

KIDNEY TROUBLES OF WOMEN

Miss Frederick's Letters Show How She Relied on Mrs. Pinkham and Was Cured.

"DEAR MRS. PINKHAM:—I have a yellow, muddy complexion, feel tired and have bearing down pains. Menstrues have not appeared for three months; sometimes am troubled with a white discharge. Also have kidney and bladder trouble.

I have been this way for a long time, and feel so miserable I thought I would write to you and see if you could do me any good."—Miss EDNA FREDERICK, Troy, Ohio, Aug. 6, 1899.

"DEAR MRS. PINKHAM:—I have used Lydia E. Pinkham's Vegetable Compound according to directions, and can say I have not felt so well for years as I do at present. Before taking your medicine a more miserable person you never saw. I could not eat or sleep, and did not care to talk with any one. Now I feel so well I cannot be grateful enough to you for what you have done for me."—Miss EDNA FREDERICK, Troy, Ohio, Sept. 10, 1899.

Backache Cured

"DEAR MRS. PINKHAM:—I write to thank you for the good Lydia E. Pinkham's Vegetable Compound has done me. It is the only medicine I have found that helped me. I doctored with one of the best physicians in the city of New York, but received no benefit. I had been ailing for about sixteen years, was so weak and nervous that I could hardly walk; had continued pain in my back and was troubled with leucorrhoea. Menstrues were irregular and painful. Words cannot express the benefit I have derived from the use of your medicine. I heartily recommend it to all suffering women."—Mrs. MARY BARSHINGER, Windsor, Pa.

Leaving No Sting.

Our manner of doing a thing often counts for more than the thing itself. Some people have the gift of doing a grating thing ungraciously. They seem to think it of small moment how they act, if they do the right thing. Their gifts are felt like a blow. Others refuse with a kindness that falls like a balm. The Italian who is asked for alms, unable to help, replies: "Pardon me, I also am a poor devil." That leaves no hurt, while the open hand of some others inflicts a sting. "God cares more for adverbs than for verbs," says an old writer. Do the right thing, but do it rightly, courteously, sympathetically.—S. S. Times.

A Comparison.

From the official report of the Washington police it is shown that while the whole number of arrests in the District, with a barroom for each 441 of its population, was equal to one arrest for every 11 of its population, the number of arrests made in the First precinct, with a barroom for every 113 of its population, and in the Ninth precinct, with a barroom for every 1,048 of its population, the arrests was only one for every 18 of its population. A petition to congress to prohibit the liquor traffic in the District of Columbia is being prepared.

A SENATOR'S LETTER.

Peruna as a Nerve and Catarrh Tonic the Talk of the World.



Hon. W. V. Sullivan, U. S. Senator from Mississippi.

Hon. W. V. Sullivan, United States senator from Mississippi, in a letter recently written to Dr. Hartman from Oxford, Miss., says the following:

"For some time I have been a sufferer from catarrh in its most incipient stage, so much so that I became alarmed as to my general health. But, hearing of Peruna as a good remedy, I gave it a fair trial and soon began to improve. Its effects were distinctly beneficial, removing the annoying symptoms, and was particularly good as a tonic.

"I take pleasure in recommending your great national catarrh cure, Peruna, as the best I have ever tried."

W. V. SULLIVAN.

Peruna cures catarrh wherever located. Peruna has no substitutes—no rivals. Insist upon having Peruna. Address The Peruna Medicine Co., Columbus, O., for a free book on catarrh.

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

NOT WHAT THEY SEEM

BUTTERCUP'S MUSICAL STATEMENT AMPLY CONFIRMED.

Adulteration of Food in This Country and Europe Has Become So General that an Absolutely Pure Article Is Exceedingly Hard to Find.

How important pure food is to health cannot be determined with a certitude and had best be left to the imagination and the pure foods advertisements. There will be but few disputants of the statement that there can be no overestimation. That pure food is distressfully and gradually and positively growing less every year cannot be successfully contended in argument. Keen commercial competition and the failure of the supply to equalize the demand for pure foods are responsible in a measure for the debasement of that which is eaten for nourishment. Unscrupulous persons with only an eye for the profits are engaged in the adulteration of food the world over. In the United States we know that nearly all that is fed upon is not what it is represented to be, but there is no alternative. Take that or take nothing seems to be the ground hog case in which the subsisting people find themselves.

But the United States is not the only place where food adulteration is practiced. Our consuls have been to some pains to discover the counterfeiting of food in Europe, and as much of that which is counterfeited is disposed of in this country we are the sharers in the misery.

The information that European wines, liquors and beer are villainously doctored, despite the careful governmental control of the production, is not new. So long as the aroma and stimulating qualities are preserved the public does not seem to care. The adulteration of liquid food is as flagrant and upon the same basis. If the counterfeit can be made to please the taste and to satisfy the eye and the olfactory organs the consumers do not seem to raise any particular objection to the deception that is practiced.

