

PERIODS OF PAIN.

How Three Women Found Relief.



MRS. E. KUEHL.

While no woman is entirely free from periodical suffering, it does not seem to have been the plan of nature that women should suffer so severely. Lydia E. Pinkham's Vegetable Compound is the most thorough female regulator known to medical science. It relieves the condition which produces so much discomfort and robs menstruation of its terrors.

The three letters here published should encourage every woman who suffers:

Aug. 6, 1898.
"DEAR MRS. PINKHAM:—I have suffered since the age of sixteen with painful menstruation. I have been treated for months, and was told that the womb had fallen a little. The doctor says that is now in place again, but I still have the same pain. Please tell me what to do."—MRS. EMMA KUEHL, 112 Trueman St., Brooklyn, R. D., N. Y.

Jan. 19, 1899.
"DEAR MRS. PINKHAM:—After receiving your reply to my letter of Aug. 6 I followed your kind advice, and am glad to tell you that I have been cured of the severe pain at time of menstruation through the use of Lydia E. Pinkham's Vegetable Compound. I have taken six bottles of it, feel better after the first bottle, and after a while had no more pain or womb trouble.

"I had doctor'd from the age of sixteen to twenty-six, and had lost all hope, but your medicine has made me well.

"I would like to have you use my testimonial, so that others may see, and be inspired with hope, and take and be cured with you. Please send me what to do."—MRS. EMMA KUEHL, 112 Trueman St., Brooklyn, R. D., N. Y.

Feb. 20, 1900.
"I saw your medicine so highly recommended I thought I would write to you for advice.
My menstruation occurs every two weeks, lasts a week, and is painful. I have been troubled in this way for some time. I suffer from sick headache and backache all the time, especially if there is anything about my case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help you, for no person in America has such a wide experience in treating female ailments as she has. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

"I was troubled with female weakness, irregular and painful menstruation, and leucorrhoea. The doctor's medicine did me no good. I have taken one bottle and a half of your Vegetable Compound, and I feel much better. I shall always praise your medicine."—MISS MAGGIE POLLARD, 219 So. 4th St., Richmond, Va.

Aug. 6, 1898.
"I am poor, sick at stomach every morning, everything I eat hurts me, am very weak, thin, and allow. I have tried a doctor, but he did not seem to do me any good."—MISS MAGGIE POLLARD, 219 So. 4th St., Richmond, Va.

April 23, 1900.
"Since receiving your answer to my letter I have been taking your Vegetable Compound, and it has done me more good than any medicine I have ever taken. My menses are all right now, and appear once a month, and I feel so much stronger. I shall always praise your medicine."—MISS MAGGIE POLLARD, 219 So. 4th St., Richmond, Va.

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LYDIA E. PINKHAM MEDICINE CO.

For La Grippe and Headache.
These disagreeable and dangerous diseases may be relieved immediately by the timely use of Hicks' Capeline Headache Cure. Use, 25c and 50c at all drug stores. If your druggist does not keep it send for postage on trial bottle. HICKS CHEMICAL CO., Raleigh, N. C.

TO MOUNTAIN AND SEA RESORTS.
Via Seaboard Air Line Railway.
Before completing arrangements for your summer trips or deciding upon places to which to spend the summer, you should call on Ticket Agents and Passenger Representatives of the Seaboard Air Line Railway. They are specially prepared to furnish information as to lowest rates, quickest schedules and most attractive routes to the Mountain Resorts in Western North Carolina and Southern Virginia, also to the Beach Resorts of Opechee, Virginia Beach, Old Point Comfort, the great Eastern Resorts along the Jersey Coast and other popular places reached by the Seaboard Air Line Railway. This Company is offering lower rates than ever with perfect train service and fast through schedules. It will insure a rapid transit to all of the Seaboard Air Line Railway Agents.

The rate at which some people live is only regulated by the question of how much credit they can get.

IT IS permanently cured, no sin or nervousness after first day's use of Dr. King's Great Peppermint Cure. 21 trial bottles and boxes free. Dr. R. H. KING, M.D., 101 Arch St., Philadelphia, Pa.

