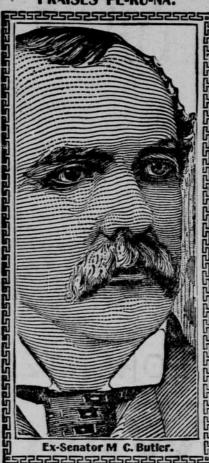
UNITED STATES SENATOR FROM SOUTH CAROLINA PRAISES PE-RU-NA.



Dyspetsia Is Often Caused By Catarrh of the Stomach-Peruna Relieves Catarrh of the Stomach and Is Therefore a Remedy For Dyspepsid.

Hon. M. C. Butler, Ex-U. S. Senator from South Carolina for two terms, in a letter from Washington. D. C., writes to the Peruna Medicine

"I can recommend Peruna for dyspepsia and stomach trouble. I have been using your medicine for a short period and I feel very much relieved. It is indeed a wonderful medicine, besides a good tonic."

CATARRH of the stomach is the cor-In order to cure catarrh of the stomach the catarrh must be eradicated. Only an internal catarrh remedy,

such as Peruna, is available Peruna exactly meets the indications.

Revised Formula. "For a number of years requests have come to me from a multitude of grateful friends, urging that Peruna be given a slight laxative quality. I have b en experimenting with a laxative addition for quite a length of time, and now feel gratified to announce to the friends of Peruna that I have incorporated such a quality in the medicine which, in my opinion, can only enhance its well-known bene-

"S. B. HARTMAN, M. D."

CURES CONSTIPATION

It is just about impossible to be sick when the bowels are right and not possible to be well when they are wrong. Through its action on the bowels.

Lane's Family Medicine

cleans the body inside and 1 aves no lodging place for disease. If for once you wish to know how it feels to be thoroughly well, give this famous laxative tea a trial. Sold by all dealers at 25c. and 5oc.

That Delightful Aid to Health

Toilet Antiseptic

Whitens the teeth-purifies mouth and breath - cures nasal catarrh, sore throat, sore eyes, all inflamed, ulcerated and catarrhal conditions caused by

Paxtine possesses extraordinary cleansing, healing and germi-cidal qualities unlike anything else. At all druggists. 50 cents LARGE TRIAL PACKAGE FREE

The R. Paxton Co., Boston, Mass.



Children Taught to Smoke. In the seventeenth century children at Worcester, Eng., took their pipes and tobacco to school, where the master taught them "how to hold their pipes and drawn in their tobacco."

Curiosities of Amber.

Flies are not the only things found in amber. In a big mass of clear amber dredged up out of the Baltic sea recently there was visible in its interior a small squirrel-fur, teeth and claws intact.

There are very few women who can look at their husbands without giving the impression in the glance that they believe they might have taken their eggs to a better market.-Atchison (Kan.) Globe.

The discrimination against the male sex has no end. When a scarecrow is built, ever notice that it is patterned and dressed like a man?

If a sword breaks the owner will be stabbed. If a gun breaks the owner

RAISING GARDEN HERBS.

This Is a Practical Occupation Open to a Woman Thrown on Her Own Resources.

Among the practical occupations open to women that are thrown upon their own resources without previous training in any sort of business is that of raising garden herbs.

There has never been a sufficiency of seasoning herbs to be had at any market; parsley, tnyme, sweet marjoram, bay leaf, mint, are always in demand by those who know their value in the proper cooking of savory dishes. Their raising is neither difficult nor expensive. A small piece of ground will supply any large private market establishment or green grocer, and it is work that even a delicate woman can undertake.

But she must, first of all, instruct herself in the nature of the soil needed, the amount of sunshine, water and general habits of the things she is going to raise. To do this it is only necessary for her to visit any good library and study books on the subject, making notes and really learning, just as if she were at school.

Then she must study how to get the very best plants for her purpose; all florists and agriculturists are glad to send catalogues for the asking, and, while the gorgeous cuts exaggerate the fecundity and appearance of their wares, such catalogues are a help.

