

HEAD AND DIZZINESS

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In the Allments Peculiar to the
male Sex are Due to Catarrh of
Pelvic Organs.



MRS. M. BRICKNER.

99 Eleventh Street,
Milwaukee, Wis.

"A short time ago I found my condition very serious, I had headaches, pains in the back, and frequent dizzy spells which grew worse every month. I tried two remedies before Peruna, and was discouraged when I took the first dose, but my courage soon returned. In less than two months my health was restored."—Mrs. M. Brickner.

The reason of so many failures to cure cases similar to the above is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh. Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh.

If you have catarrh write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

What Is Home?

Home is not a name, nor a form, nor a routine. It is a spirit, a presence, a principle. Material and method will not and cannot make it, says a writer in the Cooking School. It must get its light and sweetness from those who inhabit it, from flowers and sunshine, from the sympathetic natures which, in their exercise of sympathy, can lay aside the tyranny of the broom and the awful duty of endless scrubbing.

Irrigation in Kansas.

Great state, Kansas! There is neither a mountain nor a marsh in all her length and breadth of 82,000 square miles. One-third of her area is almost a barren steppe, owing to lack of rain. Irrigation will make the dry prairies a veritable "garden of the west," raise the Kansas corn crop to 300,000,000 bushels and increase her live stock valuation to \$180,000,000.—New York Press.

Earrings Indicate Nativity.

The earrings worn by Italian organ-grinding women indicate the part of Italy the wearers come from. The longer the earrings the farther south the original homes of the women. In the far north the ornaments are quite short.

Instead of Wedding Cake.

In place of wedding cake in Holland wedding sweets are given—"bruidzuikers" they are called. They are handed round by children and are served in flower-trimmed baskets.

Sometimes you can't tell, from what she has on, whether it's a shirt waist or a girl is going to bed.

AS EASY

Needs Only a Little Thinking.

The food of childhood often decides whether one is to grow up well-nourished and healthy or weak and sickly from improper food.

It's just as easy to be one as the other provided we get a proper start. A wise physician like the Denver Doctor who knew about food, can accomplish wonders provided the patient is willing to help and will eat only proper food.

Speaking of this case the Mother said her little four year old boy was suffering from a peculiar derangement of the stomach, liver and kidneys and his feet became so swollen he couldn't take a step. "We called a Doctor who said at once we must be very careful as to the diet as improper food was the only cause of his sickness. Sugar especially, he forbid.

"So the Dr. made up a diet and the principal food he prescribed was Grape-Nuts and the boy, who was very fond of sweet things took the Grape-Nuts readily without adding any sugar. (Dr. explained that the sweet in Grape-Nuts is not at all like cane or beet sugar but is the natural sweet of the grains.)

"We saw big improvement inside a few days and now Grape-Nuts are almost his only food and he is once more a healthy, happy, rosy-cheeked youngster with every prospect to grow up into a strong healthy man." Name given by Postum Co., Battle Creek, Mich.

The sweet of Grape-Nuts is the Nature's best known as Post Sugar, not digested in the liver like ordinary sugar, but pre-digested. Feed the youngsters a handful of Grape-Nuts when they demand sweet and prompts them to call for sugar.

There's a reason. Get the little book "The Road to Wellville" in each pkg.

IS A TREACHEROUS ANIMAL.

Black Panther of Africa More Ferocious than the Bengal Tiger.

Of all the big, dangerous cats, none is more unapproachable and more treacherous than the black panther. Haunting from the heart of the deepest African jungle, lithe and supple of body, alert and nervous, this stealthy marauder exceeds in ferocity even a Bengal tiger. He is the only big feline that the lion trainer does not venture to train; and he is the only cat so absolutely distrustful that he shuns even the light of day.

Often he will lie all day long in a dusky corner of his cage, his yellow slit eyes shifting and gleaming restlessly. Even the feeding hour, when pandemonium breaks loose among the big cages, when hungry roars and squeals mingle with impatient snarls and impacts of heavy bodies against steel bars, is apt to have no effect on him. He may lie eyeing his chunk of raw beef suspiciously, and not venture forth until day has waned and the last visitor has left; to tear meat from bones with his long, white fangs. In fact, so ugly and vicious is this beast, that, frequently he turns on his own kind, and in many instances it is impossible to cage him, even with a mate.—McClure's Magazine.

TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, But Dean's Cured Him.



A. C. Sprague, stock dealer, of Normal, Ill., writes: "For two whole years I was doing nothing but buying medicines to cure my kidneys. I do not think that any man ever suffered as I did and lived. The pain in my back was so bad that I could not sleep at night. I could not ride a horse, and sometimes was unable even to ride in a car. My condition was critical when I sent for Doan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price 50c.

A man's idea of personal liberty is his ability to butt into the affairs of his neighbors.

Less Than Half to St. Louis and Return via Wabash R. R.

Tickets sold Tuesdays and Thursdays in August; rate from Omaha \$8.50. Daily round-trip rate \$13.80. Correspondingly low rates from your station.

