

A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.



Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would blot after eating and frequently become nauseated. I had an acrid discharge and pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs. Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

The fruit of fortune never falls on a snoring nose. So. 18.

"All Signs Fall in a Dry Time" THE SIGN OF THE FISH NEVER FAILS IN A WET TIME

In ordering Tower's Slickers, a customer writes: "I know they will be all right if they have the 'FISH' on them. This confidence is the outgrowth of sixty-nine years of careful manufacturing."

Highest Award World's Fair, 1904.

A. J. TOWER CO., The Sign of the Fish Boston, U. S. A.

Tower Canadian Co. Limited Toronto, Canada

Makers of Warranted Wet Weather Clothing

CORN FIELDS ARE GOLD FIELDS

to the farmer who understands how to feed his crops. Fertilizers for Corn must contain at least 7 per cent. actual Potash

Send for our books—they tell why Potash is as necessary to plant life as sun and rain; sent free, if you ask. Write to-day.

GERMAN KALI WORKS New York—93 Nassau Street, or Atlanta, Ga.—21 1/2 South Broad St.

PIMPLES

"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and black heads. After taking Cascarets they all left. I am continuing the use of them and recommending them to my friends. I feel fine when I rise in the morning. Hope to have a chance to recommend Cascarets."

Frederic C. Witten, 78 Elm St., Newark, N. J.

Best For The Bowels

Cascarets

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Painless, Taste Good, Do Good, Never Sickens, Weakens or Grips, 10c, 25c, 50c, Never sold in bulk. The genuine takes stamped O. C. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N. Y. 595

ANNUAL SALE, TEN MILLION BOXES

If afflicted with weak eyes, use

Thompson's Eye Water

PISO'S CURE FOR CURS WHERE ALL ELSE FAILS. Best Cough Syrup, Tastes Good, Use in all cases.

CONSUMPTION

THE SUNDAY SCHOOL

INTERNATIONAL LESSON COMMENTS FOR MAY 7.

Subject: The Vine and the Branches, John xv., 1-12—Golden Text, John xv., 8—Memory Verses, 5, 6—Commentary on the Day's Lesson.

I. The importance of abiding in Christ (vs. 1-5). 1. "I"—Jesus. "The true vine." The true vine is Christ; the living, abiding Christ, who reproduces Himself in every true disciple. "The husbandman." The owner of the vineyard, the original planter, possessor and cultivator of the vine. The Saviour speaks of Himself as the subject of His Father's care and cultivation.

2. "Every branch in Me." Many are supposed to be in the vine, according to the opinions of men, who have no root in the vine. Baptized, professing, partially believing members may be found in abundance. "He taketh away." Removes, that the vine may not be damaged in reputation, or the world be imposed upon by empty professors. "Bearing fruit." The fruit of the Spirit—love, joy, peace, etc. (Gal. 5:22, 23). "All that bear fruit." "Purge it." Cleanseth and pruneth, stripping it, as the husbandman does, of whatever is rank and luxuriant—a process often painful, but no less needful and beneficial than in the natural husbandry. "More fruit." Everything is removed from the branch which tends to divert the vital power from the production of fruit. Christ cleanseth the soul. The object of all redemptive work is in order that the soul may bring forth more fruit.

3. "Now ye are clean." Ye are under this discipline of pruning. Jesus comforts them with the assurance that they are bearing fruit, though they need further cleansing in order that they may bring forth more fruit. "Through the word." You are already cleansed from past sin through your acceptance of and obedience to My word. The word of God is the pruning knife.

4. "Abide in Me." Hold fast faith and a good conscience; let no trials turn you aside from the truth. Ye shall receive every help and influence from Me that your souls can require in order to preserve them and save them to eternal life. "I in you." He abides in them as the source of spiritual life and fruitfulness, on condition that they abide in Him by a living, obedient faith. Christ's power, knowledge and love will fill the hearts and lives of His people. "The branch cannot," etc. If the branch should be cut off an instant it would become fruitless. "No more can ye." Ye must be partakers of My divine nature, be wise in My wisdom, reveal My mind, and purify through My holiness. 5. "Much fruit." The desired end is secured. Teach Christ, live Christ, abide in Christ and fruit is sure: "Without Me." Separated from Me. Without Christ we can do nothing that will please God.

