



MISS FLORENCE KENAH

### This Pretty Girl Saved From Catarrh of the Lungs By Pe-ru-na

Miss Florence E. Kenah, 434 Maria street, Ottawa, Ont., writes:

"A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I took medicine without benefit, until my digestive organs became upset, and my head and back began to ache severely and frequently. I was advised to try Peruna, and although I had little faith I felt so sick that I was ready to try anything. It brought me blessed relief at once, and I felt that I had the right medicine at last. Within three weeks I was completely restored and have enjoyed perfect health since. I now have the greatest faith in Peruna."

Florence E. Kenah.

#### WOMEN SHOULD BEWARE OF CONTRA-CATARRH

The cold wind and rain, slush and mud of winter are especially conducive to catarrhal decangements. Few women escape.

Upon the first symptoms of catarrh Peruna should be taken. It fortifies the system against colds and catarrh.

#### Pe-ru-na for Colds and Catarrh.

The following interesting letter gives me young woman's experience with Peruna:

Miss Rose Gerbing, a popular society woman of Crown Point, Ind., writes: "Recently I took a long drive in the country, and being too thinly clad I caught a bad cold which settled on my lungs, and which I could not seem to shake off. I had heard a great deal of Peruna for colds and catarrh and I bought a bottle to try. I am pleased that I did, for it brought speedy relief. It only took about two bottles, and I consider this money well spent. You have a firm friend in me, and I can only advise its use to my friends,

but have purchased several bottles to give to those without the means to buy, and have noticed without exception that it has brought about a speedy cure wherever it has been used."—Rose Gerbing.

#### Pe-ru-na Contains no Narcotics.

One reason why Peruna has found permanent use in so many homes is that it contains no narcotic of any kind. Peruna is perfectly harmless. It can be used any length of time without acquiring a drug habit. Peruna does not produce temporary results. It is permanent in its effects.

It has no bad effect upon the system, and gradually eliminates catarrh by removing the cause of catarrh. There are a multitude of homes where Peruna has been used off and on for twenty years. Such a thing could not be possible if Peruna contained any drugs of a narcotic nature.

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

All correspondence held strictly confidential.

#### DEATHS BY FIRE 500 MONTHLY.

Statistics for 1900 Show 6,772 Lives Lost in That Year.

So remote do most of us regard the life-hazard of fire that the following statistical excerpts and comparisons will come as a surprise. The calculations themselves are based upon insurance year books, vital statistics and the twelfth federal census. They are taken from the last general statistical period of twelve months covering life loss by this cause through the entire country. During the last census year, deaths resulting from fire reached the unprecedented total of 6,772, or over 500 lives sacrificed each and every month to the destroying element. The proportion of life-loss averages, during the period, about evenly, a little under 9 per 100,000, but showing an increase from 5.5 in 1890 to 8.8 in 1900 per 100,000 of population.

Citizens in the different sections of the United States, says the Fireproof Magazine, will read with interest, and, we fear, with dread, the figures for the following states and cities respectively:

Illinois, 315; Chicago, 136 of the total.

Indiana, 173; Indianapolis, 14 of the total.

Iowa, 91 reported.

Michigan, 161; Detroit, 25 of the total.

Minnesota, 100; Minneapolis, 14 of the total.

St. Louis, 72.

New Jersey, 188.

New York State, 561; Greater New York, 342.

Ohio, 289; Cleveland, 39; Cincinnati, 20.

Pennsylvania, 641; Scranton, 24.

Wilkesbarre, 15; Allegheny, 20; Philadelphia, 142; Pittsburg, 49.

Virginia, 271.

Wisconsin, 123; Milwaukee, 25.

Some striking comparisons are afforded by the following illustrative ratios:

One thousand more persons lost their lives through fire than the whole number of those drowned; the figures stand: Burned, fire, etc., 6,772; drowned, 5,387.

Railroad accidents killed, 6,930. Fire, 6,772.

