PERUNA

For Catarrh of the Throat of Two Years' Standing.

"I was afflicted for two years with catarrh of the throat. At first it was very slight, but every cold I took made it worse.

"I followed your directions and in a very short time I began to improve. I took one bottle and am now taking my second. I can safely say that my throat and head are cleared from catarrh at the present time, but I still continue to take my usual dose for a spring tonic, and I find there is nothing better."—Mrs. W. Pray, 260 Twelfth St., Brooklyn, N. Y.

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS.

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS.

Genuine Must Bear Fac-Simile Signature

Brent Good

REFUSE SUBSTITUTES.

Just the Opposite.

The motorist came out of the garage all bedecked in bearskin and goggles.

"I'm out for a fast spin," he remarked as he pulled on his gloves. "They say a speed of 70 miles an hour is a tonic for the nerves when they are run down."

"I haven't noticed it," said the granger who was passing.

"That's queer. And you own a car?"

"No, I'm a pedestrian."

RHEUMATISM

I want every chronic rheumatic to throw away all medicines, all liniments, all plasters, and give MUNYON'S RHEUMATISM REMEDY a trial. No matter what your doctor may say, no matter what your friends may say, no matter how prejudiced you may be against all advertised remedies, go at once to your druggist and get a bottle of the RHEUMATISM REMEDY. If it fails to give satisfaction, I will refund your money.—Munyon

Remember this remedy contains no salicylic acid, no opium cocaine, morphine or other harmful drugs. It is put up under the guarantee of the Pure Food and Drug Act.

For sale by all druggists. Price, 25c.

Big Birds on Small Wings.

In the attempt to discover some universal law of bird flight, scientists have disclosed concerning a number of species a most puzzling paradox, perhaps the most mysterious of the enigmas that the subject presents. It is that in a number of birds and insects the size of the wings decreases in proportion to the increase in size of the body of the flying creature. The Australian crane, for instance, weighs over 300 times more than the sparrow, but in proportion has only one-seventh the wing area of the smaller bird.

This curious fact is equally striking if we compare birds with insects. If the gnat were increased in size until it was as large as the Australian crane and if the wings of the insect were enlarged to maintain the proportion they now bear to its body, they would be about 150 times larger than the crane's.

It requires 3.62 square feet of wing area per pound to float the bank swallow, but to sustain the tawny vulture, a monstrous bird in comparison, requires only .68 of a square foot of wing surface per pound of body. The albatross, weighing eighteen pounds, has a spread of 11 feet 6 inches, while the trumpeter swan, weighing twenty-eight pounds, has a spread of wing of only 8 feet. The stork weighs eight times more than the pigeon, but in proportion has only half as much wing surface.

Where the Trouble Was.

"Old chap, why don't you make up your mind to marry and settle down?"

"You chump, it takes two minds to do that, and I haven't quite got Freda's mind made up yet."—Chicago Tribune.

SICK DOCTOR.

Proper Food Put Him Right.

The food experience of a physician in his own case when worn and weak from sickness and when needing nourishment the worst way is valuable:

"An attack of grip, so severe it came near making an end of me, left my stomach in such condition I could not retain any ordinary food. I knew of course that I must have food nourishment or I could never recover.

"I began to take four teaspoonfuls of Grape-Nuts and cream three times a day and for two weeks this was almost my only food; it tasted so delicious that I enjoyed it immensely and my stomach handled it perfectly from the first mouthful. It was so nourishing I was quickly built back to normal health and strength.

"Grape-Nuts is of great value as food to sustain life during serious attacks in which the stomach is so deranged it cannot digest and assimilate other foods.

"I am convinced that were Grape-Nuts more widely used by physicians it would save many lives that are otherwise lost from lack of nourishment."

Absolutely the most perfect food in the world. Trial of Grape-Nuts 10 days proves. "There's a Reason."

Look in pkg. for the little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Ways of Women

No Excuse for Nagging.

Nobody blames a wife for upholding her self-respect and resenting insult, but there is little sympathy for one who deliberately drives a man to deeds of rudeness and violence. Nagging and indulgence in bad temper leave indelible marks on the face of a woman, on her voice and on her character. They shrivel up whatever sweetness nature has put into her disposition and make her unlovely, even in the eyes of those who feel in duty bound to give her affection. It is often hard to maintain silence under provocation, but there is always the open door of escape, you know. A quarrel does not thrive when fed from one side only, and what should be important to every woman with pretenses to refinement is the undisputed vulgarity of bickering. Education and refinement are supposed to lift us so far above vulgarity that even the hems of our skirts are unstained.

