

Is it a Catarrh Remedy, or a Tonic, Invention or is it Both?

Some people call Peruna a great tonic. Others refer to Peruna as a great catarrh remedy.

Which of these people are right? Is it more proper to call Peruna a catarrh remedy than to call it a tonic?

Our reply is, that Peruna is both a tonic and a catarrh remedy. Indeed, there can be no effectual catarrh remedy that is not also a tonic.

In order to thoroughly relieve any case of catarrh, a remedy must not only have a specific action on the mucous membranes affected by the catarrh, but it must have a general tonic action on the nervous system.

Catarrh, even in persons who are otherwise strong, is & weakened condition of some mucous membrane. There must be something to strengthen the circulation, to give tone to the arteries, and to raise the vital forces.

Perhaps no vegetable remedy in the world has attracted so much attention from medical writers as HYDRASTIS CANADENSIS. The wonderful efficacy of this herb has been recognized many years, and is growing in its hold upon the medical profession. When joined with CUBEES and COPAIBA a trio of medical agents is formed in Peruna which constitutes a specific remedy for catarrh that in the present state of medical progress cannot be improved upon. This action, reinforced by such renowned tonics as COLLIN-SONIA CANADENSIS, CORYDALIS FORMOSA and CEDRON SEED, ought to make this compound an ideal remedy for catarrh in all its stages and locations in the body.

From a theoretical standpoint, therefore, Peruna is beyond criticism. The use of Peruna, confirms this opinion. Numberless testimonials from every quarter of the earth furnish ample evidence that this judgment is not over enthusiastic. When practical experience confirms a well-grounded theory the result is a truth that cannot be shaken.

Manufactured by PERUNA DRUG MANUFACTURING COMPANY, Columbus, Ghio

Ballet Shoes.

Ballet shoes fit like a stocking. They

seeks only shoes that will give perfect

freedom of movement of the joints and

muscles of the feet. It is a rule of good

dancers, a shoe man of experience says.

to wear shoes that will allow for space

between the toes. It is a point of good

shoes for effect, not to promote good

dancing. Many stage shoes are made

with short fore parts and high heels

to make the feet look smaller and the

For the Housewife.

Some active women who pride them

selves in housekeeping seem to forget

that the object of keeping house is that

human beings may be accommodated

in it. Their sole idea seems to be this,

that the house may be kept in a certain

ance of the form and order they sacri-

fice the comfort the house was estab-lished to secure.

Zoological Post Cards-Second Series,

If you are a collector or dealer of

nostal cards, you will be interested in an attractive set of eight cards just pub-lished, showing the most valuable wild animals in the Ringling Bros.' Menag-erie, a set will be mailed you for 167. Special prices in lots to dealers. There

person taller.-Boston Globe.



FREE dancer desires a hard box toe on her W. H. MAY, M. D., 548 Pearl Street, How York. ballet shoes, but the ordinary dancer

Not a Financial success. Mrs. Munro was reading items of interest from the weekly paper, and making frequent exclamations of surprise or pleasure or dismay,

cried. "Here's a man who makes a business of taking new tables and says. High hee's are put on to stage "Why, Edward, listen to this!" she chairs and treating them in some way so they look as if they were a hundred years old.

"Does he indeed?" said Mr. Munro. "Well," I'd trust our Tommy to make a new table look as if it were a good deal more than a hundred years old, but I hadn't thought of it as a paying business."

Importance of Thoroughness.

Thoroughness in workmanship, care in the execution of every task undertaken, as if it were the acceptance of form and order; and to the perform a trust which it would be a breach of faith not to discharge well, is a forn! of duty so momentous that if it were to die out from the feeling and practice of a people all reforms of institutions would be helpless to create national prosperity and national happiness.-George Ellot.