An all well and an orator are neither of them much good unless they speak.

All goods are alike to FURNAS FARMERS DRY, as they color all fibers at our boiling. Sold by all druggists.

Efforts are being made in Raleigh, N. C., to have the city buy and preserve the boyhood home of Andrew Johnson.

Imitations of American products are being sold in Sweden in large quantities.

Ask Your Dealer for Allen's Foot-Powder. A powder to shake into your shoes; keeps the feet cool, cures Corns, Bunions, Swollen, Sore, Hot, Chapped, Aching, Blisters, Itching and Itching Feet, and all other ailments of the feet. Allen's Foot-Powder is sold by all druggists and shoe stores, 25c. Sample mailed FREE. Address Allen S. Olmsted, LeRoy, N. Y.

When the evils were freed in Russia, the Government paid on an average \$15 for 20,700,000 of them.

If You Have Dyspepsia
Send no money, but write Dr. Shoop, Baines Bldg., Box 144, for six bottles of Dr. Shoop's Peppermint Cure; express paid. If cured, pay \$5.00; if not, it is free.

An automobile ambulance removes hurt horrid from the steeply ascending stairs at Antwerp, France.

Chemp in Price,
But as a medicine worth its weight in gold is Crab Orchard Water. Many have been restored to perfect health by its use.

The Salvation Army is at work in forty-seven countries, and has fifty-five periodicals, printed in twenty-one languages.

Happiness cannot be bought, but one of the great hindrances to its attainment can be removed by Adams' Epsom Salt Fruit.

Even the tall cashier may be short in his accounts.

EXCURSION RATES TO MEMPHIS, TENN.
Via Seaboard Air Line Railway—Memphis Moderate Veterans.

On account of the Season of United Confederate Veterans, the Seaboard Air Line Railway will sell tickets from stations on its line to Memphis and return at the very low rate of one cent per mile. Tickets will be sold May 25th, 26th, and 27th, and June 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

An extension of \$100 limit to June 30th, 1901, will be granted on all Seaboard Air Line Railway tickets and on all tickets reading via that line by depositing same with Joint Ticket Agent at Memphis on or before June 30 and upon payment of 50c.

Double Daily Trains with fast schedules and perfect passenger service make the Seaboard Air Line Railway (Capital City Line) a convenient and attractive route to Memphis.

For tickets, Pullman and Sleeping Car reservations and full information as to rates and schedules, apply to any agent of the Seaboard Air Line Railway.

The laundryman is one who sees less the irony of fate. So. 20.

Arizona newspapers declare that deer, antelope and mountain sheep will soon be exterminated there unless immediate steps are taken for their preservation.



WOMAN'S VEIL.

HOW WOMEN SPOIL VISION.

Their Veils Are Tight Traps, and Some Are Worse Than Others.

Women are divided in their opinions upon the subject of the veil, but where you will find one to maintain that such an adornment fades the complexion you will find ten to aver that no penalties would prevent them from wearing the adornment.

Go and ask an oculist his opinion, and what he has to say on the topic is to plump condemnation upon every veil that is worn. Yet he will admit that, while some veils are extremely dangerous and deleterious to the eyes, others are almost unobjectionable.

There are fashions in veils and gauzes, and many are the variations with which the veil is worn. But in England it always covers the eyes, and it is here that the danger arises.

Of all the veils ever tried the ideal one is yet to be discovered. Some women can trace step by step its evolution throughout the century. They have heard their grandmothers talk about the white lace "fall" that used to be liked, and themselves can recollect the thick green, blue, gray, white and green gauze horrors worn to protect the complexion from tan. Those veils were followed by thinner silk ones, which in their turn were deposited in favor of those of thread lace, after which came the many abominations still exploited, to wit: mesh-netts dotted and patterned in various ways.

Just now women are beginning to shorten veils and falls considerably. Indeed, in Paris they are wearing most curtailed ones again, and a feeling has also come in there for the utter banishment of the veil. A more uncomfortable and imbecile affair for afternoon tea than the mask the chin veil is can not be imagined.

