

IN SUCH PAIN WOMAN TORE HER CLOTHES

Testifies She Was Restored
to Health by Lydia E.
Pinkham's Vegetable
Compound.

Malone, N. Y.—"Lydia E. Pinkham's Vegetable Compound has certainly done me a lot of good. I first heard of it when I was a girl and I always said that if I ever had female trouble I would take it.



"I suffered from organic inflammation and would have spells when I would be in such pain that I would tear my clothes. One day my husband got the neighbors in to see what the matter was but they could not help me. My first thought was for Lydia E. Pinkham's Vegetable Compound and I sent my husband out for it and took it until I was entirely cured. I am a woman of perfect health and my health and happiness came from Lydia E. Pinkham's medicine. You may rest assured that I do all I can to recommend your wonderful medicine to my friends."—Mrs. FRED STONE, Route No. 3, Malone, N. Y.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

KODAKS and High Grade
Finishing. Mail
orders given special
attention. Prices reasonable.
Service prompt. Send for Price List,
KODAKS AND SUPPLIES, NEW YORK, N. Y.

Nothing is denied to well-directed
labor.—Samuel Bout.

One trial convinces—Hanford's Bal-
sam. Adv.

Dull Boy.
"Thomas, you have disobeyed your grandmother."
"No, I didn't, mother."
"Yes, you did. Have you not been in swimming?"
"Yes, mother."
"Didn't I hear her say to you not to go in swimming?"
"Oh, she didn't tell me that. She only came out and said: 'Boys, I wouldn't go in swimming,' and I shouldn't think she would, an old rheumatic woman like her; but she didn't say anything about our going in swimming."

What Made Him Sick.
Certainly public employees who have to submit daily to a rapid fire of well-meant but needless questions may be excused if they occasionally turn upon their persecutors. An elevator boy, in the New York Tribune, was one of the victims.

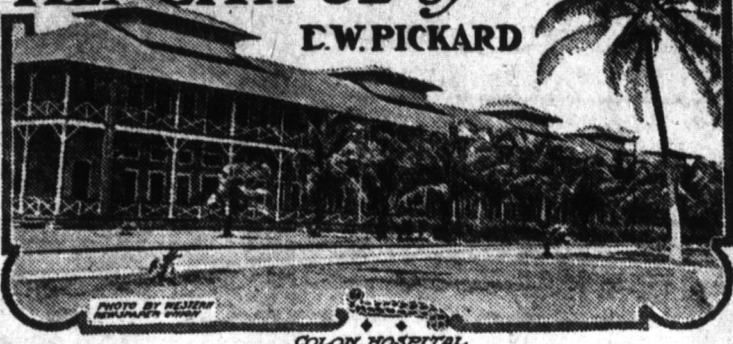
"Don't you ever feel sick going up and down in this elevator all day?" a fussy lady asked him.
"Yes, ma'am," courteously replied the elevator boy.
"Is it the motion going down?" pursued the lady.
"No, ma'am."
"The going up?"
"No, ma'am."
"Is it the stopping that does it?"
"No, ma'am."
"Then what is it?"
"Answering questions, ma'am."

CLOUDED BRAIN
Clears Up on Change to Proper Food.

The brain cannot work with clearness and accuracy, if the food taken is not fully digested, but is retained in the stomach to ferment and form poisonous gases, etc. A dull, clouded brain is likely to be the result.
A Mich. lady relates her experience in changing her food habits, and results are very interesting:
"A steady diet of rich, greasy foods such as sausage, buckwheat cakes and so on, finally broke down a stomach and nerves that, by inheritance, were sound and strong, and medicine did no apparent good in the way of relief.
"My brain was clouded and dull and I was suffering from a case of constipation that defied all remedies used."
"The 'Road to Wellville,' in some providential way, fell into my hands, and may Heaven's richest blessings fall on the man who was inspired to write it.
"I followed directions carefully, the physical culture and all, using Grape-Nuts with sugar and cream, leaving meat, pastry and hot biscuit entirely out of my bill of fare. The result—I am in perfect health once more.
"I never realize I have nerves, and my stomach and bowels are in fine condition. My brain is perfectly clear and I am enjoying that state of health which God intended his creatures should enjoy and which all might have, by giving proper attention to their food." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