Once she knows the right soil to prepare, the rest is easy. If she has no boy neighbor to call upon to measure and define the various beds, she can simply tie stout cords to sticks stuck in the ground to keep one variety from running over the other. The spading she may have to hire done, and the pulverizing of the soil, which is very essential to success, most failures being due to the caking of imperfectly prepared ground that either carries off the water that is applied or allows it to stand without penetrating the earth to reach the roots of thirsty plants. Take the fragrant garden mint as a

very fair example of an herb that is well worth cultivating. I have seen a single root spread in a couple of years over a 12-foot square of ground, and its nealthy sprigs are always in demand. The woman who wills to do so can find a market for her mint the year round, if she will care that it will not freeze. Sweet marjoram grows fast also, as do all these seasoning herbs, and needs but little care when once started. Curly parsley makes a lovely garnishing for a dish of croquettes or for any sort of broiled meats or fish, and never can there be too much grown.

If to these be added chives and lentils, there are always purchasers for these greens that make such delicious spring salads. But this business must be properly attended to if there is to be a livelihood in it; like everything else in this world, it amounts to nothing without a certain amount of care and trouble. If there is a sudden blizzard the plants must be protected; if the midsummer sun is too hot, some sort of shade must be evolved, and so on through the list of watchful precautions that are necessities to success .-St. Louis Globe-Democrat.

LEARNING TO BE HANGMAN

The New Incumbent Has Grewsome Rehearsals of His Unenviable Profession.

Several executions took place recent-

ly at Pentonville prison on the scaffold which has been the scene of the final exit of numerous notorious criminals, relates London Mail. The executioner was Alec Taylor, the newly appointed common hangman.

and the subjects "hanged" in set form were lay figures of cloth and sand. It is, of course, essential that the official that has to carry out the last dread sentence of the law should first thoroughly learn the technique of his grewsome profession to insure that when the time comes all the operations will happen decently and in order. Therefore each new hangman immediately after his appointment goes through a realistic course of training. In pursuance of this policy, Taylor, under the guidance of experienced prison officials who have assisted at many executions, is now serv-

ing his apprenticeship. Several sandbags shaped to repre sent men of different weights were supplied for Taylor's practice. He was instructed that men of varying builds should be given certain prescribed drops" to effect instantanecus death. Then a sandbag made to the rough semblance and weight of a man was placed on the scaffold flap. Taylor was told the weight, the noose was properly adjusted, the requisite drop arranged for and the lever pulled. This experiment was performed again and again with differently weighted

bags The other part of the hangman's training, the pinioning of a condemned prisoner, was even more realistic. For the time being stalwart warders posed as condemned murderers. Taylor, practicing on them, was shown the quickest and most effective way of securing the hands and feet

Drop Cakes.

Beat one-half cup butter with one cup of sugar until you have a perfect cream. Add one-haif teaspoonful soda dissolved in one-half cup sour cream and stir into the mixture of cream and sugar. Then add, beating until very light, two and one-half cupfuls of flour and nut meats, if preferred to fruit. Flavor with vanilla and drop spoonfuls on a buttered sheet or pan, and bake in a moderate oven.

Matting.

Matting should not be washed with soapy water. A strong solution of salt water cleans matting, and makes it look quite new. In laying matting place one or two thicknesses of old newspapers underneath it, for it always lets dust and dirt through like a sieve, and when it has to be taken up the pieces of dust covered paper can be carefully lifted and burned.

To Keep Cut Flowers Fresh Cut flowers, so expensive at this time of the year, will be found to keep their freshness for days if they are given fresh water at night and placed in a covered tin pail in a cool, well-ventilated

Witness Makes Pert Reply. "Of course you know how many minutes there are to an hour," said a lawyer to a witness in an English court. "Well," said the witness, after pondering a while, "let's hear your version of it."