It is a sign of grace, perhaps, that the question which is being much debated now among smart people is whether the veil does not accomplish so much harm to the visual organs as to outweigh all other considerations in its favor. They wonder if a veil could not be contrived that would leave the eyes uncovered, while it beautified and protected the rest of the face. As a pattern nothing could be better than the Turkish women's yashmak, which is justly held to be the most modest face covering in existence.

Now, as to good and bad patterns of veils, considered not from the point of view of beauty, but of visual expediency.

The very best is a veil as fine as gauze, which can be most becoming, too. It has no spots at all upon it, and so does not worry the poor, tortured eyes that long to lodge spots, or vainly and unconsciously try to remove them, one of the worst possible exercises to which weak or imperfect sight can be put. The retrograde step is taken by Indian net veiling, which need not, however, be very trying if the mesh be fine, for it is unpatterned.

Then come the quite condemned veils, which have chenille spots all over them; they are bad in proportion as their dots are close and large or scanty and small, but they are less sight-wearing than a veil that is patterned as well as dotted, a veritable agony to sensitive sight. White veils are often much more evil in their effects than black, for the material, be it tulle or net, possesses a faculty for dazzling the vision and making everything seen through it wavering and ill-defined. Finally, has not the case been proved that those who are conscious of strain, a lack of clarity of sight, or weariness after wearing a veil, should give up the task of looking smart at the expense of vision. Even the strong argument in favor of veils of a sensible and clear mesh, which the oculists do not attempt to deny, namely, that such veils do keep the eyes from the assaults of grit, especially during a drive or while cycling and motoring, should not appeal to the weak-sighted.—London Mail.

Sliver Waist Stocks.

For the neck of the Runchunda waist there is the stock, and with little tie to match, and it makes all the difference in the world whether or not these are worn with the waists. Any kind of collar and tie may be worn, but those of the same material give the waist a distinction which it does not have without it.

Wash stocks come in all white and all colors, or with white collar and colored ties. These latter may or may not match the material of the shirt waist, but they are always a little more attractive if they do. There is a little butterfly bow of a new design this year which is very attractive and prettier than those of last.

A plain little turn-over piece is to be seen on many of the stocks of the same material as the collar, white or colored. Many other collars come without these extra pieces, and these are in fact rather more attractive and becoming. The white stocks are most frequently of pique, and white ties to go with them are frequently of madras.

Stocks which have a style of their own on people who can wear them, are in bright green and in bright red, and are supposed to wash.

The "Crona" is a stylish new stock. It is of plain or mercerized cheviot and comes in stripes and plaids. The cheviot is folded to form the stock proper, and inside the fold is a piece of heavy

linen to give it body. The long, broad ends form an ascot, or are simply tied once. The Crona is intended to be worn without starch. The general effect of the scarf is light, for there is a foundation of white.

Profty soft ties are of fine lawn, bound around the edge with a little color. These are wide and shaped a little at the back to fit around the collar, and are brought around and tied in a soft knot in front.

The pretty little belts of pique, with harness buckle clasps, are all in white this year. The colored ones have not the style, and those of white are pretty with all colors.—New York Times.

Favorite Game of the Vassar Girls.

The most popular athletic game at Vassar is basket ball. Each class has a team, and in the spring match games are played between them. These games are among the most exciting events of the year. Each class, the girls all wearing white duck suits, with collars and belts of their class color, form in procession and march, with much cheering and waving of class flags, out to the circle, where they draw up around the basket ball court. Then the teams appear on the ground, and slipping off their capes and skirts appear in the "gym" suits all ready to begin.

The class greets them with tumultuous yelling, which continues until the referee's whistle sounds and the game is called. Then there is complete silence, the game begins, and every one watches with breathless interest. An unusually good play brings forth an admiring but suppressed "Oh-h-h!" but when a goal is made there is an uncontrollable shout from the scoring class. Except for these interruptions, the game goes on in silence. But when it is all over pandemonium reigns. Every one yells, whether her side has won or lost, though naturally the victors are a bit more enthusiastic about it. The winning class, gathering up its team as it goes, makes a dash for its class tree, and proceeds to hold an impromptu celebration.

