THE HEALTH OF YOUNG WOMEN

Two of Them Helped by Mrs. Pinkham —Read their Letters.

"DEAR MRS. PINKHAM:—I am sixteen years old and am troubled with my monthly sickness. It is very irregular, occurring only once in two or three months, and also very painful. I also suffer with cramps and once in a while pain strikes me in the heart and I have drowsy headaches. If there is anything you can do for me, I will gladly follow your advice."—MISS MARY GOMES, Aptos, Cal., July 31, 1898.

"DEAR MRS. PINKHAM:—After receiving your letter I began the use of your remedies, taking both Lydia E. Pinkham's Vegetable Compound and Blood Purifier. I am now regular every month and suffer no pain. Your medicine is the best that any suffering girl can take."—MISS MARY GOMES, Aptos, Cal., July 6, 1899.

Nervous and Dizzy

"DEAR MRS. PINKHAM:—I wish to express my thanks to you for the great benefit I have received from the use of Lydia E. Pinkham's Vegetable Compound. I suffered constantly from terrible sideache, had chills, was nervous and dizzy. I had tried different kinds of medicine but they all failed entirely. After taking three bottles of Vegetable Compound and three of Blood Purifier I am all right. I cannot thank you enough for what your remedies have done for me."—MISS MATILDA JENSEN, Box 15, Ogdensburg, Wis., June 10, 1899.

Elevation Desirable.

Lady (with high hat)—I beg your pardon, but I forgot my opera glass. Would you kindly lend me yours just a moment?

Tyrant Man (in the seat behind)—Very sorry, madam, but I need it to sit on.—N. Y. Weekly.

Try Allen's Foot Ease.

A powder to be shaken into the shoes. At this season your feet feel swollen, nervous and hot, and get tired easily. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It cools the feet and makes walking easy. Cures ingrowing nails, swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and gives rest and comfort. We have 30,000 testimonials. Try it today. Sold by all druggists and shoe dealers for 25c. Trial package FREE. Address Allen S. Olmstead, LeRoy, N. Y.

If you want to make trouble for an enemy, tell his wife that a daughter in the family has musical talents which must not be buried.

CASTORIA

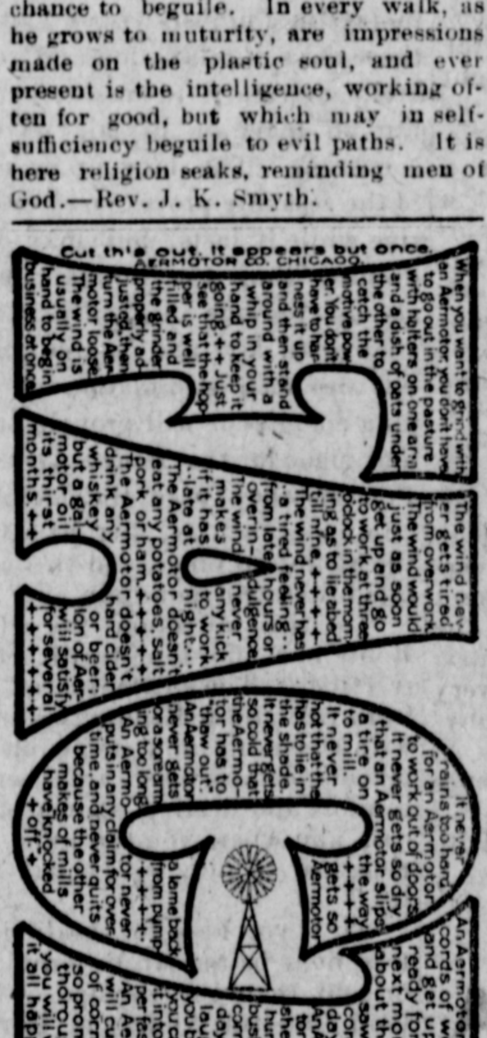
For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher.*

Religious Conserving Power.