The Wabash is the ONLY line landing all passengers at its own station main entrance World's Fair grounds, thus saving time, annoyance and extra car fare. All World's Fair maps show Wabash station, main entrance. For all information address Harry E. Moores, G. A. P. D. Wab. R. R., Omaha, Neb.

Steam Turbine for Pumps.

The steam turbine principle has been adapted to a centrifugal high-pressure pump. The action is reversed, however the water entering at what would be the exhaust end, gradually accelerating as it passes through the several fixed and movable vanes, until it acquires a high velocity at what would ordinarily be the outlet end.

It will be news to the reading public that Russia has a counterpart to the shrine of Lourdes—waters that are said to heal miraculously, flowing from a spring at Sarov on the site of the hut of St. Seraphim, the popular saint of Russia. Although Father Seraphim has long been venerated, he was not formally canonized until August 1, 1902, a ceremony in which the czar and czarina and the dowager czarina and others of the court, besides the church dignitaries, took part. It is believed that only two foreigners were present—an Englishman and an American, David Bell Macgowan, whose narrative of the impressive and curious scenes of this unique occasion is to appear in the September Century, with illustrations from photographs showing the czar in the processions and other scenes.

Memorial to Le Conte.

An appropriate memorial to the great geologist and scientist, Joseph Le Conte, has been erected in Yosemite valley by the Sierra club of California. It is a lodge, built strongly and simply, containing one large room, twenty-five by thirty-six feet, with a large stone fireplace at one end, and a small room on either side the entrance on the opposite end. It is at the upper end of the valley.

The August Atlantic contains a powerful and instructive paper, which will surely attract attention and create discussion, upon "Unpunished Commercial Crime" (the way of the rich man in eluding the law), written by George W. Alger, author of the recent much-talked-of Atlantic paper on "Moral Overstrain." Bliss Perry contributes his striking tribute to Hawthorne, delivered at the late Bowdoin college centenary celebration. Daniel G. Mason discusses Dissonance and Evil, a quaint analysis of the connection between evil sounds and evil doings, and Martha Baker Dunn offers a characteristically amusing paper on "Temperance and Judgment to Come," from the "down-cast" point of view.

England's Great Artist.

George Frederick Watts, the great English artist, who died recently in London, rarely worked from a living subject, but modeled fragmentary studies in wax and clay for particular parts of the figures of his pictures. This patriarch of painters said in reference to his principal works that one or his great aims was to take the terror away from death.

Leslie's Monthly Magazine for August.

Ralph Connor begins a new novel, "The Prospector," in the August Fiction number of Leslie's Monthly Magazine, and the first chapters promise a better story than either "The Sky Pilot" or "Black Rock." There are eleven other stories in this number, by such people as George Hibbard, Henry C. Rowland, Alice MacGowan, Holman F. Day, H. I. Greene and Rex E. Beach, and they cover nearly every variety of up-to-date fiction.

J. Adam Bede, the humorist of the house of representatives, has a most amusing article on "The Spellbinders," whom we all expect to listen to during the next few months, in which he tells a number of good stories.

The girl with naturally curly hair is the only one who gets full enjoyment out of an ocean dip.

Beerbohm Tree tell that recently, while playing golf, he had a particularly silent and stupid looking caddy, who followed close at his heels without saying a word. But since silence sometimes speaks louder than words, the actor was nervous, and after a particularly bad drive he exclaimed: "Did you ever see a worse player on these links?" The caddy said nothing. A still worse drive from the next called forth the same query, followed by the same silence. Finally, "I say, did you ever see a worse player?" The caddy stared silently for a few moments. "I heard what ye said richt enough," he at last slowly replied; "I'm just thinking."

Baron Alphonse Rothschild, the most patriotic of Frenchmen, issued a notice during the Franco-Prussian war that he would present a handsome sum of money to any Jewish soldier in the French army who might capture a German flag. Such a capture was made and in due course the soldier came up for the promised reward. After he had received it Baron Alphonse invited the soldier into his private room and asked him to relate in detail the glorious episode. "Well, Mgr. le Baron, it was this way," said the hero: "The German soldier who carried the flag was also one of us, so we did it on the joint account."

The Murine Eye Remedy Co., Chicago, send Home Eye Book free. Write them about your eyes.

Last spring Governor Odell met an old friend of his up in Newburg, his home town, and immediately asked how he was getting along on the airship he had been tinkering on for years. The inventor had become disgusted with his mechanical progress, and when the governor asked if the machine was a complete success he replied: "Well, not quite yet. I have two things to accomplish before I can say it is." "What are they?" asked the governor. "I have to find out how to get my machine up in the air and how to keep it there."

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 222 Third Ave. N., Minneapolis, Minn., Jan. 6, 1900.

As there is a law against burying in the city of Albany, the bishop had to have a special act of the legislature to be buried in the cathedral. He was successful in having the act pass the lawmakers, but his friends were astounded and worried when they read its text. It began with the usual verbiage: The ending was something like this: "We do grant that Bishop Deane be buried within the precincts of the city of Albany. This act to take effect immediately."