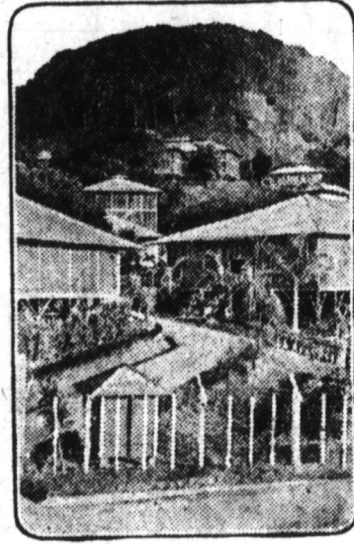
MAKING *the* ZONE HEALTHFUL *By* E. W. PICKARD



Ancon, C. Z.—All the world gives to Col. W. C. Gargas, chief sanitary officer, and his assistants full credit for the wonderful work they have accomplished in making the Panama canal zone healthful and keeping it so. All the world that knows gives equal credit to those American, Italian and English doctors and soldiers who sacrificed their health and in some cases their lives to prove that yellow fever and malaria, the two terrors of tropic America, are transmitted by the bite of mosquitoes. It is not my intention to tell over again the latter story. The devotion of those brave men actually made possible the building of the Panama canal, for their work has been taken full advantage of by Colonel Gargas and his forces, and the zone is now one of the most healthful places in the world.

Before the coming of the Americans the isthmus was a veritable pest hole. The French canal builders and their workmen and the laborers on the Panama railway died like flies, usually of malaria or yellow fever. Today a fatal case of malaria is a rarity, the more malignant form being almost unknown, and not a single case of yellow fever has originated in the zone in several years.

The Stegomyia mosquito, the yellow fever bearer, has not been exceedingly hard to exterminate because it breeds and lives only near human habitations. When the Americans had substituted a regular water system and underground sewers for the rain water barrels and the open ditches in Colon, Panama and the other towns, and had fumigated all the dwellings, Stegomyia was practically extinct. That job of fumigat-



Ancon Hill.

ing, by the way, raised a great row among the ignorant inhabitants of Panama. They could not understand why they should be all moved out into the street and their houses filled with evil-smelling fumes, and they were inclined to offer forcible resistance until the zone police took the matter in hand.

Much more difficult has been the task of eradicating malaria, for the Anopheles mosquito, which makes a specialty of carrying this disease, is widespread and of several varieties. It is the female only that bites, and she needs blood—preferably red blood—for the development of her eggs. The eggs are deposited in a slow moving or stationary water and hatch out into little larvae or "wrigglers." At least once in two minutes the larva must come to the surface to breathe, and that is where the sanitary department gets it, usually.

As one wanders about the zone he sees at the headwaters of every stream, ditch or other water course, at frequent intervals along its banks, and at the edge of every pool, a big tin can or a keg. From this receptacle there is a constant drip, drip, drip of larvicide, a black, oily-looking compound of crude carbolic acid, caustic soda and resin. This spreads out over the water, an iridescent film, and when little Anopheles larva comes up for air he meets a swift death. To replenish these cans of larvicide a small army of Jamaicans is kept traveling about the zone, and others go around with tanks of the compound strapped on their backs, spraying every pool they come to.

Another measure of extermination has been the draining and filling in of swampy ground and the straightening and clearing of water courses so that their flow will be too swift for Madame Anopheles. The work of draining and filling has been extensive and near the Pacific end of the canal has resulted in the reclamation of large tracts of land for building sites.

The third part of the anti-mosquito

campaign is the careful screening of buildings occupied by human beings. Ordinary mosquito netting would not do and only copper wire will stand the climate there. Consequently a fine meshed copper screening is used. If any Anopheles escape the larvicide and succeed in gaining entrance to a habitation, the mosquito-kills are summoned and seldom fail to get them. Nine days must elapse after a mosquito has bitten a malarious person before it becomes infectious, and this gives the mosquito brigade plenty of time to kill the insects while they are asleep on the walls. The isolation of infected persons in the hospitals helps a lot, for of course the mosquito cannot carry malaria until it has bitten a malarious person.