Chocolate and cocoa are favorite beverages in this country and received from Europe, where there is said to exist splendid plants for skillful adulteration. The ingredients that are consumed disguised as chocolate and cocoa are mutton tallow, the cheapest grades of sugar, shells of the cocoa bean, potato meal and sawdust, to which very inviting mixture has been added ochres containing the proper colors.

One of our consuls says: "If all of the substances that pass through a coffee-grinding machine during the year should be written in alphabetical order, A would begin the list with acorns and W would end it with wormwood, sprouts of which are sometimes used to give the debased coffee a slight aromatic, bitter taste." There is no concern as to the effect of this heterogeneous mass upon the coffee-grinding machines. They are able to stand it without protest. In Europe they do not produce coffee by the primitive methods of coaxing and cultivating the soil to produce it for them. There factories are built with modern machinery an admixture of tanbark, stove rust, clay, sawdust, chicory, coffee sediments and some agglutinant is molded into coffee beans of deceptive flavor and destructive elements, and produced in such quantities as assures the maintenance of equilibrium between supply and demand.

The debasement of tea is another flourishing industry. Most any old kind of leaves except tea leaves will do and partly because they are easily obtained and partly because the trick can be more successfully worked with blenden, sage and berry leaves they are the favorite ones used for substitution.

It would be heartless to continue all through the lists of the solid foods and the many and mysterious things of which they are composed. The liquids are sufficient, but before disposing of the liquids attention is called to the dilution of milk with water and the concealment of the deception by adding soap. They have pure food laws in Europe, too, but exclusively for ornamental purposes.—Cincinnati Times-Star.

PEAT IN CANADA'S BOGS.

Prepared in Various Ways and Used as Fuel at Slight Cost.

The best authorities say there are 100,000 acres of undeveloped peat bog in Ontario, principally in the counties of Perth, Welland and Essex. The largest area lies in the county of Stratford, eight miles north of the city of Stratford, on the Grand Trunk Railway. Here is a swamp of 40,000 acres, with a depth of peat bog that varies from a foot to twenty feet.

The process of manufacture is as follows: The peat is cut and air dried, after which it is pulverized by being passed through a picker, and automatically deposited in a hopper, which feeds a steel tube about two inches in diameter and fifteen inches long. The pulverized peat is forced through this tube by pressure and formed into cylindrical blocks three inches in length and almost equal in density to anthracite coal.

The fuel is non-frangible and weather-proof by reason of its solidity and the extreme glaze imparted to it by frictional contact with forming dies. The inherent moisture of the peat is reduced to 12 per cent of the mass. In weight it compares with coal as follows: Eighty-three pounds per cubic foot of peat equal seventy-three pounds of bituminous or ninety-three pounds of anthracite coal.

It is claimed for peat that it is superior to coal in its absolute freedom from sulphur and the absence of smoke, soot, dust and clinkers during consumption. In a great measure this solves the problem of furnishing a cheap, clean, uniform and reliable fuel for all domestic purposes, as it is equally serviceable for grates, stoves, cooking ranges and furnaces, giving a long, bright flame and intense heat almost from the moment of ignition. It has been tested in locomotives with excellent results, showing that the thermal value of 100 pounds of peat is equal to 95.15 pounds of coal. It was also tried at the power house of the Metropolitan street railway, Toronto, and gave great satisfaction. The heat produced was much greater than that of the coal, but it was 8 per cent deficient in lasting power. It requires but little draft and burns best in a shallow firebox.

The machinery used in manufacturing peat fuel is not expensive and requires but little attention when in operation.—Buffalo Express.

Too Thick.

A young lawyer with no practice rented a modest office, hired a smart boy, and waited for his clients. He waited a long time, but one day the client came. At any rate the door opened, and a voice asked if the lawyer was in.

"James," said the young lawyer to his office boy, "I wish you'd go to the First National Bank and tell them that the amount of that draft should be fifteen hundred and seventy-five dollars, instead of fifteen hundred and twenty-five dollars, and before you return drop into Mr. Johnson's office and tell him that I've collected that thirty-five hundred dollars for him. While you are there step across the hall and inform Mr. Fogball that unless that note for ten thousand dollars is paid in the morning I shall begin foreclosure proceedings. Hurry, now, James, as there is a great deal of work to do this morning."

The well-trained boy was going out, when the prospective client said:

"This is no place for me with a five-dollar claim to collect."

Then he lumbered down the stairs, and the young lawyer said, wearily:

"You needn't go, James; I laid it on too thick that time."

Haitian Conservatism.