II. The result of not abiding in Christ (vs. 6, 8). 6. "If a man abide not in Me." Whatever man may do to merit salvation is worthless. Except he be joined to Christ by abiding faith and love, he is no more a child of God than the dead branch is a part of the living vine. "Is withered." Having no heavenly unction, no spiritual life, he cannot bring forth mature fruit. Though no mortal can discern the defect the husbandman can. "Men gather them." Through the judgments of God they are separated from the fruit-bearing branches. "Burned." Void of spiritual life, the soul destroyed.

III. Blessings that come from abiding in Christ (vs. 7, 8). 7. "If ye abide." Keep in constant communion with Him, lean always on Him, make Him the fountain of life and strength. "My words abide." Words of promise, doctrine, precept. Keep My sayings and precepts. "Ask what ye will." Because this indwelling of His words in them would secure the harmony of their askings with the divine will. Such will ask in submission to His will. "Shall be done." The asking is unlimited because the will of the believer will be in harmony with the will and purpose and love of Christ.

8. "Herein." In the abundance of the fruit. "Father glorified." It is the honor of God to have strong, vigorous, holy children, perfectly filled with His love. Christians are God's representatives on earth, and therefore the larger and more perfect their success in saving men from sin the more God is honored. "So shall ye be My disciples." It would seem that bearing fruit is made here a test of discipleship.

IV. Christ's commandment (vs. 9-12). 9. "As the Father," etc. Our Lord was conscious of being the object of the Father's infinite love; here He asserts that His love to His disciples corresponds with the eternal Father's love to Himself. "Abide ye" (R. V.). Be settled and fully established in Christ, being fully persuaded that nothing shall be able to separate us from His love (see Rom. 8:35-39). 10. "If ye keep—ye shall abide." This is the method and secret, the stimulus, the proof of abiding in the love of Christ. The obedience here described is the outcome of love, but the power is thus gained to continue to dwell in the divine love, to abide in the full enjoyment of it.

11. "My joy might remain." Although within a few hours of the cross Jesus speaks of His joy. "Joy—full." The joy of the Lord filling the soul. A joy so deep that no sorrow can disturb it. Such a condition of soul cannot be described; it must be experienced to be understood. 12. "My commandment." Here we have "a commandment of mutual love based upon His example of love." This commandment includes all others. "As I have loved you." Christ is the only preacher who fully exemplified in His own life the perfection He preached. The measure of our love for others is His love for us.

A Developed Daisy.

For many years Mr. Burbank worked upon the daisy, taking the tiny field daisy, the pest of Eastern farmers, as a basis of his experiments, and developing it until it is now a splendid blossom from five to seven inches in diameter, with wonderful keeping qualities, after cutting. In the same way he has greatly increased the geranium in size, and at the same time has made it far more brilliant in color.—Century.

Dog Announces Crossings.

A blind man and a spaniel dog leading him with the aid of chain furnished a curious sight on Chestnut street the other day. Pedestrians looked on in amazement and many followed the blind man and his friend to see if anything curious would happen when they reached a street crossing. Strange enough, the dog barked when the curbstone was reached and in that way informed the blind man that he should be careful and step down.—Philadelphia Press.

FRIENDLY COMMENT.

Miss Pepprey—No, he didn't like your eyebrows. He said they were too black.

Miss Painter—The Idea!

Miss Pepprey—However, I assured him they were not as black as they were painted.—Philadelphia Press.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & Co., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation

South America is Awake.

There are 27,800 miles of railway now in full operation in South America, and Argentina has 11,000 of these miles. This is only one sign of what has consistently been done by successive governments in those much-troubled republics.

Against Rate Reduction.

Atlanta, Ga.—The recent proposition of J. Pope Brown, Chairman of the Georgia Railroad Commission, to reduce the passenger rate in Georgia from three to two cents per mile was protested against by the Brotherhood of Locomotive Engineers, the Order of Railway Conductors, and unions of the blacksmiths, machinists and telegraphers, boiler-makers, railway train men, carpenters and joiners, clerks and car men. These organizations employed an attorney especially to represent them, who urged that such a reduction would work against the prosperity of the State and lead to a reduction in the number of railroad employes as well as of their wages. The Travelers' Protective Association also protested that a reduction as proposed would result in fewer trains and poorer service.