Gas polsoning from gas engines has become so common that German authorities urge that cylinders of oxygen be kept near, and that engineers be taught to apply inhalations to resusci-

tate victims. Experiment has shown that an electrie are can be employed under water for fusing metal. The intense heat

turns the water surrounding the are tions of the medical profession as to into steam, thus forming an insulating the increasing difficulty physiciaus cushion of vapor. It has been suggesthave to "make both ends meet," but li ed that with proper apparatus the electhe figures recently printed in the Brit tric are could be employed by divers ish Medical Journal regarding the for quickly cutting through large chain struggle of the average physician in cables or iron plates under water. this country to earn anything like a

The "axle-light" system is in use on the trains of the Atchison, Topeka and Santa Fe railroad on an extensive scale. Each car has its own storage batteries supplied with electricity generated by the axles of the wheels, and the locomotive headlights derive their illumination from the same source. It is estimated that each full train, ex-

clusive of the locomotive, develops nearly 500 candle-power light. Within the past few years the cuca-

lyptus has been introduced in Florida. and its kindly growth there is believed to indicate that it might be extensively cultivated in the southern parts of that State. The eucalyptus is of very rapid growth, but it cannot withstand frosts.

It was planted in California from Australla many years ago, and now flourishes so abundantly on the Pocific coast that its wood is extensively employed for fuel, posts and lumber. The production of oxygen and hydro-

gen on an industrial scale by the decomposition of water with electrolytic apparatus in Germany has led to the suggestion that hydrogen thus produced may find a wide field of employment as a lighting agent. It is now used for inflating military balloons. For lighting purposes it is compressed in steel cylinders. With a proper burner it is said to be a cheaper illuminant ther acetylene, the relative cost for equal illuminating power being 25 for hydro-

gen to 50 for acetylene. Everybody who has used a microscope has no doubt regretted the difficulty of seeing small insects, and other living objects not of mere microscopic dimensions, magnified while allve and

moving freely in the field of view. A recently invented English Instrument, called the vitascope, is said to supply a desideratum in this respect. It is shaped like a telescope, a foot long when closed, and an inch and a half in diameter. The lenses are so combined that an object 20 inches away may be magnified 12 diameters. At a

distance of 5 inches the magnification Is 60 diameters.

BOAT HAS EXPRESS SPEED. Western Designers Expect Their

New Craft to Beat All Records. A craft with the speed of an express train has long been the dream of several motor-boat enthusiasts along the

is a great opportunity to make money in selling these cards to collectors or the general public. Address The Evening Wisconsin Co., Post Card Dep't., Mil-waukee, Wis. upper Mississippi River and several designers have been working together Time Works Wonders.

Mississippi River motor-boat association, to include mil of the smaller organkations

Where a couple of years ago there were a dozen launches in LaCrosse waters there are now more than 150. ranging from the sixteen-foot hunting scow to the magnificent fifty-foot cruis

decent livelihood reflect actual condi-

tions, more leniency should certainly be

shown-at least in England-toward

apparently liberal charges for minister-

ing to our physical woes, says the Lon-

don correspondent of the New York

It is pointed out that while there

may be a few specialists in London who

earn incomes ranging between \$75,000

and \$100,000 n year, the average in-come of the medical man in England

works out at something like \$1,100 or

\$1,250; and, reasoning from this aver-

age, the letter of a correspondent, who

bitterly bewalls his fate at an income

of \$1,100 a year, out of which he mus

defray the expenses of his surgery and

practice before he can claim anything

for his home. is taken as a sample of the experience of the ordinary practi

tioner in the industrial centers of En-

The correspondent in question had

secured for himself a fair connection

in point of numbers, after a residence

of ten years in his district. Of his

earnings 31.6 per cent was paid to him

at his surgery; S7 per cent was paid in

weekly installments to a collector ; two

thirds of the accounts were paid at :

rate of 6 cents a week and one-third at

less than 6 cents a week; 12 per cent

had to be regarded as bad debts, and

the balance, 20 per cent, had to be got,

if it was got at all, through the County

The reason of this inadequate return

for all the skill, patience and labor of

the medical practitioner in England is

not ascribed alone to the overcrowding

of the profession. By many the prac

titioners themselves are blamed for

consenting to accept fees which are no only unworthy of the work done bu

too low when regarded in the light of

the means of those who have the work done. This state of affairs is attrib-

uted to rivalry and want of unity

among practitiouers in general. As

consequence the suggestion is made that

states that the physicians of the vari

ous German cities have been compelled

to advertise that in the future in

creased fees will be charged and al

consultations by telephone will be

charged for at the same rates as gov

ern when patients visit doctors' offices.