No Chance for the Vrivolous. Old Tom Corwin, as he was familiarly known, governor of Ohio, United States senator and secretary of the treasury in Fillmore's cabinet, used to say: "Be solemn-all the monuments are raised to solemn asses."

One or two things one must possess either true piety or true philosophy. One must e ther have learnt to say, "Father! Thy will be done!" or else, "Nature, I revere thy laws, even when I am crushed beneath them!"

The training of princes is to fit them to get on with people of all storts; why should not other people be brought up in the same way?

horse to a manger...

AN EVERY-DAY STRUGGLE.

Men and Women of Every Occupation Suffer Miseries from Kidney Complaint.

J. C. Lightner, 703 So. Cedar St Abilene, Kansas, is one of the thou sands who suffer from kidney trou bles bro ght on b daily work. "I firs noticed it eight o ten years age," said Mr. Lightner. "The dull pain in th back fairly mad me sick. It wa hard to get up

down, hard straighten, hard to do any work tha brought a strain on the back. I had frequent attacks of gravel and th urine was passed too often and with When I used Doan's Ki e Pils, however, all traces of the trouble disappeared and have not returnel. I am certainly gratefu.."

Sold by all dealers. 50 ce ts a box Foster-Milburn Co., Buffalo, N. Y.

Advice after mischief is like medicine after death.

An Interesting Letter.

Mary Bagguley, of 117 Peach St., Syracuse, N. Y., writes to tell of the terrible suffering of her sister, who, for the past 24 years, had been formented with side ache from female trouble, keeping her weak and ailing. "She took Wine of Cardui and is now well. Cardui has been a Godsend to us both," she writes. For all women's troubles, Cardui is a safe, efficient. reliable remedy. At druggists; \$1.00.

There can be no finality to truth that comes to fallible men.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreated disease that aclence has been able to cure in all its states, and that is catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fristernity. Catarrh being a constitutional disease, requires a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient stren th by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curat ve powers that they offer One Hundred Dollars for any case that it falls to cure. Send for list of testimontals, Address F. J. CHENEY & CO., Toledo, O.

BUSINESS ADVICE.

Don't walk a mile to save a nickel if you value your time worth more than five pennies. .

Don't sacrifice your honor. If you can't make people love you, at least have them respect you.

Don't forget that a well written business letter is brief. It is also so explicit that little time is consumed in reading it.

Don't wait for fortune to smile on you. Fortune doesn't smile all the time. When she does she usually favors those who hustle and not those who wait.

Don't talk all the time. Give the other man a chance. If he opens his month to make an object on let him make it. It's better out than sticking in his mind.

Don't forget that mirth is God's medicine. The man who hasn't a hearty laugh hasn't much sympathy with humanity and his chances for success are small.

Don't let opportunity knock at your door and fing you asleep. If she does she will pass on and you may not have some watchful friend to catch her by the ear and bring her back.

Don't forget to get acquainted with yourself. To know one's self is no small part of success. You may not be all that you thought you were but don't let that worry you. You may have a chance to make yourself like the other man before you have a large circle of business friends.

REPAIRING BRAIN

A Certain Way by Food. Every minister, lawyer, journalist,

physician, author or business man is forced under pressure of modern c nditions to the active and sometime overactive use of the brain.

Analysis of the excreta thrown out by the pores shows that brain work breaks down the phosphate of potash, separating it from its heavier companion, albumen, and plain common sense teaches that this elemental principle must be introduced into the body anew each day, if we would replace the los and rebuild the brain tissue.

We know that the phosphate potash, as presented in certain fiel! grains, has an affinity for albumen and that is the only way gray matter in th brain can be built. It will not answer to take the crude phosphate of potash of the drug shop, for nature rejects it. The elemental mineral must be presented through food directly from na-

ture's laboratory. These facts have been made use of in the manufacture of Grape-Nuts, and any brain worker can prove the value of the proper selection of food by making free use of Grape-Nuts for ten days or two weeks. Sold by grocers every-where (and in immense quantities).

