Mrs. Tupman, a prominent lady of Richmond, Va., a great sufferer with woman's troubles, tells of her cure by

Lydia E. Pinkham's Vegetable Compound.

"Dear Mrs. Pinkham: — For some years I suffered with backache, severe bearing-down pains, leucorrhœa, and falling of the womb. I tried many remedies, but nothing gave any positive relief.

"I commenced taking **Lydia E. Pinkham's Vegetable Compound** in June, 1901. When I had taken the first half bottle, I felt a great improvement, and have taken in all five bottles with the result that I feel like a new woman. When I commenced taking the Vegetable Compound I felt all worn out, and was fast approaching complete nervous collapse. I weighed only [illegible] pounds. Now I weigh [illegible] pounds and am improving every day. I shall recommend the Compound to my friends."—Mrs. R. C. Tupman, 12 West 26th St., Richmond, Va.

When a medicine has been successful in more than a million cases, is it justice to yourself to say, without trying it, "I do not believe it would help me"?

Surely you cannot wish to remain weak and sick and discouraged, exhausted with each day's work. You have some derangement of the feminine organism, and Lydia E. Pinkham's Vegetable Compound will help you just as surely as it has others.

Mrs. W. H. Pelham, Jr., 108½ E. Baker St., Richmond, Va., says:

"Dear Mrs. Pinkham: — I suffered for years with those terrible female troubles so common to my sex. I tried Lydia E. Pinkham's Vegetable Compound and Liver Pills, and now thank God I am a well woman. I recommend your medicine to my friends on every occasion, and they all say it is the best medicine for female troubles. I will gladly answer any inquiries concerning my case if you wish me to do so."

Be it, therefore, believed by all women who are ill that Lydia E. Pinkham's Vegetable Compound is the medicine they should take. It has stood the test of time, and it has hundreds of thousands of cures to its credit. Women should consider it unwise to use any other medicine.

Mrs. Pinkham, whose address is Lynn, Mass., will answer cheerfully and without cost all letters addressed to her by sick women. Perhaps she has just the knowledge that will help your case — try her today. It costs nothing.

$5000 FORFEIT — Lydia E. Pinkham Medicine Co., Lynn, Mass.

W. L. DOUGLAS $3 & $3.50 SHOES UNION MADE

W. L. Douglas shoes are the standard of excellence.

W. L. Douglas made and sold more men's $3.50 Goodyear Welt Hand Sewed Process shoes in the first six months of 1902 than any other manufacturer.

$10,000 REWARD will be paid to anyone who can disprove this statement.

W. L. DOUGLAS $4 SHOES CANNOT BE EXCELLED.

1893 sales for 6 months, $1,103,820 — 1902 sales for 6 months, $2,340,000

Best imported and domestic leathers, styles equal to Patent Calf, Enamel and Cordovan, $4 Gun Metal Calf, Vici, Kangaroo. Fast Color Eyelets used.

Caution! The genuine have W. L. DOUGLAS name and price stamped on the bottom. Take no substitute if the dealer offers other shoes "just as good" or "just as much for your money."

W. L. DOUGLAS, BROCKTON, MASS.

Situations Secured

Graduates everywhere. Write for catalogue. Mention school you prefer.

Massey Business Colleges

Louisville, Ky. Montgomery, Ala. Houston, Tex. Columbus, Ga. Richmond, Va. Birmingham, Ala. Jacksonville, Fla.

CAPUDINE CURES La Grippe, Colds and Headaches. Sold by all druggists.

FRUIT TREES, ORNAMENTAL TREES, STRAWBERRY PLANTS, SHRUBS, ROSES, GRAPE VINES, ASPARAGUS, ETC. Catalogue sent on application. T. B. WATKINS & BRO., HALLSPORT, VA.

Have U Seen Our Money Savin' Catalog — Shoe Co.

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. 25 CTS. **CONSUMPTION**

WOMAN'S REALM.

CORRECT CARRIAGE.

Nothing So Distinguishes a Woman as Grace of Movement.

With the introduction of common sense shoes and common sense clothing comes a more graceful and natural carriage and a graceful natural manner of walking, born of freedom of movement. Whatever may be said in praise of the girl of our grandmother's days, she could not have been graceful, arrayed as she was in independ[illegible], her stays rather lovely and her feet cased in stiff, uncomfortably high heels.

There is nothing that distinguishes a girl so much from an erect and natural carriage of the head and grace of movement. Let a correct carriage [illegible] be acquired with ease, though it requires time and patience to perfect it. It will seem difficult at first, and may cause fatigue, but if one pays some grace of movement will become second nature.

The correct standing position is one in which the weight of the body is thrown not on the heel either wholly or in part, but wholly on the ball of the foot. The heel should rest lightly on the floor. The hips should be thrown back, the chest elevated as much as possible, and the head raised with the chin not thrust out but drawn in. The most important thing to remember and the hardest to do is to keep the weight of the body on the ball of the foot. When the weight of the body is changed from the heel to the ball it throws the centre of gravity of the whole body forward, and it is necessary to throw back the hips and throw the chest forward to keep from falling. So if one remembers simply to keep her weight wholly on the balls of the feet a correct carriage will follow as a natural consequence.

