

# "Don't Speak to me."



All manner of extravagant expressions are possible when a woman's nerves are overwrought. The spasm at the top of the wind pipe or bronchial tubes, "ball rising in the throat," violent beating of the heart, laughing and crying by turns, muscular spasms (throwing the arms about), frightened by the most insignificant occurrences—are all symptoms of a hysterical condition and serious derangement of the female organs.

Any female complaint may produce hysterics, which must be regarded as a symptom only. The cause, however, yields quickly to Lydia E. Pinkham's Vegetable Compound, which acts at once upon the organ afflicted and the nerve centers, dispelling effectually all those distressing symptoms.

Mrs. Lewis Says: "I Feel Like a New Person, Physically and Mentally."

"DEAR MRS. PINKHAM—I wish to speak a good word for Lydia E. Pinkham's Vegetable Compound. For years I had ovarian trouble and suffered everything from nervousness, severe headache, and pain in back and abdomen. I had consulted different physicians, but decided to try your medicine, and I soon found it was giving me much relief. I continued its use and now am feeling like a new person, physically and mentally, and am glad to add one more testimonial to the value of your remedy."—Mrs. M. H. LEWIS, 2108 Valentine Ave., Tremont, New York, N. Y.

Writing to Mrs. Pinkham is the quickest and surest way to get the right advice about all female troubles. Her address is Lynn, Mass. She advises women free. Following is an instance:

Mrs. Haven's First Letter to Mrs. Pinkham.

"DEAR MRS. PINKHAM—I would like your advice in regard to my troubles. I suffer every month at time of menstruation, and flow so much and for so long that I become very weak, also get very dizzy. I am troubled with a discharge before and after menses, have pains in ovaries so bad sometimes that I can hardly get around, have sore feeling in lower part of bowels, pain in back, bearing-down feeling, a desire to pass urine frequently, with pains in passing it; have leucorrhoea, headache, fainting spells, and sometimes have hysteria. My blood is not in good condition. Hoping to hear from you, I am," Mrs. EMMA HAVEN, 2508 South Ave., Council Bluffs, Iowa. (June 3, 1899.)

Mrs. Haven's Second Letter.

"DEAR MRS. PINKHAM—I wish to express my gratitude for what your medicine has done for me. I used it for four years with womb trouble. Every month I suffer very badly. I got so bad that I could hardly do my work. Was obliged to sit or lie down the most of the time. I doctored for a long time, but obtained no relief. I began using your remedies—Lydia E. Pinkham's Vegetable Compound, Blood Purifier, Sanative Wash and Liver Pills—and now feel like a new woman."—Mrs. EMMA HAVEN, 2508 South Ave., Council Bluffs, Iowa. (Feb. 1, 1900.)

**\$5000 REWARD** Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters deposited with the National City Bank of Lynn, Mass., \$5,000 which will be paid to any person who will show that the above testimonial is not genuine, or was published before obtaining the writers' special permission.—LYDIA E. PINKHAM MEDICINE CO.

FRAGRANT

# SOZODONT

for the TEETH and BREATH

New Size SOZODONT LIQUID	25c
New Patent Box SOZODONT POWDER	25c
Large LIQUID and POWDER	75c

At the Stores or by Mail, postpaid, for the Price.

A Dentist's Opinion: "As an antiseptic and hygienic mouthwash, and for the care and preservation of the teeth and gums, I cordially recommend Sozodont. I consider it the ideal dentifrice for children's use." [Name of writer upon application.]

HALL & RUCKEL, NEW YORK.

IN 3 OR 4 YEARS AN INDEPENDENCE ASSURED

**CHEAP FARMS**

DO YOU WANT A HOME?

100,000 ACRES Improved and unimproved farming lands to be divided and sold on long time and easy payments, a little each year. Come and see us or write, THE TRUMAN MOSS STATE BANK, Sanilac Center, Mich., or The Truman Moss Estate, Crosswell, Sanilac Co., Mich.

**Shiloh's Consumption Cure**

cures coughs and colds at once. We don't mean that it relieves you for a little while—it cures. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance.

"I have received so much benefit from it, that I always recommend Shiloh's for coughs, throat, bronchial and lung trouble." CHAS. VANDERCAK, Waterford, N. Y.

Shiloh's Consumption Cure is sold by all druggists at 25c, 50c, \$1.00 a bottle. A printed guarantee goes with every bottle. If you are not satisfied go to your druggist and get your money back.

Write for illustrated book on consumption. Sent without cost to you. S. C. Wells & Co., 128 N. Y.

**THE SOIUS CURE FOR CONSUMPTION**

Best Cough Syrup. France Good. Use in Time. Sold by druggists.