Care of the Face.

Pimples and blackheads are very often the result of a superficial cleansing of the face. Hot water opens the pores and soap cleanses them. For this reason they should both be used every day. Before going to bed the face should be washed thoroughly. This should be followed by an application of cold cream rubbed thoroughly into the skin. What remains on the skin should be rubbed off with a soft cloth. In the morning a thorough rinsing with cold water should follow the bath in warm—not hot—water.

Marry American Wives.

Quite a number of foreign diplomats have American wives, among them being Baron Boncheur, M. Jusserand, Don de Mendonca, Dr. Guzman and others. Mme. Jusserand was Miss Eliza Richards, daughter of the late American banker, George T. Richards, but she was born in Paris. The Duchess d'Arcos was formerly Miss Virginia Lowery of New York, Baroness Moncheur was Miss Clayton, daughter of Powell Clayton.

The Simple Life.

A class of some forty young ladies, mid-winter graduates of a Chicago high school, appeared at the commencement exercises arrayed in costumes prepared by their own hands. The material for their gowns purchased "in lump" cost the wearers $1.38 each. Among the class were daughters of the rich and poor, all dressed alike, both tastily and becomingly. Here was no room for envy or pride nor occasion for poor families to sacrifice necessary comforts to procure a graduating costume for the daughter in order that she might compare favorably with her wealthy asociates. The plan is well worthy of imitation.—Bardolph News.

Medical Maxims.

Easy money—see appendix.

Time waits for no prescription.

The path of physic leads but to the grave.

No operation is without dishonor, except in its own clinic.

Now behold three things: doctoring, nursing and nature; but the greatest of these is nature.

Where there's a pill there's a pay.—Life

Shred the Eggshells.

Eggshells put into coffee without crushing after the beverage is made don't clear it thoroughly. Wash the eggshell carefully before breaking the egg. In making the coffee shred the shell fine with the fingers and mix with the grounds before pouring on the water. The result is a clear, delicious looking cup with the use of even a small part of the shell.

Reducing Flesh.

Whatever else fashion hints there is not the slightest rumor that flesh is to be stylish in the near future. Therefore women who are not thin are keeping up all kinds of methods to make them so. Live on noodles is the cry. Consequently this diet is strictly kept by women who are willing to sacrifice anything to be thin. The latest remedy, however, is to drink camomile tea without sugar, an hour after eating. This is said to cure the most rebellious case, and turn one of barrel-shaped proportions into sylphlike lines.

New Shoe Styles.

The new fabric shoe is one of the most attractive of the new footwear. They are shown in all the popular shades of cravenetted cloth, with the lowers of the same color but-satin striped. No more luxurious shoe could be imagined. The white shoes are to be of linen, canvas and kid, and many will be very high boots, although the white-beaded tie will be popular. Suede in all colors still holds its own. One dainty house slipper in delicate colors has set at one side a bewitching little bow of a matching chiffon.

Two Marks of Beauty.

Beautiful eyes and brows are, in one sense, a special gift of nature. Many a plain woman is redeemed by fine eyes; many a pretty face spoiled by red-rimmed, dull, lusterless eyes. But at the same time a great deal may be done to make even unpromising eyes clear and attractive, to render eyes which are only passably pretty really beautiful.

EXTREME MODELS IN NEW GOWNS.

Millinery

Toques are still large, broad heavy looking.

Strings are being worn on hats, and tied under the chin.

Newest hats are being extensively trimmed on the right side.

Bandeaux will have little use in the hats planned for spring.

To clean wings, wipe off the dust and then sponge with alcohol.

Toques of straw are being trimmed with fancy rims and feathers.

Flowers dipped into paint or gasoline dyes usually come out like new.

Gasoline cleans ribbons and velvet, or a good cleaning fluid may be used.

A little fan-shaped plaiting of real lace is a great help to the satin and fur hats.

If they are worth it, the petals may be touched with a small camel's hair brush.

Black chip should be wiped off with a soft old silk handkerchief, then rubbed lightly with pure olive oil.

Follow the application with a good pressing on the wrong side, in the case of the ribbon, and steaming for the velvet.

Soiled white chiffon hats may be cleaned by using equal parts of French chalk, magnesia and powdered soap. Cover with the mixture, leave on twenty-four hours, and when brushed off the soiled spots will usually come, too.

