discovery to the pole itself is 460 miles.

Pleasant, Wholesome, Speedy. Three adjectives that apply to Hall's Honey of Horseland Antacid. Price, Ten Cents. Drops Cure in one Minute.

New York's Bread.

Over 8,000,000 loaves of bread are consumed daily in Greater New York.

WANTED—Cases of bad health that Dr. P. C. N. S. will not benefit. Send 5 cents to Rhine Chemical Co., New York, for 20 samples and 1,000 testimonials.

Mrs. Winslow's SOOTHING SYRUP for Children cures colic, soothes the gums, reduces inflammation, calms pain, cures wind colic. 25 cents a bottle.

All I am, or can be, I owe to my angel mother.—Abraham Lincoln.

Universal Genius.

He—Have you read Kipling's "Departmental Duties?"
She—You don't mean to tell me he has taken up the department stores? What won't he try next?—Cincinnati Enquirer.

Without Knowing It.

While sitting in a draft, without knowing it we may become sore and stiff from cold. We feel soreness and stiffness all gone after using St. Jacobs Oil, hardly knowing when.

S. N. D. North, of New York, says he was the first person to make a practical business use of the typewriter. He used it first in 1872.

In Winter Use Allen's Foot-Ease.

A powder to be shaken into the shoes. During winter your feet feel uncomfortable, nervous, and often cold and damp. If you have perspiring, smarting feet or tight shoes, try Allen's Foot-Ease. It warms and rests the feet and makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and is a certain cure for chilblains and frost bites. Try it to-day. Sold by all druggists and shoe stores for 25c. Trial package mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Mme. Janauschek, one of the old-school actresses, always has a good hearty supper. She has been seen eating pigs' feet and cabbage with beer.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from ten drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c.

Don't think a woman will ever discover that she is beautiful if she waits until some other woman tells her.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

Be calm in arguing, for fierceness makes error a fault, and truth discourtesy.—Herbert.

Pico's Cure for Consumption is the best of all cough cures.—George W. Lotz, Fabaicher, La., Aug. 26, 1885.

If we could neither laugh nor cry life would not be worth living.

GOVERNOR McCORD

Recommends Pe-ru-na to All Catarrh Victims.



Hon. Myron H. McCord, ex-Governor of New Mexico, in a letter to Dr. Hartman, from Washington, D. C., says:

Gentlemen—At the suggestion of a friend I was advised to use Pe-ru-na for catarrh, and after using one bottle I began to feel better in every way. It helped me in many respects. I was troubled with colds, coughs, sore throat, etc., but as soon as I had taken your medicine I began to improve and soon got well. I take pleasure in recommending your great remedy to all who are afflicted with catarrh.—M. H. McCord.

Thousands of cases of chronic catarrh have been cured by Pe-ru-na during the past winter. In spite of changeable weather, in spite of the natural setbacks from catching cold, and confinement to ill-ventilated rooms, the great catarrh remedy—Pe-ru-na—has effected these cures. But now spring is here. The days are longer, the sun is warmer, and the blizzard is gone for another year. This presents a much more favorable opportunity for the permanent cure of chronic catarrh, especially old, stubborn cases. Now is the time to begin treatment. Other things being equal, one month's treatment in the spring is worth two months' treatment during the inclement weather of winter. Insist upon having Pe-ru-na. There are no successful substitutes for this remedy. Send to Dr. Hartman, Columbus, Ohio, for a free catarrh book.

S. C. N. U. - - - - 10-99

WHEN WRITING TO ADVERTISERS please say you saw the advertisement in this paper.

