

# SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound.

St. Louis, Mo., Nov. 10.—"For seven years I suffered everything. I was in bed for four or five days at a time every month and so weak I could hardly walk. I cramped and had backache and headache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctors gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, look my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman any day in the month. I wish I could talk to every suffering woman and tell her of the most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound. It is more widely and successfully used than any other remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic backache, bearing down feeling, indigestion, and nervous prostration, after all other means failed. Why don't you try it?"

Thompson's Eye Water

A LOST ART.

Richard Croker, at a dinner in New York, expressed a distrust for aeroplanes. "There's nothing underneath them," he said, "if the best thing goes wrong, down they drop." "I said to a Londoner the other day, 'How is your son getting on since he bought a flying machine?'" "Oh, crutches, like the rest of them," the Londoner replied.

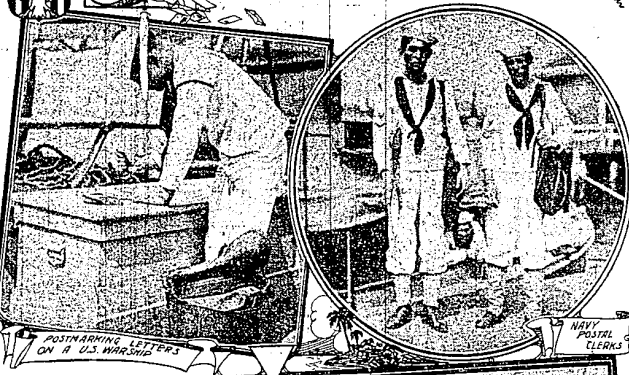
An Invariable Assumption. "It must be dreadful to have any of your relatives become involved in scandal!" "I replied Miss Cayenne. 'The scandalous compensation in the excitement which it causes you to be immediately written about as a member of the most exclusive society.'"

Inherited. Krieger-Jones has a bad memory. Bocker-His mother never knew what were trumps, and his father couldn't remember anything on the wit as stand.

EASY CHANGE When Coffee Is Doing Harm.

A lady writes from the land of cotton of the results of a four years' use of the food beverage—Not Postum. "Ever since I can remember we had used coffee three times a day. It had more or less injurious effects on me, and I myself suffered almost death from indigestion and nervousness caused by it. I know it was that, because when it would leave it off for a few days I would feel better. But it was hard to give it up, even though I realized how harmful it was to me. At last I found a perfectly easy way to make the change. Four years ago I abandoned the coffee habit and began to drink Postum, and I also increased just the rest of the family to do the same. Even the children are allowed to drink it freely, as they do water. And it has done us all great good. I no longer suffer from indigestion, and my nerves are in admirable tone, since I began to use Postum. We are all happy and healthy, and my husband appreciates Postum as a delicious and healthful beverage, which not only invigorates but supplies the best of nourishment as well. Name given by Postum Co., Battle Creek, Mich.

# How Our Bluejackets Get Their Mail



THE matter of handling the increasing and growing mail on a United States battleship or other large naval vessel is one of the most interesting of the minor features of life aboard in a warship community, and yet it is one of which the general public on its visits to the floating fortresses sees little or nothing. The activities of a "marine post office" on one of Uncle Sam's first class fighting ships have broadened considerably within the past few years for the reason that one of the nation's up-to-date flotillas of armored cruisers carries anywhere from 800 to 1,000 officers and men. This is half as many again as were enrolled on the battleships in our fleet prior to a few years ago, and where the new battleships now building are in commission each will have considerably more than 1,000 souls aboard.

Now, as everybody appreciates a community of 1,000 people on land can keep a post office pretty busy, and a floating community of the same number of people represents vastly more postal business, because its patrons are all adults, and most of them are great letter writers—being far more addicted to the letter writing habit than the same number of people picked at random on shore. In explanation of this it may be cited that the navy men are away from home and consequently their only means of communication with relatives and friends is by mail. Furthermore, they have, during their evenings aboard ship, in the "off duty" periods on Sunday and at other times plenty of leisure for writing letters, and they improve the opportunity, oftentimes, no doubt, because "there is nothing else to do." The officers aboard ship must needs handle a heavy volume of official correspondence as well as their private correspondence, and many of the bluejackets write almost daily to the girls they left behind. So that there is a really abnormal volume of postal business to be attended to on the average warship!