Upon Being Ourselves.

How few people there are who ever consider that an acquired manner can be as unbecoming as an ill-chosen frock. Those who are forever recommending womankind to cultivate "individuality" must be responsible for an immense number of misguided women who are wearing the wrong kind of manner with painful complacency. The entire sex ought to be cautioned against dabbling in individualities, and young girls, especially, should be protected strictly from every temptation to part with what little real personality they already possess.

A Spring Drink.

When the lassitude of spring gets into your bones try drinking sassafras tea. This is an old, old remedy beloved of our grandmothers and like many another good home nostrum is all to the good. It purifies the blood, acts as a tonic and makes life worth living, after all. To make the tea buy 5 cents' worth of the root at the druggists, pour a quart of boiling water over as much as will go in the palm of the hand, let it steep until cold, drain and drink a small cupful morning and evening.

To Keep Young.

It is every woman's duty to keep young looking as long as possible, but unfortunately she does not always know the best way to live up to that duty.

Avoid worry, hurry and getting flustered.

Learn self-control. Anger is a rapid wrinkle-bringer.

Be temperate. Moderation does not only refer to the stomach. Overdoing in any way makes for premature age.

Love the open air. Fresh air is not a fad, it is a necessity if one would keep young.

Get plenty of sleep. Nothing lines the face like nights of wakefulness.

Keep mentally alert. An intellectual back number adds years to her seeming age. Nothing makes for youth like a young mind save perhaps a young heart.

Don't let yourself get sluggish and indifferent. Here is where the benefit of massage, physical culture and a vital interest in life comes in.

The Wife's Duty.

Mrs. Harriet Johnston Wood, a New York lawyer and woman suffragist, says that any married woman who does not add to her husband's comfort in his home should support herself. She has no right to expect her husband to support her if she is not giving him an equivalent.

The Dregs.

When your cup of happiness is full,
I tell you what to do;
Leave a little in the bottom for
The one that follows you.

—Life.

FASHION HINTS

This fancy linen depends largely upon the button hole and eyelet finish for novelty. It's a trimming that will be used a great deal this season. A distinctive feature in the accompanying sketch is the plain over skirt lashed together with ribbon; showing flat pleats underneath.

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

Prince Pierre's Point.

Wit illumines one of the dueling stories in Monsieur Ronzier-Dorciere's recent book, "Sur Le Pre."

Prince Pierre Bonaparte, and a French gentleman, Monsieur de la Valette, fought with pistols.

Monsieur de la Valette fired first and missed. The prince fired, hit De la Valette just above the belt, but did not wound him, owing to a five-franc piece in his waistcoat pocket, against which the bullet was flattened.

"Sir," said Prince Bonaparte to his adversary, holding out his hand, "let us make friends, and allow me to congratulate you on the foresight with which you have invested your money."

Heredity.

The Doctor—I have heard that the parents of Lucklace didn't get along very well together, and separated soon after he was born.

The Professor—Yes; that it why he has his father's aggressive nose and his mother's retreating chin.

Do You Feel Like This?

Does your head ache or simply feel heavy and uncomfortable? Does your back ache? Does your side ache? Do you feel fagged out? The tonic laxative herb tea known as Lane's Family Medicine will clear your head, remove the pain in side or back and restore your strength. Nothing else is so good for the stomach and bowels. At druggists' and dealers', 25c.

Simplified.

Slug 47—How do you spell——

Old Fashioned Proofreader—Any way you please. All rules of spelling have been abolished.

STATE OF OHIO, CITY OF TOLEDO, } ss
LUCAS COUNTY.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(SEAL) A. W. GLEASON, NOTARY PUBLIC.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free.

F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Six or seven millions is estimated to be the number of rubber trees in the Malay States.

PILE CURE FREE: Wonderful Pile Remedy sent free to sufferers by addressing Rea Company, Dept. B5, Minneapolis, Minn.

The tip of the tongue is the most sensitive part of the human body; the tips of the fingers come next, and third the skin of the lips.

PILES CURED IN 6 TO 14 DAYS

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

The Government Bureau of Plant Industry finds that ground granite makes excellent fertilizer.

Pettit's Eye Salve for 25c.

Relieves tired eyes, quickly stops eye aches, congested, inflamed and common sore eyes. All druggists or Howard Bros., Buffalo, N. Y.

Ceremony Omitted.

The king of the hobos, who was on his travels, had just met the king of the Cannibal islands.

"Well," they said, as they looked at each other, "I guess we won't kiss."

