

# PAINFUL PERIODS



**MISS AGNES MILLER**

While no woman is entirely free from periodical suffering, it does not seem to have been the plan of nature that woman should suffer so severely. Lydia E. Pinkham's Vegetable Compound is the most thorough female regulator known to medical science. It relieves the condition which produces so much discomfort and robs menstruation of its terrors.

Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing, and by the use of

**Lydia E. Pinkham's Vegetable Compound**

"DEAR MRS. PINKHAM:—I suffered for six years with dysmenorrhoea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take only at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only remedy that helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 15 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 25 Potomac Avenue, Chicago, Ill.



**MRS. MAY HAULE**

**\$5000**

## THE WORLD OF SPORT.

### Result of Late Important Events on the Field and Indoor—Looking Ahead.

#### BASEBALL.

**Jack Dunleavy on Pitching.**

Jack Dunleavy, the southpaw, and Jack McLean are the tall and short of it of the St. Louis Cardinal batteries. Dunleavy says: "People seem to think that to win baseball games a pitcher must be an iron moulder or a Vulcan to get away with the 'winnies.' There are lots of pitchers in the League who get away with a good share of victories without speed. A certain amount of speed is necessary, but it is putting the ball where the batter can't get it that brings in the strikes. All I ask is for control. I win most of my games on variety. I think I have about as many different styles as anybody in the game. A pitcher is about 25 per cent of a ball game; the team's fielding is 25 per cent more, and the batting ability and run-getting capacity of the club 50 per cent more. A pitcher that knows the game from end to end does not have to rely upon one style to fool the batsmen. In fact it is a decided disadvantage to try this. He can, on the contrary, relieve himself by working the batter to hit high to the field. This is where the fielding 25 per cent helps. It is necessary to know your batsman to accomplish this, but it is by no means impossible. You can vary yourself by change of pace, as well as fool the batsman. You can vary speed with 'slows,' and there are a number of tricks of the trade to husband your strength."

Something Odd.

There is something odd about the release of Fitcher Thompson of Pittsburgh. This man was thought to have a good hold with the management and players. He was a quiet fellow of promise, had lots of speed according to the catchers and others who had tried to face him. Surrounding the news of the release here was a report that the man had not been letting his arm out and was loth to work in the early games. Likely the club has made up its mind that it has others with more goods than the Fort Dodge gent. Carisch, the catcher of Thompson, has been strongly boosted by the war correspondents, and he may be a fixture on the team. Every now and then news came from the Springs that Carisch was showing better work than ever. One writer quoted Clarke as saying that the Alma, Wis., lad would some of these fine days be a representative of the best in the League.

The Philadelphia Outlook.

A Philadelphia despatch says: The two local teams are now off in their respective races, but it is yet too early to comment on their gait and prospects beyond a few general remarks. The Athletics in their series with Washington demonstrated their batting ability, and gave convincing proof that if their pitchers do the work they are capable of, the Blue-legs will have more than a fair chance to recapture the American League pennant. The Phillies in the three Boston and first New York games showed marked improvement in hitting, base running and inside work, but the fielding has been erratic, and the pitching poor. The fielding will unquestionably improve, but whether the pitching will keep pace is the grave question upon which will largely hinge the success or failure of the team. Manager Duffy also needs to get away from certain XV-Century methods. Pulling in the infield with runners on second and third and one out, instead of filling the bases and playing for a double play, directly lost Saturday's Boston game and was a large factor in Monday's defeat by New York. In the long run it pays better to play the percentage of chances than to trust to blind luck to get out of holes. In this matter a hint should prove as good as a kick to Manager Duffy.