The basket ball championship is held this year by the senior class, who proudly display the championship flag outside of the senior parlor door.—The Book World.

Woman Rules the West—Socially.

The majority of Western men are out of their element, says W. D. Lyman in the Atlantic, in anything except business and politics. The wife usually acts as head of the family in all manner of social and religious crises, as inviting a ministerial guest to ask a blessing at table or conduct family worship, while the masculine partner slouches around at such times in hulking and uncomfortable consciousness of his own lack of piety and polish. That solemn sense of his own dignity as head of the house, that shrinking deference paid to him by the "weaker vessels" of his family, which magnifies the paternal families in England, and to some degree in the old-fashioned New England community—this never lightens up the pathway of the average Western householder. He may consider himself in great luck if he is not discredited entirely. The independence and "go-aheadiveness" of women seem to co-exist with a general high standard of intelligence, for statistics show that Washington is third on the list of States in freedom from illiteracy, being surpassed by Iowa and Nebraska only. In fact, the Pacific coast ranks very high in average education and intelligence, though there is not, of course, so much of high culture as in some circles of older communities.

The Spanish Bounce, sixteen-shaper or shirred, has returned to favor.

A new style of stitched bands has the stitching going across instead of in long lines.

The variety in neckwear is infinite, the latest development being washable stocks.

Small buckles used as slides on silk bands and velvet ribbon are one feature of dress decoration.

A revival is promised of the old-fashioned silk and lace mitts. One style has applique flowers of lace in the silk mesh.

The majority of skirts have what may be termed a modified habit back; that is, they close behind with a fan of scant puckers.

Jet buckles—the only touch of black on them—are seen on some of the new light hats. They are prettiest when not too large or heavy.

A pretty model for a black gown has three stitched bands on the skirt, a broad stitched collar of taffeta and a belt of the stitched silk.

Houses much trimmed with lace, cut-work, etc., have not lost their prestige. Fancy belts and vests are always ornamental features.

Some skirt seams are laced together with chenille cord or narrow velvet to below the knees, terminating in a carelessly tied knot spiked with gilt or silver.

There is nothing very new in putting lace insertions into wash gowns—or any other gowns, for that matter—but it can be done to any extent and in as intricate patterns as may be desired, with good effect.

Every once in a while earrings are said to be coming into vogue again, but as they are not becoming to the average woman they will doubtless meet with the same fate they have suffered so many times before. With evening dress earrings are perhaps an attractive addition, but at any other time they add some years to a woman's apparent age.

HOUSEHOLD HINTS:



The Modern Dining Room.

The modern dining room, according to one of our best authorities, is too apt to look like a china shop from the too indiscriminate and over use of decorative china. It should be used discreetly as any other bric-a-brac, with a careful regard to the setting color of the walls, and pieces. A corner cupboard filled with old china and a few pieces effectively disposed are oftentimes best, but where a plate rack or china shelf is desired much study should be given to its arrangement, especially avoiding overcrowding; a sparse disposition is much more to be desired.

The Care of Table Linen.

It is almost as essential that table and bed linen shall be properly hung out as that they shall be well washed. If they are allowed to dry out of shape, stretching and pulling them straight wears them much more than use. Hang tablecloths and sheets evenly across the line, ends down. The warp threads are much stronger than the woof. If stretched habitually lengthwise the things will split along the fold. It is the same with towels and napkins. Indeed, everything washable lasts longer if hung to dry so that the weight while wet comes mainly upon the long-way threads.

Fine Coverings For Beds.

For the outer coverings of beds there are all sorts of novel and pretty things in white and colors. The Marcellies quilts come in several colors in the ordinary style, plain woven, but the prettiest are those which are embroidered. This embroidery, which is and has the appearance of handwork, is really done by machinery, but is most attractive.

