PE-RU-NA

For Cramps in the Stomach of Six Years "I was troubled with cramps in the stomach for six years. I tried many kinds of medicine, also was treated by three doctors.

"They said that I had nervous dyspepsia. I took the medicine for two years, then I got sick again and gave up all hopes of getting cured.

"I saw a testimonial of a man whose case was similar to mine, being cured by Peruna, so thought I would give it a trial. I procured a bottle at once, and commenced taking it.

"I have taken nineteen bottles, and am entirely cured. I believe Peruna is all that is claimed for it."-Mrs. J. C. Jamison, 61 Marchant St., Watsonville, Cal.



I want every chronic theumatic to throw way all medicines, all flaiments, all plasters, and give MUNYON'S RHEUMA-TISM REMEDY a trial. No matter what your doctor may say, no matter what your foctor may say, no matter how prejudiced you may be against all adver-tised remedics, go at once to your drug-gist and get a bottle of the NHEUMA-TISM REMEDY. If it falls to give satis-faction, I will refund your money.--Munyon Remember this remedy contains no sal-feylie a.4, no optime coeates, morphile or other harmful drugs. It is put up under the marmine of the Pure Food and Drug Act.

For sale by all druggists. Price, 25c.

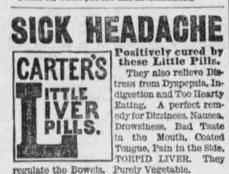


Excellent Climate, splendid Schools and Churches, Kailways bring moat every district within easy reach of market. Railway and Land Companies have lands for

and on easy terms sale at low pri-"Last Best West" Pamphlets

and maps sent free. For these and information as to how to secure lowest Railway Rates apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, of E. T. Holmes, 315 Jackson St. St. Paul, Minn, and J. M. MacLachian, Box 16 Watertown, Sc. Dakota Authorized Governer ands of girls have found glorious openmem Agents.

Please say where you saw this advertisement.





Lavinia Scott; second wife, Mary Scott

Dimmick; McKinley, Ida Sexton;

Roosevelt, Alice Lee; second wife,

Edith Kermit Carow; Taft, Helen Her-

Fancy Tucked Blonse.

The latest blouses are made with

lingerie material and the like and for

the entire gown. In the Illustration it

is made of fine lawn combined with

banding of Valenciennes lace, and with

squares formed by the design, but these

Laundry Work.

A Woman's Question. Jackson, Rachel (Donelson) Robards; Before I trust my fate to thee, Van Buren, Hannah Hoes; Harrison, Or place my hand in thine; Anna Symmes; Tyler, Letitia Chris-Before you get your overcoat tian; second wife, Julia Gardiner; Or help me on with mine : Polk, Sarah Childress; Taylor, Mar-

Before I peril all for thee, garet Smith ; Fillmore, Abigail Powers ; Question thy soul to-night for me. second wife, Caroline McIntosh ; Pierce, Jane Means Appleton ; Lincoln, Mary Before we stir a single step.

Todd ; Johnson, Ellza McCardle ; Grant, Stand back and let me know ; Does my black skirt touch on the side Julia Dent; Hayes, Lucy Ware Webb; And does the white skirt show? Garfield, Lucretia Rudolph; Arthur, Speak now, lest at some future day Ellen (Lewis) Herndon; Cleveland, My whole life wither and decay. Frances Folsom; Harrison, Casoline

Look desper still within thy soul And let me learn my fate; Am I all buttoned down the back And is my hat on straight? Let no false pity spare the blow But in true mercy tell me so.

Gaze on my face and answer true, Before we start to go ; Can'st thou detect the rosaline And does the talcum show? If so at any pain or cost, Oh, tell me now ere all is lost!

Nay, answer not; thou could'st not tell. The words would come too late: Get on thy hat and burry up, We haven't time to wait. Whatever in my heart may fail, Remember, I must risk it all! -Puck.

Waiting for Some Man. Woman has been handlcapped through the ages by being brought up to think that there is not much worth while in life outside of marriage, writes Orison Swett Marden in Success Magazine.

How many precious years and opportunities for growth, for life enlargement she has missed while waiting for marriage!

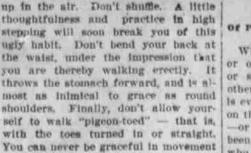
Even to-day, in this splendid age, we see young women everywhere with splendld possibilities who seem to be just waiting, waiting, waiting for what they have been brought up to believe is the supreme event of their lives. The general average is above 20 bushels Many of them might broaden their education and improve themselves wonderfully while they are waiting for the right man to come along. Did they

but know it, they are not half as likely to find the right man while waiting just such long pretty sleeves as these, and this model can be utilized both for inactively as when they are vigorously preparing themselves for a large and the separate waist of net, thin slik, useful life. It is most unfortunate that any girl

should be brought up to-day with the antiquated idea that marriage is everything, and that other things do not hand embroidery worked in the sount much.

squares can be filled with applied motifs if preferred, and for the trim-The traditions of the past, however, are rapidly falling away from the ming any banding is appropriate.

