HAD CATARRH THIRTY YEARS.

Congressman Meekison Gives Praise to Pe-ru-na For His Recovery.

CONGRESSMAN MEEKISON PRAISES PE-RU-NA.

Hon. David Meekison, Napoleon, Ohio, ex-member of Congress, Fifty-fifth District, writes:

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."—David Meekison.

ANOTHER SENSATIONAL CURE: Mr. Jacob L. Davis, Galena, Stone county, Mo., writes: "I have been in bad health for thirty-seven years, and after taking twelve bottles of your Peruna I am cured."—Jacob L. Davis.

If you do not derive prompt and satisfactory results from the use of Peruna, 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.

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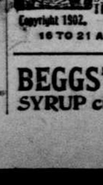

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BEGGS' CHERRY COUGH SYRUP cures coughs and colds.

VARIOUS IDEAS AS TO HADES

Heathen Conceptions of the Infernal Regions Peculiarly Horrible.

"I am writing," said an author, "a monograph on the infernal regions as the heathen races of the world have at different times imagined them.

"The infernal regions of Buddhism are horrible. They comprise a great hell and 136 lesser hells. In these hells, according to the sculptures of the Buddhist temples, men are ground to powder and their dust turned into ants and fleas and spiders. They are pestled in a mortar. The hungry eat red-hot iron balls. The thirsty drink molten iron.

"Islamism says of the infernal regions: 'They who believe not shall have garments of fire fitted to them; boiling water shall be poured on their heads and on their skins and they shall be beaten with maces of iron.'

"In the Scandinavian mythology the mythology of Odin and Thor, we are told that 'in Nastrond there is a vast and direful structure with doors that face the north. It is formed entirely of the backs of serpents, wattled together like wickerwork. But the serpents' heads are turned toward the inside of the hall and they continually send forth floods of venom, in which wade all those who commit murder or forswear themselves.'

"In the past the Christian idea of the infernal regions was as hideous as the heathen idea, and in their sermons clergymen loved to describe hell. The present tendency, however, is to avoid discussion of this place—to dwell upon the gentler and more lovely side of Christianity."

WORKS OF ART LISTED.

Spanish Government Keeps Track of Famous Paintings.

A man who unexpectedly came into a fortune not long ago found among his new belongings three pictures. They were painted by a Spanish artist eminent in his lifetime and of increasing fame since his death.

Before he had had time to become accustomed to the joys of possession he was startled by a communication from the Spanish government severely official in appearance and language.

He knew enough Spanish to make out that it was an inquiry into his identity, the condition of the pictures and the date on which they came into his hands, and not, as he at first feared, a challenge of his right of ownership.

In due time he learned that in conducting this inquiry, the Spanish government was following its usual course in regard to the notable painters of Spain. Every picture of importance painted by a Spanish artist is accurately described in the catalogue compiled under government supervision, and each incident of its history is noted in the record.

The fact that a change of ownership of these pictures in New York was known so soon in Madrid shows with what vigilance these records are kept. —New York Sun.

HARD TIMES FOR BABIES.

Frequently Made Martyrs to Old Established Customs.

Even in some civilized countries babies still have hard times. In parts of Flanders the mothers wind linen cloths around the heads of their children because it is considered beautiful there for girls to have flat temples. In parts of France there is still a worse custom.

The style in heads there is to have the back of the skull as flat as possible, so a board is strapped to the back of the infant's head.

In Brittany many houses have a pole fastened in the floor. Attached to this is a movable arm that is free to turn completely around the upright.

The babies are strapped to this arm, and are expected to amuse themselves by lurching around and around in a ring. The Breton peasants imagine that it teaches them to walk, and they don't seem to care that it makes their legs bandy.

Floored.

William Leary of New York, "the original Roosevelt man," was apologizing for the length of time that some booms require to mature.

"A boom," he said, "is not like a pan of dough. You can't set it to-night and have it full blown in the morning. A boom is a long and tedious piece of work.

"The man who complains about a boom's slow growth is as unjust and unreasonable as the man who complained about the length of time it took his wife to put up her hair.

"'Hang it all,' he said, 'why do women require such a tremendous long while to do their hair in? It only takes me ten seconds to do mine.'

"'That, John,' his wife retorted, 'is one second per hair. If I worked at that rate you'd soon know what waiting means, dear.'"

Coldness of Spring Water.