HER MOTHER.

I cannot think of her as one of His Exquisite angels, fair, and very wise in all the many ways of perfect bliss, Treading the flowered fields of Paradise.

Nay, she is still the little child that knew No thing beyond my arm's warm tenderness. That spoke no word, my little child who drew My love by very strength of helplessness.

Lord, when before the doorway of Thy A timid, new-born soul, I trembling, stand, Let her not come with glory on her brows, A fair, strong angel, bearing Thy command; But let mine own, my child, look up at me With the same eyes that need me, crave me, and Draw me across Thy threshold tenderly With her own hand—her little, tender hand.—Harper's Bazar.

## A Plea for Home Music.

"Play something for us, Maude."

"Oh, mother, don't ask me. I'm out of practice. I haven't touched the piano in a month."

"But any little simple thing will please your father, child. He likes to hear his old favorites, the tunes and variations you knew before you went away to study. Often since we've been alone he's looked at the piano, shut up there cold and dumb, and said, 'It would be like that when Maude comes home.'"

The young girl shrugged her shoulders irritably, a trick she had learned from her music master, and answered, positively: "I have forgotten those silly jingling things, mother, and I wouldn't play them if I could. As soon as I've gathered myself together and feel that I can do myself justice, I'll play, but not just yet."

The mother sighed. She and her husband had made many sacrifices that Maude's musical education should be complete. The cost of her lessons, of keeping her in town, of buying her the new instrument and furnishing her not only with music but opportunities to hear great performances had been a severe tax on their resources and on their strength. Now she was acknowledged to be an accomplished musician, wonderful for an amateur, aspiring to be a professional, yet Mr. Burrows shook his gray head sorrowfully as he confided to his wife: "We never get any good from it all. Seems as if Maude doesn't get any good from it herself."

At prayer meeting, the week after her return from a year's absence, it had happened that the pastor's wife, who usually played the hymns, was absent. The minister asked whether some one of the young ladies would not take her place for the evening, and had pointedly addressed Maude, after a pause of silence and waiting: "Will you not help us, Miss Burrows?"

Maude declined, to the deep disappointment of the old people, to whom it appeared incomprehensible that after all her study she should not be able to render so very small a service. Fortunately the pastor played a little himself, and was not, therefore, entirely dependent upon others, but he said to his wife later, and she agreed with him, that he thought any young woman who played, at all might learn to play simple sacred melodies so that at a moment's notice, if the occasion arose, she could be of use in a gospel meeting. In this opinion the minister does not stand alone. "There are many who share it with him."

A thorough musical training, with its discipline of ear and hand, its marvelous technique and its intellectual breadth need not wholly exclude the less while it gives the freedom of the large. The girl whose refinement of taste is satisfied only with classical music may still, if she choose, give rare pleasure to a homely audience of her own people and her neighbors to whom the harmonies she prefers are an enigma to which they have no clue.

I thought of this one evening lately as I sat on a veranda, where the moths dived about the fragrant vines, and listened to Chopin and Schumann deliciously played by a young woman, from whose slender fingers the music rippled and dipped in a golden shower. Her repertoire was wide, her attainments catholic and her memory phenomenal. And when there was a modest request from a timid, old-fashioned acquaintance for a former favorite it was not preferred in vain to Dorothy, who could dash into college songs, glide into dreamy nocturnes, play the sentimental pieces no longer in vogue and accompany a quartet or a soloist with equal facility and willingness. Such ease and grace were not uncommon at an earlier period, but as our ideals have become higher, our standards more exacting, young women have overlooked the fact that a little home music to give enjoyment to the domestic circle and to chance visitors is an charming contribution to the satisfaction of life.

"Why should we not carefully cultivate the memory for music, so that we may not be obliged always to depend upon the score?" is a question for the consideration of amateurs who are not willing to carry their notes wherever they go. The musical memory is as susceptible of cultivation as the memory of history, arithmetic or spelling. And a question for parents is, "Why should not the boy, as well as the girl, be taught the piano, a violin or some musical instrument?" To a youth at the period when childhood passes into adolescence, music is a resource; it provides agreeable occupation for leisure and is a partial defense against temptation. Then, too, the responsibility for making and keeping home the dearest and happiest place on earth is as much laid upon sons as upon daughters. The boys as well as girls should join in making the household cheerful and attractive.—The Congregationalist.

The Wonderful Skill of the Chinese.

On one occasion, while he was prosecuting attorney, says the Chicago Record, Luther Mills came upon an indictment returned against a Chinese laundryman upon the charge of having assaulted an Irish policeman with intent to kill. He thought this an exceptionally curious case, and upon examining the prosecuting witness and others he threw out the indictment as being wholly absurd. The compatriots of the Chinaman were very grateful for this act of justice, and in pigeon-English assured Mr. Mills that they would not forget his kindness.

