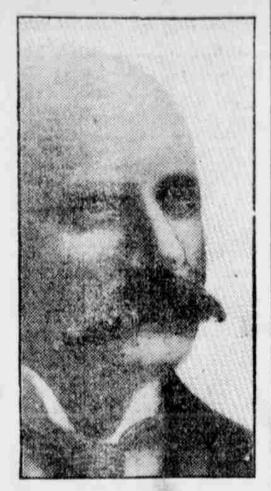
#### CHAS. L. SAUER, GRAND SCRIBE



# PE-RU-NA STRENGTHENS THE ENTIRE SYSTEM

Mr. Chas. L. Sauer, Grand Scribe, Grand Encampment I. O. O. F. of Texas, and Assistant City Auditor, writes from the City Hall, San Antonio, Texas:

"Nearly two years ago 1 accepted a position as secretary and treasurer with one of the leading dry goods establishments of Galveston, Texas.

"The sudden change from a high and dry altitude to sea level proved too much for me and I became afflicted with catarrh and cold in the head, and general debility to such an extent as to almost incapacitate me for attending to my da-

"I was induced to try Peruna, and after taking several bottles in small doses I am pleased to say that I was entirely restored () my normal condition and have ever since recommended the use of Peruna to my friends."

# libby's

Products

#### THE AGENCY OF PAIN.

#### it is the Cause and Not the Effect of Physical Inflammation.

Inflammation and pain are so closely connected that a person who feels pain in the throat often complains of having a sore throat without examining the throat to see if it is really inflamed. Illitherto inflammation has been taken as a cause and pain as its inevitable effect, but according to a remarkable investigation by Prof. Spiess, reported in the Munich Medizinische Wochenschrift, the pain is the cause and the inflammation is the effect.

If the pain is enimed by anesthetics the inflammation also subsides. For example, proof that the inflammation of the inucous membrane of the nose and throat can be cured by anesthetics has been adduced, and if an anesthetic is injected into an incipient boil there is little subsequent inflammation. In the treatment of laflammatory diseases, therefore, painlessness is an object well worth striving for. Spless regards the cessation of the masal secretion of influenza during sleep as a proof. that the inflammation of the mucous membrane is arrested by the insensibility of sleep, and he explains in a slmilar manner the often observed healing of wounds, without inframmation, in insane persons.

As an anesthetic Spiess first employed orthoform, afterward novocain, a substitute for cocaine, the poisonous character of which makes it unsuitable for use.

The inflammation following operations on the tonsils, which is ordinar-Ily very severe, was almost wholly prevented by application of orthoform before and after the operation. The inflammation as well as the pain of wasp stings, mosquito bites and slight wounds was prevented by rabbing them with an aqueous solution of the anesthetic.

It is too soon to attempt an explanation of these remarkable results. The inflammation appears to be a result of a reflex action transmitted by the sensory nerves. The anesthetic used should therefore be such as will affect those nerves alone, and have no influence on the vasomotor nerves, which regulate the supply of blood.

#### CUBA'S HEALTH RECORD.

Poor Sanitation Throughout the Island, but Good Supply of Water. More than 25,000 American visitors are said to have registered in Havana alone the past winter, declares the Pittsburg Dispatch. The southern part of the United States established a quarantine against Havana on March 15, although there has been no yellow fever this season in that city. There is very little difference between the death rates in Havana and in New York. In New York it averages less than twenty to every thousand, while in Havana for the past year it has averaged twenty and three-tenths. Havana has no sewers, but it has a water supply that is unexcelled elsewhere in the world. Thirty-three springs well up from the coral reef that underlies Cuba and supply the city with 150 gailous per capita every day of the purest water possible to find. Consumption is said to be the cause of as many deaths in Havana as any other disease. Throughout Cuba the poor saultary precautions are a subject of criticism on the part of foreigners, although there is comparatively a ow death rate; but for the reason of the low death rate the Cubans are indignant at the quarantine of the southera ports of the United States, which causes the Cubans considerable loss. George Gillette, of the Development ompany of Cuba, makes the following statement: "Let no farmer come to Cuba thinking that he will meet no "lifeculties. The soll is here and the "limite is here, but for every obstacle he met at home he will meet ten here. The soll is rich-the richest in the world but will not yield up its riches without a flerce struggle. When it does yield the reward is great."

### DOUGLAS' NEW BUILDING.

Big Shoe Company Increases Its Jobbing Facilities.