Sunday calls will be charged double.

Warning is also given that night and

The reasons given for the increased

fees are the enormous increase in liv

ing expenses, heavier taxes and the

doctors in each district should agree or

course, charity work.

Times.

gland.

Court.

ers of the more wealthy boatmen. seasickness, captain," remarked a lady passenger. "Could you tell him what WHERE DOCTORS FARE ILL.

to do in case of an attack?" ""Tain't necessary, mnm," replied the Fees in England, Germany and Aus captain. "He'll do it."

ing:

tria Often Ridiculously Small. The collection of anthropoid apes in Those who "pay the doctor's bills"

the Regent's Park Gardens is the finest in England, like those in America, gen ever brought together. erally have their own ideas about the periodical outery raised in certain sec



Women Are Likely to Suffer with Dangerous Kidney Disorders. Mrs, John Kirk, R. F. D. No. 2, De-

No Instruction Necessary.

the way with an uncompromising di-

rectness which is more effectual than

any aid of art. The Mariner's Advo-

cate expresses this fact in the follow-

"My husband is particularly liable to

Nature, left to herself, often points

troit, Mich., says : "Five years ago at a critical time of life I was on the verge of a collapse with k l d n by troubles,



As my doctor did not help me I began using Donn's Kidney Pills. In a few weeks all these symptoms left me. I now weigh 163 pounds and feel in excellent health!

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

All papers left on the trains of the Belgian State railways are appropriated by the government and are utilized in the manufacture of word for tickets.

Beware of Ointments for Catarrh that Contain Mercury,

as mercury will surely destroy the sense of smell and completely derange the whole sysamell and completely derange the whole sys-tem when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physiciens, as the damage they will do is ten-fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufac-tured by F. J. Cheney & Co., Toledo, O., con-tains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials

Sold by Druggists. Price, 75c. per bottle. Take Hall's Family Pills for constipation.

Foremost among the minerals, etc., which Russians regard as the source of Siberia's future wealth are gold, iron, coking coal, manganese, copper, platinum, emeralds, topazes, asbestos, glauber's salt, rock salt and, in all probability, naphtha.

For Any Disease or Injury to the eye, use PETTIT'S EYE SALVE, absolutely harmless, acts quickly. All drug-gists or Howard Bros., Buffalo, N. Y.

An Effective Stage Speech.

Signor Grasso, the actor, who is looked upon as one of the glories of Italy, made an effective response to the enthusiasm of an Argentine audience after a performance. Advancing to the front of the stage, he drew from his pocket a letter.

ence was transformed to delirium .---

a minimum fee below which no one "This letter," he said, "is from my would be allowed to go, barring, of mother in Catania. She is 80 years of age." Then as his eves moistened he That the conditions in the medica added, "I cannot thank you as I would, profession in England are no worse but I feel that I should like to embrace than those in Germany is shown by ; every one of you as I embrace the page communication from a correspondent o on which my mother has signed her the New York Times, In which he name." . The enthusiasm of the audi-

Paris Cor. London Mail.

COMPLAINTS ABOUT PAINT.

The time to complain about paint is before the painter applies it. The man who puts up the money should not shirk the responsibility of choosing the paint. True, the painter ought to know paint better than the banker, the professional man or the merchant. The trouble is, the house owner too often deliberately bars the competent and honest painter from the job by accepting a bid which he ought to know would make an honest job impossible. Secure your bids on the basis of National Lead Company's pure White Lead and pure Linseed Oll and see that you get these materials. No one need be fooled by adulter-

ated white lead. A blowpipe testing outfit will be mailed to any one Interested in paint.

Address, National Lead Company, Woodbridge Building, New York City.

Lord Kelvin's Romance.

There was an element of romance in | Pinkham: the late Lord Kelvin's second marriage. It was at the Canary Islands that the great scientist met his brideto-be, and her interest in scientific pursults drew them together. The scientist went to great length to unfold a new system of signaling, and as he said good-by to the lady on the bridge of his yacht on leaving he looked at her and smillingly said : "Do you think you understand the system now?"

"Oh, yes," replied his lady friend, "I am sure I understand." "Then," said the scientist, "watch the

vessel as it disappears from view and I will flash you a message." The message was, "Will you be my

wife?" The lady's reply the world knows.