Table line should be starched while ings in all departments of life, Vast still wet. Prepare about four quarts fields of usefulness are awaiting womof blue water, and to this stir in a teaan on every side. She is realizing that cupful of good, hot starch. Dip the achievement is sexless; that she can table linen in the starch, wring, and be just as independent as man, and CARTER'S Positively cured by these Little Pills. They also refleve Dis-twittes and fields of usefulness for hang out to dry. All bed and table linen should be taken down while still damp, folded tightly and evenly, man gled and lroned. Starch should not be Who can estimate what this new era used without the dilution of blue wa means to the plain girl, the girl with ter for table linen, as otherwise i splendid mental powers, but who may makes servietts much too stiff for com be physically unattractive, or who may fort in using, and if a tablecloth is too prefer a single life?



Your Sewing Machine,

while you do.

Women who do not thoroughly understand the sewing machine often blame the machine when the fault of interior-specifications for all kinds of stiff running can be traced to not keep- painting-and an instrument for de ing the machine clean. Most persons tecting adulteration in paint material think that liberal doses of oil are with directions for using it, may be had all that is necessary. Too much olling free by writing National Lead Comis injurious, and oil where there has pany, 1902 Trinity Bidg., New York not been careful dusting is worse than City, and asking for Houseowner's none at all. It is not enough to give | Painting Outfit No. 49. a surface dusting; the cracks and Then, every houseowner should make crevices must be kept clean. This can it a point to get only well-known relinot be done with a cloth. Instead use able brands in buying his materials.

forth through cracks to get out fine or the paint will not prove satisfactory dirt that can not otherwise be removed. The famous "Dutch Boy Painter" trade Care should also be taken that pins and mark of National Lead Company, the needles do not slip into the shuttle part largest makers of pure white lead, is and the cause can not be discovered for quality of the white lead sold under it. some time. It is a mistake to use a That trademark is a safeguard against cheap oil, as it cakes and makes the paint trouble. parts sticky. Never let the machine

stand uncovered when not in use; and guard carefully from dampness. Rub- shipping, brings that country about \$450, bing the running strap occasionally 000,000 every year. with a little vaseline or oil will make the leather wear longer.

Perfuming the Hair.

There is a difference of opinion as to perfumed hair; some women, nice ones, too, think a faint, elusive, individual fragrance to the hair correct, while other women are strong in their condemnation of scented tresses.

If you are not one of the women who think perfumed hair vulgar, you may like to know how to impart an odor to it instead of paying to have it done by the hairdresser.

The best time is immediately after the hair is shampooed, while it is still slightly damp. Pour five or six drops of oil of lavender, oil of jasmine or all of violet in the palm of your hand and rub it over the bristles of a clean, rather stiff hair brush.

Brush the hair thoroughly for five or ten minutes, and you will carry around for a week a faint, delicate fragrance.

Cracks in Floors.

There are three methods of filling not be blamed if she cannot always be cracks in floors. First, dissolve one angelically amiable, What she needs is thoughtfulness from her family and pound of glue in two gallons of water. Stir into this enough fine sawdust to such a simple and natural remedy as Lane's Family Medicine, the herb tea make a thick paste and fill the cracks that makes weak women strong and with it. The paste may be colored to match the wood. Second, fill the cracks 25c with putty. One can make the putty by mixing whiting and linseed oil together and kneeding it until the paste is smooth. The putty may also be colored needs of the city for fourteen weeks. to match the wood. Third, soak finely shredded paper in water and boll it until it is soft pulp, and to every two gallons add one pound of glue. The cracks must be filled solld and even



with the boards.

A LITTLE KNOWLEDGE

Painting Requirements Will Save aside his hat and overcoat, "I saw the Much Expense. worst train wreck half an hour ago I

When one sees the surface of a house ver saw in my life." or other building scaling, or peeling, Ferguson, turning pale. or spotted or blistered, or showing other symptoms of paint "disease," It is evident that a poor painter has been blaze. on the job, or that poor paint was used -or possibly that a good painter has been dominated by a property-owner "O, you wretch?"-Chicago Tribune. who knew nothing about paint.