For handling the mails aboard ship a look below decks is set apart as the ship's post office and this is the headquarters of the "mail order" or the postal clerks and assistant postal clerks. Battered men in the navy, upon selection by the secretary of the navy, are designated by the post office department as "mail clerks" and assistant navy mail clerks, and these men take the oath of office prescribed for employees of the postal service and give bond in the sum of \$1,000, just as do the postal clerks who work on railway trains or in post offices ashore.

These naval postal clerks have authority to receive and open all post boxes and sacks of mail addressed to naval vessels; to deliver mail; to receive mail for transmission; to receipt for registered mail; to sell postage stamps, and, in fact, to discharge all the duties of a post office clerk, a mail collector and a letter carrier in one.

On many of the warships there are on duty instead of or in addition to the naval postal clerks, men known as "mail orderlies." The duties of a mail orderly are much the same as a naval postal clerk and indeed to the layman all naval postal employees are mail orderlies, as he sees them handling from the ships with their bulging mail sacks and later returning on board with their pouches, similarly swollen with letters, papers and packages.

There are letter boxes at convenient places on ship board, just as there are on street corners on shore, and the mail-orderlies or clerks make collections from these at stated times each day, just as collections of mail are made in the city streets. Two or three times each day the accumulated mail having been sorted and postmarked is sent ashore in pouches that it may be dispatched by rail or steamer to its various destinations. Call it thus taken aboard by one of the steam cutters or motor boats, several of which are attached as "tenders" to every naval vessel. Often one of these little vessels makes the trip specially to convey the mail. On the return trip this little post ferry brings the mail for the ship back, which has accumulated at the nearest post office ashore since the last previous visit of the naval postman.

## FOR COUNTRY-WIDE EFFORT

Foes of Tuberculosis Have Plan to Use Most Powerful Weapon on Earth.

April 30 has been set aside this year as "Tuberculosis Day," and will be observed in a manner similar to that of "Tuberculosis Sunday" in 1910, when 40,000 sermons were preached on the prevention of tuberculosis. In the first official announcement of the occasion, made by the national association for the Study and Prevention of Tuberculosis, the leaders of the movement state that they hope to enlist all of the 33,000,000 church members in country.

In respect Tuberculosis day will differ from Tuberculosis Sunday of 1910. Instead of requesting the churches to give to the tuberculosis cause a special Sunday service, the national association is going to ask this year that meetings, at which the subject of tuberculosis and its prevention can be discussed, be held on Sunday, April 30, or on any other day near that date, either in the week preceding or the week following.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Feltner*. In Use For Over 30 Years. The Kind You Have Always Bought.

That Essential Struggle. There are men who go through life without ever getting what one would call a throw-down or set-back—they never get to know what it means to face rough or tough weather. Their way is slicked and paved. They seem to miss the one great essential thing in every success—the struggle, during which everything looks as though one is about done for and ready to cave in.

A Woman's Reason. "Why," asks the inquisitive person, "do you enjoy having someone one tell you that you are pretty, when you know you are not? Does it make you believe that you are?" "No," she answers readily. "But it makes me believe that he believes I am."—Judge.

DISTEMPER. In all its forms among all ages of horses, as well as dogs, and other animals, is a stable preventer from having the disease with SPON'S DISTEMPER (VET. FORM) guaranteed. Over 200 bottles sold last year. \$3.00 and \$1.00. Any good druggist or mail order manufacturer. Agents wanted. Spohn Medical Co., 1000 Broadway, New York, N.Y.

In the Blood. Willis—Are those Kentucky horses you bought scared of autos? Gillis—No, indeed. They never need a train either, but I can't get them used to a springing cart to save my life!—Puck.

ONLY ONE "WOMAN OF FINE." That is LAXATIVE BISMUTH OINTMENT. Look for the name on the wrapper and the World over to Cerebra Coda in New York.

There is no surer way to friendship than the honest and sincere appreciation of the good qualities and merits of others.—Henry Lee.

So much we miss if love is weak, so much we gain if love is strong.—Heien Hunt Jackson.