Rats, that carry the bubonic plague, and flies, that transmit various other diseases, have received adequate attention from the sanitary department, and dumb brutes are not neglected. As an instance of the latter fact, every horse and mule in the zone must be placed at night in one of a series of corrals established by the department and there it is fed and cared for, the owner paying a reasonable fixed charge for the service. These animals, if left out, often are attacked by a disease that is infectious and may be transmitted to human beings. Besides that, the native cannot be persuaded to keep his stable in sanitary condition.

Many other sanitary regulations are imposed on the people of the isthmus. All garbage must be deposited in receptacles to be collected by the department's wagons and burned in its crematories. Chickens may not be kept within a certain distance of any dwelling. Rain water may not be gathered and kept in open receptacles. That last rule is not easy to enforce, for the Panamanian prefers rain water for drinking purposes. But all these are for the general good, and the United States has the treaty right to attend to the sanitation of Panama and Colon as well as of the zone.

In addition to the two great hospitals at Ancon and Colon, the department of sanitation maintains a dispensary with physician and nurse at every town along the route of the canal and at Porto Bello, where the commission has a big stone quarry. The larger hospital, on Ancon hill, close to Panama, in the spring of the year had about 900 patients. Its wards and the residences of the physicians and nurses are scattered picturesquely though rather inconveniently on the east and north slopes of the beautiful hill, and the grounds are filled with magnificent trees and lovely flowering vines and bushes. A little further around the hill is the hospital for the insane, and it, too, is well filled, for the Jamaican and Barbadian negroes go crazy at the slightest provocation.

In Colon, stretching along the sea shore in the only pretty part of that flat city, is the other hospital, smaller but no less efficient and well manned than that at Ancon. Its grounds are swept continually by the refreshing winds from the Atlantic and many of its wards are built out over the water. Both hospitals are served by corps of physicians and surgeons, mostly rather young, but able, ambitious and studious.

One mighty good thing the French company did was to establish a sanitarium on Taboga island, and the Americans, recognizing its value, promptly reopened it for the benefit of white convalescents. These may remain on the pretty island for two weeks, paying \$2 a day for room, board and medical attention.

Taboga lies twelve miles due south of Panama and is as attractive a tropical isle as one will often see. Its curving white beaches in little bays are ideal bathing places; its lofty hills, clad with dense vegetation, afford occupation for the climber, and the small fishing village of Taboga is ancient and not uninteresting. Gorgeous birds and flowers and luscious fruits are everywhere. Nothing more perfectly beautiful can be imagined than an evening on the grassy slopes of the sanitarium grounds. A myriad stars glitter overhead, the Southern Cross and Canopus swinging above the southern horizon. In the forest night birds sing and a variety of tree locust sends forth a clear, musical note that can be heard a mile. In the little public square of the village the native women and children are laughing and singing as the men set forth on all-night fishing trips. And off to the north, this side of the glow of Panama, wink the light buoys of the canal's sea channel.

If in later years Taboga does not become a favorite winter resort for wealthy Americans, I shall miss my guess.

TOOK ON DIFFERENT ASPECT

Somehow Antics of Playful Pups on
Second Morning Did Not Appeal
to Mr. Knox.

The morning was young and beautiful and Mr. Knox stood at the side window and looked over into the next yard interestedly. He chuckled for sheer delight as he watched the antics of two little pups his neighbor had bought a few days before.

"Oh, Amy, come here and see these pups, over in Porter's yard," he called to Mrs. Knox, who was busily arranging the breakfast table. "Aren't they just having a circus? Bless 'em!" he went on, with all the effusiveness of a genuine dog lover. "Oh, look, Amy, they have taken the morning paper off the porch and each one has an end of it in his mouth, tussling with it. Is there anything in the world more cunning than a little pup?" His enthusiasm was running away with him. "I think, dearie, we will have to get a dog one of these days."