The dedication of the new administration and jobbing house building erected by the W. L. Douglas Shoe Co. as a part of its mammoth manufacturing plant at Montedo, Mass., was marked by the thoroughness and attention to detail characteristic of the firm In all its undertakings. As the new building is said to be the most complete and convenient of any ever built for a commercial house in the United States, so were the expressions of appreciation by the many persons who visited it for inspection sincere and of a highly congratulatory nature.

The completion of this structure marks the establishment of a modern up-to-date wholesale jobbing house and office building. Mr. Douglas has long considered the advisability of a jobbing house, not only for the purpose of supplying his own retail stores more readily, but that the 11,000 dealers throughout the United States handling the W. L. Douglas shoes might be able to obtain shoes for immediate use with greater facility. Under the present system all shoes are manufactured to order, and customers sometimes lose sales waiting for shoes to arrive. With the new jobbing house they will be enabled to have their hurry orders shipped the same day they are received, which will be far more satisfactory to the customer and will result in a largely increased business to the W. L. Douglas. Shoe Co.

The new building 1s 260 feet long and 60 feet wide and two stories in height, The jobbing department will occupy the entire lower floor, while the offices will occupy the second floot. The jobbing department will carr ' a complete stock of men's, boys', youths', women's, misses' and children's shoes, slippers, rubbers and finding: equal to any jobbing house in the country.

Another remarkable clock is that made by Villingen, the clockmaker of the Black Forest, Germany. It shows the seasons, years and leap years to the last second of the year 99,999, besides a host of other astronomial geographical and historical facts.

Do not retire late at night and rise at daybreak and imagine that every hour taken from sleep is an hour gained.

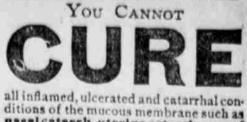
Hot flannel over the seat of the pain frequently renewed, will relieve neuralgia.

Mrs. Winslow's SOOTHING SYRUP for chil-dren teething, suftens the gams, reduces infla-mation, allays pain cures colle. Price 25c bottle

Whooping cough may frequently be relieved by breathing the fumes of turpentine or carbolic acid.

500 VIRGINIA FARMS, buildings, timber, best climate, water, markets, future, Grains, trucking dairying, poultry. Great opportuni-ties for farmers. Write for Real Estate Her-ald, Pyle & Co., Petersburg, Va.





nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with

#### Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify

to this fact. 50 cents at druggists. Send for Free Trial Box

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- Water Linder





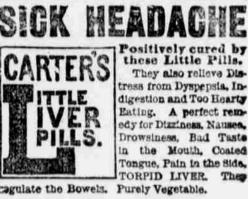
# Save the Babies.

NFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twentytwo per cent., or nearly one-quarter, die before they reach one year; thirtyseven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.

are economicat as well as good. You don't pay for bone or gristle when you buy them. Nothing goes into a Libby can but clean, lean, well-cooked meat that is ready to eat. Libby's Products are time and trouble and money-savers- and appetite stimulators. Libby's Boneless Chicken with Mayonnaise Dressing makes a quick salad, yet as delicious a one as you ever ate. It is all chicken, and all good chicken-mostly white meat. Try it when you're hurried or hungry.

Booklet free, "How to Make Good Things to Eat." Write Libby, McNeill & Libby, Chicago



They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side,

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear CARTERS Fac-Simile Signature REFUSE SUBSTITUTES.

Don't be too hard on the girl who s always putting on airs; maybe she casn't much else to put on.

#### AWFUL ITCHING ON SCALP.

Hair Finally Had to Be Cut to Save Any-Scalp Now in Good Condition-Cured by Cuticura.

"I used the Cuticura Soap and Ointment for a diseased scalp, dandruff, and constant falling of hair. Finally I had to cut my hair to save any at all. Just at that time I read about the Cuticura Remedies. Once every week I shampooed my hair with the Cuticura Soap, and I used the Ointment twice a week. In two months' time my hair was long enough to do up in French twist. That is now five years ago, and I have a lovely head of hair. The length is six inches below my waist line, my scalp is in very good condition, and no more daudruff or itching of the scalp. 1 used other remedies that were recommended to me as good, but with no results. Mrs. W. F. Griess, fault. Clay Center, Neb., Oct. 23, 1905."

#### Wanted Information.

"Where do they heat the balls?" asked the sweet young thing, who was attending her first ball game, as she smilled at her escort.