Man today begins life in a garden of innocence and purity, wherein are the divinest possibilities, but where there is also the subtle spirit awaiting the chance to beguile. In every walk, as he grows to muturity, are impressions made on the plastic soul, and ever present is the intelligence, working often for good, but which may in self-sufficiency beguile to evil paths. It is here religion seaks, reminding men of God.—Rev. J. K. Smyth.



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CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

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25 CTS.

PASSING OF GAS LIGHTERS.

Increasing Use of Electric Lamps Is Leaving Them Without Work.

They are getting after the nimble young man who trots around the streets in the gloaming with a torch on the end of along pole, touching off the gas lamps one by one and leaving a trail of more or less light after him, says the Chicago Chronicle. The irresistible march of science and progress and the other things which are making changes in the world is sweeping the lamp-lighter out of the way.

In 1887, before there were any municipal electric street lights in service in Chicago, about 400 young men, old men and barefoot boys trudged nightly through all the city streets lighting the gas lamps. In the chill dawn they made the rounds again, putting out the lights.

Now a handful of employes in the electrical department of the city throw a few switches in the electric light stations every evening and instantly 3,500 electric arc lights spring to life along the streets which the boys formerly paced so laboriously, and in the morning the switches are thrown back once more and the lights die out. It is all done by a simple turn of the wrist.

But the lamp-lighter has not been entirely superseded as yet, notwithstanding City Electrician Ellicott's anxiety to extend the electric lighting system until it includes the entire city, which is to be done as soon as machinery can be installed to use the water power of the drainage channel at Lockport.

There are still about 18,500 gas lamps in nightly operation, and, as each lighter cares for an average of 100 of these, there are still nearly 200 lighters making their rounds nightly.

LAMPLIGHTER AT WORK.

Just how many boys and men are employed it is difficult to learn accurately. They all work for the gas company, as the city pays $20 a year for each gas lamp and the company "maintains" it —that is, pays for lighting, extinguishing, cleaning and repairs.

But while the company allots an average of 100 lamps to each lighter, and pays a fixed rate per lamp for their maintenance, the lighters sub-let the contracts in some cases, hiring little lads for almost nothing to do part of the work, of which, of course, the company has no record.

Some old men who, for many years, have been employed as lamp-lighters, swear their sons into the service and make a family affair of it. Therefore, it is probable that more than 200 people are employed to care for the 18,500 gas lamps which are still in service.

Although the electric lighting system of Chicago was inaugurated only thirteen years ago and has grown slowly, few people realize that the city has the largest municipal street lighting system in the world, including 3,502 arc lamps, each of 2,000 candle power.

In addition to the gas lamps, there are approximately 10,000 gasoline lamps in service in outlying districts not touched by the mains of the gas companies, and these are rented by the city from private corporations. These, too, are being displaced gradually by the extension of the electric lighting system.

Did Not Want the Horse.

Willie Woodard tells the following story at the expense of one of the now well-known turfmen of the Middle West racing circuit: "A few years ago," said Willie, "our friend came down from Central Kentucky with a few home-bred horses to the Louisville track. His first starter was put in a selling race, which he won. After the race was run the horse was led up in front of the stand. The track auctioneer went through the routine with $300 the owner's bid. The trainer and owner rushed up excitedly and yelled: 'Here, hold on. I didn't bid on that "hoss." Just give me the purse and keep the horse, 'cause I don't want him about the barn.'"

Droughts and Famines in India.

The British government expects a drought in India about twice in every nine years, and a great famine like the present about twice in a century.

With time and patience the mulberry leaf becomes silk, which in turn becomes a woman.

TRAVELS OF THE JIGGER.

This Industrious Little Flea Is Circumnavigating the World.

The very small species of the flea, commonly known as the jigger, whose native home is tropical and subtropical America, set out in 1872 to circumnavigate the world and has now half completed his journey, says a writer in the New York Sun. His arrival in India and Madagascar is almost simultaneously reported. On his conquering way he has badly frightened many barbarous tribes by his propensity to bore through the skin and find lodgment under it, and many villages and sometimes whole districts were abandoned by the natives during his journey across Africa.