To have more of Health and more of Life, take Garfield Tea! This Natural laxative regulates liver, kidneys, stomach and bowels, corrects constipation, purifies the blood and eradicates disease.

Hard Bubble.

Gunner—He used to be a pessimist and say the world was a bubble. I understand he has changed his opinion.

Guyer—Yes; you see, he fell out of an airship not long ago.

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

Nothing Doing.

Floorwalker—Can I do anything for you, madam?

Mrs. Kleptomeyer—No, thanks, I don't wish to buy. I'm just out shoplifting.—Judge.

A Domestic Eye Remedy

Compounded by Experienced Physicians. Conforms to Pure Food and Drugs Laws. Wins Friends Wherever Used. Ask Druggists for Murine Eye Remedy. Try Murine in Your Eyes. You Will Like Murine.

S. C. N. U. - - No. 16—1909.

NO NEED TO TAKE CHANCES.

There Is a Sure Way of Knowing Good Paint Material.

There is really no need whatever for any property owner to take chances in the selection of his paint materials. It doesn't cost a cent to learn how to be on the safe side. Certainly every property owner has enough at stake to find this out.

A complete painting guide, known as Housecowner's Painting Outfit No. 49, can be had free by writing National Lead Company, 1902 Trinity Building, New York. This company is the largest maker of pure white lead in the world. Its Dutch Boy Painter trademark is famous as a guarantee of purity and quality. The outfit includes a book of color schemes, for either interior or exterior painting, a book of specifications, and a simple little instrument, with directions for testing the purity of paint materials.

The Public Pays the Freight.

Expressed in terms of value, the enormous drain for lumber, which uses up more than half of the entire remaining supply, merely staggers belief. But put it on your bill as sashes, doors, blinds, floors, roofs, stairway-railings, ornamental house-fittings, office and store fixtures—the thousand and one items you pay for either through your landlord or direct to your builder; then add the item for shingles and laths, which amounts in the aggregate to some thirty millions a year; is it difficult to see why, with an average increase of twenty to fifty per cent in the cost of the raw materials for these products, your rent and house-building cost more, by just so much, than they did ten, or even five years ago, exclusive of labor?—Success Magazine.

FIVE MONTHS IN HOSPITAL.

Discharged Because Doctors Could Not Cure.

Levi P. Brockway, S. Second Ave., Anoka, Minn., says: "After lying for five months in a hospital I was discharged as incurable, and given only six months to live. My heart was affected, I had smothering spells and sometimes fell unconscious. I got so I couldn't use my arms, my eyesight was impaired and the kidney secretions were badly disordered. I was completely worn out and discouraged when I began using Doan's Kidney Pills, but they went right to the cause of the trouble and did their work well. I have been feeling well ever since."

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

Expert Judgment.

"I sometimes think," remarked the regular patron, "that the snare drummer should be the best musician in the theater orchestra."

"He usually is," said the drummer.

Time is the best test. For over fifty years Hamlins Wizard Oil has been the most popular remedy in the United States for the cure of Rheumatism, Neuralgia and all pain and inflammation.

Averting a Catastrophe.

Gwendolen—O, Jack, whan you talk like that you break my heart!

Jack (in a whisper)—I won't do it any more, dearest. Awfter this I'll say ither and nyther.

TOTAL LOSS OF HAIR

Seemed Imminent—Scalp Was Very Scaly and Hair Came Out by Handfuls—Scalp Now Clear and New Hair Grown by Cuticura.

"About two years ago I was troubled wth my head being scaly. Shortly after that I had an attack of typhoid fever and I was out of the hospital possibly two months when I first noticed the loss of hair, my scalp being still scaly. I started to use dandruff cures to no effect whatever. I had actually lost hope of saving any hair at all. I could brush it off my coat by the handful. I was afraid to comb it. But after using two cakes of Cuticura Soap and nearly a box of Cuticura Ointment, the change was surprising. My scalp is now clear and healthy as could be and my hair thicker than ever, whereas I had my mind made up to be bald. W. F. Steese, 5812 Broad St., Pittsburg, Pa., May 7 and 21, 1908."

Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston.

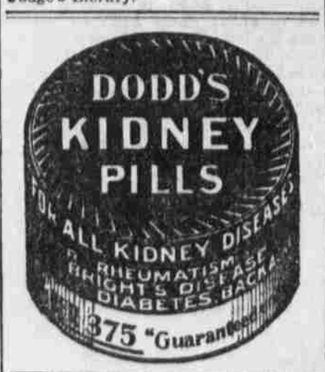
Insulted Him.