One Sunday, five years later, while Mr. Mills sat on the lawn in front of his home, two carriages rolled up and out stepped a delegation of Chinamen in native costumes. One, who was superbly attired in silks, addressed Mr. Mills, and recalled the affair of his recent countryman: "I have just returned from China," said he, "and I have brought with me certain articles which I crave permission to present to your family as evidence of my appreciation of your kindness to one of my countrymen when he was in trouble."

The delegation was ushered into the house, bearing numerous packages of teas, fans, silks, etc., which were distributed about to several members of the family. Before taking his departure, the spokesman of the party asked Mr. Mills to let him have a cabinet photograph he saw on the mantelpiece; it was a picture of the Mills children, very prettily grouped. Mr. Mills thought the request a strange one, but he could hardly deny it. "By and by you will know why I want it," said the Chinese gentleman.

This incident remained a mystery until a few months later, when there arrived a parcel from Hong Kong, containing an enlarged water-color reproduction of the photograph, giving the details of expression and color with startling fidelity. "This is our present to you," said the Chinaman. "But how was it possible for that artist on the other side of the globe to know what shade of color to give to the hair and eyes of these children whom he never saw? That's what puzzles me," said Mr. Mills. The Chinaman replied that the art of photography was so thoroughly understood in China that it was easy to determine from the revelations of the magnifying-glass just exactly what color and what shade and what that were represented by such impressions as the photograph retained.

Earth Roads.

Prof. Charles H. Pettes, of the New Hampshire Agricultural College says: An earth road is one surfaced with a large per cent of earth, which may be sand, clay, harapan, loam, or a mixture of some of these. A very common kind of an earth road is one surfaced with the natural material where the road is built. This description, though generally characteristic, does not give the true distinction between these and gravel ones and may convey an entirely wrong impression. The true distinction lies in the predominance of earth over rock or the reverse in the surfacing material. Again, it will be seen that the gravel road is intermediate between the earth and the macadam and that there is no absolute line separating the earth from the gravel or the gravel from the macadam. The latter statement will appear evident if we consider that it makes no difference whether the stone for a macadam road has been prepared by a stone crusher or broken by the processes of nature and deposited in gravel banks during the glacial epoch.

The earth road, under favorable conditions of moisture and repair, is the smoothest, most elastic, and most pleasant for pleasure driving of any in existence. It is safest for horses' feet and, where the natural soil is favorable, is by far the cheapest both as regards construction and repair. On the other hand, if it is an ideal summer road, it is reasonably sure to be muddy and rough for perhaps two months in the spring as well as during the following heavy rains at other seasons. In short its perfection for all seasons is apparently impossible and it depends upon constant, though inexpensive, attention to minute repairs for its favorable condition during a limited season.

It thus appears that, if we aim at durability, nothing less than a body of rock will keep us up out of the mud in the spring; that this will render the surface too dry for comfort and durability during the summer, and that the more expensive and more perfect the surface constructed upon this foundation, the more expensive and more difficult the matter of repair. In the city sprinkling has given greater durability and comfort to the macadam surface, and the heavy expense for construction and maintenance can often be easily borne. In the country these favorable conditions are usually absent. Some have attempted to find in the gravel road the safe middle course between the earth and the macadam. They do not, however, appear to have wholly succeeded. Smoothness, elasticity, freedom from dust, low cost, and cheapness of maintenance seem to be thus far more or less incompatible with durability and constancy throughout the year.

The Mississippi penitentiary board of control has made its farming arrangements for another year, leasing the same plantations that were worked this year. These several big farms, all of which are in the delta, comprise 9,350 acres of cleared land, on which 720 convicts will be used. In addition to these, the estate owns and farms 3,000 acres of its own land, on which eighty convicts will be employed. Mississippi has found that farming with convict labor is profitable.

# SPRING CATARRH MAKES PEOPLE WEAK AND NERVOUS



MISS ANNA BRYAN OF WASHINGTON, D. C.

Miss Anna Bryan, a favorite cousin of William Jennings Bryan, is well known socially in Washington, D. C., where she has a host of friends. Miss Bryan recently studied music at Fairmount Seminary, of Washington, D. C. In a recent letter to The Peruna Medicine Co., of Columbus, Ohio, she says:

1459 Florida Avenue, N. W., Washington, D. C.

The Peruna Medicine Co., Columbus, O.

Gentlemen—At the solicitation of a friend I began some weeks ago to take your Peruna and I now feel like a new person. I take pleasure in recommending it to all who want a good tonic and a permanent cure for catarrh."—Anna Bryan.