Rheumatism claimed 5,067 victims—fire, 6,772.

Scarlet fever sacrificed 6,333 lives—fire, 6,772.

Smallpox—of which we hear so much and which arouses the intensest administrative agitation—satisfied its death claim with 3,484—fire, 6,772.

What has been the ghastly inscription for 1904 we may not yet know, but the increase of the ratio between the years 1890 and 1900 marks the drift unmistakably enough—and emphasizes more than ever the desperate need for building reform and fire-proofing safeguards of tested merit.

#### The Teacher Taught.

In their efforts to teach children, parents are often surprised by the original views which the youngsters take, and by their presentation of views which, while they may be but partial, are at least correct and discriminating so far as they go.

It occurred to a father, who noticed a carpenter hammering upon the roof of a distant house, that he would give his little son (eight years old) a lesson in physics, by calling attention to the fact that the blows of the hammer could be seen before the sound made by them could be heard, and explaining that the difference in time between the seeing of the blows and the hearing of the noise was due to the fact that light travels much faster than sound. He sought to introduce the subject by asking the boy if he understood why it was that he could see the hammer fall before he could hear the noise of the stroke. He was astonished to receive the reply: "Yes; it's because my eyes are nearer to the hammer than my ears."—St. Nicholas

#### Self-Confessed.

Eavesdropping at the telephone is much more prevalent than it ever was at the keyhole, for detection is so much less probable. It is said that one sign of eavesdropping is the receding tone of a speaker's voice. Some one has "cut in." Acting on this hint, a woman who had her suspicions aroused, said to her friend suddenly—"Some one is listening." Instantly, from nowhere in particular, in a strange voice came an indignant exclamation—"I'm not doing any such thing!"

#### Not the Only One.

A youth who is old enough to be a taut and tidy midshipman was asked in an examination the other day to translate a naval term. "Le gouvernail est demonte"—the rudder is unshipped. The young gentleman nibbled his pen and scraped the floor with his shoes, and at last, with a smile over-spreading his freckled face, wrote down the following brilliant answer: "The Navigating Lieutenant is off his head!"

#### What May Be.

Passenger (on ocean liner of the future)—Will you please direct me to my stateroom? It's No. 727. Clerk—It's about half a mile aft. Take trolley car on starboard promenade.—Chicago Tribune.

## Woman's Kidney Troubles

Lydia E. Pinkham's Vegetable Compound is Especially Successful in Curing This Fatal Disease.



Mrs. J.W. Lang and Mrs. S. Frake

Of all the diseases known, with which women are afflicted, kidney disease is the most fatal. In fact, unless early and correct treatment is applied, the weary patient seldom survives.

Being fully aware of this, Mrs. Pinkham early in her career, gave exhaustive study to the subject, and in producing her great remedy for woman's ills—Lydia E. Pinkham's Vegetable Compound—was careful to see that it contained the correct combination of herbs which was sure to control that fatal disease, woman's kidney troubles. The Vegetable Compound acts in harmony with the laws that govern the entire female system, and while there are many so-called remedies for kidney troubles, Lydia E. Pinkham's Vegetable Compound is the only one especially prepared for women, and thousands have been cured of serious kidney derangements by it. Derangements of the feminine organs quickly affect the kidneys, and when a woman has such symptoms as pain or weight in the loins, backache, bearing down pains, urine too frequent scanty or high colored, producing scalding or burning, or deposits like brick dust in it; unusual thirst, swelling of hands and feet, swelling under the eyes or sharp pains in the back running down the inside of her groin, she may be sure her kidneys are affected and should lose no time in combating the disease with Lydia E. Pinkham's Vegetable Compound, the woman's remedy for woman's ills.

The following letters show how marvelously successful it is.

Lydia E. Pinkham's Vegetable Compound; a Woman's Remedy for Woman's Ills.