Garfield Digestive Tablets From your druggist, or the GARFIELD TEA CO., Brooklyn, N.Y.; 25c per bot.; samples upon request.

Advision. Miss Peachley-Austie, I find it hard

to entertain Mr. Ketchley. He seems to have so little general information. Matchunking Aunt-Then specialize, my dear: specialize. If Browning is too deep for him, try him on baseball.

FITS & Vibe' Dance and all Servers Die Berre Assister, Rend for Free 38 bial bonie and tree Der. M. H. KLINE, 14, 501 Arch Street Polladaphi

A Knockdown Argument. A suburban school just opening for

the season was composed of both city and country children. The teacher selected eight boys to debute the subject. "Which is Preferable-Country or City Life?"

After they had read many arguments with much enthusiasm Country Hugh laid down his paper and said : "Mr. President, they don't know what they're talkin' about. The city boy knows nothin' about 'going to town,' and that beats anything I know."-La-

dies' Home Journal. Mrs. Winslow's Soothing Syrap for Child-ren teething, softens the gums, reduces in-fammation, allays pain, cures wind colle, 25c a bottle.

Willfully Careless, Mr. Highmore-1 don't care to be seen

cleaner's, you know, and-er-have it

BABY'S ECZEMA GREW WORSE

Hospitals and Doctors Could Not

scoured off .- Chicago Tribune.

with that Lumpkins. There's a stain on his escutcheon. Mr. Pneuritch-That's so. He's devilstores ish slevenly. He could step into any

germicidal, disin-feeting and deodorizing toilet requisite of exceptional excellence and econ-MINE omy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet 50 cents, or by mail postpaid.

Large Trial Sample WITH "HEALTH AND REAUTY" BOOK BENT THE PAXTON TOILET CO., Boston, Mass.



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did. Mrs. A. Gregory, of 2355 Lawrence

St., Denver, Col., writes to Mrs.

"I was practically an invalid for siz years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I. was worse than before. A friend ad-vised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound,"

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pink-ham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bear-ing-down feeling, flatulency, indiges tion, dizziness or nervous prostration.

Why don't you try it? Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to-health. Address, Lynn, Mass.



TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body

antiseptically clean and free from up

healthy germ-life and disagreeable odore

which water, soap and tooth preparatio

alone cannot do. A

personal efforts At the assistance of the one truly beneficial laxative remedy, Syrap of figs and Livir of Senna, which enables one to form regular habits daily so that assistance to na-ture may be gradually dispensed with when no longer needed as the best of remedics, when required, are to assist nature and not to supplant the natur. of functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. Toget its beneficial effects, always buy the genuine

Syrup Figs the Elixir & Senna CALIFORNIA

FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50% per Bottle



UNBEATABLE EXTERMINATOR THE OLD RELIADLE THAT NEVER FAILS Being all poison, one tot box will spread or make 50 to 100 little cakes that will kill son or more rats and mice, and thousands of Roaches, Ants and Bed Bugs. . 35c & 75c hoxes at all druggists and country stores. FREE Send for our comic postal cards and lithograph which have convulsed the world with laughter.

E. S. WELLS, Chemist, Jersey City, N. J.



Some of the choicest lands for grain growing, stock raising and mixed farming in the new dis-fricts of Saskatchewan and Alberta have recently been Opened for Settlement under the

Revised Homestead Regulations Entry may now be made by proxy (on certain

the father, mother, son, daughter, other or sister of an intending homesteader Thousands of homestealls of 160 acres each are thus now easily obtainable in these great grainving, stock-raising and mixed farming see tions. Thore you will find healthful climate, good

neighbors, churches for family worship, schools for your children, good laws, spiendid crops, rollroads convenient to market, itry fee in each case is \$10.00. For pamphiet 6000

Eastry too in each case is Siddy. For paraphlet, "Last Beat West," particulars as to rates, routo's, Dest time to go and where to locale, apply to W. D. Scott, Superintendent of Immigration, Ottowa, Canada, or E. T. Holmes, 316 Jackeon St., St. Paul, Minn, and J. M. MacLachian, Hoz Ho, Watertown, So. Dakota Authorized Govern-ment Agents.