THE WHITE PAINT OF THE! WHITE HOUSE.

The White House at Washington, which has been the "Kings Palace" of the American People since it was first occupied by President Madison in 1809, has recently undergone a thorough course of remodelling, renovation and repair. Every American citizen is owner of an undivided eighty or eighty-five millionth part of the White House, as well as of the other Public Buildings and Monuments in the Capitol City. An item in the renovation of the remodelled White House was repainting. Every visitor to Washington knows why the White House is so called-because it is literally a "white house". The exterior paint must therefore be white. Now while the pure white surfaces and simple lines of the White House, set in the midst of green lawns and beautiful trees, produce a very satisfying effect of dignified simplicity, white paint from a practical point of view, is about the most unsatisfactory kind Time is not tied to a post like a of paint that could have been selected by the original designers. First, be-

cause any white paint is easily dis-

colored by smoke and dust, and sec-

itself gradually turns gray or brownish yellow from exposure. But white the White House is and white it must remain or it would no longer be the "White House". So the renovators, making the best of a discouraging situation, sought for the best kind of white paint procurable. The average citizen if asked to guess what kind of paint they finally decid- milk to form a soft dough, roll out and ed on would probably answer-"white lead and oil," but he would guess quick oven. wrongly. The paint selected as the best obtainable was a ready mixed fourths cup of molasses, one cup of sour paint, such as can be bought in any well furnished village store, such as is used by more than half of the eighty or eighty-five million owners of the White House on their own homes. That one brand of mixed minutes in a moderate oven.-Farmers' paint was used instead of another is a mere accidental detail-there are fifty or a hundred brands on the market that might have been selected in other circumstances, and in fact, a different brand was used in paint-

ing the Capitol. Every property owner, therefore, who paints his house with a high grade ready-mixed paint is following the example set by the Gov rnment Authorities at Washington, who used ready-mixed paint, because they could find nothing else as good.

STORY OF A PHOTOGRAPH:

Uncanny Figure Appeared in Three Successive Sittings of Young Woman.

The following story of a young lady living in the country who came 10 London to be photographed is told by M. A. P.," and vouched for by a wellknown London photographer. After some days the lady, Miss B---, was informed the photograph was not a success, and another sitting was suggested. This she agreed to, but again was informed that the photograph was a tailure. There was a third sitting. In two days' time she received an urgent letter from the photographer asking her to come up to his studio and bring a friend with her. Miss B. went, accompanied by her mother. and was shown the amazing results of the three sittings. The pictures of the girl herself were quite good, but in each plate there was to be seen standing behind her the figure of a man holding a dagger in his uplifted hand. The features, though faint, were clearly discernible, and Miss B. recognized them as those of her flance. an officer in the Indian army. The effect of this experience was so great that after a few days she wrote out to India, breaking off the engagement,

GUARANTEE OF GOOD FAITH Boy Applicant for Situation Who

Knew a Thing or Two About

Fires. There had been a fire in the shop of Mr. Sands, and, neighbors being neighbors, there were not wanting charitable individuals to suggest that if the shop had not been insured the

fire would not have occurred. However the matter was amicably settled between Mr. Sands and the insurance company, and in due course the shor was reopened. Everything in the place was brand new, and, therefore, it was only natural that he should want a brand-new errand boy. Betimes a beaming youth applied. "Now, what I want," said the trades man, impressively, "is a a lad upon

whom I can rely-in whom I can place implicit faith. You understand?" "You'll find I'm all that, and more,"

said the youth. "I want a lad I can trust."

"That'll be all right, guv'nor," said an applicant. And then he added, in confidential tones: "You'll find me close as an oyster. And if you should appear to want another little flare up at any time, you can stand on me. I'll never breathe a whisper!" But, oddly enough, he was not engaged.

MONEY MAKES THE HARE GO

Tied in a Girl's Handkerchief Quite a Sum Went to the Dogs.