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, croup, and colic. 25c a bottle.

In a little bayou an old darkey's flat-bottomed canoe was shelved on a mud bank. The mud was too deep for him to get out and push, and he got madder and madder. In his exasperation he saw a woman stooping down at the landing some yards above to fill her pail from the stream. "Get out o' dat!" he called angrily; "of you takes a drop outen dis river bayou till I gits afloat agin I'll mек ye pay fer it if I hev ter wade asho' ter do it!"

Hundreds of dealers say the extra quantity and superior quality of Defiance Starch is fast taking place of all other brands. Others say they can not sell any other starch.

The Halo and the Straw Hat.

An inventory clerk of a large London firm was put on to catalogue some pictures for a sale. One represented a saint with halo complete. He entered it as "Portrait of elderly gentleman in straw hat."

Many Children Are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Summer Complaint, Feverishness, Headache, Stomach Troubles, Teething Disorders and Destroy Worms. At all Druggists, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Women never weep more bitterly than when they weep for spite.—Ricard.

Storekeepers report that the extra quantity, together with the superior quality of Defiance Starch makes it next to impossible to sell any other brand.

Women divine that they are loved long before it is told them.—Marivaux.

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. Altman* In Use For Over 30 Years. The Kind You Have Always Bought.

It is discouraging to an honest man to agree to accept a bribe, and then be buncoed out of it.

Don't you know that Defiance Starch besides being absolutely superior to any other, it put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds?

The financial editor is not necessarily pedantic, but he is apt to indulge in quotations.

Dealers say that as soon as a customer tries Defiance Starch it is impossible to sell them any other cold water starch. It can be used cold or boiled.

After a man has been married a few years his bump of hope becomes a dent.

Never say a horse was pulled. You may have been dragged along.

BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.



Mrs. Rosa Adams, niece of the late General Roger Hanson, C. S. A., wants every woman to know of the wonders accomplished by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot tell you with pen and ink what good Lydia E. Pinkham's Vegetable Compound did for me, suffering from the ill effects of the sex, extreme lassitude and that all gone feeling. I would rise from my bed in the morning feeling more tired than when I went to bed, but before I had used two bottles of Lydia E. Pinkham's Vegetable Compound, I began to feel the buoyancy of my younger days returning, became regular, could do more work and not feel tired than I had ever been able to do before, so I continued to use it until I was restored to perfect health. It is indeed a boon to sick women and I heartily recommend it. Yours very truly, Mrs. ROSA ADAMS, 819 12th St., Louisville, Ky."

Any women who are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, general debility, and nervous prostration, should know there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound. No other medicine for women has received such wide-spread and unqualified indorsement. No other medicine has such a record of female cures.

"DEAR MRS. PINKHAM:—I am very pleased to recommend Lydia E. Pinkham's Vegetable Compound for womb and ovarian difficulties from which I have been a sufferer for years. It was the only medicine which was at all beneficial, and within a week after I started to use it, there was a great change in my feelings and looks. I used it for a little over three months, and at the end of that time I suffered no pain of the menstrual period, nor was I troubled with those distressing pains which compelled me to go to bed, and I have not had a headache since. This is nearly a year ago. I always keep a little on hand, and take a few doses every week, for I find that it tones up the system and keeps me feeling strong, and I never have that tired out feeling any more.

"I certainly think that every woman ought to try this grand medicine, for it would prove its worth. Yours very truly, Miss ELSIE DANFORTH, 203 De Soto St., Memphis, Tenn."

FREE MEDICAL ADVICE TO WOMEN. Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

HANDY BLUEING BOOK.

In sheets of PURE ANILINE BLUE. No bottles. No puddles. No waste. Gives the same amount of blueing water each wash-day. Ask your grocer for it or send 10c for a book of 25 leaves.

The Handy Blueing Book Co., 87 E. Lake St., Chicago, Ill.

SOLD BY DRUGGISTS. ANTISEPTIC PILE CONES. CURE WHILE YOU SLEEP. Sample Free. ANTISEPTIC PILE CONE CO., Crete, Neb.

WABASH

"FOLLOW THE FLAG."

TAKE THE WABASH TO SAINT LOUIS THE ONLY LINE TO THE WORLD'S FAIR MAIN ENTRANCE.

Baggage checked to World's Fair grounds.

Stoppers allowed. All Agents can route you via the WABASH. For beautiful World's Fair folder and all information address HARRY E. MOORES, Gen. Agt. Pass. Dept., Omaha, Neb.

HOMESTEADS on Crow Reservation in Montana. Send 5c. for map and information to J. F. KELLEY, Real Estate Agency, Billings, Mont.

If afflicted with sore eyes, use Thompson's Eye Water W. N. U., Omaha. No. 35-1904

THE LADY WHO IRONS

knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

The DEFIANCE STARCH CO., OMAHA - - NEB.

PISO'S CURE FOR CHOLERA WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION