

THE CHANGE OF LIFE

Sensible Advice to Women from Mrs. Henry Lee, Mrs. Fred Certia and Mrs. Pinkham.



MRS HENRY LEE

MRS. FRED CERTIA

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

This is the most critical period of her whole existence and every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition or she is predisposed to a complex or congestion of any organ, the tendency is at this period likely to become active and with a host of nervous irritations make life a burden. At this time also chafers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of oppression, hot flashes, headaches, backache, melancholia, dizziness, palpitation of the heart, irregularities, constipation and distress are promptly headed by intelligent women who are approaching the period of life when this great change may be expected.

Mrs. Fred Certia, 1014 So. Lafayette Street, So. Bend, Ind., writes:

Dear Mrs. Pinkham—

Lydia E. Pinkham's Vegetable Compound is the ideal medicine for women who

When a medicine has been successful in restoring to health, actually thousands of women, you cannot well say without trying it, "I do not believe it will help me." It is your duty to yourself and family to try Lydia E. Pinkham's Vegetable Compound.

are passing through Change of Life. For several months I suffered from hot flashes, nervousness, headaches and dizziness. I had no appetite and could not sleep. I had made up my mind there was no help for me until I began to use Lydia E. Pinkham's Vegetable Compound, my symptoms ceased, and it brought me safely through the danger period, built up my system and I am in excellent health. I consider Lydia E. Pinkham's Vegetable Compound unsurpassed for women during this trying period of life.

Mrs. Henry Lee, 60 Winter Street, New Haven, Conn., writes:

Dear Mrs. Pinkham—

After suffering untold misery for three years during Change of Life I heard of Lydia E. Pinkham's Vegetable Compound. I wrote you of my condition, and began to use Lydia E. Pinkham's Vegetable Compound and followed your advice, and to-day I am well and happy. I can now walk anywhere and work as well as anyone, and my nervous system has been restored to its normal condition without help. I consider your medicine a sovereign balm for suffering women.

Women passing through this critical period should rely upon Lydia E. Pinkham's Vegetable Compound. If there is anything about your case you don't understand write to Mrs. Pinkham, Lynn, Mass. for advice. It is free and has guided thousands to health.

RIFLE PRACTICE

Rifle Experts to Meet in August at Camp Perry.

HISTORIC SPOT IN OHIO

Several Trophies, Medals and Cash Prizes, Will Go To Winning Marksmen—President's Match To Be Shot At That Time.

WASHINGTON, D. C., May 28.—In August, next, something like a thousand experts, with the military rifle will assemble at Camp Perry, Ohio, to contest for the honored trophies offered by the U. S. Government through the National Board for the Promotion of Rifle Practice, and those offered by the National Rifle Association. In addition to provide there will be the State matches of the Ohio State Rifle Association and many cash prizes in all matches. The rifle world owes much to the generous support given by Congress which has recognized the advisability of encouraging practice with the military rifle and revolver as essential to the possession of a military reserve force. In addition to providing the principal trophy, Congress gives the National Board a sum of money yearly which is utilized for the purchase of medals, cash prizes and other expenses incidental to the work. The expenses of all the teams are also paid by the government indirectly, as they are met from the portion of the fund for the support of the militia which is set aside for rifle practice. At present the government makes no appropriation for the National Rifle Association for the encouragement of practice among civilians, but it is expected this will be done some day which will give a great impetus to the sport.

Camp Perry will afford many attractions of modern and historic interest to the visiting riflemen. The range is in sight of the scene of the battle of Lake Erie where Commander Perry, after whom the camp was named, received the surrender of the British squadron. To the south is old Fort Stephenson, where Col. Groghan and a handful of men supported by a single field piece, defeated the British. Near by are the old Forts, Meigs and Miami, the former American, and the latter British. Johnson's Island, where many Confederate veterans are buried, is to the East. It was from South Bass Island, now known as Put-in Bay, that Perry set out to meet the British. Along the shore of the bay is a beautiful shaded park named in his honor, and under its shade lie the remains of the gallant British and American officers and men who fell that day. A number of cannon used in the battle mark the spot.

Other more modern places also attract attention. The largest fish hatchery in the United States is on this island, as are some celebrated caverns. Here is also the largest summer hotel in the world, from whose piazzas the tents of Camp Perry will be visible. Connections between Put-in Bay and the camp will be maintained by rail from the camp to Fort Clinton and across the bay by steamer. Cedar Point which claims the title of the "Atlantic City of the West," is across Sandusky Bay. Cleveland, Toledo and other points are also near enough to be available for visitors desiring to make the trip. Altogether it seems the matches will be shot under very pleasant conditions.

