

COLDS BREED CATARRH

Her Terrible Experience Shows How Peruna Should Be in Every Home to Prevent Colds.

Mrs. C. S. Sagers, 1111 Woodland Ave., Kansas City, Mo., writes: "I feel it a duty to you and to others that may be afflicted like myself, to speak for Peruna. My trouble first came in the spring of 1911. It was a cold that I caught in my head and neck. I had a headache, and my ears were badly affected for the last two years. I think from your description of internal catarrh that I must have had that also. I suffered very severely. "Nothing ever relieved me like Peruna. It keeps me from taking cold. "With the exception of some deafness I am feeling perfectly cured. I am forty-six years old. "I feel that words are inadequate to express my praise for Peruna."

Catarrh in Bad Form.
Mrs. Jennie Darling, R. F. D. 1, Smyrna Hills, Maine, writes: "I was unable to do my work for four years, as I had catarrh in a bad form. I doctored incessantly, and got so weak and was confined to my bed. "Peruna came to my relief and by faithfully using it, I am able to do my work. Peruna is the best medicine that I ever took."

A Terrified Hero.
"Did you ever see a narrow escape in the surf last summer?"
"Yes," replied the life-saver. "One lady whom I rescued was so grateful that she nearly married me."

DR. MARTEL'S FEMALE PILLS.
Seventeen Years the Standard. Prescribed and recommended for Women's Ailments. A scientifically prepared remedy, of proven worth. The result from their use is quick and permanent. For sale at all Drug Stores.

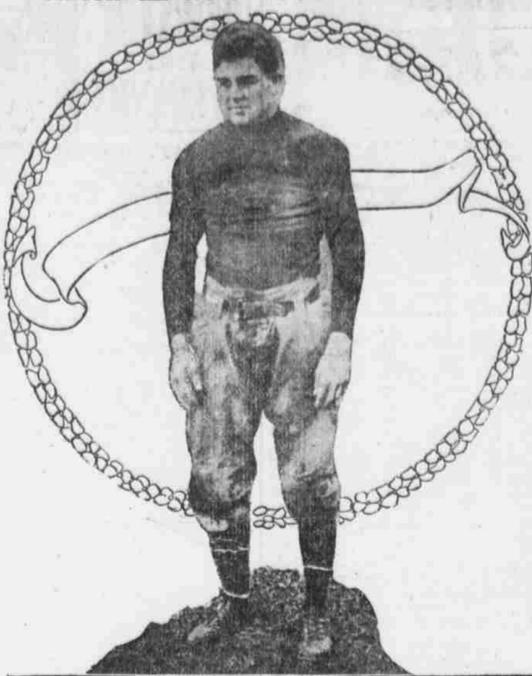
Too Free.
Smyrna—What caused the Allcome Life Insurance company to fail?
Ashley—it was altogether too free in accepting risks. I don't believe it would have even refused to insure the life of a turkey the day before Thanksgiving.

With a Sour Laugh.
A Chicago editor has brought from London an amusing story about Humphrey Ward.
"Humphrey Ward," he said, was in his bachelor days, a really well-known art critic. But now!
"I met Humphrey Ward at a dinner in Soho, and he said to me, with a sour laugh:
"When a girl wants to retire from the world and be lost in oblivion, she has to enter a nunnery. But a man, to achieve the same end, need only marry a famous woman."

Mental Influence.
"How far is it to Gloomville?" we ask of the native who is leaning over the gate.
"Ten miles straight ahead," he answers.
"But we met a man a little way back and he said it was only two miles."
"Short, fat man, drivin' a flea-bitten sorrel boss?"
"That's the man."
"Did you meet or pass him?"
"We passed him."
"Thought so. He's drivin' a balker I traded him, an' he didn't want his boss to know how much furdur it had to go."

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New material from which to rebuild wasted nerve cells is what should be supplied, and this can be obtained only from proper food.
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CRACK ILLINOIS FOOTBALL PLAYER



Merriman of Illinois.

