

Women Must Sleep.

Avoid Nervous Prostration.

If you are dangerously sick what is the first duty of your physician? He quiets the nervous system, he deadens the pain, and you sleep well.

You ought to know that when you ceased to be regular in your courses, grow irritable without cause, and pass sleepless nights, there is serious



Mrs. Hartley.

trouble somewhere, and nervous prostration is sure to follow.

You ought to know that indigestion, exhaustion, womb displacements, fainting, dizziness, headache, and backache send the nerves wild with affliction, and you cannot sleep.

Mrs. Hartley, of 221 W. Congress St., Chicago, Ill., whose portrait we publish, suffered all these agonies, and was entirely cured by Lydia E. Pinkham's Vegetable Compound; her case should be a warning to others, and her cure carry conviction to the minds of every suffering woman of the un-failing efficiency of Lydia E. Pinkham's Vegetable Compound.

An Old New Jersey Schoolhouse.

The pupil of today would think his opportunities very great if he could see the school equipment of a hundred years ago. A Morris county (N. J.) school of that period is thus described in an old letter of one of its attendants:

The building was constructed of logs, and instead of glass for windows, sheepskins were stretched over the apertures made by sawing off an occasional log. The windows had one merit—they prevented pupils from being interrupted in their study by what was going on outside. The time was regulated by an hourglass, and the pupils drank water from a tumbler made of a cow's horn or from a ground shell.

In spite of these differences of equipment, the schools of a century ago resembled those of today in one notable respect—they had for the most part the same great literary works that are the standards of our language now. The greatest literature is fortunately the possession of many centuries.

H. E. SKINNER CO.

416 Market St., San Francisco, Cal.
Successors to E. T. Allen Co.



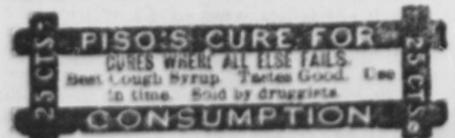
GUNS, FISHING TACKLE

Largest Assortment in the West.

Goods and Prices to Suit Everybody.
Send 4cts. each for Gun and Fishing Tackle Catalogue.

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

P. O. B 2973 W. H. SMITH & CO. Buffalo, N. Y.



L.A.N.U.

Some Childish Humor.

Here are some specimens of childish humor from the Chicago News:

"Oh, mamma," exclaimed 4-year-old Flossie as she observed the moon in its second quarter, "come and look at the moon. Half of it is pushed into the sky, and the other half is sticking out."

Tommy, aged 5, had been busy whitening and managed to raise a blister on his hand which caused a slight break in the skin. Running to his mother, he showed it to her and said, "Mamma, I guess I'm beginning to wear out."

"Did they sing any pretty songs at Sunday school?" asked a mother of her little 4-year-old daughter upon her return home. "Only one," replied the little miss. "It was something about Greenland's ice cream mountains."

Papa—Well, Willie, have you been a good boy today? Small Willie—Did you ask mamma? "Why should I ask her? Don't you know whether you have been good or not?" "Yes, but mamma's idea of goodness differs from mine, and I don't want to go back on anything she says."

Called His Papa Down.

Little Willy is a bright boy and a saucy boy. His apt answers have often turned away wrath and often turned it upon him strongly. The other day his father was reprimanding him for some misdeed, and Willy was answering very saucily.

The father became very angry and, seizing the youngster by the collar, said: "See here, young man, you must not talk like that to me. I never gave my father impudence when I was a boy."

Willy was not feazed at all. With a cherubic smile he looked into papa's eyes and said, "But, papa, maybe your father didn't need it." 'Twas all off. Willy escaped punishment, while papa retired to another room.—Albany Journal.

A VETERAN

Tells of a Thrilling Experience in the Civil War and How a Newspaper Article Saved His Life

From the Beacon, Leonardtown, Md.

Many veterans of the Rebellion can recall incidents as thrilling as the cavalry charge in which the narrator of the following experience nearly lost his life, and, unfortunately, many of the old soldiers have disabilities that are unpleasant reminders of their days in the army. To all such this story will have a peculiar interest, and may show the way to restore health, strength and energy. Mr. William H. Whiting, of Mt. Holly, Va., says:

"When the Civil war began I was living in Buffalo and there I joined Co. F, of the Tenth New York Cavalry. In 1863, while serving with my company, I received a sabre cut that caused paralysis. For eight months I was obliged to lie in the hospital at Washington, D. C. I afterwards tried many doctors, but the paralysis remained as bad as ever. I suffered from chills and my general health was not good.

"This continued until about eight years ago, when I read in a newspaper of the cures effected by Dr. Williams' Pink Pills for Pale People. I began taking the pills and soon found they were doing me good. In six months' time I was completely cured. The paralysis has not returned and I never have the chills now. My general health is also better than when I began taking Pink Pills for Pale People. I always keep them with me, and, in the eight years that have passed since I first took them, I have never had occasion to call on a doctor.

"I have recommended Dr. Williams' Pink Pills to many people, and good results have always followed their use."

Signed, WILLIAM H. WHITING.
Subscribed and sworn to before me this 14th day of January, 1901.

JOHN L. BEALE,

[Seal] Notary Public.

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.

The Squeaking Shoe No More.