The Haitian is a fine example of conservatism. A few years ago the town of Port de Paix, owing to an unexpected progressive spirit on the part of the government, constructed some fine water works. The town was well piped, with hydrants at short distances on all the streets. Decorative fountains were placed in the squares, drinking places for man and beast everywhere. The natives, as usual, took not the slightest interest in this important and necessary undertaking. At last, when completed, in accordance with the custom of the country, the water system was opened with a series of fetes. The whole section of the country had a hilarious holiday—balls, processions, cockfights, etc. When these were all over the natives came to the conclusion that the water works must have been built to give an excuse for them, and the water works were no longer of any service, so they promptly smashed the whole system, and returned to carting the city's water from the distant river by ox teams. Now they tie their animals to the hydrants, fall over the fragments of the pipes scattered round the streets, and are happy.

Colds and Bare Hands.

Many people marvel why they suffer so frequently with cold in the head. The matter has puzzled even the omniscient doctor, and his only explanation was that some persons were constitutionally inclined that way.

Investigation shows, however, that it is all due to the hands. No matter how warmly you clothe the rest of the body, you readily catch cold if you leave the hands exposed.

The reason is very simple after all. Of course every one knows that the blood and vessels contribute a sort of hot water warming apparatus for the body. As the hands are more exposed than other parts, they receive a more liberal supply of the heating fluid. But this blood is immediately chilled and returned in an icy state to the lungs. Here it sets up inflammation, with the natural consequence of congestion, which is commonly called cold. If you take care to wear gloves on any day that is rather chilly, it is astonishing what a lot of colds you will ward off.

A Wrangle on Proportion.

Citizen—See here, aren't you ashamed to bring us such a contemptible little piece of ice?

Ice-man—Now; you ought to be ashamed to have such a great big barn of an ice chest.—Indianapolis Journal.

An Exciting Run.

The following incident in Lord Wolseley's military career is recorded as having taken place when he was in his twenties, and had been in the British army three years. He speaks of it himself as the most exciting experience of his life. It was in Burma, and Wolseley was in charge of a small detachment. During the advance he had the bad luck to fall into a deep hole, and when he crawled out found himself on the enemy's side. As he emerged he was met with such a shower of bullets that he slid back in short order. After a few minutes he came out again, and, amid a vigorous volley, ran for his life. He was nearly 300 yards from the British line, and was hit three times before he reached a place of safety.—Youth's Companion.

Chicago tailors, who have been on strike for two months, have compromised and gone back to work.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1900.

A Duquesne, Iowa, man has a dog which was sent him by express all the way from Manila, Philippine islands.

Drink in India.

Mary Clement Leavitt, honorary president of the World's Woman's Christian Temperance Union, said, in a recent article: "The best physician in India told me that if white people would let drink entirely alone, and eat not more than half as much meat, they might have as good health as in England or anywhere else."

The Typewriter Invention.

A statistician has proved that the invention of the typewriter has given employment to 500,000 people, but he fails to state how many cases of weak stomachs and dyspepsia it has induced. All people of sedentary occupation need Hostetter's Stomach Bitters. It helps nature to bear the strain which ensues from confinement and it is a wonderful medicine. No one realizes this more keenly than the man or woman who has been cured of stomach trouble by its use.

Wanted to Sell His Teeth.

The king of Bavaria was kept very short of money when he was a boy; in fact, the allowance for pocket money granted to him and his brother was only about two shillings a week. One day he heard some one say that sound teeth were salable, and off he went to a dentist and offered to have his own extracted for a monetary consideration.

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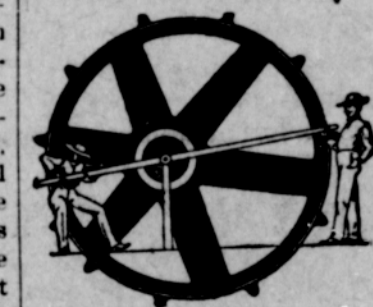
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Ever since grates were invented, householders have been wasting 80 per cent of their fuel, for most of the heat went up the chimney. But now there is a wonderful change, for everybody who sees it adopts the New Columbian fire grate that has a new system of draughts, makes a white flame, no smoke at all, and sends all the heat into the room. For pictures and full description apply to THE JOHN HARKETT CO., 91 First Street, Portland, Oregon.

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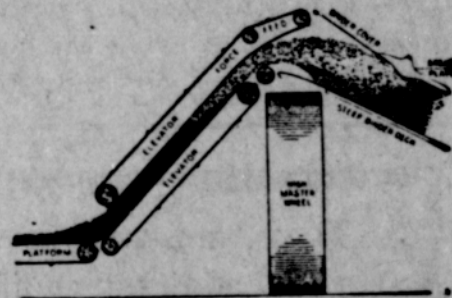


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