Although the new football rules have placed a premium on team play and are far from making the sport a one-man game, they have succeeded in bringing out one player on each team whose work must be of a high class to insure success. Quarter-back or field general, call him by either name, must be of higher class than ever before and gridiron games of the future will be more a battle of wits between the men occupying the directing positions on the opposing elevens than ever before. This must not be taken to imply that the game is one for the individual star. The coaches are insisting more strenuously than ever upon team work, and although the work of the men is individualized the work of the eleven individuals must be fused into a perfect unit to insure success.
A study of the teams which have met with success in the west this season shows that each has a star in what is known as the quarter-back position, although in some of these teams the man has little in common with the quarter-back of past years. Minnesota has John McGovern, a good field general. Illinois, conqueror of Chicago, has two brilliant men alternating at the place, Otto Seller and John Merriman. Michigan's inability to roll up good-sized scores in the early games is directly traceable to the experiment Yost has made in his generals.
At Minnesota McGovern is playing less as the old-style quarter-back than any field general in the west. The direct pass from the snapper-back to the backs is more used by Minnesota than by any other team, and McGovern is relieved from the greater part of the mechanical duties of snapping the ball. He does not get into every play as quarter-backs were coached to do in former years, but keeps clear of the ruck and watches the effect of his attacks. In this way he is able to discover the weakness and strength of the opposing eleven early in the game and so direct his later attacks more intelligently.
Taking a glance at the weaker teams in the west, it will be found that Chicago, Northwestern, Purdue and Iowa all lack a good field general.

TO PLAY TENNIS IN EUROPE
Miss May Sutton and Miss Hazel Hotchkiss Will Contest in Covered Court Tournaments.
It was news in tennis circles in New York the other day that Miss May Sutton and Miss Hazel Hotchkiss are planning a trip to Europe this winter for the purpose of playing in some of the big tournaments on covered courts on the continent and in England. Miss Hotchkiss is the present American champion at women's singles. She has never been abroad, though more than once it has been reported that she intended to try for the women's singles at Wimbledon.
Miss Sutton is ex-American and ex-English champion and is remarkable as the only American to score at Wimbledon. When she played in England a few years ago she created a great sensation and showed that she was in a class by herself.
If the two California girls make the journey some excellent play is promised as England now boasts of an exceptionally fine player in Mrs. Lambert Chambers. This season she went through without a single defeat.

GOLF ROUTS GEN. KITCHENER
Noted English Soldier Makes Desperate Efforts to Learn Game—Is Unsuccessful.
Lord Kitchener has been routed by golf, which he admits is the "toughest proposition" he ever tackled. He practices with determination, but finds his plays are more erratic now than they were at the beginning. He confesses to staying up nights reading Braids and Vardon's books, but complains that he gets utterly lost in an attempt to put their multifarious injunctions into operation at the same time, says a London dispatch. Ben Sayers, who has been teaching him, says he is a painstaking but not inspired pupil, and that his eye must have become unsteady from hunting De Wet in South Africa.
OUT OF FOOTBALL FOR GOOD
Jesse Peterson, Captain of Williams College Eleven, Suffers Serious Injury in Game.
It is announced that Jesse Peterson of Lockport, N. Y., captain of the Williams football team, is out of football forever as a result of injuries received during a game with New York university.
Peterson had one of the small bones in his right ankle broken within the first two minutes play, but pluckily continued until the end of the third period. Examination then showed that the injury was a serious one. The attending surgeons declare that the strain of a half-hour's hard play upon the injured bone did so much damage that he will be lame for life.

Boxing in Female Seminaries.
Boxing is now made a part of training in female seminaries. Our women will soon be athletic enough to stand up in street cars without complaining.—Buffalo Express.
Football Like Horse Racing.
Referees under the new rules are making football a bit too much like these horse races where you have to call the starters back eleven or eight times.—Cleveland Leader

ASKS FOR NEW GOLF "SPOTS"
Follower of Game Wants Far West to Have Occasional National Tourney—In East Too Often.
Pacific coast and middle-western golfers are agitating strongly the holding of the national amateur championship in other sections of the country than in the east, as they have been for so long. They declare the holding of the tournament in New York or New Jersey or in the New England states has practically prohibited far-western golfers from getting any chance to compete. It is advocated that in four years of tournaments two of them should be held in the middle west alternated with one of the Atlantic and one of the Pacific coast. This, they believe, will make it possible for golfers from all over the country to compete in the tournament. There is a general feeling of dissatisfaction in the west with the conduct of all forms of athletics and this has at length spread to golf.
The effect of this is seen in all sports. In track athletics the east conceded the national championships to New Orleans this year and the event is sure to go next season either to Chicago or San Francisco. In other sports the viewpoint has changed.
Franklin B. Morse, in the Golfers' Magazine, advocates the need of more representative tourneys. His opinion coincides with that of other western players, and experts in this division of the country think he has some grounds for complaint.