"It is a fact," remarked the head of a certain fascinating soda water department, "that spring water keeps colder very much longer than ordinary river water, such as is served through Philadelphia water pipes. You can make the test, even in summer, by going to Fairmount park, drawing a jug of spring water, bringing it home and putting it in your cellar. Not only will it not get warm during the trip to your house, but it will remain much colder than will hydrant water drawn and kept beside it for a number of hours. This is said to be due to the lack of warm animal matter in the spring water, which is filtered through the earth. At any rate, it's a great pity we couldn't have just such water here in Philadelphia."—Philadelphia Record.

At Rest.

When but a child I marveled much
That once upon the marble's breast
I found engraven o'er a tomb
These simple words and few. "At Rest."

They told no place nor hour of birth,
No record kept of how or where
The tenant there had welcomed rest,
And put aside life's fevered care.

But now I marvel much the more,
Whene'er I read on carven stone
Aught of inscription, line or date,
Save that which tells of this alone:

That he who lies beneath the mound
With sightless eyes and pulseless breast,
Has gained the one great boon of all—
Eternal, everlasting rest.

—Darlie Stiles Prescott.

BEAUTIFUL WOMEN

HOW THEY MAINTAIN THE CHARMS OF THEIR SEX.

The Importance that Attaches to the Care of the Blood If One Wants Bright Eyes and a Clear Complexion.

Every sensible woman naturally wishes to appear attractive. She knows the value of bright eyes, delicate complexion and lively spirits. She knows also that good health is at the basis of her charms, and that good blood is the source of good health.

Miss Mamie Conway has a complexion which is the admiration of all who know her. Asked if she could make any suggestions that would be helpful to others less fortunate, she said:

"My complexion would not have pleased you, if you had seen it two years ago. It was then about as bad as it could be, and it gave me a great deal of dissatisfaction. If you want a good complexion you must take care of your health, especially of the condition of your blood. My health was at that time completely broken down. I was nervous, had frequent headaches, a torpid liver and a great deal of pain in that region. I suffered also from indigestion. It was clear that my blood was in bad condition, for pimples broke out all over my face."

"It is hard to realize that, for there isn't the slightest trace of such blemishes now."

"It was unfortunately quite otherwise then, and a long time passed before I found anything that gave me any relief. I became very weak and listless. The doctor's medicine did me no good, and I took a number of highly recommended tonics with no better result. As soon, however, as I began to use Dr. Williams' Pink Pills for Pale People my complexion cleared up, and after I had taken two boxes there was not a sign of a pimple left on my face. My cheeks became rosy, I gained flesh and have had perfect health ever since."

Rosy cheeks and sparkling eyes are merely signs of healthy blood. They have come not only in the case of Miss Conway, whose home is at 1241 East Eighth street, Canton, Ohio, but to thousands of women for whom Dr. Williams' Pink Pills have made new blood. There is no surer way for you to obtain them, than to buy a box of these pills from any druggist and try them for yourself. They correct irregularities and banish weakness.

Latest Parisian Fad.

The latest Paris toy is a terra cotta, head, on the top of which, and in the place of which the eyebrows should be, are furrows. A packet of fine grass seed is sold with the head. The head is well wetted and the seed is put in the furrows. In a few days a fine crop of green hair and eyebrows is produced, to the great delight of all beholders.

Sanitary Sermons.

Once a year the archbishop of Tuam preaches a sermon on health and cleanliness. The national board of the Catholic Truth Society of Ireland has issued a sanitary sermon as a pamphlet which sells at a penny; it will, it is believed, do much good.

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 Chas. H. Fletcher.

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

Braggards are always laggards.

DO YOU COUGH DON'T DELAY TAKE KEMP'S BALSAM THE BEST COUGH CURE

It Cures Colds, Coughs, Sore Throat, Croup, Influenza, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by dealers everywhere. Large bottles 25 cents and 50 cents.

Positive, Comparative, Superlative

"I have used one of your Fish Brand Slickers for five years and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common coat as a common one is ahead of nothing."

(NAME ON APPLICATION)

Be sure you don't get one of the common kind—this is the mark of excellence.

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R. H. SHUMWAY, Rockford, Ills.

Can Live Without Spleen.

That a human being can live without a spleen has been thoroughly established. At one time it was supposed that the spleen produced the red blood corpuscles of the white ones, or charged the one into the other; but since it is known that the bone-marrow has something to do with the production of corpuscles, and that spleenless men can live in perfect health, more operations are being performed for the removal of this organ.

