

# GRATEFUL, HAPPY WOMEN



## THANK PE-RU-NA FOR THEIR RECOVERY AFTER YEARS OF SUFFERING.

Miss Muriel Armitage, 36 Greenwood Ave., Detroit, Mich., District Organizer of the Royal Templars of Temperance, in a recent letter, says:

"I think that a woman naturally shrinks from making her troubles public, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me."

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse, who advised me to try Peruna, and promised good results if I would persist and take it regularly. I thought this was the least I could do and procured a bottle. I knew as soon as I began taking it that it was affecting me differently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy woman to-day."

Miss Muriel Armitage.

Peruna cures catarrh of the pelvic organs with the same surety as it cures catarrh of the head. Peruna has become renowned as a positive cure for female ailments simply because the ailments are mostly due to catarrh. Catarrh is the cause of the trouble. Peruna cures the catarrh. The symptoms disappear.

## Female Weakness is Pelvic Catarrh.

## Always Half Sick are the Women Who Have Pelvic Catarrh.

Catarrh of any organ, if allowed to progress, will affect the whole body. Catarrh without nervousness is very rare, but pelvic catarrh and nervousness go hand in hand. What is so distressing a sight as a poor half-sick, nervous woman, suffering from the many almost unbearable symptoms of pelvic catarrh? She does not consider

herself ill enough to go to bed, but she is far from being able to do her work without the greatest exhaustion. This is a very common sight and is almost always due to pelvic catarrh.

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured.

Peruna cures catarrh permanently. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should take to effect a cure.

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.



# For the Individual

1796 3 1872 3 1952



## WHERE OTHERS GIVE UP IS JUST WHERE WE GET OUR SECOND BREATH.

## THIS ACCURACY REVIEW DEPARTMENT

is for co-operation in information to reduce mutually expensive mistakes. It is for mechanical, commercial and professional people; the employer, employe and customer; and consists of extracts taken by permission from the copyrighted letters, the lectures, notes and books of Dr. Earl M. Pratt. When you secure our subject an idea personally useful to you, and you wish to give it to him, address him in care of The John Overer Library, Marshall Field Building, Chicago. He is hunting the whole world over for information of every day use to you, and he regards his inability personally to reply to contributors. So far as possible he wishes to have in this space the very ideas you would like to find here. You are at liberty to send him any suggestion you may care to. His Arcade Index libraries were started in 1912 and now contain unpublished information dating back to 1796 with systematic plans extending to 1952. Your short story of some example of forthrightly deposited in the Arcade Index collection may prove to be your best investment.

## Dead Stock Possibilities

Saturday morning I had a 10 a. m. appointment with a Chicago man and he had telephoned that he would be an hour late. After debating in my mind and waiting twenty minutes I decided to borrow paper and find a desk and start this subject. After writing a few words a man came in and laid a package on the desk and began talking with a man at a nearby desk. Thinking he used the desk I was at I left it and again sat down on the callers' couch by the elevator door and before I had written a minute there, my 10 a. m. man walked in at 10:25. Now, I had reasoned that as he had been detained beyond 10 a. m. he might be released before 11 a. m., and he was. When he came in he politely explained and as he had a man with him he said he would see me in a moment. Soon he came out and invited me into his office, saying that he could give me a half hour. It took us about fifteen minutes to advance our subject a step and make another appointment for 10 a. m. Monday.

I got there seven minutes late that morning, and he was much later, but I got at this letter again. Now politeness pays. Had I been indifferent to the man who put the bundle on the desk Saturday morning I would not have seen my man when he came in. Inquiry pays also, because just now by more thorough inquiry than I made on coming in, I find my man is sick at his home and not likely to be down this a. m. Waiting time is "dead stock" time and it pays to be able to invest it by thinking or writing. The skillful handling of irritating things produces pearls—even an oyster knows that. A foundry salesman on the road told me if he had to wait two or three days to see his man he got so rattled that he seldom sold anything in that town that trip. If he had studied how to use his time aright while he waited he might have made an extra good sale. While speaking to some men at the Ravenswood association I asked the secretary if he had any cards which were printed on only one side and which he intended to throw away. He said yes, and got a bundle for me. I passed them out to the men, explaining that the cards were known as "dead stock" in the stock room and that we could bring them to life, and as I talked to them I wanted them to write some thought or question on the back of the cards for my work. Then I collected the cards and secured some information personally useful to me. I have rescued a strong catalogue from the waste basket and turned it into a \$25 scrap-book. All of us see, hear, read and think of things every day which are worth saving and exchanging with other people. There is such a thing as "dead stock" ideas, latent or idle in your head, note book, or in bundles of papers and magazines which you frequently throw away and it is an occasional rescue of such a one you are invited to make for your continued growth, the benefit of others and the success of The Arcade Index which is an index to indices—a continually growing, unpublished guide to the most reliable sources of up-to-date information on any personal, mechanical, industrial, commercial and professional subject.

## Desirable Longevity

Very old men with young hearts have always interested me. When I began studying the daily sources of desirable longevity my interest in the healthy-elderly increased.

A few weeks ago I met in a Chicago bank a six-foot-six gentleman who had been enjoying life for nearly eighty years.

After telling him about my new interest in longevity forces and asking him for a talk on the subject, he replied: "Well, you have struck me at a bad time, I am going East to-night for three months."

On suggesting that he might give me in a minute a few hints for young men, he told me this:

"Extreme regularity in eating, sleeping and working have been my rule. My Sunday is not as regular as other days and I do not feel as well on account of it."

On a previous occasion he had told me that he ate what he liked and wanted and that he had not lost an office day on account of sickness in forty-five years. He was a healthy man and enjoyed wholesome food. He had high motives and a shining face. He made money and used it wisely.

You can appreciate my intense feelings when I read that a few days ago he was killed by a train while crossing a track in an Eastern town.

Collected Paragraphs.

Thomas A. Edison says: "I believe the life of a man can be prolonged. Man ought to live to be a hundred years of age."

The Chicago Record says: "Within less than thirty years the average duration of life has nearly doubled in Chicago."

One doctor says: "Good care has more to do with longevity than inherited qualities."

Another doctor says: "Hard work seldom kills—it doesn't wear us out very fast, but it is the running constantly and the overstrain of one part that causes the trouble."

A jolly old centenarian said: "Stop when you have eaten enough."

An educator says: "Becoming thoroughly interested in a good spare-time hobby is very likely to improve one's health and lengthen life."

"As long as the world has existed mankind has been searching ways to lengthen life. Sensible people nowadays think the best elixir of life is fresh air, sunshine, the right kind of food and a good temper."

"Dr. Holmes thought a mortal sickness an element of longevity, and it is true that serious weakness is not only frequently coupled with great ability, but with unusually long living also."

Sickness is intended to be one of life's stepping stones and a kind warning, but frequently it, by perversion, becomes a millstone around a human neck.

More machinery is jerked out than worn out, and many more men are executed by useless hurry and worry than are consumed by necessary duties.

Discriminate, as suggestions useful to the sluggish are unreliable for the excitable.

Even a locomotive must take a rest, but it is better for it to run too far than to rest too long.

Keeping well is like walking a tight rope. You can fall off either way, and one side is as dangerous as the other.

Find your weak spot, as a correct knowledge of yourself is an essential in taking good care of yourself.

Now, the question of all questions is how to do as well as you know how and keep cheerful till moving day when we say good-bye to bones and muscles. The Arcade Research Registers are for the registration of valuable scattered and unrecorded information, and you are invited to contribute a paragraph containing information which you have read, heard, or thought of, which has enabled you to take better care of yourself.

Men talk to men by means of signs, manners, voice, speaking tubes, telephones, telegraph, letters and messengers. A good rule is to have the manners you would wish to have had if you were to meet them at a banquet in an hour or if you were to want some favor of them. Some of the smartest men in the world have defeated each other's best life work by foolish and much regretted strike over little things. It does not pay to fight when diplomacy can win.

The religion that is laid on the shelf soon gets mouldy.

Ask Your Dealer for Allen's Foot-Ease. A powder to shake into your shoes. It relieves the feet. Cures Swollen, Sore, Hot, Callous, Aching, Sweating feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all Druggists and shoe stores, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

The woman who wears her feathers in her bonnet won't let her little boy rob birds' nests because it is cruel.

STATE OF OHIO, CITY OF TOLEDO, Lucas County.

FRANK J. CHERNEY makes oath that he is senior partner of the firm of F. J. CHERNEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm has paid to the HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHERNEY, Notary Public, A. W. GLEASON.

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

Held by all Progressives, F. J. CHERNEY & CO., Toledo, O. Hall's Family Pills are the best.

Fear, remorse and repentance are analogous terms.

After Nature stamps a man of genius she breaks the die.

If you don't get the biggest and best it's your own fault. Defiance Starch is for sale everywhere and there is positively nothing to equal it in quality or quantity.

If everybody told the truth in this world what a miserable old place it would be.

Lewis' "Single Binder" straight to cigar. No other brand of cigars is so popular with the smoker. He has learned to rely upon its uniform high quality. Lewis' Factory, Peoria, Ill.

Debts of gratitude are usually comprised for about ten cents on the dollar.

First to Prohibit Slavery. The first Americans to prohibit slavery in this country were the blackwoodsmen of Vermont, who incorporated this rule in the constitution of 1777, which established Vermont as an independent republic. Mayo W. Hazeltine, the well known author and critic, contributes to Harper's for August an historical account of the time when Vermont was a self-governing republic, possessing a unique council of thirteen senators, who were chosen by the people every seven years for the purpose of inquiring if the constitution had been violated. The article is illustrated by portraits and rare documents.

## FREE TO WOMEN!

To prove the healing and clearing power of FAVORITE Toilet Absorbent we will mail a large trial package with book of instructions absolutely free. This is not a tiny sample, but a large package enough to convince anyone of its value. Women all over the country are praising FAVORITE for what it has done for them. It is the most effective treatment of female ailments, curing all inflammation and discharge, wonderful as a cleansing vaginal douche for sore throat, nasal catarrh, as a mouth wash and to remove tartar and whiten the teeth. Send today; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed. THE H. P. TORR CO., Boston, Mass., 214 Columbus Ave.

## CHAMPION TRUSS EASY TO FIT.

Ask Your Fitter to Measure. Sold by all Fitters. Philadelphia Truss Co., 619 Locust St., Phila., Pa.

## Geisha Diamonds

The Latest Scientific Discovery. For sparkling, beautiful, fire brilliant diamonds, see our new book, "Geisha Diamonds," containing all the latest news, including all the latest and most complete information on the subject of diamonds, including the most complete and up-to-date information on the subject of diamonds, including the most complete and up-to-date information on the subject of diamonds.

## WHENCE COMES THIS MIGHTY HEALING POWER?

ALL THE LAND WONDERS AT THE REMARKABLE CURES EFFECTED BY PROFESSOR ADKIN. HEALS DISEASES CALLED INCURABLE. Ministers, Doctors and Professional Men Tell how He has Cured the Blind, the Lame, the Paralytic, and Many on the Very Brink of Death.

## FREE HELP FOR THE SICK.

Professor Adkin Offers to Help all Sufferers from any Disease Absolutely Free of Charge, Professional Men Investigate His Powers.



PROF. THOS. F. ADKIN, President of the Institute of Physicians and Surgeons.

In all parts of the country men and women, doctors and surgeons, clergymen and educators, are wondering at the remarkable cures made by Professor Thomas F. Adkin, discoverer of the Adkin Vitaopathy treatment.

Prof. Adkin heals not by drugs, nor by Hypnotism, nor by Osteopathy, nor by Christian Science, nor by any other method, but by a subtle psychic force of nature in combination with certain magnetic remedies which contain the very elements of life and health.

A reporter recently talked with Prof. Adkin, and was asked to invite all readers of this paper who are sick, or who are worried by the ill of those dear to them, to write to him for assistance. "Some people have declared," said Prof. Adkin, "that my powers are supernatural, they call me a man of mysterious powers. This is not so. I cure because I understand nature, because I use the subtle force of nature to build up the system and restore health. But at the same time I believe that it would not have been given me to make the discoveries I have made or the ability to develop them, if I had not been intended that I should use them for the general good of the race. I feel that it is my duty to give the benefit of the science I practice to all who are suffering, and I want you to tell your readers that they can write to me in the strictest confidence if they are troubled with any kind of a disease, and I will thoroughly diagnose their cases and prescribe a simple home treatment which I positively guarantee to effect a complete cure, absolutely free of charge. I care not how serious their cases, nor how helpless they may seem. I want them to write to me and let me make them well. I feel that this is my life work."