It is an easy matter to be informed on paint and painting. A complete painting guide, including a book of color schemes, either for exterior or was compelled to show it to a doctor. He pronounced it ringworm. After trying his different remedies the dis-

case increased and went up my arms The burning was something terrible. I a coarse slik thread, to draw back and | Pure white lead is especially important He told me it was eczema. His mediease, but no further. I finally conof the machine, as often they clog it an absolute guarantee of the purity and cluded to try the Cuticura Remedies and found relief in the first trial. I

case and I have not been troubled since. C. Burkhart, 236 W. Market St., Cham-English mercantile marine, which forms bersburg, Pa., Sept. 19, 1908." more than one-half of the whole world's Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston.

Rome Tonle for Old People.

Wonderful results, eventually restor-A reliable barometer has been manuing full physical vigor, are obtained factured out of gingerbrend. When from the following: To eve-half pint it is fair the gingerbread is crisp, but good whiskey, add one ounce syrup sarwhen it is going to rain the "barometer" is soft and spongy. Its designer saparilla and one ounce Toris compound, which can be procured from any doesn't tell what to do with the gingerbread when it grows stale, but he druggist. Take in teaspoonful doses before each meal and before retiring probably ents if before then.

Theodore Gill, the world's greatest au thority on fashes, works for the United States government for \$1 a month,

hing else. They will always break up a old almost immediately. Druggists and Pettit's Eye Salve 100 Years Old. dealers sell them at 25 cts, a box, Orator F. Woodward, Le Roy, N. Y. Sample free. relieves tired eyes, quickly cures eye aches. inflamed, sore, watery or ulcerated eyes. All druggists or Howard Bros., Buffalo

On Her Way to the Club. "For mercy's sake, whose dirty little boy are you !" "Yours, mamma."-Chicago Tribune,

No Wonder She's Cross.

The woman who has a thousand pe

ty cares and annoyances while she suf-

fers with headache or sideache mus-

Only One "BROMO QUININE"

more than three times what it is now.

"No wonder, Johnny; your wife has to sit up so late at night waiting for you to come home."

month.'

Your working power depends upon your health ! Garfield Tea corrects disorders of liver, kidneys, stomach and bowels ; overcomes constipation, purifies the blood-brings good health.

Took Effect on the Trailer. "Laurs," said Mr. Ferguson, laying

"Were you in it, George?" asked Mrs.

'No, but I helped to put out the

"The blaze? Did the train take fire?"

"In a fashionable restaurant, Society

BURNED AND ITCHED.

Eczema on Hand, Arms, Legs and

-Complete Cure by Cuticura.

Face-it Was Something Terrible

"About fifteen or eighteen years ago

eczoma developed on top of my haud.

and to my legs and finally on my face.

went to another doctor who had the

reputation of being the best in town.

cine checked the advance of the dis-

continued until I was free from the dis-

Gingerbread Barometer.

Stops Colds in an Hour.

You will be glad to know Lane's Pleas-

ant Tablets (laxative) will stop in an hour a cold that could not be warded off by any-

Light on the Subject.

"The matter, George, is that my gas

biils are growing bigger and bigger every

"What's the matter, old man?"

"Yes, and it burned flercely."

"How did it happen, and where?"

well. Sold by druggists and dealers,

New York City's water reservoirs hold a sufficient supply to meet the usual to profit and loss."

Throat Irritations caused by cold or use That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c. of the voice. In boxes 25 cents. Samples mailed free. John I. Brown & Son,

In the reign of Charles L the death rate In the Eestatle Stage. in London was seventy a thousand, or



Lydia E. Pinkham's Vegetable Compound Cured Her.

Willimantic, Conn.-"For five years I suffered untold agony from female troubles, causing backache, irregulari-ties, dizziness and nervous prostra-It burned and itched so much that I tion. It was impossible for me

value for me to walk upstairs without stopping on the way. I tried three differ-ent doctors and each told me some-thing different. I received no benefit from any of them, but seemed to suffer more. The last doctor said nothing would restore

my health, I began taking Lydia E. Pinkham's Vegetable Compound to see what it would do, and I am restored to my natural health."-Mrs. ETTA DONOVAN, BOX 299, Willimantic, Conn.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflam-mation, ulceration, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration,

For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and suffering women owe it to them to at least give this medicine a trial. Proof is abundant that it has cured thousands of others, and why should it

not cure you? This Trade-mark **Eliminates All** Uncertainty in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own that it is on the side of every keg of white lead you buy





ron.

SMALL PILL, SMALL DOSE, SMALL PRICE.





THE TEETH Pastine excels any dentifrice in cleansing, whitening and removing tarter from the teeth, besides descrying all germs of decay and disease which ordinary tooth preparations cannot do.