Mrs. Samuel Frake, of Prospect Plains, N. J., writes:

I cannot thank you enough for what Lydia E. Pinkham's Vegetable Compound has done for me. When I first wrote to you I had suffered for years with what the doctor called kidney trouble and congestion of the womb. My back ached dreadfully all the time, and I suffered so with that bearing-down feeling I could hardly walk across the room. I did not get any better, so decided to stop doctoring with my physician and take Lydia E. Pinkham's Vegetable Compound and I am thankful to say it has entirely cured me. I do all my own work, have no more backache and all the bad symptoms have disappeared.

I cannot praise your medicine enough, and would advise all women suffering with kidney trouble to try it.

Mrs. J. W. Lang, of 626 Third Avenue, New York, writes:

Dear Mrs. Pinkham:—I have been a great sufferer with kidney trouble. My back ached all the time and I was discouraged. I heard that Lydia E. Pinkham's Vegetable Compound would cure kidney disease, and I began to take it; and it has cured me when everything else had failed. I have recommended it to lots of people and they all praise it very highly.

#### Mrs. Pinkham's Standing Invitation.

Women suffering from kidney trouble, or any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. Out of the great volume of experience which she has to draw from, it is more than likely she has the very knowledge that will help your case. Her advice is free and always helpful.

## There are Many Imitations of Baker's Cocoa and Baker's Chocolate

Don't be misled by them!

Our trade-mark is on every package of genuine goods. Under the decisions of several United States Courts, no other chocolate or cocoa than Walter Baker & Co.'s is entitled to be sold as "Baker's Cocoa" or "Baker's Chocolate"

Our handsomely illustrated recipe book sent free.

Walter Baker & Co. Ltd.

Established 1780 Dorchester, Massachusetts

45 Highest Awards in Europe and America

## W. L. DOUGLAS

UNION MADE. \$3.50 & \$3.00 SHOES FOR MEN.

W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$7.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost more to make, hold their shape better, wear longer, and are of greater value than any other \$3.50 shoe on the market to-day. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas shoes are within your reach.

#### BETTER THAN OTHER MARKS AT ANY PRICE.

"For the last three years I have worn W. L. Douglas \$3.50 shoes and found it not only as good, but better than any shoe that I ever had, regardless of price."—Chas. L. Farrell, Asst. Cashier, The Capital National Bank, Indianapolis, Ind.

Boys wear W. L. Douglas \$2.50 and \$3.00 shoes because they fit better, hold their shape, and wear longer than other makes.

W. L. DOUGLAS \$4.00 SHOES CANNOT BE EQUALLED AT ANY PRICE.

W. L. Douglas uses Corona Collated in his \$4.00 shoes. Corona Collar is considered to be the finest patent leather produced.

FAST COLOR EYELETS WILL NOT WEAR BRASSY

W. L. Douglas has the largest shoe mail order business in the world. No trouble to get a fit by mail. See extra prepaid delivery. If you desire further information, write for illustrated catalogue of Spring styles.

W. L. DOUGLAS, BROCKTON, MASSACHUSETTS



W. L. Douglas makes and sells more Men's \$3.50 shoes than any other manufacturer in the world.

\$10,000 REWARD to any one who will identify this statement.

## Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE, The leader of all package coffees.

### Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition. LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.



## Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

# Cascarets

CANDY CATHARTIC

DR. SC. SOC. THEY WORK WHILE YOU SLEEP. AS DRUGGISTS

BEST FOR THE BOWELS

If we understood women better, perhaps we would not love them so much.

If all men were as wives believe them to be, there would be no need of schools.

If man loved woman as she requires to be loved he would have time for nothing else.

FARMS FOR SALE ON CROP PAYMENTS J. MULHALL, Stouffville, Pa.

There are different kinds of black sheep. They are not all in the same class.

### BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.

PISO'S CURE FOR CHILLS AND FEVERS. Best Cough Syrup. Taste Good. Use in the World by agreement.

CONSUMPTION

N. N. U. 567 - 11 YORK N. E. 3