The Matches of the National Rifle Association at Camp Perry will begin on Monday, August 19th, with the Company Team Match. On Wednesday, of that week, the President's match will be shot. It will correspond with in number of shots, distances and practically in the order of fire, with the National Individual Match, but any ammunition may be used. Instead of the winner being designated Military Champion as heretofore, that title will go to the contestant, who, having shot in the President's Match and the National Individual, secures the highest aggregate score in both matches. A special prize and a letter from the President will go to the winner of this match.

The National Rifle Association, after a careful consideration of the situation pertaining to the holding of an intercollegiate competition for the intercollegiate trophy, has decided that the title is not yet ripe for the holding of such a contest, with credit to the Association and the Colleges. There is a shortage of range facilities and consequent lack of practice; hence not enough interest is being taken in the contest by the colleges themselves. Rather than make a failure of such a competition this year it has been decided to postpone the match until 1908. By next year, rifle

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- \$1 Underwear .80
- Apron Overalls, 65c
- 25c Cashmere Sox
- 20c, three pair for 50c
- 50c Working Shirts for 40 cents.

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Is going to move, June 1st, to first door west of Ross, Higgins & Co., on Bond street. Chas. Larson, Prop. 557 Commercial St.

shooting will have been more generally promoted among the universities and colleges and more interest will likely be taken in such a contest.

So much discussion has been had over the relative efficiency of the .33 and the .45 caliber revolver, which has been apparently finally decided in favor of the larger caliber, that it is interesting to note the War Department recently declined to favorably consider a device for causing the .36 caliber bullet to mushroom, thereby increasing its stopping power. To determine the merits of automatic pistols, three troops of cavalry will be armed with the Colt automatic and three with the Savage. These automatic pistols will be subjected to the same use as the Colt double action now used by the cavalry. The question at issue is, whether the double action or the automatic revolver is the best military arm. The practical test will last a year.

Major David C. Shanks, 4th Infantry, will captain the Infantry team, and Capt. Wm. H. Hay, 10th Cavalry, will have charge of the cavalry team in the coming National Matches. Lieut. Col. R. K. Evans, will be executive officer of the National Matches. Capt. Frank E. Evans, U. S. Marine Corps, retired, will again captain the Marine team. Capt. Evans was formerly a member of the New York Sun Staff.

Good Words for Chamberlain's Cough Remedy.

People everywhere take pleasure in recommending Chamberlain's Cough Remedy. My little girl, Catherine, who is two years old, has been taking this remedy whenever she has had a cold since she was two months old. About a month ago I contracted a fearful cold myself, but I took Chamberlain's Cough Remedy and was soon testifying to the good qualities of Chamberlain's Cough Remedy. Mrs. Edward Phillips of Barclay, Md., writes: "I wish to tell you that I can say as well as ever." This remedy is for sale by Frank Hart and Leading Druggists.

The safe, certain, reliable little pills, that do not gripe or sicken are Dade's Little Liver Pills. Best for sick headaches, biliousness and lazy livers. Sold by Hart's Drug Store.

THE TRENTON

First-Class Liquors and Cigars 602 Commercial Street. Corner Commercial and 14th. Astoria, Oregon.

Relief from Rheumatic Pains.

"I suffered with rheumatism for over two years," says Mr. Roland Curry, a patrolman, of Key West, Fla. "Sometimes it settled in my knees and I was so I could hardly walk, at other times it would be in my feet and hands so I was incapacitated for duty. One night when I was in severe pain and lame from it my wife went to the drug store here and came back with a bottle of Chamberlain's Pain Balm. I was rubbed with it and found the pain had nearly gone during the night. I kept on using it for a little more than two weeks and found that it drove the rheumatism away. I have not had any trouble from that disease for over two months." For sale by Frank Hart and Leading Druggists.

THAWS IN NEW YORK.

Leave Hotel Lorraine and Rent a Private House for Summer.

NEW YORK, May 28.—Mrs Evelyn Neat Thaw, who has been making the Hotel Lorraine her home during the many months her husband, Harry K. Thaw, has been in the Tombs for the murder of Stanford White, has left the hotel according to the announcement published today, and with her mother-in-law, Mrs. William Thaw, has taken a home in a house on Park avenue, near Fifty Ninth Street. There the two women, whose devotion to the prisoner was a marked feature of his recent trial, will remain in seclusion for the summer, it is said, so as to be within call of the prisoner and to await events in his case.

The salve that acts like a poultice is Pine Salve Carbollized. No other salve so good for cuts, burns, boils and chapped skin. Ask about it. Price 25cts. Sold by Frank Hart's Drug Store.

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