Floure may where you saw this advertise

"Hello, Dixon!" said How's things?" "Simply swimmingly, thanks, old hap! Couldn't be better. I was never

loing so well in my life! I've got a hundred pounds in my pocket at this ery moment."

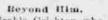
"Good, good! I'm glad to hear it! Delighted !" "Yes; a hundred pounds-a hundred

unds! You understand?" "Yes. I congratulate you!"

"But you believe me, don't you? A solid hundred pounds in golden soverigns in my pocket-a hundred ounds !"

"So you said. Why do you keep repeating it?"

"Well, as a matter of fact, I'm testing that story about a fellow repeating a yarn until he comes to believe it himself. I expect to thoroughly convince myself about Thursday. You might lend me a sovereign till then, will you?"-Pearson's Weekly.



The Admirable Crichton who had just livered an impromptu speech in verse tocked out a professional pugilist, de phered a cryptogram that nobody else ould solve, and disarmed in a twinkling to experts who had attacked him with wir rapiers, all within the space of an St. Paul. our or so, heaved a sigh of regret.

"I can do these things easily enough, snid, "but to save my life I can't tch a curved ball !" From which we see that the distinislied men of the olden time were only dutively great.

CHANGE IN FOOD

Works Wonders in Health.

It is worth knowing that a change a food can cure dyspepsia. "I deem it apparatus for the engine is unable to by duty to let you know how Grapemaintain this pace indefinitely. Kuts food has cured me of indigestion. The Skip now holds the speed red "I had been troubled with it for ord on that part of the river with the exception of a boat of the same deears, until last year my doctor recomunded Grape-Nuts food to be used sign, which is 35 feet long and is

ery morning. I followed instructions equipped with a sixteen-horse-power ad now I am entirely well. three cylinder motor. The new boat, "The whole family like Grape-Nuts, however, has not entered into competition with the speed records, although te use four packages a week. You are cloome to use this testimonial as you she is said to run nearly a mile an 0 HE ** hour faster than the Skip.

The reason this lady was helped by A remarkable feature of motor boatic use of Grape-Nuts food, is that it ing on the Mississippi is the speed atpredigested by natural processes and tained by boats with little horse powerefore does not tax the stomach as er. While the crafts on the Atlantic he food she had been using; it also coast and the lakes require from fifty ontains the elements required for to seventy-five horse power before a aliting up the nervous system. If that speed of twenty miles an hour can be attained, none of the fastest boats on art of the human body is in perfect corking order, there can be no dyspepthe river has more than sixteen horse power and few of them have over it, for nervous energy represents the

ten. Many of the engines used in the cam that drives the engine. When the nervous system is run river craft are of light design, and own, the machinery of the body works while the horse power is small they adiy. Grape-Nuts food can be used by attain a speed of from 800 to 1,000 revnall children as well as adults. It is olutions per minute.

erfectly cooked and ready for instant Read "The Road to Wellyllie," in

ge. "There's a Reason." Ever read the above letter? A tew one appears from time to time.

They are genuine, true, and full of human interest.

with the result that they have produced a boat with which they expect to shatter all the present records; says the

New York World. Frank Titus of Fountain City, Wis., formerly owned the fastest boat on the river in the famous Bat, the small craft which attained a speed of nearly twenty miles an hour with a nine-horse power engine and for three seasons held the speed record on the upper river.

The Bat has been sold to a physician at Cassville, Wis., and her engines will be used in another craft. Until the advent of the Chlef of Rec-

ord, formerly owned by A. Gardner of Winona, the Bat outclassed all boats on the river, large and small, and could leave the fastest steamboats in the stern waves.

Gardner's boat, 25 feet long, with a nine-horse-power engine and 4-foot beam, was, until the middle of the season, the fastest boat in that terri-

Motor boating on the Mississippl

has taken a remarkable advance in

popularity in the last season. Motor-

general inadequate charges made heretofore. Dr. G. Pick, writing of conditions in

Austria, shows that about the same ansatisfactory state of affairs exists for the medical profession there as obtains in England.

Esperanto vs. Volapuk.