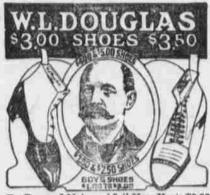
THE MOUTH Pastine used as a mouth wash disinfects the mouth and throat, purifies the breath, and kills the germawhich collect in the mouth, causing sore toal, bad teeth, bad breath, grippe, and much tickaest.

THE EYES when inflamed, tired, eche and burn, may be instartly relieved and strengthened by Paxtine.

CATARRH Paxtine will destroy the germa that cause caturity, heal the inflammation and stop the discharge. It is a sure remedy for uterine catarrh.

Paxtine is a harmless yet powerful micide, disinfectant and deodorizer. Used in bathing it destroys odors and leaves the body antiseptically clean. COR POSTFAID BY MAIL.

THE PAXTON TOILET CO., BOSTON, MASS.



The Renson I Make and Sell More Men's \$3.00 56 \$3.50 Shons Than Any Other Manufacturer is because I give the wears the beself of the most complete organization of trained experts and skilled

to apport or a main the construct of the shoet of the shoet of the second secon My Method of Tanning the Sules makes them More Flaxible and Longer Weating than any others.

Shoes for Every Member of the Family, For sale by show dealers everywhere, CAUTION I Scha service "Bloom W. L. Dongfas I unrea and prove statused on bottom, Fast Gaine Eyslats Used Exclusively. Gatalog malled free.

W. L. DOUGLAS, 167 Spark St., Brockron, Mass.

WHEN WRITING TO ADVERTISERS please say you saw the advertisement in this paper.





Paris more than white ones for smar One of the very best remedies for ;

afternoon dress. dek or nervous headache was suggested Satin is best left untrimmed, al to me recently by a Flunish servant though for afternoon gowns for spring giri. She took raw potatoes without it will be among the most popular fa either washing or paring and cut them brics.

into thick silces. These were laid close Hats of fine coral chip, as well as together on the forehead and temples the once more popular crinoline, will and kept in place by covering with a he seen, with wide-spreading brims large handkerchief folded cornerwise curled up on one side.

and tied in the back. A rather wide band of ribbou In a short time the pain disappears brought up around the hair and fied in As the pieces of potato get hot replace a broad, girlish bow at one side, is a with cold fresh ones. They give all

French head finish much favored. the coolness of ice without the incl-Dangles, tassels, fringes, all are in dental dampness, and there is not the order, and passementerle drop trim- burning sensation ice often causes. The mings may be found in all the modish potato is distinctly soothing. colors and in the metallic, pearl, je

To Overcome Bolls

Ironing-Day Hint.

Pajamas for Children.

Good Headache Remedy.

Metallic tissues and nets are being A French doctor has had great suc cess with senttering boils by applying brought out in amazing variety. Every at the first sign of inflammation comshade of gold, silver, gun metal am presses wet with equal parts of tine bronze is represented, and there are, ture of arnica, tincture of jodine and too, all of the colors shot with metal. spirits of camphor. Continue until the Net girdles of wide soft mesh, em

trouble seems to be passed. If with broldered boldly in ribbousine (a lusthe compresses one drinks sulphur trons fiber) and fringed with this same water or red clover blossom tea, it will ribbousine, are offered in many of the help to scatter the bolls and overcome fashionable colors and in white, which the tendency. may be dyed to any shade.

Raffia has been woven into extraordinarily smart bags and belts, the To prevent the iron from sticking to straw often being oddly but delight a collar or shirt front when ironing fully studded with semiprecious stones it, a capital plan is that of using whose color shows attractively upor white wax, while at the same time a the soft shade of the straw. good gloss is obtained on the surface Heads are no longer crinkled and of the linen. Instead of investing in

and crystal effects.

special wax for the purpose, any odds ratted past all semblance of humanity. The simpler the better, say the know and ends of candles muy be used, and ing ones. If your "style" permits a dethese should be sown into a square of mure wave flowing away from a classic cotton or linen, and the fron passed center part, so much the luckler for once or twice over it before beginning VOIL. to use it.

Fresh Air for the Sick.

Nothing is more common than fresh It has become the accepted thing to air. It is all pervading and provided ait little giris and boys in pajamas by nature. It is free to all who will ustend of nightgowns. They are take it. We all need it and all have warmer in the winter and cooler in to have it. The sick need it more summer than the long sleeping role. than the well, and yet there are those and healthler at all times. These pawho think the windows in the sickroout lamas are made to striped flannel, in must be kept closed. As a matter of soft cotton, is crossbar dimity and fact, the one hest thing we can do for striped China slik. the sick is to see to it that they have an abundance of fresh air all the time

Wives of the Presidents.

follows :

Washington married Martha (Dan- than little ones. Their elbows, shouldridge) Custis; John Adams, Abigail ders and hips move from side to side Smith; Madison, Dolly (Payne) Todd; with every movement of their feet. Monroe, Eliza Kortwright ; John Quin- If you want to be graceful, don't look



How to Walk Gracefally.