When a correct standing position has been acquired, it is a comparatively easy matter to walk lightly and gracefully. When the weight is on the ball of the foot, a forward walk is the result. It contributes to headaches and backaches in the extreme. Some people argue that the toes and not the heel should first come in contact with the floor in walking. This, however, only makes matters worse, for the heavy swing [illegible] changed for a [illegible] walk. A commonly [illegible] mistake, [illegible] walking with the toes turned out, [illegible] of the foot, the heel [illegible] as lightly as a [illegible] when the heavy [illegible] walking shoes are used. [illegible] light and graceful [illegible] walking time [illegible] seconds or less [illegible] approach [illegible] since. New York [illegible]

Natural Rose Beauty.

[illegible] Some shrewd writers have even [illegible] that these might not be [illegible] Other [illegible] in saving. But [illegible] unfortunate. The test will [illegible] be found to take [illegible] There is likely to be a long [illegible] which may be worth any [illegible] They actually [illegible] because the plants [illegible] fully [illegible]

* * *

Outing hats are at present stand [illegible] and closer. They are [illegible] expensive and serviceable, and [illegible] material. They really [illegible] quicker than some would [illegible] when [illegible] hat [illegible] smaller sizes handsome [illegible] of a fourth cost $15 or there [illegible]

* * *

Gentle feather fans are fade as good [illegible] Fan [illegible] as they are [illegible] and so much women these [illegible] fans [illegible] with metallic [illegible] are very becoming. The [illegible] still [illegible] to have them [illegible] for [illegible] of the feathers.

* * *

Many of the loveliest fans are all of lace of imitation. These are worn from the hand, but stick like shapes [illegible] of them terminating in three or four points in the ends. These are lovely in evening effects, as well as in plain colors. Brown and [illegible] are both beautiful and suitable for street wear. They come in all the delicate tints. A [illegible] of pearl and white is exquisite [illegible] and evening.

Women Who Golf Too Much.

"No race in the world is so devoted to beautifying and renovating as is the lady [illegible] of the present decade," says a beauty specialist. "Under the smooth, greasy currents of society a fierce, ruthless undertow sweeps out to wreck all women who lose their Circean gifts of charm. It is life and death with them, that is, it is lived and battled in every class to keep the appearance of youthful good looks. Few realize the distance of time which is the terrible story of the woman in the highest rank. In the middle class and below it is the same dread of fading out of claims and privileges [illegible] pitiless sweep of shop woman. When the point at the woman goes—meaning the change of the dense matrifocus of the epoch. The last device in physical enjoyment is the chin holder, for [illegible] double chins, which are the [illegible] consequence of too much [illegible] and [illegible] eating. Golf is supposed to [illegible] athletic sport, but with some [illegible] the [illegible] at every turn, and [illegible] alone with preferred company. The links on Thursday is put in [illegible] with no more exertion than some digestive exercise, enough to keep one in the most fatal condition of taking on flesh. Women get rather under the club very early, and the [illegible] which is the pride of the phonograph girl, and which she indulges in nightly to secure. Who would [illegible] with their head in a [illegible] than have a long chin, forerunner of a tuberous nose and wheezy breathing? The face modeller who first imports the chin holder will be sure of a wide clientele."

The Tyranny of Little Things.

Little things—odds, trifles—can wear away a woman's life if she will let them.

Women are so constituted that they are naturally lovers of detail and as such are in constant danger of being wholly submerged by the small calls upon their time.

In the excess of "new ideas" women are in danger of crowding their lives into a corset.

One of them is a slave to her home, a brace another is overcome by club work and still another has a new idea of "new thought" once a week.

She is the most emancipated and happy one of the lot.

Although women were never in more danger before of being covered out of sight with the new thought movement, also by a wide margin of [illegible] given. Women [illegible] trouble.

How to solve these [illegible] problems is a [illegible] but once settled, the wheels of the machinery run smoothly enough.

The secret is discrimination, wise selection, moderation.

Look calmly on, take what you need in the way of ideas, but be sure that your life and the new will be [illegible]

The "Gives" that are destroying the vitality of the Temperate Little Things.—New York Herald.

Care for the Winter.

With the approach of the [illegible] thoughts turn to the care and [illegible] anxiety is felt as to what [illegible] will adapt the [illegible] to [illegible] modes. In the matter of dress it is whispered that a complete change will prevail during the winter. As to shorter for [illegible] it is [illegible] that [illegible] will appear and that collars will be the [illegible] predicted, will find a [illegible] skirt although the change may be temporary. Moleskin for a [illegible] color and is peculiarly [illegible] [illegible] because of its [illegible] but [illegible] which [illegible] admirably with any [illegible] time is a perfect [illegible] favorite [illegible] cloth [illegible] higher than the [illegible] and silk petticoats [illegible] [illegible] pinks [illegible] [illegible]

Lately Made Corset Covers.

Underwear of [illegible] colors, for the [illegible] covers [illegible] and [illegible] required for [illegible] [illegible] smooth and [illegible] [illegible] with [illegible] [illegible] with [illegible] [illegible] [illegible]