An odd story of the disappearance of a hare with a sum of money comes from Donegal, Ireland. An old man living in the mountains, near Glenties, sent his daughter into the town to change a five-pound bill which he had received from his son in America The girl, having changed the bill, and made a purchase for 2s 6d. was returning home, when at struck her to look at some traps set in the

mountain. She was delighted to find a large hare, and, having nothing else with which to dispatch it, proceeded to strangle it with the handkerchief, in which she had tied up the precious £4 17s. 6d. Strangulation being compieted to the satisfaction of the girl, she was about to lift up the ware when the animal sped away with the handkerchief and the money. A hare with a white article round its neck was later seen in Killybegs, but that is all the old man and his daughter knew of the whereabouts of the money.

CAKES AND HOT BREADS.

Some Recipes for Delicious Breakfast and Tea Cakes-A Fine Kind of Doughnuts.

Oatmeal Muffins.-One cup oatmeal, one and one-half pints flour, one teaspoon sait, two teaspoons baking powder, one tablespoon lard, two eggs, one pint milk. Sixt together oatmeal, hour, salt and powder; rub in lard cold, add beaten eggs and milk; mix smooth.y into batter rather thinner than than cup cake; fill muffin pans two-thirds full; bake in good hot oven 15 minutes.

Swiss Tartlets.-Take one egg, its weight in stale cake crumbs and fresh butter, a tablespoonful of sugar, and a little flavoring. Beat up the butter to a cream with the sugar, add the cake crumbs and eggs, then flavoring, mixing all together. Line some patty pans with puff paste, and then a layer of apricot jam and a thick layer of the mixture. Bake a quarter of an hour in a sharp Cream and Buttermilk Doughnuts .-

One and one-half cupfuls of sugar, one each of sour cream and buttermilk, one beaten egg, one even teaspoonful each of soda and salt, a little grated nutmeg, and flour enough to make dough suffiond, because ordinary white paint ciently firm to roll out only, for it ought to be as soft as can be handled.

Coccan't Butter.-Sift together one pintofflour, a level teaspoon of calt; and two heaping teaspoons of balling powder: rub in lightly with the tips of the fingers one heaping tablespoon of butter; when this is done add one cup of shredded cocoanut and mix it well through the flour. Moisten with sweetcut into small biscuits, then bake in

Indian Breakfast Rolls - Three milk, one and one-half cups flour, one cup Indian meal, one-half teaspoonful salt, one teaspoon saleratus dissolved in one tablespoon cold water and well beaten in the last thing. Bake 25 or 30 Review.

Chicken and Celery Salad .- Prepare the chicken as for boiling. When done and entirely cold cut in little squares. If you want a white salad use only the white meat, reserving the dark for other purposes. Wash and cut the white parts of celery into half-inch pieces; place in a bowl of cold water until needed. Use a pint of chicken to two-thirds of a pint of chopped celery and a cup and a half of mayonnaise dressing. When ready to make up dry the celery and mix with the chicken, mingling a pinch of salt, white pepper or cavenne each, and mix it with the mayonnaise. Serve on a cold dish garnished with the white celery tips.

Shad-Roe Salad. - Wash set of shad roes; put them in a saucepan, cover them with boiling water and add a teaspoonful of salt; put the lid on and simmer gently for 20 minutes. When done lift them carefully from the water and stand away until perfectly cold. Make a half pint of mayonnaise and set it away. When ready to serve remove the skin from the outside of the shad roe and cut them into thin slices. Pu. one onion slice in the center of the calad dish; arrange around it salad leaves that are stiff and fresh; h ap the shad roe in the center, pour over it the mayonnaise and serve.

Lobster Salad. - Make cups the crisp lettuce leaves now on the inferior leaves and mix with lobster which you are preparing for the salad, viz.: A pint of lobster, cut into small pieces, seasoned with French or other dressing and kept on ice until you are ready to complete Mix with half of the dressing, and put a large spoonful of the lobster in each cup of salad, and add a teaspoonful of dressing on the top. Garnish the dish with parsley.