An extremely learned young lady, while reading her book, had fallen off a sharp cliff and lay injured and helpless on the sands below. Finally, in answer to her cries, she saw the form of a fisherman advancing cautiously over the cliff, with a rope in his hand, to her rescue. She clasped her hands and exclaimed fervently:

"At last some succor has arrived!"

The fisherman turned and eyed her indignantly for a moment and then yelled down to her:

"It's a sucker I am, is it Well, you can stay just where you are!"—Judge's Library.



AFTER SUFFERING TEN YEARS

Cured by Lydia E. Pinkham's Vegetable Compound

MARLTON, N.J.—I feel that Lydia E. Pinkham's Vegetable Compound has given me new life.

I suffered for ten years with serious female troubles, inflammation, ulceration, indigestion, nervousness, and could not sleep. Doctors gave me up, as they said my troubles were chronic. I was in despair, and did not care whether I lived or died, when I read about Lydia E. Pinkham's Vegetable Compound; so I began to take it, and am well again and relieved of all my suffering."—Mrs. GEORGE JORDY, Box 40, Marlton, N.J.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases we know of, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

W. L. DOUGLAS $3.00 SHOES $3.50

The Reason I Make and Sell More Men's $3.00 & $3.50 Shoes Than Any Other Manufacturer is because I give the wearer the benefit of the most complete organization of trained experts and skilled shoemakers in the country.

The selection of the leathers for each part of the shoe, and every detail of the making in every department, is looked after by the best shoemakers in the shoe industry.

If I could show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, and wear longer than any other make.

My Method of Tanning the Soles makes them More Flexible and Longer Wearing than any others.

Shoes for Every Member of the Family, Men, Boys, Women, Misses and Children.

For sale by shoe dealers everywhere.

CAUTION! Some genuine without W. L. Douglas name and price stamped on bottom.

Fast Color Eyelets Used Exclusively. Catalog mailed free.

W. L. DOUGLAS, 167 Spark St., Brockton, Mass.

This Trade-mark Eliminates All Uncertainty in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of every keg of white lead you buy.

NATIONAL LEAD COMPANY
1902 Trinity Building, New York

WESTERN CANADA

FARMS WESTERN CANADA FREE

More Big Crops In 1908

Another 60,000 Settlers from the United States

NEW DISTRICTS OPENED FOR SETTLEMENT

320 Acres of Land to EACH SETTLER—160 Free Homestead and 160 at $3.00 Per Acre.

"A vast, rich country and a contented, prosperous people." Extract from correspondence of a National Editor, whose visit to Western Canada in August, 1908, was an inspiration.

Many have paid the entire cost of their farms and had a balance of from $10.00 to $35.00 per acre as a result of one crop.

Spring Wheat, Winter Wheat, Oats, Barley, Flax and Peas are the principal crops, while the wild grasses bring to perfection the best Cattle that have ever been sold on the Chicago market.

Splendid Climate, Schools and Churches in all localities, railways touch most of the settled districts, and prices for products are always good. Lands, may also be purchased from Railway and Land Companies. For pamphlets, maps and information regarding low railroad rates apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 315 Jackson St., St. Paul, Minn, and J. M. MacLachlan, Box 110 Watertown, So. Dakota. Authorized Government Agents.

Please say where you saw this advertisement.

Biliousness

"I have used your valuable Cascarets and I find them perfect. Couldn't do without them. I have used them for some time for indigestion and biliousness and am now completely cured. Recommend them to everyone. Once tried, you will never be without them in the family."—Edward A. Marx, Albany, N.Y.

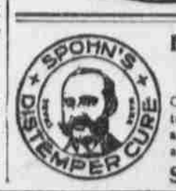
Pleasant. Palatable. Potent. Taste Good. Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 929

If afflicted with Sore Eyes, use THOMPSON'S EYE WATER

PILES PAY IF CURED

We pay postage and send WHITE HOUSE CROSS Pile and Fistula Cure.

REA CO., Dept. B5, Minneapolis, Minn.



For PINK EYE DISTEMPER, CATARRHAL FEVER, AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle, $5.00 the dozen. $1.00 and $10.00 the dozen. Sold by all druggists and turf goods houses, or sent, express paid, by the manufacturers.

SPOHN MEDICAL COMPANY, Chemists, Goshen, Ind.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois