

Our Working Girls.

Life to the most favored is not always full of sunshine, but to the average American girl or woman who is obliged to work for her living, and, perhaps to help others at home, life is often a heavy drag in consequence of illness.

Women who work, especially those who are constantly on their feet, are peculiarly liable to the development of organic troubles, and should particularly heed the first manifestations, such as backache, pains in the lower limbs and lower part of the stomach, irregular and painful monthly periods,



MISS ELLA BRENNER, E. ROCHESTER, OHIO.

faintness, weakness, loss of appetite and sleep.

The young lady whose portrait we publish herewith had all these symptoms, and in addition leucorrhoea, and was cured by Lydia E. Pinkham's Vegetable Compound. First, she wrote a letter to Mrs. Pinkham's laboratory at Lynn, Mass., describing her trouble, received in reply accurate instructions what to do to get well, and now wishes her name used to convince others that they may be cured as she was.

The same helping hand, free of charge or obligation, is extended, to every ailing woman in America. If you are sick you are foolish not to get this valuable advice, it costs you nothing, and she is sure to help you. Don't wait until it is too late—write to-day.

Warned.

Once when Mrs. Kendal was taking the role of Galatea in Dublin she had an amusing experience. Pygmalion, it will be remembered, had a jealous wife. During the temporary absence of that lady Galatea was about to throw herself into the arms of Pygmalion when an old dame in the audience cried warningly: "Don't do it, darlint! His wife's just gone out, and shure it'll be like her to be listenin at the key-hole."

Baby gets the benefit. Nursing mothers make their milk mildly purgative with Cascarets, the only safe laxative for babies. All druggists, 10c, 25c, 50c.

"You see that prosperous looking man over there? He robbed me of the best chance of becoming rich I ever had."

"How did it happen?"
"He refused to let me marry his daughter."—Detroit Free Press.

Accuracy above everything else is needed in photography. Our new balance scale weighs a grain as easy as an ounce. Price, \$3.00. At dealers, or Kirk, Geary & Co., 330 Sutter St., S. F.

Janet—Mother, Jack says that Miss Poindexter has married an underwriter.

Mother—Pooh! That's nothing! Didn't our Clara marry an editor?—Harper's Bazar.

YOU KNOW WHAT YOU ARE TAKING
When you take Grove's Tasteless Chl^d 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.

"...o you know," said the lady who takes an interest in genealogy, "that you had sixteen great-great-parents?"
"Gosh!" exclaimed the self-made man, "is that so? This is the first time I ever knew I had any."—Chicago Tribune.

English Ravens.

The raven of southern Europe is a bold fellow—not unlike his cousin, the crow. Some notices of the bird, given by an English traveler in Corstea, offer amusing proof of this.

A youth whom I employed to carry my camera could never look on ravens with any equanimity, for he had suffered much from their thievish impudence when sent to the bush to gather firewood.

On one occasion he lost his dinner, a loaf of bread wrapped in a napkin, although he was working close to the spot where he had laid it and had turned his back for only a minute.

But the most unpardonable insult he had ever received happened on a day when he was out gathering wood. As he was stooping down to bind a bundle of fagots a raven suddenly swooped from behind, lifted the cap from his head and flew away with it to a lofty crag, from which she uttered croaks of triumph.

The cap was subsequently seen lined with straw and serving for a nest.

A Chiropodist's Advice.

A chiropodist advises that foot comfort is much enhanced if all callous places on the feet are made perfectly smooth. This can be done easily and the feet kept in excellent condition by using a fine pumice stone every morning after the bath. The pumice stone should, of course, be wet, and if rubbed daily over the points on the feet that have hardened or shown a tendency to harden the places can be made and kept smooth. After a corn has been removed, too, a light rubbing daily of the place where it has been will often prevent its return.

CONSPICIOUS IN A BALL ROOM

Flakes of Dandruff on the Collar and Shoulders of a Gentleman in Full Dress

This is the thing you quite frequently see in the ballroom—a man's black dress-coat literally covered with dandruff.

It must be annoying to the wearer, and certainly not a pleasant thing to observe. But dandruff can be eradicated. It is a germ disease that will some day cause baldness.

Newbro's Herpicide kills the hair-destroying germ, and stimulates the hair to a rich, abundant growth; it does more—keeps the hair soft and pliant.

Furthermore, Herpicide is a most pleasant toilet accessory; pleasing of odor, and cooling to the scalp.

A Telltale Boast.

Nell—She used to boast that she was one of the charter members of the Woman's Suffrage club. She doesn't appear to be as proud of it now.

Belle—Oh, she's just as proud, but, you know, the club was organized 15 years ago, and she must have been at least 20 when she joined.—Philadelphia Record.

Wide Trousers, Narrow Streets.

La Lucha of Havana in a long editorial "giving fits" to American visitors to Cuba generally comes out strong in defense of Cuban trousers and of the narrow streets of the Cuban capital. It says:

"One frequently hears Americans ridicule what they call 'Cuban trousers,' thereby betraying their own crass ignorance. For instance, one of the coolest materials for men to wear is alpaca. To make close fitting trousers of it or of any other thin material would prove disastrous; consequently in all tropical countries the loose trousers are worn, and persons who visit Mexico, Central and South America or India grow rapidly accustomed to them. Furthermore, the shape affected here so much is the height of fashion in France.

"Again, the statement is frequently made that the streets of Havana should be 'widened and made modern.' Gross ignorance is again displayed. All tropical cities are built with narrow streets, as that is the only way in which pedestrians can be given shade during part of the day. By stepping out on to the Prado at 2 p. m. from Obspo or Obrapia the difference in temperature on wide and narrow streets may be noted."