Lettuce Salad. - Pick each leaf over carefully, being careful not to break them. Shake off and drain in a net. Keep in a cool place until ready to serve. Arrange the leaves in a salad bowl as tastefully as possible and serve with French dressing or with sweetened cream If preferred, sugar, vinegar, salt and pepper may be used instead of the French dressing.-N. Y. World.

HOW TO KEEP WELL.

Sleep in Room Cooler Than Living Apartments Daily and Dash Cold Water on Chest and Throat.

You dread the cold room on rising? It need not be bitterly or dangerously cold, please remember.

A well ventilated house does not necessarily mean a cold house, and pure air does not have to be iced air Extremes are very apt to be dangerous, and, while the lungs demand fresh air, that they may do their work well, too low a temperature is not wise. But the sleeping room room you are apt to have to spend most of your working and waking hours in.

You will feel better for having slept in a cool room, and if on rising you think it too cool just try those lively breathing and stretching ex ercises I suggested last week-adding

a few arm swinging exercises. Then sponge your chest, face and throat off with cold water, rub brisk ly till dry and rosy-fill the lungs a dozen times, and dress as quickly as possible; you'll find you feel so fresh and well that you will never again risk the discomforts and lack of rest attending a close sleeping room.

But if you hope to effect a cure permanent, not temporary, we must take care that nature's laws of health are obeyed.-Chicago Inter Ocean.

An Appetizing Cheese Cake. One and one-half cups cottage cheese, two tablespoonfuls cream, one-half cup sugar, three eggs, juice and rind of a lemon, or if preferred a teaspoonful of vanilla, a teaspoonful of melted butter Beat the eggs to a light foam, press the cheese through a colander, add all the ingredients to the cheese and beat until frothy and creamy. Line your dish with plain paste crust, put in the mix-

To Remove Grease. Ether is one of the most effective medies for removing grease spots

ture and bake in quick oven for half

an hour. This is sufficient for one cake

English : e Reforming. The people are changing; they are -Methodist Recorder, London..

One Peculiarity.

One peculiarity about the feminine sex seems to be the impossibility of discussing it with moderation; critics German cities, fishes are imported by are either violently antagonistic or the carload under municipal supervi-'alsely complimentary.-Lady Violet sion, and sold at low prices for the Greville in the London Graphic. Postage Stamp Market.

One of the familiar and picturesque

market, which meets, both in summer ors meet, buy and sell and discuss malady.

Real Test of Faith. world going," says one of the thought her place on the plank to which the ful brethren, "is more of the Faith drowning man is clinging and drag which a vertises for a lost umbrella." him down into the depths below. -Atlanta Constitution.

Would Not Stay Glued. A Dresden correspondent says that the servant of a carpenter at Freyn ing, in Bavaria, happened to cut off the end of her forefinger the other day. Her employer quickly brought his gluepot up and glued the finger together again. However, the operation For Sick Women was not successful.

In a Pinch, Use ALLEN'S FOOT-EASE A powder. It cures prinful, smart ing, nervous feet and ingrowing nails It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

The proof of the pudding is sometimes in the vermiform appendix.

Smokers have to call for Lewis' Single Binder cigar to get it. Your dealer Lewis' Factory, Peoria, Ill.

Garfield Tea cures sick-headache, bilious attacks, liver trouble and constipation.

Who refuses cheap advice must buy dear repentance.

Mrs. Winslow's Soothing Syrup.

didren teething, softens the game, reduces in ation, allays pain, cures wind coile. 25c a bottle.

One has but to step inside an ambulance tent to feel that there is no meaning at all in the word enemy.

Send to Garfield Tea Co., Brooklyn, N. Y., for free package of Garfield I'ea, the berb cure for constipation and liver trouble. A woman never feels a day older

than she thinks she looks.