In September, 1872, a sailing vessel from Brazil dumped a quantity of sand ballast on the beach at Ambriz, a little south of the Congo. This event has historic importance from the fact that the jigger crossed the ocean in this sand, and it is believed to have been his first introduction to foreign territory. His rate of advance across Africa depended upon the means of transportation at hand, for the jigger will not hop when he may ride. It was thirteen years before he struck the caravan route to Stanley Pool, and then he journeyed quickly and comfortably with the porters in the freight service to that starting point of the upper Congo steamers, which carried him halfway across Africa. Twenty years after his arrival in Africa the jigger appeared on the shores of Victoria Nyanza, and six years later he was hopping along the sands of Zanzibar Island.

The jigger was thus established in 1898 at the busy mart whence many vessels sail for the East Indies and Oceanica. It was predicted that he would soon invade India, and sure enough his arrival at Bombay, whither he had been brought by coolies returning from Africa, is now reported. Le Tour du Monde says he may be expected in French Indio-China at any time, and that he will evidently invade the whole of Southern Asia, and letters from Nossi Be, in Northwest Madagascar, report his advent there and on the adjoining islands, where he is flourishing and multiplying in the sandy soil.

We may next expect to hear of this persevering and successful traveler among the Pacific islands, and all regions in or near the tropics seem destined to make his acquaintance.

HOW EXPRESSES DROP MEN.

Custom that Is a Drain on the Railroad Crew.

"While coming from Chicago last week," said a prominent business man of this city, "I noticed a peculiar railroad custom which interested me considerably. I happened to be in the last car of the limited when the train stopped in a desolate spot between stations. The rear brakeman, of course, dropped off and went down the track with a flag to warn any train that might be following us. In a moment or two we started up again, but minus the brakeman. I wondered at this, but was still more surprised later on to see the same thing repeated when we were obliged to stop on account of a threatened hot box. Upon inquiry I found that this was the custom on fast trains. 'Sometimes, if we have lots of time,' said the conductor, 'we whistle for the men to come in, but in most cases we leave them to be picked up by the next train, or to walk to the nearest station.'

"'But isn't that rather hard on the men?' I asked. 'Oh, it's part of the business,' he replied. 'I have known of cases where men dropped off in this way were frozen to death or waylaid by tramps, but the railroads have to make the time, and that's why it's done. I have seen trains running with only a conductor aboard them, at times, because the rest of the crew had been left behind in just this way.'"—New York Mail and Express.

Stole the Bridegroom.

A young man in a couvivial party at a Broad street hotel told the following story: "I had a good time at a wedding last week. It was the wedding of a friend of mine, and I and some of the boys played a good joke on him, and he didn't get mad either. The joke was to steal him. Yes, right after the ceremony we grabbed him up, banged him into a cab, and then drove him out sixteen miles into the country, where we locked him up in a barn and kept him there three days. The bride waited for him in a royal suite of rooms in an Asbury Park hotel. We had persuaded her to travel down alone, promising her the groom would arrive at any minute. Every evening, after our day's work was done, we trotted out into the country to see the groom, with baskets of food and liquid. Pretty good-natured about it the duffer was, too, I tell you, though, those three days were different slightly from what he and the girl had been counting on."—Philadelphia Record.

Mild Climates the Best.

More people over 100 years old are found in mild climates than in the higher latitudes.

A husband waiting for his wife at a bargain sale is about the cheapest thing in sight.

A New Romantic Novelist.

The Century Company announces the discovery of a new romantic novelist in a young New Yorker, Miss Bertha Runkle, whose maiden effort is to be The Century's leading piece of fiction for the next eight months, beginning in the August number. It is described as a dramatic romance of love and adventure, and is entitled "The Helmet of Navarre." The scene is Paris during the siege by Henry of Navarre, and the action occupies but four days of the week preceding the Sunday when Henry entered the city. The story is full of vigorous action, and the plot is said to be one of fascinating interest.