The next morning Mr. Knox arose, dressed and went down to bring in the morning paper, as was his habit. He was just in time to see the cunning little pups next door playfully tearing his paper into shreds and each vanishing around the house with a portion of it. He came back to the kitchen sullenly.

"Those blankety blang dogs next door have torn up the paper," he said, with no trace of his earlier enthusiasm.

No. SIX-SIXTY-SIX

This is a prescription prepared especially for Malaria or Chills and Fever. Five or six doses will break any case, and if taken then as a tonic the fever will not return. 25c.—Adv.

How Simple.

"My dear," said Mrs. Snaggs to her husband, "what is a canard?"

"Don't you know what a canard is?" queried Snaggs, rather sneeringly. "Why, the word itself conveys its own meaning."

"Does it, Well, really, I can't see it. What does it mean, dear?"

"Why, a canard is something one canardly believe, of course."

"Oh, to be sure! Why couldn't I think of that?"

DOES YOUR HEAD ACHES?

Try HICKS' CAPSIDINE. It's liquid—pleasant to take—effects immediate relief of Sick Headaches and Nervous Headaches also. Your money back if not satisfied. 10c., 25c. and 50c. at medicine stores. Adv.

Telling a Secret.

It is doubtful whether the person who asserted that secrets were made to tell, foresaw, even in his most cynical mood, anything like the following conversation in Das Echo:

"Lottie tells me that you told her the secret that I told you not to tell anyone."

"Oh, isn't she mean! I told her not to tell you that I told it to her."

"Yes, I told her that I wouldn't tell you if she told me, so please don't tell her that I told you!"

BAD CASE OF DANDRUFF

Bissell, Ala.—"I had a very bad case of dandruff on my head. I was tormented by itching and my hair began to come out by the comb. I almost became frantic, fearful that I would lose all of my hair which was my pride. There were some pimples on my scalp and I scratched them until they made sores. My hair was dry and lifeless.

"I saw the advertisement of Cuticura Soap and Ointment and sent to my druggist for three cakes of Cuticura Soap and a box of Cuticura Ointment. I washed my scalp with warm water strong with the Cuticura Soap and dried, afterwards applying the Cuticura Ointment, working it in the scalp slowly with my fingers. After using them for several days my hair began to stop coming out. The dandruff all disappeared and in less than four weeks a cure was accomplished permanently." (Signed) Miss Lucy May.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Legal Opinion.

"A cat sits on my back fence every night, and he yowls and yowls and yowls. Now, I don't want to have any trouble with Neighbor Jones, but this thing has gone far enough, and I want you to tell me what to do?"

The young lawyer looked as solemn as an old, sick owl, and said not a word.

"I have a right to shoot the cat, haven't I?"

"I would hardly say that," replied young Coke Blackstone. "The cat does not belong to you, as I understand it."

"No, but the fence does."

"Then," concluded the light of law. "I think it safe to say you have a perfect right to tear down the fence."

In the Same Game.

"It seems strange that he could plunder a great corporation like that for years without being found out."

"Well, you see, the corporation was pretty busy itself."—Chicago Journal.

For any sore—Hanford's Balsam. Adv.

A girl marries to gain liberty; a man remains single to keep it.

As a means of grace, prosperity has never been a brilliant success.

MALARIA DRIVEN OUT

What splendid facilities are offered for remaining poor!

For poison ivy use Hanford's Balsam. Adv.

The mere fact that a man doesn't laugh at his own jokes is no indication that he doesn't think them funny.

INVIGORATING TO THE PALE AND SICKLY.

The Old Standard general strengthening tonic, GROVER'S EAST-INDIAN CHILL TONIC, drives out malaria, enriches the blood and builds up the system. A sure Appetizer. For adults and children. 50 cts.

Its Usual Way.
"The hot spell came rather suddenly."
"Oh, no! It's been getting warmer by degrees."

For Aching, Perspiring Feet
use Tyree's Antiseptic Powder either sprinkled into the shoes or used in solution. Never fails to relieve. 25c. at all druggists or sample sent free by J. S. Tyree, Washington, D. C.—Adv.

Some Girls Do.
"I wonder why all the girls in our set titter whenever they see me."
"I think your fiancée passes your love letters around, my boy."