Struck by Lightning. Mrs. Nancy Cleary, of Brewers, N. C., suffered as if struck by lightning. She says: "I was almost paralyzed from my waist down, and my back hurt me constantly, from female troubles. I had headache, seemed always tired, and felt as if I was dying. I took Wine of Cardui, which cured me, and now I feel like a new person." Cardui relieves periodical pain, and makes sick women well. \$1.10 at drug stores.

As a rule the head that wins a hat is too big to wear it.

Attention Kentuckians. Every Kentuckian, who is a thorbughbred, will arrange, if possible, to

attend the Homecoming held at Louisville. Kv., in June. Tickets sold June 11th(12 and 13th. Long return limit.

THE WABASH RAILROAD has aranged for a VERY LOW rate. Everything favorable, in all probablities, the WABASH will run special

trains through to Louisville for the from railway and land companies at from above occasion. All interested in going should communicate at once with Harry E. Moores, G. A. P. D. Wabash R. R.,

The polished Christ'an comes from the mills of adversity.

1601 Farnam street, Omaha, Neb.

Garfield Tea, the herb laxative, is mild, effective, health-giving—a faultless preparation. It cures constipation.

Never send a man on a fool's errand. Go vourse.f.

900 DROPS

NOT NARCOTIC.

Fac Simile Signature of

Chart Flatetier.

NEW YORK.

Jewel Maladies.

All jewels except diamonds are forsaking the publican and the brew- liable to maladies. Rubies, sapphires er; they are beginning to fortake even and pearls have their separate allthe bookmaker and the tout. They ments, but diamonds are immune on grow less frivolous and more earnest. account of their great hardness. Precious stones are all affected by surrounding conditions.

Import Fish for Poor.

In Stutgart and some other south benefit of the poor.

With every new deception we feel ourselves a little more detached from sights of Paris is the postage stam; the earth, from our fellow creatures, from our own selves most of all. and winter, under the trees of the These disappointments are so many Champs Elysees. Here stamp collect stages in the progress of a mortal

In the shipwreck of any life there might almost always be a last chance "What we need to keep this old of safety left, did not dishonor take

THREE FACTS

To Consider

First.-That almost every operation in our hospitals performed upon women becomes necessary through neglect of such symptoms as backache, irregular painful periods, displacements of the female organs, pain in the side, burning sensation in the stomach, bearing-down pains, nervousness, dizziness and sleeplessness.

SECOND .- The medicine that holds the record for the largest number of absolute cures of female ills is Lydia E. Pinkham's Vegetable Compound. It regulates, strengthens and cures diseases of the female organism as

nothing else can. For thirty years it has been helping women to be strong, curing backache, nervousness, kidney troubles, inflammation of the female organs, weakness and displacements, regulating the periods perfectly and overcoming their pains. It has also proved itself invaluable in preparing women for childbirth and the change of life.

THIRD.—The great volume of unso licited and grateful testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time published by permission, give absolute evidence of the value of Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice.

Mrs. Pinkham's Standing Invitation to Women .- Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. From symptoms given, your trouble may be located and the quickest and surest way of recovery advised. Mrs. Pinkham is daughterin-law of Lydia E. Pinkham and for twenty-five years under her direction and since her decease she has been advising sick women free of charge. Out of the vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Surely, any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

The Government of Canada Gives absolutely FREE to every settler one hundred and sixty acres of land in Western Canada.

Land adjoining this can be purchased \$6 to \$10 per acre.

On this land this year has been produced upwards of twenty-five bushels of wheat to the acre. It is also the best of grazing land and for

mixed farming it has no superior on the

continent.

Splendid climate, low taxes, railways convenient, schools and churches close at hand. Write for "Twentieth Century Canada" and low railway rates to Superintendent of Immigration, Ottawa, Canada; or to authorized Canadian Government Agent-

W. V. Bennett. 801 New York Life Building, Omaha, Nebraska. (Mention this paper.)