Natural Dyes in Ireland.

From moss gathered on the mountain side the peasants of Ireland dye the wool a pretty shade of brown; they gather seeweed from the thousand little bays which seam the coast of Connemara for dyeing the wool other soft shades; in the valleys are found the dock and oak leaves for still other colors, while from the peat bogs they squeeze a dark fluid to color the white wool a glossy black.

Experiment Worth Trying.

For good spirits, good humor, good conduct and good living, so say cheerful thinkers, try the simple expedient of saving a little money, from week to week. As the bank balance grows so will grow high ideals of business and social existence, to say nothing of the moral courage that dares to think deeply, to claim unswerving allegiance with the cause of the just and right.

Stopping an Epidemic.

An epidemic in Kambum, Japan, was traced to a certain stream of water, but as the natives who drank the water could neither see nor smell the germs of the disease, they continued to drink from the stream. Then the police allowed kerosene oil to trickle into the water, and this evidence of pollution proved convincing and ended the epidemic.

Gallantry to Burn.

It always makes us mad to see statements that the "old fashioned women" were better cooks or housekeepers than the women of the present day. The woman of the present day is good enough for us, or for anybody. There are a few shiftless women, but the great majority of them are admirable.—Opelika News.

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

Coal for Italy.

Italy imports every year nearly 5,000,000 tons of coal, almost exclusively from the United Kingdom.

Health of American Women

A Subject Much Discussed at Women's Clubs—The Future of a Country Depends on the Health of Its Women.

Mrs. T. C. Willadsen Miss Mattie Henry

At the New York State Assembly of Mothers, a prominent New York doctor told the 500 women present that healthy American women were so rare as to be almost extinct.

This seems to be a sweeping statement of the condition of American women. Yet how many do you know who are perfectly well and do not have some trouble arising from a derangement of the female organism which manifests itself in headaches, backaches, nervousness, that bearing-down feeling, painful or irregular menstruation, leucorrhœa, displacement of the uterus, ovarian trouble, indigestion or sleeplessness? There is a tried and true remedy for all these ailments. Lydia E. Pinkham's Vegetable Compound has restored more American women to health than all other remedies in the world. It regulates, strengthens and cures diseases of the female organism as nothing else can. For thirty years it has been curing the worst forms of female complaints.

Such testimony as the following should be convincing.

Mrs. T. C. Willadsen, of Manning, Ia., writes:

Dear Mrs. Pinkham:—

"I can truly say that you have saved my life and I cannot express my gratitude to you in words. For two years I spent lots of money in doctoring without any benefit for menstrual irregularities and I had given up all hopes of ever being well again, but I was persuaded to try Lydia E. Pinkham's Vegetable Compound and three bottles have restored me to perfect health. Had it not been for you I would have been in my grave to-day."

Miss Mattie Henry, Vice-President of Danville Art Club, 429 Green St., Danville, Va., writes:

Dear Mrs. Pinkham:—"Many years' suffering with female weakness, inflammation and a broken down system made me more anxious to die than to live, but Lydia E. Pinkham's Vegetable Compound has restored my health and I am so grateful for it that I want every suffering woman to know what Lydia E. Pinkham's Vegetable Compound will do for her."

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhœa, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. No other medicine in the world has received such unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine, for you need the best.

A light heart, a cheerful countenance, and all the charms of grace and beauty are dependent upon proper action of the bodily organs. You cannot look well unless you feel well.

Mrs. Pinkham invites all sick women to write her for advice. Her advice and medicine have restored thousands to health. Address, Lynn, Mass.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

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The Southwest is really in need of nothing save people. More men are needed—*you're needed.* There are vast areas of unimproved land—land not yielding the crops of which it is capable. The same thing in a different way is true of the towns. Few lines of business are adequately represented. There are openings for mills and manufacturing plants, small stores, banks, newspapers and lumber yards. The oil and gas fields of Kansas, Indian Territory and Oklahoma are practically new and offer wonderful opportunities for development along commercial lines.

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The M. K. & T. has no lands for sale, we are simply interested in the upbuilding of the country. We believe in the Southwest, and know that with its present needs and opportunities, the prospects are brighter and the future more hopeful than in the older and more densely populated States. We want you to investigate conditions and satisfy yourself of the truthfulness of this.

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See nearest dealer or write for circular.

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