

# Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—“When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies.”—Mrs. MAYME ASBACH, North Crandon, Wis.

### Testimony from Oklahoma.

Lawton, Okla.—“When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me.”—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

### From a Grateful Massachusetts Woman.

Roxbury, Mass.—“I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it.”—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



## Sir Charles Was a Dreamer

A LADY in Toronto who knew Sir Charles Tupper well tells how deeply interested he was in dreams and apparitions, in all the absorbing questions of psychical research. Once in crossing the Atlantic with him she and a friend received a nervous shock one evening, when Sir Charles came into the cabin where they were seated and told them that he had seen a strange face at the porthole. Unlike John Greenleaf Whittier, who longed to see some dear ghost walk in and sit down beside him, when he was alone, they had no hankering after such an experience. Although Sir Charles' bitterest political opponents claimed that, when he was playing the fascinating game of politics, he was of imagination all compact, and could give to airy nothing a local habitation and a name, very few suspected that he was a sympathetic student of the engrossing questions which were being investigated in a scientific way by societies of psychical research.

After completing his medical studies in Scotland Dr. Tupper and a friend made an excursion into England before returning to Canada. In passing a gipsy encampment they decided to have their fortunes told. As the gipsy girl looked into the hand of the young Canadian doctor she told him that he had come from a long way across the waters. She then proceeded to read his past life as if from a book; but she could not tell him much about the future.

The impression which this fortune-telling gipsy made upon him is one of the first hints which we get in the life of Sir Charles that he was susceptible to anything of this kind. If she could have told the future as easily as she read the past what an improbable story of marvellous achievements in the consolidation and development of a great country he would have heard that day, for as Sir Wilfrid Laurier testified long afterwards there was no one who gave more of his heart and soul to the work of Confederation than Dr. Tupper.

One of the remarkable dreams which Sir Charles could never forget came to him when crossing to Britain a good many years after the incident at the gipsy encampment. He dreamed that a Halifax lady came to him and told him that his wife was dangerously ill. “The dream was so real,” he says, “that I wrote it down with the date. When I reached Liverpool I wrote to my wife telling her the dream and the date, and saying I was ashamed of being so disturbed by a dream, as she had never had any serious illness, but that I should feel uneasy till I heard from her. She wrote to me the same day from Halifax, and our letters crossed in mid-ocean, telling me that on the night in question she had taken dangerously ill and that the lady who appeared to me in my dream had stayed with her all night.”

At another time, much later in life Sir Charles went to Paris, leaving Lady Tupper in England. He dreamed one night that she was very ill. So sure was he that there was something in his dream that he returned to England the next day and found that his fears were too well-grounded.

Another of Sir Charles' dreams which he often referred to relates to the unveiling of Nicholas' statue to the unveiling of Nicholas' statue at Ottawa, July 1st, 1903. “I dreamed the night before that when I unveiled Mr. Davin's statue he was a black man who put out his hand to shake hands with me, and that I fell down in a fit.”

When Sir Charles unveiled the statue he was so surprised to find that it was bronze instead of white marble that he forgot a quotation from Bulwer Lytton which he intended to make. His dream of the night before must have flashed through his mind and led him to fear that the bronze statue might make an effort to shake hands with him. It must have been a great shock which led Sir Charles to forget anything, for he had a marvellously retentive memory. When he was 84 years old he and his granddaughter began the study of Italian together at Rome, and in an almost incredibly short period of time he spoke the language well enough to respond in that tongue to the Pope when his Holiness blessed him. The Pope blessed Sir Charles, and, as is the case of old Father Taylor, the sailor preacher of Boston, no doubt Sir Charles blessed the Pope.

Sir Charles inherited his susceptibility to such things from his distinguished father, Rev. Charles Tupper, who lived so near to the border land of the better life that he could see many things that were hidden from grosser natures. Many think that dreams are entirely fanciful, and meaningless, inspired more by the dinner eaten, or the nervous excitement of the waking hours, than by anything psychical or spiritual. Instead of saying that we are such stuff as dreams are made of, they think that it is wiser to say that dreams are such stuff as we are made of. Many dreams are no doubt of this kind.

### ASSAM Teas for Economy

Assam teas are the strongest and richest grown. It is of these teas that Red Rose Tea chiefly consists. That is why it yields the very large number of 250 cups to the pound—at the cost of about a cent for five cups, and every cup rich, strong, delicious tea.

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and are not worthy of any serious thought; but since the grey dawn of history wise people in every land, like Joseph amongst the Hebrews, and Pilate's wife amongst the Romans, and John Wesley amongst the English, and Robert Louis Stevenson amongst the Scotch, and Sir Charles Tupper amongst the Canadians, have believed that some dreams are not all a dream, that some have a message in them for us which comes to us in some way which we may not fully understand, but which we cannot altogether disregard.

Men's athletic underwear is wanted in Cuba.

THEY SOOTHE EXCITED NERVES.—Nervous affections are usually attributable to defective digestion, as the stomach dominates the nerve centres. A course of Parmelec's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

Oxidization of Brass.—Brass when immersed in a hot solution consisting of one-half ounce of golden sulphuret of antimony and four ounces of caustic soda in each gallon of water becomes oxidized with a pleasing brown shade. The shade becomes darker if the metal is immersed in a dilute solution of sulphate of copper, used cold, about four to eight ounces to the gallon. Several immersions in the same manner give deeper brown tones.

Comes in Handy.—The life insurance policy looks like an expensive and worthless bit of paper until somebody dies, and then it is cash in bank. As Kipling wrote of Tommy Atkins: “For it's Tommy this and Tommy that And ‘chuck him out, the brute!’ But it's ‘savior of his country’ When the guns begin to shoot.”—Exchange.

In Series.—“That man's whole life has been a series of ups and downs.” “How so?” “He began as a climber boy, then became a mountain climber, and now is giving balloon ascensions.”

His Brand of Reform.—Knicker—What sort of reformer is he? Bocker—He wants other fellows to abstain from food to make the price go down while he eats it.

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Accommodation, 83 ..... 6 44 p.m.

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New York Express, 2 ..... 3 05 p.m.  
Accommodation, 112 ..... 5 16 p.m.

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