CHASED THE SUPER.

The Exciting Race Between Kean and the Stage Hand.

Some strange tales have been told by old timers in the stage business about the Keans, both the elder and the last to be seen on the American stage. Some have said that hard study made them a little wrong at times, and some of the things they did certainly looked queer.

It is told by an old New Orleans horseman, who is here from the Crescent City, that when Kean the younger was playing there he nearly scared a super to death and came near "pink-ing" him.

It was in "Richard III." in the scene where he sees the ghosts. The stage manager was a bit the worse for drink and determined to have some fun. He did not like Kean, as he was a hard man behind the scenes. Among the supers was a raw Irish lad who had never seen a stage before. The manager told this fellow that if he would run across the stage when he gave him the tip he would stand to earn \$2. The poor fellow was broke, and a two spot looked to him like a national bank. He agreed, and the stage manager gave him a gaudy oilcloth banner bearing these words, "Smoke General Jackson Cigars."

It was nearly a panic that this Irish lad started. He ran across the stage, and when Kean saw him he was furious. He made a lunge at the unfortunate super with his sword, and, as the "rag" came whizzing down to a hurry call, he chased the poor standard bearer off the stage, down the passage and to the street. For two blocks he followed him in his Richard costume, and finally the super escaped down a dark alley.

What effect it had upon the show the turfman does not say, but certainly it was only the super's agility of foot that saved him.—Cincinnati Enquirer.

Bedlam.

The word "bedlam" is a corruption of the word "Bethlehem" and originated as a synonym for chaos at the time when the house of Bethlehem, occupied by a sisterhood of London, became an insane asylum. The treatment of the insane in the early part of the sixteenth century was not well understood, and, according to the theories then prevalent, it was necessary to frighten the patient out of his lunacy. All sorts of awful expedients were resorted to, among them "surprise floors," which slipped from under the feet; "surprise baths" and floggings at the periods of most severe illness; hence the name "bedlam," the result of incorrect spelling, possibly, came easily to stand for awful things.

CANCER

The diseases most feared are those which are inherited—handed down from generation to generation, and family to family. By far the most destructive of these is Cancer, which finds the greatest number of its victims among the children and grand-children of those whose blood was tainted with this dreadful malady. You may carry this poison in the blood for years, but as the vital powers begin to wane a slight bruise or cut, wart or mole, sore or pimple may develop into Cancer. From middle life to old age is the time when the slumbering poison is most apt to break out, a sore or ulcer often degenerating into Cancer, and Tumors become more progressive and ulcerate through the skin, the sharp, shooting pains causing the most intense suffering.

The Cancer patient naturally grows despondent as one after another the usual remedies fail, and the sore shows no sign of healing. The impurities that have been accumulating in the system, perhaps for generations, cannot be eliminated nor the poisoned blood made pure by salves, washes and plasters. The proper treatment is to purify and build up the blood, remove the cause, when the sore or ulcer heals.

S. S. S. goes directly into the blood, destroys the virus, stops the formation of Cancerous cells and cleanses the system of impurities. What we say of S. S. S. as a cure for Cancer is supported by the testimony of those who have tested it and been restored to health.

Begin in time, don't wait until the blood is so polluted and the system so thoroughly saturated with the poison that no medicine, however efficacious, can check the progress of the disease. If there is a taint in your blood get it out at once, don't wait for some external evidence of it, the appearance of a tumor or ulcer. We have prepared a special book on Cancer which we will mail free. Our physicians are ready to help you by their advice and such direction as your case requires. Write us fully and freely—no charge for medical advice. **THE SWIFT SPECIFIC CO., ATLANTA, GA.**

NERVES GAVE WAY

Had Headache, Backache and Serious Indigestion—Pe-ru-na Cured

Miss A. Brady, Corresponding Secretary Illinois Woman's Alliance, writes from 2725 Indiana avenue, Chicago, Ill.

"Last year from continued strain in literary work I became very much exhausted, my nerves seemed to give way, and I had backache, headache, and serious indigestion. One of my friends try Peruna. It suggested that I certainly acted like magic on my system.



MISS A. BRADY

"Within ten days I felt new life and health given me, and by taking an additional dose off and on when I feel extra tired, I keep my system in perfect order."—Miss A. Brady.

In view of the great multitude of women suffering from some form of female disease, Dr. Hartman, the renowned specialist on female catarrhal diseases, will direct the treatment of as many cases as make application to him during the summer months without charge. Address Dr. S. B. Hartman, President of the Hartman Sanitarium, Columbus, Ohio.

DON'T GET WET!
THE ORIGINAL
TOWER'S
FISH BRAND
OILED CLOTHING
BLACK OR YELLOW
Will Keep You Dry
IN THE
Wettest Weather.
ON SALE EVERYWHERE
TAKE NO SUBSTITUTES. LOOK FOR ABOVE TRADE MARK.
CATALOGUES FREE
Showing Full Line of Garments and Hats.
A. J. TOWER CO., BOSTON, MASS.

He Was Cautious.

Wederly—The doctor says I must take more exercise. Do you think I ought to begin with dumbbells?

Mrs. Wederly—Suppose for a starter you come out with me this afternoon and wheel the baby carriage?

Wederly—I—er—really, Mary, I couldn't think of it. I don't want to overdo the thing the first day.

25 CENTS
RISO'S CURE FOR CONSUMPTION
CURES WHEN ALL ELSE FAILS.
Has Cough Syrup. Tastes Good. Use in time. Sold by druggists.