MRS. BERTHA KOCKLER, 177, Guinnet street, Brooklyn, N. Y., writes: "Peruna and Manalin have done me very great service, and I recommend them with pleasure to all who suffer with nervous catarrh of the stomach as I do. Should such a disease ever attack me again I shall immediately take Peruna. I now feel very well and have a good appetite all the time. I have gained in weight. I recommended Peruna to an acquaintance of ours and he is making remarkable progress. I looked so badly for a time before I began your medicine, that now when I meet some of my friends they say: 'I was very much worried about you, but now you are looking so well.' I shall always keep Peruna and Manalin in the house as family medicines."—Mrs. Bertha Kockler.

## Thousands of Fair Women Are Never Without Peruna, The National Catarrh Remedy.

Miss Marie Coats, President of the Appleton Young Ladies' Club, writes the following concerning Peruna:

The Peruna Medicine Co., Columbus, O.

Gentle on— "I find Peruna an excellent spring and summer medicine and am glad to call the attention of my friends to it. When that languid, tired feeling comes over you and even your food no longer tastes good, and small annoyances irritate you, Peruna will make you feel like another person inside of a week. I have now used it for three seasons and find it very reliable and efficacious."—Marie Coats.

Mrs. A. Wetzel, 21 South 17th street, Terre Haute, Ind., writes: "Peruna is the greatest medicine on earth. I feel well and that tired feeling is all gone. When I began to take your medicine I could not smell nor hear a church bell ring. Now I can smell and hear. When I began your treatment my head was terrible, all sorts of buzzing, chirping and loud noises. Three months ago I dragged around like a snail; now I can walk as briskly as ever. I am going to go and see the doctor that said I was not long for this world, and tell him that Peruna cured me."—Mrs. A. Wetzel.

If all the tired women and all the nervous women, and all the women that needed a tonic would read and heed the words of these three fair ladies who have spoken right to the point, how many invalids would be prevented and how many wretched lives be made happy.

Peruna restores health in a normal way. Peruna puts right all the mucous membranes of the body, and in this way restores the functions of every organ.

If it is the stomach that is out of order, and the digestion impaired, Peruna quickly makes things right by restoring the mucous membrane of the stomach.

If the nerves tingle, if the brain is tired, if the strength is flagging and the circulation of blood weakened by flabby mucous membranes of the digestive organs, Peruna reaches the spot at once by giving to these membranes the vitality and activity which belongs to them.

The pelvic organs are also lined with mucous membrane which in the female sex is especially liable to derangements. Peruna is an absolute specific in these cases. The women everywhere are praising it. No other remedy has ever received such unqualified praise from such a multitude of women.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

MAM-MA!! DON'T YOU HEAR BABY CRY?

Do you forget that summer's coming with all its dangers to the little ones—all troubles bred in the bowels.

The summer's heat kills babies and little children because their little insides are not in good, clean, strong condition.

Winter has filled the system with bile. Belching, vomiting up of sour food, rash, flushed skin, colic, restlessness, diarrhoea or constipation, all testify that the bowels are out of order.

If you want the little ones to face the coming dangers without anxious fear for their lives, see that the baby's bowels are gently, soothingly, but positively cleaned out in the spring time, and made strong and healthy before hot weather sets in.

The only safe laxative for children, pleasant to take (they ask for more) is CASCARETS. Nursing mothers make their milk mildly purgative for the baby by eating a CASCARET now and then. Mama eats a CASCARET, baby gets the benefit. Try it! Send for a 10c box of CASCARETS to-day and you will find that, as we guarantee, all irregularities of the little and big children's insides are

**CURED BY**

# Cascarets

LIVER TONIC

10c. 25c. 50c. BEST FOR THE BOWELS NEVER SOLD IN BULK.

ALL DRUGGISTS.

**CURE** all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, flatulency, and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a suffering that comes afterwards. No matter what ails you, start taking CASCARETS to-day, for you will never get well and be well all the time until you put your bowels right. Take our advice: start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

**GUARANTEED** TO CURE: Five years ago the first box of CASCARETS was sold. Over six million boxes of this great remedy have since been sold. We have faith and great merit, and our best testimonial. We have faith and great merit, and our best testimonial. We have faith and great merit, and our best testimonial. We have faith and great merit, and our best testimonial.

Address: STERLING REMEDY CO., NEW YORK or CHICAGO.

Fear keeps many a mortal in the straight and narrow path. The modest maiden always commands the respect of all mankind. W. N. U.—DETROIT—NO. 18—1901 When answering Ads. please mention this paper