MANY AFTER THE TITLE NOW
Death of Stanley Ketchel Causes Many Middle Weights to Get Busy—Pappe Is Favorite.
The death of Stanley Ketchel, the pugilist, at Springfield, Mo., has precipitated the middle weight championship situation into more or less of a muddle. Four claimants to the title stand out prominently and of these three have faced the former champion in the ring, while the fourth would have had the opportunity before long had not Ketchel's life been ended. This last is Eddie McGooty of Oshkosh, Wis. The others are former champion Billy Parke of Kewanee, Ill., now in Australia; Frank Klaus of Pittsburg and Hugo Kelly of Chicago.
Pappe can claim distinction by the fact that he was one of the very few that ever beat Ketchel. Pappe knocked him out in the twelfth round of a bout at Los Angeles two years ago. This is the one decisive beating the past champion suffered in his career.

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KICKED INTO BASEBALL GAME

Harry Lord, Crack Third Baseman of Chicago Americans, Took to Playing Naturally.

By HARRY LORD.
I was kicked into professional baseball. When I was a boy I played the game, but never with any thought or desire to gain a livelihood. I had ambitions in other directions. I played at high school, but never gave the game much serious thought until I went to Bates college. There I began to study the game, and also football, playing on both the varsity teams. I played the games because I liked them, and the further I advanced in baseball the more of the possibilities in the line of making plays I saw. The game interested me beyond the mere physical enjoyment. There was a lot of pride to be taken in accomplishing a play by outthinking or outwitting the opponents. I began to study to see how the major league players did things, and compared their ways of making plays with the ways we had at college. Still I hadn't any idea of entering the game professionally until near the end of my college career. I was young, and the necessity of making a living salary was forced upon me. I began to circle around to see what my chances were in realizing upon my experience and education derived from a college course. The prospect was not a promising one. I had a hard fight with myself, but finally decided to abandon my career temporarily at least. I joined the Worcester club under Jesse Burkett. One needs a good drill master in starting in baseball, and Burkett, no matter what else people may think of him, is a good teacher. He is a natural instructor of men, and has the power to illustrate his lessons. I learned the finer points of the trade there, then went to Boston.
While going into baseball almost accidentally I have found it a clean and honorable profession and one like to develop a man and make him not only fight for his own rights but to respect the rights of others. The only objection I can see to the profession for a man is the travelling. One becomes too much of a wanderer and misses home life.
No boy should try to start in baseball with the idea that it is "fun," for

there is much hard work and a great deal of pain and hardship connected with it. It is wearing on the body and on the mind, and the strain of a hard season wears quickly upon even the strongest. Besides, there is less of a place for the "joy man" in baseball than in any profession. They do not belong and they cannot stand the strain long.

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Father O'Leary's Facetious Rejoinder to John Philpot Curran an Example of Real Wit.
One day the famous John Philpot Curran, who was also very partial to the said corned mutton, did me the honor to meet him. To enjoy the society of such men was an intellectual treat. They were great friends and seemed to have a mutual respect for each other's talent, and, as it may easily be imagined, O'Leary versus Curran was no bad match.
One day after dinner Curran said to him: "Reverend Father, I wish you were St. Peter."
"And why, counselor, would you wish that I were St. Peter?" asked O'Leary.
"Because, reverend father, in that case," said Curran, "you would have the keys to heaven, and you could let me in."
"By my honor and conscience, counselor," replied the divine, "it would be better for you that I had the keys of the other place, then I could let you out."
Curran enjoyed the joke, which he admitted had a good deal of justice in it.—From Kelly's Reminiscences.