The Trust Problem

To a thoughtful mind is one of serious import, for it creeps upon society before you are aware of its existence, in this respect much resembling the various disorders which attack the stomach, such as constipation, indigestion and dyspepsia. Hostetter's Stomach Bitters is the one reliable remedy for all such ailments.

One result of the installation of the corn kitchen at the Paris fair has been a widespread agitation in that country in favor of the appointment of a commission by the government for the purpose of visiting the United States and ascertaining the best means of introducing corn in France.

I could get along with a confession of faith containing but the little that Jesus said when He was trying to make a Christian of Nicodemus: "God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have eternal life." That gives to us the doctrine of God's unlimited love, human guilt, the divnity of Christ, salvaton through Christ, faith in Christ, immortality; every word Saxon, three-quarters of the words monosyllables, profound enough for any elder, simple enough for any four-year old.—Dr. C. H. Parkhurst.

Warm Weather

Weakness Is Quickly Overcome

The cooling, toning, and blood enriching qualities of Hood's Sarsaparilla are wonderful. It strengthens the stomach and digestive organs and creates an appetite. It has an unequal record of cures of scrofula, salt rheum, boils, pimples and other diseases caused by impure blood.

Hood's Sarsaparilla

Is America's Greatest Medicine. Price $1. Prepared by C. I. Hood & Co., Lowell, Mass.

Hood's PILLS cure indigestion. Price 25 cents.

By "appearing at perfect ease in society," is meant that one laughs and talks as loud as if on the back porch at home.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

The gossips in Bible days must have had a good time, if they knew of the things going on that the Bible tells about.

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

It is better to be defeated in a good cause than to be victorious in an unrighteous one.—United Presbyterian.

Down in the Dumps.

Sad, with a heavy, anxious feeling—the blues! The liver needs quick attention. Take Cascarets Candy Cathartic at once! All druggists, 10c, 25c, 50c.

The problem of Indian education seems to be solved by the Indians themselves. In the territory the Chickasaws have five colleges and the Creeks have 10. The Choctaws have no collges, but have 160 common schools in which the higher branches are taught. The expenses of educating the Indians are borne by the federal government.

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Made of the Best Materials, thoroughly seasoned, by competent workmen. It stands without an equal. Call on our Agent, or address

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Are the best that can be made. Nothing is or can be superior to a Mitchell Wagon, because it is made of the best material—by experienced workmen—which, coupled with 65 years' experience in building wagons, during which time the manufacturers have had but one aim, and that to produce the best possible to build, is a guarantee of quality. If you buy a Mitchell Wagon, you get the best that can be made. AGENTS EVERYWHERE.—If none in your vicinity, we will sell to you direct. Send for circular.

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Mention this paper.

Here's a Proposition

Isn't it reasonable to suppose that a firm of 30 years experience could tell you the best way to get good value for your money? If you are making improvements in your house, or building a new house, no matter how small or large the sum you wish to spend in electrical or gas fixtures, fireplaces, mantel furniture, etc., you will save money and be well suited if you consult THE JOHN BARRETT CO., 91 First Street, Portland, Oregon.

Dayton's Fly Killer

Used a few minutes evenings, will rid your house of Flies and Mosquitoes. No mark or stain left on the ceilings or walls. Works like magic. Price 25 cents. Write for booklet. Dayton Hardware Co., Portland, Oregon.

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HARD WORKING WOMEN

Can find quick and permanent relief for serious and strength destroying troubles in

Moore's Revealed Remedy

Thousands have used it and thousands now praise it. It cures permanently. $1 per bottle at your druggist's.

DR. GUNN'S IMPROVED LIVER PILLS

ONE FOR A DOSE. Cure Sick Headache and Dyspepsia, Remove Pimples, Purify the Blood, Aid Digestion, Prevent Biliousness. Do not Gripe or Sicken. To convince you, will mail sample free; full box 25c. DR. BOSANKO CO., Philadelphia, Pa. Sold by Druggists.

N. P. N. U. No. 29—1900.

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