The imported quilts have the conventional centre in white and a wide embroidered border in attractive designs and in different colors. They are no more attractive than the domestic embroidered quilt. These have the whole centre of the embroidery in bow knots and in smaller figures. An attractive design is one in dark blue.

The finest and handsomest coverings are those of heavy linen, with hand embroidery in white. The most elaborate of these come with the whole centre in embroidery, a broad embroidered border outlined with drawn work, and a wide hem, with a row of drawn work at the head. These quilts on the brass beds hang down on all sides, and take the place of the valance. A mousseline is frequently worked at one side of the embroidered centre.

Sheets now have lines of fine solid embroidery across the top. Some are also made with hemstitching, and some with more elaborate drawnwork. Flannels, which are still much used, if they have not their cravatlike high standing, show more or less elaborate work. There are all styles of the solid embroidery in flowers. The most striking designs are those with the larger flowers embroidered in the natural size.

Pillow cases now have embroidered borders across the end, with hemstitched hems or drawwork, and some of them patterns covering the whole of one side. The handsomest of these are the cases into which the pillows are buttoned. These are large and square, and are used for the bed without shams, while pillows with plain covers are used at night, or in the more elaborately kept houses the embroidered slips are used and changed daily.—New York Times.

White Sponge Cake—One and one-half tumblerfuls of pulverized sugar, one tumblerful of sifted flour, the whites of ten eggs, one teaspoonful of baking powder, a little salt, one teaspoonful of lemon extract. Bake from twenty to twenty-five minutes.

Cream Dressing—Half a tablespoonful each of salt and mustard, three-fourths of a tablespoonful of white sugar, one slightly beaten egg, two and a half tablespoonfuls of melted butter, three-fourths cupful of cream, and one-fourth cupful of vinegar. Mix well together and cook in a double boiler until it thickens; strain, and let get very cold.

Salmon Croquettes—Drain all the liquor from one can of salmon and mash it. Beat up two eggs and one-fourth cup of milk. Add two tablespoonfuls of melted butter, a dash of nutmeg, salt, paprika and one cupful of fine bread crumbs. Mix the salmon with this and form into croquettes. Dip in crumbs, in beaten egg, and in crumbs again and fry in deep fat.

Hot Anchovies—Buy the small preserved anchovies that come in cans or in miniature barrels. Press them from the oil in which they have been packed by laying them for a few moments on soft paper. Heat a tablespoonful of butter in the blazer, and cook the anchovies in this until they show signs of becoming crisp. Squeeze the juice of a lemon over them before serving them on toast or on fried bread.

HOUSEHOLD RECIPES

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\$5000 REWARD.—We have deposited with the National City Bank of Lynn, \$5000, which will be paid to any person who can find the above individual letters and send them to the publisher before obtaining the writer's special testimonial.

Sozodont for the Teeth and Mouth 25¢
USE CERTAIN CURE. THE BONES THAT MADE WEST POINT FAMOUS. McILHENNY'S TABASCO.

LION COFFEE

A LUXURY WITHIN THE REACH OF ALL!

"THE NEW YANKEE BOOBY."

LION COFFEE came to town
To satisfy the craving
Of millions, and their pleasure crown
By also money saving.
LION COFFEE IS the best,
LION COFFEE stands the test,
LION COFFEE's sales attest
The road to fame 'tis paving.

LION COFFEE is not glazed,
It has no foreign coating,
Its purity is always praised—
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LION COFFEE takes the lead,
LION COFFEE's grand, indeed,
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Perfection is desoting.

LION COFFEE is the best—
Nothing there to hide it,
Lion head on package seen,
Premium List inside it!
LION COFFEE's gifts are great,
LION COFFEE's one-pound weight,
LION COFFEE's up-to-date,
All grocers will provide it.

Watch our next advertisement.
Just try a package of LION COFFEE
and you will understand the reason of its
popularity.
LION COFFEE is now used in mil-
lions of homes.

In every package of LION COFFEE you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold).
WOOLSON SPICE CO., TOLEDO, OHIO.