The Game at Ottawa

The Ottawa baseball team, from which the Capital expects so much this summer in the way of good baseball, in the Eastern Canadian baseball league made its first appearance last evening on the old Ottawa College grounds. The men did not line up for a game but indulged in a few preliminary stunts, batting the ball about and limbering up preparatory to the commencement of real hard work as soon as the field dries out a little more. Yesterday's workout was intended more as a counting of heads than anything else and there was certainly a promising array of tried material on hand and to the fans it looked as though the club could pick out a first-class nine from the men as they stand. There a big turnout of spectators to get a line on the men who will furnish ball for Ottawa fans this summer and the general impression was a most favorable one. The men romped over the diamond like colts and it would be hard to believe that it was the initial appearance of the season.

National League Happenings.

Barney Dreyfuss declares that Cincinnati picked up a great player in Fred Odwell.

Dr. Pat Carney, of the Boston, must return to Washington in May to take his "exam."

With the signing of pitcher J. L. Stewart the last of the Boston hold-outs came into camp.

"Next to base ball, baseball is the greatest athletic sport," says Lajoie, who is a hand ball devotee.

Nothing has pleased Charley Nichols more this spring than the way Jack McLean has shown up behind the bat.

The Cleveland players and scribes all say Schwartz will stick to the team. He has proved a wonderful utility man.

"Cap" Anson admits that he gets lonesome for base ball sometimes. Many people were surprised when the veteran quit the game.

"Mike" Finn has warned Barney Dreyfuss to beware of the Cardinals. He says that Nichols has a wonderful pitching staff this season.

### Does Tobacco Affect the Health?

In a Thousand Ways its Excessive Use is Injurious to the System. Causes Heart and Nerve Troubles.

That tobacco exerts a very decided influence upon the body is unquestioned. Thoughtful physicians prohibit smoking in convalescence just as they do in the formative years of youth, when the system is so susceptible to the action of narcotics.

In functional heart trouble the tobacco habit is often looked for as a cause, and many a smoker wakes up at night feeling all the terrors caused by a fluttering, palpitating heart.

If there is something wrong with your heart that makes you wake up with a start, you ought to take Ferrozone regularly, because it is the best heart medicine made. All the muscles and nerves about the heart are strengthened and given new force by Ferrozone, which is noted for its prompt cures of heart disease.

As a rule weak heart and weak nerves go together, so it is not surprising that in functional heart trouble, that the nervous system is completely restored. From every part of America comes convincing evidence that Ferrozone possesses merit far beyond the ordinary. Its cures are lasting, like that of a well-known merchant in St. Johns, Mr. Philip T. Drayton, who writes: "I can give good advice to everyone suffering from heart weakness. I was in a very low condition a few months ago, and was unable to work. Without any apparent cause I would jump and start. I could not sleep more than an hour without being awakened by pain and palpitation of the heart. I used different preparations, but found Ferrozone the best. It improved my general health, strengthened my heart and nerves, and enabled me to go to work again. Nothing else ever helped my heart like Ferrozone which has cured me perfectly. I would advise others troubled with either nerve or heart trouble to use Ferrozone also."

No one ever used Ferrozone without lasting benefits. It builds up weak people, nourishes the starved nerves, and tones up the muscles of the heart. Ferrozone is prepared in tablet form, and is simple and convenient to take; it is sure to help you.

Do not allow an unscrupulous dealer to recommend anything in place of Ferrozone. Get what you ask for. Insist on Ferrozone which will be mailed to any address, price 50c per box or six boxes for \$2.50, by N. C. Pillsbury & Co., Kingston, Ont., and Hartford, Conn., U. S. A.

Those in uniform last evening were as follows: St. Jean, Irving, McEwan, O'Donahoe, Taylor, Lavallee, Turcotte, Burns, Larocque, Trepannier, Boncher, Strachan, Tessier and Girard. The infield will be a giant one, McEwan, Irving and O'Donahoe, all big, heavy men. Moore, of Toronto, and Wall, of Ogdensburg, who have been signed, will report today.

## RAIN COAT SALE

A few of those Sample Rain Coats left, ladies' sizes 34, 36, 38 and 42, ¾ long, only one of a kind in style or color, worth from \$5.50 to \$12—our price \$3.50, \$4.75 to \$6.50 for the nicest and best fitting coats shown anywhere.