"Squeaking shoes," said a dealer, "are no more, though of course you haven't noticed it. Stop a minute, though, and think. Isn't it true that for years you haven't come across a squeaking shoe? The thing that caused the trouble was a loose piece of leather in the sole. This, as you walked, worked somewhat like a bellows or an accordion, and great was the sound thereof. All shoes are now sewed—many of them used to be pegged—and sewing does away with any loose pieces of leather in the sole and, therefore, with the squeak as well. I don't believe that if you searched a week you would be able to find a squeaking shoe in Philadelphia."—Philadelphia Press.

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.
Sold by Druggists, price 75c.
Hall's Family Pills are the best.

Stops the Cough and Works off the Cold.

Laxative Bromo-Quinine Tablets cure a cold in one day. No cure, No pay. Price 25 cents.

A Crownless Coronation.

A coronation without a crown sounds distinctly Irish, yet such was in effect the ceremony in which Henry III took the most prominent part at Gloucester on Oct. 28, 1216. On this occasion a plain circle was used instead of a crown, which had been lost with the jewels and other baggage of King John in passing the marshes of Lynn or the Wash near Wisbeach.—London Telegraph.

Measuring Your Man.

Put this in your pipe and smoke it: There is always some chap smarter than the chap you think is the smartest on earth—meaning yourself. You are a wonderful judge of human nature, but don't measure your man too confidently, for 99 times in 100 you'll find the suit doesn't fit. Never play favorites. The lightweight today, in your measurement, will be the heavyweight tomorrow. Old friends, like old wine, will in the end prove best. Never go back on an old friend unless you have plenty of money well invested. Possessed of a big bank account and flushed with success—the mischief take friends, old and new!—New York Press.

CATARRH

A Constitutional Affection.

Sprays, washes, powders, salves, medicated tobacco and cigarettes, however long and persistently used, do not cure Catarrh. They relieve temporarily the inflammation in the throat and nose, and enable you to breathe more easily and freely, but the continual rush of impure blood to these parts keeps up the irritation and ultimately produces ulceration of the glands, when the breath becomes exceedingly offensive and the soft bones of the nose are frequently destroyed. The catarrhal inflammation extends over the entire surface of the mucous membrane, or inner skin; the stomach, kidneys and lungs are often involved; the whole system soon becomes affected by the rapid absorption of poisonous matter into the blood, and the disease that you had hoped to cure with simple local remedies, assumes a dangerous form.

I had Catarrh about 15 years, and tried during the time everything I could hear of, but nothing did me any good. At last I came to the conclusion that Catarrh must be a blood disease, and decided to give S. S. S. a trial. I could see a little improvement from the first bottle, and continued it three or four months, or until I was cured. Have not taken anything for six years, and am just as well as I ever was.—M. MATSON, Lapeer, Mich.

I had Catarrh so bad was entirely deaf in one ear, and all the inside of my nose and part of the bone sloughed off. The physicians gave me up as incurable. I determined to try S. S. S., and began to improve at once. It seemed to get at the seat of the disease, and after a few weeks' treatment I was entirely cured, and for more than seven years have had no sign of the disease.—MRS. JOSEPHINE POLHILL, Due West, S. C.

Catarrh is a constitutional disease—a blood disease which is frequently inherited, and only a blood medicine, such as S. S. S., can remove the hereditary taint, destroy the poisons that have been accumulating in the system for years perhaps, and restore the blood to a healthy and pure condition. The inflamed membranes and diseased glands are healed by the rich, pure blood which is carried to them, and the offensive discharges from the nose, and the terrible headache and neuralgic pains cease. Chronic cases of the most desperate character and apparently hopeless, have been cured completely and permanently by the use of S. S. S.

Write our physicians fully about your case and they will cheerfully assist you by their advice. We charge nothing whatever for this service. Book free on application.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Scrofula

few are entirely free from it.

It may develop so slowly as to cause little if any disturbance during the whole period of childhood.

It may then produce irregularity of the stomach and bowels, dyspepsia, catarrh, and marked tendency to consumption before manifesting itself in much cutaneous eruption or glandular swelling.

It is best to be sure that you are quite free from it, and for its complete eradication you can rely on

Hood's Sarsaparilla

The best of all medicines for all humors.

E. H. Groves

This signature is on every box of the genuine Laxative Bromo-Quinine Tablets the remedy that cures a cold in one day

SEAFARING MEN

KNOW THE VALUE OF

TOWER'S



LOOK FOR ABOVE TRADE MARK

ON SALE EVERYWHERE

CATALOGUES FREE

SHOWING FULL LINE OF GARMENTS AND HATS.

A. J. TOWER CO. BOSTON, MASS.

The Echo at Work.

When we had climbed to the top of the mountain, we observed an old man sitting on a rock with a pair of field-glasses in his hands. Every now and then he would look earnestly through them and then whoop continuously for a time with a vigor astonishing, considering his age. For a time we observed him from a respectful distance till finally, being naturally curious, I went up to him. "Why," I asked, "do you rubber that way and then yell so loud?"

He turned and eyed me calmly, with a dignity which could have been born of nothing but a great responsibility.

"If you talk to me," he said gravely, "you'll take my attention, and I'll lose my job. I, sir, am the echo at the Mountain House down yonder."

At this point it became necessary for him to howl again, and I retired much impressed.—Princeton Tiger.