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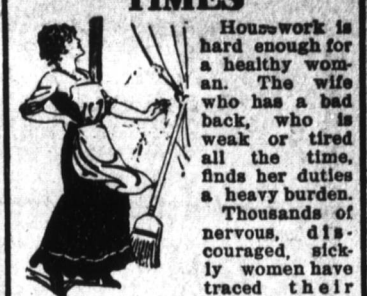
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PAINFUL, TRYING TIMES



Housework is hard enough for a healthy woman. The wife who has a bad back, who is weak or tired all the time, finds her duties a heavy burden. Thousands of nervous, discouraged, sick women have traced their troubles to sick kidneys—have

found quick and thorough relief through using Doan's Kidney Pills. The painful, trying times of woman's life are much easier to bear if the kidneys are well.

A North Carolina Case
Mrs. J. W. Wilkinson, Statesville, N. C., says: "I suffered severely from bladder inflammation and almost total suppression of kidney secretions. My usual weight was 140 lbs., but I had run down to 80. Doctors said an operation was my only hope, but I would not consent and was given up to die. Doan's Kidney Pills cured me completely."

Get Doan's at Any Store, 50c a Box
Doan's Kidney Pills
FOSTER-MILBURN CO., BUFFALO, N. Y.

Get Doan's at Any Store, 50c a Box
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CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

of

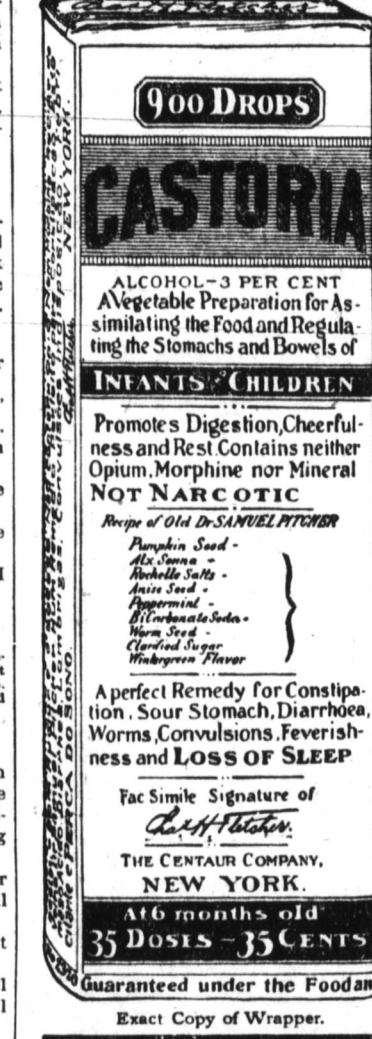
John H. Fletcher

In Use For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK, O. Y.



TYPEWRITERS

All makes, sold, rented and skillfully repaired. Rented \$5 for 3 months and up; rent applies on purchase.

American Typewriter Exchange, Inc.
Home Office, 605 E. Main St., Richmond, Va.

A School Of The Highest Grade.
New Building.
Accommodating.
500 Students.
CATALOGUE FREE

DAVIS-WAGNER
BUSINESS COLLEGE.
115 W. MAIN
NORFOLK, VA.

FREE TO ALL SUFFERERS.
If you suffer from any of the following ailments, write for my FREE book, THE MOST INSTRUCTIVE MEDICAL BOOK EVER WRITTEN. IT TELLS ALL ABOUT THESE DISEASES and the REMARKABLE CURES EFFECTED BY THE NEW FRENCH REMEDY, NOL. No. 2, N. 3, N. 4, N. 5, N. 6, N. 7, N. 8, N. 9, N. 10, N. 11, N. 12, N. 13, N. 14, N. 15, N. 16, N. 17, N. 18, N. 19, N. 20, N. 21, N. 22, N. 23, N. 24, N. 25, N. 26, N. 27, N. 28, N. 29, N. 30, N. 31, N. 32, N. 33, N. 34, N. 35, N. 36, N. 37, N. 38, N. 39, N. 40, N. 41, N. 42, N. 43, N. 44, N. 45, N. 4