

The Change of Life

Is the most important period in a woman's existence. Owing to modern methods of living, not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

Those dreadful hot flashes, sending the blood surging to the heart until it seems ready to burst, and the faint feeling that follows, sometimes with chills, as if the heart were going to stop for good, are symptoms of a dan-



MRS. JENNIE NOBLE.

gerous, nervous trouble. Those hot flashes are just so many calls from nature for help. The nerves are crying out for assistance. The cry should be heeded in time. Lydia E. Pinkham's Vegetable Compound was prepared to meet the needs of woman's system at this trying period of her life.

It builds up the weakened nervous system, and enables a woman to pass that grand change triumphantly.

"I was a very sick woman, caused by Change of Life. I suffered with hot flashes, and fainting spells. I was afraid to go on the street, my head and back troubled me so. I was entirely cured by Lydia E. Pinkham's Vegetable Compound."—MRS. JENNIE NOBLE, 5010 Keyser St., Germantown, Pa.

Harmony Regardless of Expense.

"Beg pardon," said the postal clerk who had sold her the stamps, "but you don't have to put a 5 cent stamp on a letter for Canada."

"I know," said she, "but the shade just matches my envelope, you know."—Philadelphia Press.

Garfield Tea, the medicine that purifies the blood and cleanses the system, brings good health to all who use it. It is made from herbs. Druggists sell it.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Wife—What's funny in that letter you are reading?

Husband—It's from Bobson. He asks if I don't want to pay him that \$10 I owe him.—Smart Set.

FREE!

We will mail you an extra large trial-size package ADAMS' SARSAPARILLA PILLS for the asking. Drop us a postal to-day.

ADAMS CO., 1532 Howard St., S. F.

These Pills cure Sick Headaches, Constipation, Biliousness, Dyspepsia, Impure Blood, Torpid Liver, Loss of Appetite, Salow Complexion, Dizziness, Heartburn and Sour Stomach.

IF CLAIMANTS FOR PENSION write to NATHAN BUCKFORD, Washington, D. C., they will receive quick replies. B. 5th N.H. vol. staff 20th corps. Prosecuting claims since 1873

L.A.N.U.

No. 16

SUMMER is best time to cure Catarrh, Bronchitis and Consumption. Our remedy is guaranteed, \$1.00.

P.O. Box 973 W. H. SMITH & CO., Buffalo, N. Y.

HIS FIRST RECOGNITION.

The Turning Point in the Career of Nathaniel Hawthorne.

The first reading of "The Scarlet Letter" has been told in T. W. Higginson's book of essays, "Contemporaries." The reading was given to the author's dearest critic, his wife. During the entire winter when he was at work upon the book he seemed oppressed by some secret anxiety.

"There was a knot in his forehead all the time," said Mrs. Hawthorne.

Finally one evening he went to her and said that he had written something which he would like to read aloud. The work amounted to very little, but still he would like to read it. All that evening he read, but as the romance was unfinished at bedtime his wife made no comments, knowing that he disliked criticism until one had heard the whole.

The next night he read again, and now her suspense grew so unendurable that in the midst of a moving scene she sank from her low stool to the floor, pressed her hands to her ears and declared that she could not bear to hear it.

Hawthorne put down the manuscript and looked at her in amazement.

"Do you really feel it so much?" he asked. "Then there must be something in it."

The next day the manuscript was delivered to the publisher, and on the following morning Mr. James T. Fields, the publisher, appeared at the author's door. When he was admitted, he caught the little boy of the family in his arms and asked, "You splendid little fellow, do you know what a father you have?"

He had sat up all night to read the manuscript and had posted out to Salem in the early morning. After his interview with the publisher Hawthorne came down stairs with a firm step and walked about, his face illumined by new hope and vigor. The world had found him out. Recognition was at the door.

Fooled His Doctor.

The late Rev. H. R. Hawels, who was equally notable as preacher, journalist, lecturer and musician, suffered from a dangerous hip disease when a boy of 9. The celebrated Sir Benjamin Brodie, who was asked if a change of scene would benefit the afflicted youth, answered, "Take him anywhere—it does not matter."

Hawels lived to laugh at his doctor, and half a century later, after a life of exceptional industry, he was in vigorous health.—New York World.

ABSOLUTE SECURITY.

Genuine
Carter's Little Liver Pills.

Must Bear Signature of

Wm. C. Carter

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

CARTER'S LITTLE LIVER PILLS.

FOR HEADACHE.
FOR DIZZINESS.
FOR BILIOUSNESS.
FOR TORPID LIVER.
FOR CONSTIPATION.
FOR SALLOW SKIN.
FOR THE COMPLEXION

Price 25 Cents

Genuine Must Have Signature
Purely Vegetable.

CURE SICK HEADACHE.

THE CENSUS OF 1790.

United States Population Then Was Less Than 4,000,000.

When the first census of the United States was taken in 1790, there were 16 states and the southwest and northwest territories. The returns fixed the population at 3,929,214, while those of 1900 give over 76,000,000, a fourteen-fold growth in 110 years.