Society Women
and, in fact, nearly all women who undergo a nervous strain, are compelled to regretfully watch the growing pallor of their cheeks, the coming wrinkles and thinness that become more distressing every day. Every woman knows that ill-health is a fatal enemy to beauty and that good health gives to the plainest face an enduring attractiveness. Pure blood and strong nerves—these are the secret of health and beauty.
Dr. Williams' Pink Pills for Pale People build up and purify the blood, and strengthen the nerves. To the young girl they are invaluable, to the mother they are a necessity, to the woman approaching fifty they are the best remedy that science has devised for this crisis of her life.
Mrs. Jacob Weaver, of Bushnell, Ill., is fifty-six years old. She says: "I suffered for five or six years with the trouble that comes to women at this time of life. I was much weakened, was unable, much of the time, to do my own work, and suffered beyond my power to describe. I was down-hearted and melancholy. Nothing seemed to do me any good. Then I made up my mind to try Dr. Williams' Pink Pills for Pale People. I bought the first box in March, 1887, and was benefited from the start. A box and a half cured me completely, and I am now rugged and strong."
—Bushnell, Ill., Record.
The genuine package always bears the full name. At all druggists or sent postpaid on receipt of price 50¢ per box by the Dr. Williams Medicine Co., Schenectady, N. Y.

Send One Dollar
And this ad. and we will send you this big, new 1899 style, 30 lb. high-grade Reservoir Coal and Wood Cook Stove by freight C. O. D., subject to examination, clean it at your freight depot and if found perfectly satisfactory and the greatest stove bargain you ever saw or heard of, the freight will be paid by us. **OUR SPECIAL PRICE, \$14.50.** Best Stove with front or side fire, 21 lbs. net weight, freight charge. Freight amounts to next to nothing compared with what you save in price. We ship this stove either from St. Louis, Mo., or Chicago, depending where you live and the freight on the stove will average \$1.25 for each 500 miles from either point.
THIS STOVE is made of very best iron, in very latest full Rococo design, even heavy hinges and grates, heat reflector, handsome nickel plated oven shelf, heavy tin lined oven door, handsome nickel plated front, heavy enamel lined panels, nickel lined roof, nickel tea pot holder. Oven patent oven door, mounted on large handsome Rococo base, has extra large, deep genuine St. Louis porcelain lined reservoir, so it can be instantly changed from a Coal Burner to a perfect Wood Burner. We issue a written binding guarantee with every stove, guaranteeing it to reach you in perfect condition. We can furnish any part in 10 days to come. **ORDER TO-DAY. DON'T DELAY.** We will save you \$10.00 address, **SEARS, ROEBUCK & CO. (INC.), CHICAGO, ILL.**

ALABASTINE

WHAT ALABASTINE IS. Alabastine is the original and only durable wall coating on the market. It is entirely different from all kalsomine preparations. Alabastine is made ready for use in white or twelve beautiful tints by the addition of cold water. It is put up in dry powdered form, in five-pound packages, with full directions on every package. It takes the place of scaling kalsomines, wall paper and paint for walls. Alabastine can be used on plaster, brick, wood or canvas and a child can brush it on.

WHAT "KALSOINES" ARE. Kalsomines are cheap and temporary preparations, manufactured from whitening, chalks, clays, etc. They are stuck on the walls with decaying animal glue. Alabastine is not a kalsomine. It is a rock-base cement, which sets, and it hardens with age. It can be re-coated and re-decorated without having to wash and scrape off its old coats. Beware of a large four-pound package of light kalsomine, sold to dealers for four pounds and offered to customers as a five-pound package.

CHURCHES AND SCHOOLHOUSES The interior walls of churches, school-houses and all public halls should never be coated with anything but the durable and pure Alabastine. So evident has this fact become, that hundreds of tons are used annually for this work. The genuine Alabastine does not rub or scale off. It is clean during the long period of its usefulness. Every owner of a building should use it. Ask your paint dealer or druggist for card of lists, and write for free copy of our paper, Alabastine Era, to Alabastine Co., Grand Rapids, Mich.

REJECT THE "JUST AS GOOD." The dealer who tells you that he can sell you the "same thing" as Alabastine or "something just as good," either is not posted or is trying to deceive you. In offering something he has bought cheap and is trying to sell on Alabastine's demands, he may not realize the danger to himself as well as to you. Beware of all new substitutes. Dealers risk a suit for damages by selling and consumers by using an infringement. Alabastine Co. own the right to make and sell wall coatings adapted to mix with cold water.

GEORGE E. BENNETT, Hall's Summit, Kan.
S. W. BENNETT, Hall's Summit, Kan.
E. F. BROOKS, Westphalia, Kan.
JOHN FLANNERY, Stuart, Neb.