Mrs. Winslow's Soothing Syrup for Children (teething, soothes the gums, reduces inflammation, allays pain, cures wind colic, the 8 bottles).

Many mistake soft words for tender, loving ways.

## When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle. While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain. Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.

Sick women are invited to consult us by letter, free. All correspondence strictly private and sagaciously confidential. Write without fear and without fee, to The Women's Dispensary Medical Association, 101 N. Pine St., Philadelphia, Pa. If you want a book that tells all about women's diseases, and how to cure them at home, send 31 one-cent stamps to pay cost of wrapping and mailing only, and we will send you a free copy of Dr. Pierce's Great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in handsome French cloth binding.

Weak? Tired? Run-down?

These conditions come from overwork, a weak stomach, overtaxed nerves or feeble blood. When you feel "all in"—hardly able to drag about, no energy, no ambition, easily exhausted and can't sleep—take

BEECHAM'S PILLS

and note what a difference they make in your condition. The stomach is the first to feel good effects. Food tastes good, the digestion is strengthened, bowels and bile work regularly, the blood is cleansed, and the nerves relaxed. The whole system responds to the tonic action of Beecham's Pills. Soon there is the buoyant feeling of re-arming health.

Fresh Strength and New Life

## BLAME PHYSICIANS FOR GROWTH OF DOPE HABIT

Druggists Say Prescriptions and Not Patent Medicines the Cause.

New York—Blame for the prevalence, and growth of the morphine habit was placed on the shoulders of physicians, who prescribed the drug, at a meeting of druggists here to fight its growth. The druggists enacted city ordinance prohibiting the sale at retail of any preparation containing morphine or its salts except upon a doctor's prescription. The ordinance is aimed primarily at narcotic and at stomach remedies, according to members of the board of health who were instrumental in obtaining its passage. Caswell, one of the druggists, said he had made a canvass by mail of several sanitarians and the replies convinced him 90 per cent. of the victims of drugs formed the habit as a result of using prescriptions given by physicians and only 5 per cent. from using proprietary medicines.

Was Taking No Chances. An amusing incident occurred a few days ago outside Marana, Austria. A cow strayed from the pasture and came within reach of the fort. The officer in command suspected the presence of an automatic photographic apparatus, and had the beast seized and closely examined, and when he found nothing to justify his suspicions he turned the animal loose again, under the observation of two of his men, charged with the duty of following the strayed home to ascertain whether her owner was an Italian spy.

It is better to lose in loving than to gain by self-seeking.

A Mothers Love. wisely directed, will cause her to give to her little ones only the most wholesome and beneficial remedies, and only when actually needed, and the well-informed mother uses only the pleasant and gentle Laxative remedy—Syrup of Figs and Elixir of Senna—when a laxative is required, as it is wholly free from all objectionable substances. To get its beneficial effects always buy the genuine, manufactured by the California Fig Syrup Co.



The most democratic thing in the world.

KNOW THE WORLD OVER.

PARKER'S HAIR BALM.

Readers of this paper desiring to buy a copy of the book, "The Story of the World," should send 31 one-cent stamps to pay cost of wrapping and mailing only, and we will send you a free copy of Dr. Pierce's Great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in handsome French cloth binding.

When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle.

While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain.

Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.

Sick women are invited to consult us by letter, free. All correspondence strictly private and sagaciously confidential.

Write without fear and without fee, to The Women's Dispensary Medical Association, 101 N. Pine St., Philadelphia, Pa.

If you want a book that tells all about women's diseases, and how to cure them at home, send 31 one-cent stamps to pay cost of wrapping and mailing only, and we will send you a free copy of Dr. Pierce's Great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in handsome French cloth binding.

Weak? Tired? Run-down?

These conditions come from overwork, a weak stomach, overtaxed nerves or feeble blood. When you feel "all in"—hardly able to drag about, no energy, no ambition, easily exhausted and can't sleep—take

BEECHAM'S PILLS

and note what a difference they make in your condition. The stomach is the first to feel good effects. Food tastes good, the digestion is strengthened, bowels and bile work regularly, the blood is cleansed, and the nerves relaxed. The whole system responds to the tonic action of Beecham's Pills. Soon there is the buoyant feeling of re-arming health.

Fresh Strength and New Life

Boxes 10c and 25c, with full directions.