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"Sometimes the pain was so great that, when partially awake, I would scratch the worst places so that my finger-tips would be bloody. I could not sleep well and, after being asleep a short time, that awful stinging pain would commence and then I would wake up nearly wild with the torture. A neighbor said it must be salt rheum. Having used Cuticura Soap merely as a toilet soap before, I now decided to order a set of the Cuticura Remedies—Cuticura Soap, Ointment and Pills. I used them according to directions for perhaps six weeks, then left off, as the disease seemed to be eradicated, but toward spring, eighteen months ago, there was a slight return of the scalp humor. I commenced the Cuticura treatment at once, so had very little trouble. On my scalp I used about one half a cake of Cuticura Soap and half a box of Cuticura Pills and the last time three bottles—neither an expensive or tedious treatment. Since then I have had no scalp trouble of any kind. Standing up, with my hair unbound, it comes to my knees and had it not been for Cuticura I should doubtless be wholly bald.
"This is a voluntary, unsolicited testimonial and I take pleasure in writing it, hoping my experience may help someone else. Miss Lillian Brown, R. F. D. 1, Liberty, Me., Oct. 29, 1909."

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ASKS FOR NEW GOLF "SPOTS"
Follower of Game Wants Far West to Have Occasional National Tourney—In East Too Often.
Pacific coast and middle-western golfers are agitating strongly the holding of the national amateur championship in other sections of the country than in the east, as they have been for so long. They declare the holding of the tournament in New York or New Jersey or in the New England states has practically prohibited far-western golfers from getting any chance to compete. It is advocated that in four years of tournaments two of them should be held in the middle west alternated with one of the Atlantic and one of the Pacific coast. This, they believe, will make it possible for golfers from all over the country to compete in the tournament. There is a general feeling of dissatisfaction in the west with the conduct of all forms of athletics and this has at length spread to golf.
The effect of this is seen in all sports. In track athletics the east conceded the national championships to New Orleans this year and the event is sure to go next season either to Chicago or San Francisco. In other sports the viewpoint has changed.
Franklin B. Morse, in the Golfers' Magazine, advocates the need of more representative tourneys. His opinion coincides with that of other western players, and experts in this division of the country think he has some grounds for complaint.

STOPPED SHORT
Taking Tonics, and Built Up on Right Food.
The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics—drugs.
New material from which to rebuild wasted nerve cells is what should be supplied, and this can be obtained only from proper food.
"Two years ago I found myself on the verge of a complete nervous collapse, due to overwork and study, and to illness in the family," writes a Wisconsin young mother.
"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics prescribed by physicians, but their effects wore off shortly after I stopped taking them. My food did not seem to nourish me and I gained no flesh nor blood.
"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape-Nuts four times a day, with cream and drank milk also, went to bed early after eating a dish of Grape-Nuts.
"In about two weeks I was sleeping soundly. In a short time gained 20 pounds in weight and felt like a different woman. My little daughter whom I was obliged to keep out of school last spring on account of chronic catarrh has changed from a thin, pale, nervous child to a rosy, healthy girl and has gone back to school this fall.
"Grape-Nuts and fresh air were the only agents used to accomplish the happy results."
Read "The Road to Wellville," in p.l.g.s. "There's a Reason."
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

WOMAN'S ILLS
Many women suffer needlessly from girlhood to womanhood and from motherhood to old age—with backache, dizziness or headache. She becomes broken-down, sleepless, nervous, irritable and feels tired from morning to night. When pains and aches rack the womanly system at frequent intervals, ask your neighbor about
Dr. Pierce's Favorite Prescription
This Prescription has, for over 30 years, been curing delicate, weak, pain-wracked women, by the hundreds of thousands and this too in the privacy of their homes without their having to submit to indelicate questionings and offensive repugnant examinations.
Sick women are invited to consult in confidence by letter free. Address World's Dispensary Medical Ass'n, R.V. Pierce, M.D., Buffalo, N.Y.
Dr. Pierce's GREAT FAMILY DOCTOR BOOK, The People's Common Sense Medical Adviser, newly revised up-to-date edition—1000 pages, answers in Plain English hosts of delicate questions which every woman, single or married, ought to know about. Sent free to any address on receipt of 31 one-cent stamps to cover cost of wrapping and mailing only, in French cloth binding.

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