Nearly every woman walks far too

BEAUTY A HEALTH

A paste made of fine starch and very little water spread on a bruised spot immediately after the blow will often prevent discoloration.

~~~~~~~~

When the brows are thin and scant eager for a piece of this rich soil, and they should be rubbed with a drop of warmed almond oll or a very small quantity of pomatum of vaseline. This the rich deep clay loam of the Sas should be put on before brushing and shaping.

the retention of moisture and produc To keep the hands smooth and white sonk them in sweet almond oll every tion of the bright No. 1 hard wheat night. Pour the oil in a bowl and imand great crops of oats, barley, flax and merse the hands for several minutes. potatoes. I had 60 bushels of oats Wipe gently with a soft towel and weighing 44 nounds to the bushel per draw on loose white gloves for sleepacre. Some of my neighbors had still greater yield. Wheat yielded from 20 Ing.

to 30 bushels per acre. We have all The habit of biting thread with the done well here, and I could name many eeth, of using the teeth as a vise for removing corks, for cracking nuts or to supply a deficiency in tools is most unwise, and will surely cost the unwise person dear. It cannot be condemned too strongly.

A good treatment for white spots on the nails is a nightly application of a paste made of equal quantities of turpentine and myrrh. In the morning the nails should be wiped over with olive oll. If you are manicuring your nalls are moving towards the elevators. yourself, you may be digging them too hard, thus causing spots.

Women Painted or Unpainted. Lillian Bell continues to assert that comen are not as bad as they are painted; but most people think that those who are painted at all must have the badness of their paint. Possibly the assertion might be modified to agree that they are as good as they are unpainted.

For Tonsilitis.

Oil of encalyptus for 10 cents-not all winter attending a few beasts for tincture, but oil. To cure any affeca livelihood. tion of the air passages of the throat or lungs take 6 to 10 drops placed on sugar, and allow same to dissolve slowly and then swallow. Repeat evlemon in its ery two to four hours, according, to severity of the case.

#### Polish the Furniture.

A furniture pollsh that is recommended by those who have tried it is made with one wine glassful of olive makes good. Foolish people try all, the same quantity of vinegar, and ments. Ask your druggists about it. two tablespoonfuls of alcohol. Apply with a soft cloth and polish with flannel.

a decrease from 1507 of nearly 20 per A Foot Warmer. cent. When retiring at night take a large,

soft feather pillow and place directly ited, Weak, Weary, Watery Eyes over the feet; it will keep them delightfully warm on the coldest of

To Keep Chamols Clean, Chamois should be riused in warm water several times while using, and when the work is through should be washed thoroughly in ammonia water cy Adams, Louisa Catherine Johnson ; at your feet, but hold your head well to keep from stiffening

nights.

What a Former Oregon Farmer Thinks of Western Canada.

Albert Nelson left Benton County,

Oregon, in September, 1904, for the

great Canadian prairies. To quote

from his letter: I was greatly sur-

prised to find such an immense stretch

of rich virgin prairie still almost un

occupied in the very heart of North

America. The splendid crops of oats,

wheat, barley, potatoes and hay I be-

held in the settlements made me very

I soon located in the Goose Lake coun-

try. We have here a great stretch of

katchewan-a soll heavy and hard to

break, but particularly well adapted for

One on these Hiram.

rus lemonade.

IMPROVEMENTS: A seven-room house with good cistern. Barn 68x83, holds 150 tons hay 20 head of horses and 100 head of cattler. Harn 63535, bu, capacity. Tool house. Two good wells. One windmill, pump and tank, East half fenced in two parts, west half all under one fence. Fine grove of young trees on three sides of the house. It can't be beaten in the United States or a money-maker. Price is right.

The following crops per acre were raised on the above place last season: Durum wheat averaged 25 bu, which at 90c brought \$22.50 per acre. Bar-ley averaged 27 bu, at 55c or \$14.85 per acre. Blue Stem wheat averaged 19 bu at \$1.06, or \$19.08 per acre. Flax averaged 16½ bu, at \$1.55, or \$25.54 per acre. Oats averaged 35 bu, at 46c, or \$16.10 per acre. Only 240 acres under cultivation, balance virgin sod.



SPOHN MEDICAL CO., Chemists and Basterislegists, Gothen, Ind., U. B. A.