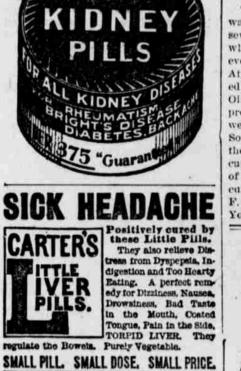
The primary cause of its success un doubtedly may be found in the easy with which it can be acquired, says George Harvey of Esperanto, in' the North American Review. We are convinced by personal experience of the tory. At Wabasha on July 4, in the justice of the claim that application motor-boat races, the Chief of Record of one hour a day, by a fairly welleducated person, for a period of three outran the Bat and other boats enmonths, is sufficient to insure reasontered and finished nearly a half-mile able proficiency; Indeed, with the aid in the lead in a six-mile course. The Chief of Record attained a speed of of a simple key, intelligible communi twenty miles an hour and for the cation may be had immediately with horse-power installed was considered a member of any other nationality the fastest boat between St. Louis and possessing like means of translation. That the strength of Esperanto lies in

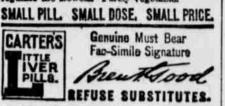
Late in July the Skip, owned by its really amazing simplicity is indi Eugene P. Gleason, of LaCrosse, was cated by the following comparison: launched at Red Wing and clearly out-In English-"The international lanclassed other water racers. The Skip guage should be comprehensible to the is 32 feet long, with a 4-foot beam and whole educated world; but no man on is equipped with a twelve-horse-power earth, except the Volapukist would motor in three cylinders. The Skip comprehend even the word 'Volapuk.' has attained as high as twenty-two In Volapuk-"Puk bevunetik pakapaand a half miles an hour, but through lom fa vol lolik pekulivol; abu men failure to provide a sufficient cooling uonik tala sesumu volapekels, kapalom

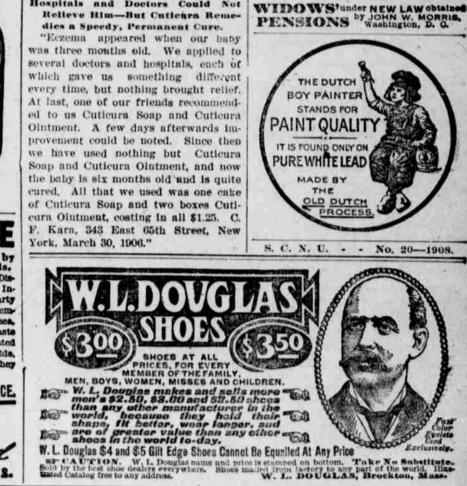
puki lekanix, 'Volapuk.'" In Esperanto-"La lingvo Internacia estas komprenita de la tuta mondo edukita; sed nenla homo sur la tero eksklusive la volapukistoj komprenas la artan lingvon 'Volapuk.'"

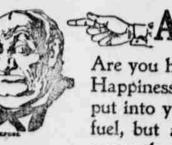
Woes of the Amateur

Wifey-1 wouder why the grass boat clubs have been organized at all of the smaller towns along the river, doesn't come up? Hubby-I'm sure I can't tell. You as well as at the cities, and there is now a movement on between the clubs don't suppose you planted the seeds looking toward the organization of a upside down, do you?









CURED BY

A CASE OF BAD BOWELS Are you happy? Not if your liver and bowels don't work. Happiness depends on the bowels. Every time you eat, you

put into your body not only good material for repairs and fuel, but a mass of useless stuff that has to be removed promptly or it will clog your machinery, poison your blood,

throw your liver out of gear, and make you act mean to those you love. Your stomach is sour, your skin yellow, your breath offensive, and you hate yourself and all mankind. Winter or summer it's all the same, when you are unclean inside, you are unhappy and so is everybody near you. The cure is pleasant, quick, easy, cheap, never fails. Cascarets, the world's greatest bowel cleaner and liver tonic. Cascarets are guaranteed to cure constipation, lazy liver, bad blood, bad breath, sour stomach, biliousness, and all summer and winter bowel troubles. Don't be un-

happy-buy a box today. All druggists, 10c, 25c, 50c. Write for health booklet and free sample. Address Sterling Remedy Company, Chicago or New York.