In the first census nothing was sought but the number of inhabitants, and the task was assigned to United States marshals, who performed the work for several censuses. In the census library is a record of the first census, which shows that the census of 1790 was ordered in March and completed by October, 1791, a very creditable showing when the difficulty of communication is considered. The population was divided into five classes—free white males of 16 years and upward, including heads of families; free white females, including heads of families; free white males under 16 years, other persons, slaves. Fourteen enumeration districts were mapped out of the 16 states and the population of the towns, counties and states given. All of the states except Maine and Massachusetts had slaves. Virginia led with a population of 747,610 whites and 292,000 slaves. North Carolina was second, with 393,751 whites and 100,000 slaves. Maryland had a population of 422,756, of which 103,036 were slaves. The slave population of the northern states is given as follows:

New Hampshire, 158; Rhode Island, 948; Connecticut, 2,764; New York, 21,324; New Jersey, 11,423; Pennsylvania, 3,237; Delaware, 8,887; Vermont, 16.

The population of the southwest territory was 35,691 whites and 3,417 slaves.

The record is full of errors in calculation and addition, but is interesting in showing how the population has increased and how the art of census taking has developed with the population.—Baltimore Sun.

A BOY AND A RIFLE.

And the Trick the Father Played to Make the Youngster Careful.

Exact statistics on the subject are lacking, but it is certain that the man who "didn't know it was loaded" kills and maims annually a great many persons. The only safe rule with a gun is never under any circumstances to point it at anybody. One should always act on the assumption that it is loaded. Unfortunately, though, an average human being learns only by experience, and where a gun is concerned that often entails an awful price.

Bearing this in mind a veteran sportsman of this city adopted a unique method of impressing this lesson on his son. This is how he told the story:

"I want my son to be a sportsman, so that when he gets to be as old as his father he may have as many pleasant memories to look back to. Therefore, on his sixteenth birthday I gave him a rifle. And instead of reading him a long lecture on the necessity of handling the weapon carefully, I put up a job on him that would be far more effective. After he had spent a couple of hours fondling it and cleaning it and examining the mechanism, after the manner of healthy boys, I contrived unknown to him to slip a blank cartridge into the breach.

"Then I called him out into the yard and holding my hat in front of me, asked him to show me how he would take aim at it. There was an explosion, and he fell in a dead faint. You may think it mean of me, but I allowed him to think that only the badness of his aim or some intervention of Providence saved me from death. The lesson he learned will last him through life, because a terrible fright accompanied it. Some day when he gets old enough to have a boy of his own, I shall tell him of the trick I played on him."—New York Herald.

It Costs.

"I'm thinking about that lodger of ours," the landlord remarked to his wife.

"About what?"

"He pays his rent so punctually I think I'd better raise it on him."

The Spring Medicine

Is Hood's Sarsaparilla.

In thousands and thousands of homes—in cities, towns and villages—three doses a day of this great medicine are now being taken by every member of the family.

In some homes even the visitor is given a teaspoonful with every meal.

Why such wide and general use? Because

Hood's Sarsaparilla

Has proved itself by its wonderful effects in cleansing the system of all humors, overcoming that tired feeling, creating appetite, clearing the complexion, giving strength and animation, the best of all Spring Medicines, so that it is par excellence the Spring Medicine.

Accept No Substitute.

YOU KNOW WHAT YOU ARE TAKING
When you take Grove's Tasteless Chili Tonic because the formula is plainly printed on every bottle showing that it is simply Iron and Quinine in a tasteless form. No Cure, No Pay, 50c.

They Raised Pears.

While Bishop Potter of the Episcopal church was traveling through Louisiana some years ago he addressed inquiries to his fellow passengers with a view of obtaining knowledge regarding the orchards and fruit interests of the state.

"Do you raise pears in Louisiana?" inquired the bishop.

"We do," responded the Louisianian. "If we have threes or better."—San Francisco Call.

WAS TORTURED

An Indianapolis Woman's Sworn Statement of the Way in Which She Was Saved from Death

From the Indianapolis News

Mrs. Mary K. Burns of 505 Hiawatha street, Indianapolis, Ind., is living evidence of the wonderful powers of Dr. Williams' Pink Pills for Pale People, the remedy that cures where all others fail. For years she endured all the tortures of indigestion, nervousness and female weakness, a complication of troubles that five physicians confessed their inability to cure. Her story is well worth the attention of every woman. She says:

"My illness commenced after my first child was born. I was so weak and nervous that it seemed I would never get strong. For twelve years I doctored for female trouble, complicated with nervousness and indigestion. My stomach was so weak that for days at a time I could eat nothing but bread and milk. I was also troubled with palpitation of the heart and was often so miserable that I could not lie down. Five doctors prescribed for me and I took many kinds of medicine without being benefited. One day I saw Dr. Williams' Pink Pills advertised in the papers and I decided to give them a trial. I did so and had not finished taking the first box when I knew that I was getting better."

"You can imagine the relief I felt when I found that after years of suffering I was being cured. I continued taking the pills and the female trouble entirely disappeared. Dr. Williams' Pink Pills for Pale People did more for me than it was claimed they would do. Since I first took the pills I have not needed a doctor nor any other medicine; they have restored my health, strength and happiness."

MRS. MARY K. BURNS.

Subscribed and sworn to before me this 19th day of October, 1900.

[Seal]

Notary Public.

GEORGE H. SWAN,

Dr. Williams' Pink Pills for Pale People are sold by all dealers, or will be sent postpaid on receipt of price, 50 cents a box, or six boxes for \$2.50 (they are never sold in bulk or by the hundred), by addressing Dr. Williams Medicine Company, Schenectady, N. Y.