The Western tale with human blood running through its sentiment is "The Derelict of Silver Saddle," by Grace McElroy Iurs, which appears in Lippincott's Magazine for May. It is an impressive piece of realism, full of picturesque side-lights.

Is It Right?

Is it right for you to lose \$4.20 that a dealer may make 50 cents more by selling fourteen gallons of ready-for-use paint, at \$1.50 per gallon, than our agent will make by selling you eight gallons of L. & M., and six gallons of linseed oil, which make fourteen gallons of a better paint, at \$1.20 per gallon? Is it right?

Sold everywhere and by Longman & Martinez, New York. Paint Makers for Fifty Years.

The milk supply of Copenhagen, Denmark, is shipped to the city in a frozen condition.

The Family Physician.

Old Dr. Biggers, in the shape of his Huckleberry Cordial has been the family physician of many a home all over this country, where he has cured so many bowel troubles and children teething, Dysentery, Diarrhoea and Flux.

Sold by all Druggists, 25 and 50c. bottle.

His purposes are better than our best plans.

Popular Cars.

The Pope-Hartford and Pope-Tribune gasoline cars and runabouts meet the specific demands of a large class of automobile users. They are simple in construction, free from complication and efficient. Prices from \$500 to \$1600. For finely illustrated catalogues and descriptive matter, address Dept. A, Pope Manufacturing Co., Hartford, Conn.

The crown of a human tooth is covered by a brilliant white cap of enamel.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 322 Third Avenue, N. Y., Minneapolis, Minn., Jan. 6, 1900.

The Norwegian corps of skaters is a body of soldiers armed with rifles.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never Fails. Sold by all druggists, \$1. Mail orders promptly filled by Dr. E. Detenon, Crawfordsville, Ind.

When the Word is hidden in the heart it is seen in the life.

TORTURING HUMOR

Body a Mass of Sores—Called in Three Doctors But Grew Worse—Cured by Cuticura For 75c.

"My little daughter was a mass of sores all over her body. Her face was being eaten away, and her ears looked as if they would drop off. I had three doctors, but she grew worse. Neighbors advised Cuticura, and before I had used half of the cake of soap and box of ointment, the sores had all healed, and my little one's skin was as clear as a newborn babe's. I would not be without Cuticura if it cost five dollars, instead of 75 cents, which is all it cost us to cure our baby. Mrs. G. J. Steese, 701 Coburn St., Akron, Ohio."

When a doctor gives a patient hope he expects pay for it.

FITs permanently cured. Nofits or nervousness after first day's use of Dr. Kille's Great Nerve Restorer, 2 1/2 cent bottles and treatise free. Dr. R. H. Kille, Ltd., 301 Arch St., Phila., Pa.

Hamburg is to have a school for training servants.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

As a Spring Tonic to Get the System in Good Shape.



John Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

PE-RU-NA Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York. The Peruna Medicine Company, Columbus, Ohio: Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth."

"During the Springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction."

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape."

Yours truly, JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim. The digestion must be good, the circulation perfect, sleep regular and enough of it. If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially trying.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vocation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore athletes are especially friendly toward Peruna.

Peruna never fails them.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But

LION COFFEE

is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.) (Save your Lion-heads for valuable premiums.)

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WOOLSON SPICE CO., Toledo, Ohio.

Pope-Hartford & Pope-Tribune

Modern Gasoline Cars and Runabouts at Moderate Prices.

Backed by 27 Years of Manufacturing Experience.

6 to 16 H.P. Prices, \$500 to \$1600

Simple Construction, Luxurious Equipment.

Address Dept. A For Complete Catalogues.

Pope Manufacturing Co., HARTFORD, CONN.

Members A. L. A. M.

THE DAISY FLY KILLER destroys all the flies and affords comfort to every home—in dining room, sleeping room and all places where flies are troublesome. Clean, neat and will not soil or injure anything. Try them once and you will never be without them. If not kept by dealers, sent prepaid.

NO. 18.

A NEW CARD TRICK | FIVE CARDS held at the Tips of Fingers instantly disappears. Cards immediately produced again from any place performer desires. Full instructions by mail for \$1. Address J. H. VANDERHAVEN, TAVARES, FLA.