"Why, what do you mean, Mollie?" "That gentleman that sits next to me just remarked that that was a hot one that Mr. Seymour hit."

And she wondered why he laughed .--Cinclunati Commercial Tribune,

#### The Boss Had Good Judgment.

"What did you quit that good job for

"The boss called me a fool." "But he didn't fire you? You quit just for that?"

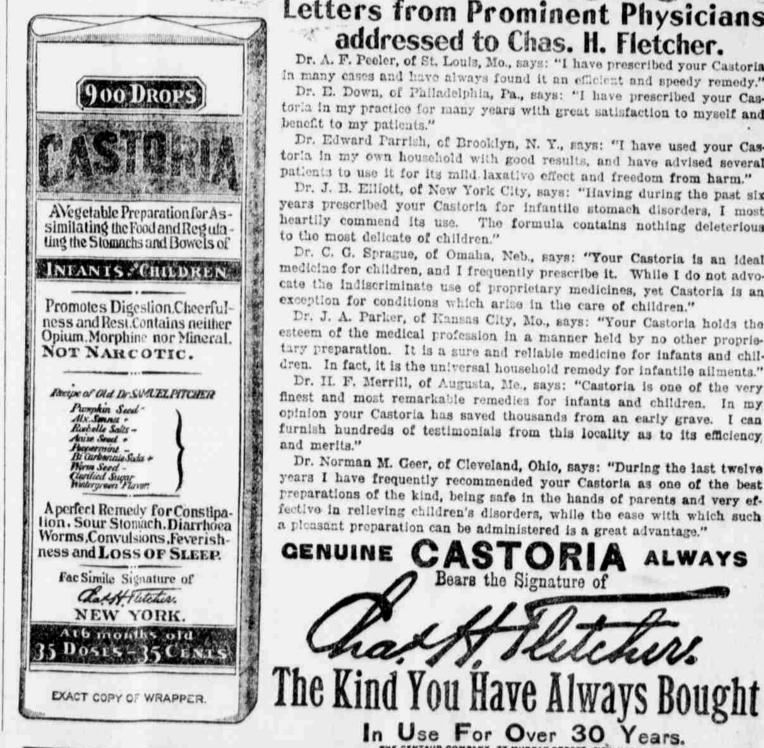
"Then the boss was right."-Clevehand Leader.

#### In His Mind's Eye.

"Hello! I want to see Mr. Smith at the telephone.<sup>6</sup>

"Mr. Smith says if you want to see him at the telephone you will have to come to his office; he hasn't time to go to yours."-Baltimore American.

If a man is friendless it's his own



## **Letters from Prominent Physicians** addressed to Chas. H. Fletcher.

Dr. A. F. Peeler, of St. Louis, Mo., says: "I have prescribed your Castoria in many cases and have always found it an efficient and speedy remedy." Dr. E. Down, of Philadelphia, Pa., says: "I have prescribed your Castoria in my practice for many years with great satisfaction to myself and benefit to my patients."

Dr. Edward Parrish, of Brooklyn, N. Y., snys: "I have used your Castoria in my own household with good results, and have advised several patients to use it for its mild laxative effect and freedom from harm."

Dr. J. B. Elliott, of New York City, says: "Having during the past six years prescribed your Castoria for infantile stomach disorders, I most heartily commend its use. The formula contains nothing deleterious to the most delicate of children."

Dr. C. G. Sprague, of Omaha, Neb., says: "Your Castoria is an ideal medicine for children, and I frequently prescribe it. While I do not advocate the indiscriminate use of proprietary medicines, yet Castoria is an exception for conditions which arise in the care of children."

Dr. J. A. Parker, of Kansas City, Mo., says: "Your Castoria holds the esteem of the medical profession in a manner held by no other proprietary preparation. It is a sure and reliable medicine for infants and children. In fact, it is the universal household remedy for infantile aliments."

Dr. H. F. Merrill, of Augusta, Me., says: "Castoria is one of the very finest and most remarkable remedies for infants and children. In my opinion your Castoria has saved thousands from an early grave. I can furnish hundreds of testimonials from this locality as to its efficiency, and merits."

Dr. Norman M. Geer, of Cleveland, Ohio, says: "During the last twelve years I have frequently recommended your Castoria as one of the best preparations of the kind, being safe in the hands of parents and very effective in relieving children's disorders, while the ease with which such a pleasant preparation can be administered is a great advantage." CENUINE CASTORIA Bears the Signature of

In Use For Over 30 Years.

ALWAYS