**LADIES' LONG CRAVANETT RAIN COATS**

In the newest styles and shades, sizes 36 to 44, on sale now at \$4.50, \$5.75 to \$6.50.

**LADIES' RUBBER COATS,**

Raglan style, black and navy blue, 52 to 62 inches long, perfect fitting—while they last at \$2.95, worth double.

**MEN'S RAIN COATS.**

Gentlemen's dark and light grey Cravanett Rain Coats, raglan style, perfect fitting, sizes 34 to 46—on sale at \$5.75, \$6.50 and \$9, a saving of \$2 to \$5 on your rain coat if you buy now, with a guarantee of perfect satisfaction or money back. Come and see them.

**MEN'S RUBBER COATS.**

We have a large assortment of Men's Waterproof Coats that we must clear out. Men's Coats, black or navy, velvet collar, raglan style, at \$2.25 and \$3.75. Men's Raglan Rainproof Coats in dark fawn, grey, and black, all sizes, worth \$7.50 to \$9.00—our price \$5.00.

A lot of Men's and Young Men's Mackintosh Coats with Capes, made to keep the rain out, coats that sold last season from \$5 to \$7.50. We must clear this lot out—\$2 and \$2.95. The making is worth double.

Umbrellas in all sizes and qualities from 50c. to \$5. Our cash prices are the lowest.

## TRY . . . M. Fickler & Co. THIS SEASON.

ANNOUNCEMENT TO

### Coffee Consumers

If you are not using SEAL BRAND COFFEE forward us your name and address. We will send you a liberal sample, with instructions for making—and also tell you where you can buy it.

### CHASE & SANBORN

435 St. Paul St., MONTREAL

Bill Bergen is doing but little excitement with the bat for Brooklyn. In other respects his work also is on a par with last season's showing.

Danny Shay, the Cardinals' new shortstop, has made a splendid impression in St. Louis by his fast work. As yet he has shown no form as a hitter.

Outfielder "Spike" Shannon, the new Cardinal, is a college chap, and an all-round athlete. He gained quite a reputation as a football player.

Work on the improvements at Exposition Park, Pittsburgh, has been completed, with the exception of another coat of paint to be given the grand stand.

"Giant" is not a misnomer for the New York Nationals this year. The average height of McGraw's team is 5 feet 10 inches, weight 171 pounds, and age 28 years.

Catcher Jack O'Neill of the Chicago, had the fourth toe of his left foot almost severed by being spiked in a game at Omaha on the 12th. He will be unable to play for some time.

Pittenger, of the Boston, has been cultivating a new slow underhand ball, and he is jubilant over the way it is acting. Pittenger's underhand delivery has always been his strong point.

Catcher Carisch, the Pittsburgh backstop, has improved wonderfully since last season. His work at Hot Springs has left little to be desired. As a spinter Carisch is probably the fastest windpaddler in the country.

Every outfielder in the Cincinnati team today was once a pitcher, three of them having worked out in the big league—Seymour, Donlin, Dolan—while Odwell and Korwin were minor league twirlers of some note.

The members of the Cincinnati team have a bad of buying diamonds now. Nearly all the old members of the team have diamond rings in their possession, and the youngsters are getting busy decorating their hands.

Dreyfuss expects great things of Stankard, the Holy Cross captain. He will join the Pirates at the close of the college term. Stankard is a good batter, and has played in the outfield, at short stop, second and third bases.

Catcher Phil O'Neil, of the Cincinnati, says this season will be his last in baseball, for he is a graduate in the law and has been in the law business during the winter. It is his ambition to get up to the bench of the Courts.

Let Others Experiment.

There is always something new in the way of medical treatment and you are constantly invited to try new-fangled unproven remedies. Let others experiment and so risk health and lose time. Dr. Chase's Kidney-Liver Pills have been tried in the crucible of time, won the approval of public opinion and demonstrated their right to a place in every home as a family medicine.

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