So great is the sensation wrought in the medical world by the wonderful cures performed by Prof. Adkin, that several professional gentlemen were asked to investigate the cures. Among these gentlemen were Dr. L. B. Hawley and Mr. L. G. Doane, both famous physicians and surgeons. After a thorough and painstaking investigation, these eminent physicians were so astounded at the far-reaching powers of Prof. Adkin, and the wonderful efficacy of Vitaopathy, that they volunteered to forsake all other lines in life and all other kinds of treatment and devote themselves to assisting Prof. Adkin in his great work for humanity. With the discovery of the Adkin Vitaopathy treatment, eminent physicians are generally agreed that the treatment of disease has at last been reduced to an exact science.

In all, some 8,000 men and women have been cured by the powers of Prof. Adkin. Some were blind, some were lame, some were deaf, some were paralytics, scarcely able to move, so great was their infirmity. Others were afflicted with Bright's disease, heart disease, consumption and other so-called incurable diseases. Some were sufferers from kidney trouble, dyspepsia, nervous debility, insomnia, neuralgia, constipation, rheumatism, and other similar ills. Some were men and women addicted to drunkenness, morphine, and other evil habits. In all cases Prof. Adkin treats his patients as if they were those on the brink of the grave, with all hope of recovery gone and despair of doctors and friends at hand. He has been restored to perfect health by the force of Vitaopathy, and Prof. Adkin's marvelous skill. And, remarkable as it may seem, distance has made no difference. Those living far away have been cured in the privacy of their own homes, as well as those who have been treated in person. Prof. Adkin asserts that he can cure any one at any distance as well as those who have been treated in person. Read a few short extracts from those who have taken his home treatment at a distance and decide for yourself whether his claims are well founded.

From Mrs. Addie E. Hough, Omaha, Neb., comes this kindly expression:—

I was ailing for fifteen years, and spent a small fortune doctoring, but did not get well. Have had seven doctors treat me (the best in the State) but they failed to understand my trouble. Then I had two operations which left me in a worse state than ever.

I read your advertisement, wrote to you for advice, took your treatment which was very pleasant to take, and now I am well and hardy, free from my trouble, and grateful for the great benefits I have received.

Not long ago John Adams, of Blakesburg, Ia., who had been lame for twenty years, was permanently cured by Professor Adkin without an operation of any kind. About the same time, Mr. A. J. Wright, who had been blind for a long period, John E. Neff, of Millersburg, Pa., who had suffered for years from a cataract over his left eye, was speedily restored to perfect sight without an operation. From Loganport, Ind., comes the news of the recovery of Mrs. Mary Eicher, who had been practically deaf for a year, while in Warren, Pa., Mr. G. W. Savage, a noted photographer and artist who had been partially blind and deaf, but at death's door from a complication of diseases, was restored to perfect health and strength by Professor Adkin.

W. H. Mitchell, of Fenton, Ont., Canada, writes:—"To all whom this may concern, I, W. H. Mitchell, do hereby state that having been treated by Prof. Adkin for a complication of diseases and having been cured in three weeks' time, when all other remedies failed, I desire to acknowledge this by my own hand, and to state if anyone wishes to correspond with me relative to my case, I will gladly do so, believing that in the request for such a treatment, they will never regret it as long as they live."

W. P. Betts, of Paris, Texas, says before beginning your treatment, I thought it was a scheme to deceive the unwary and get money. I had tried so many kinds of kidney cure all without success, became despondent. Your month's treatment has restored my kidneys to their normal condition, and I am feeling good in every way. Backache has gone, constipation of long standing is a thing of the past. Appetite and digestion good. Sleep well nights, and am healthy and happy, and making a good livelihood at farm work. Vitaopathy, the invisible power, the science of life, the gift of God, has accomplished this. May you live long and be happy.

Here is another—I wish to write you what I call good news. My month's treatment is nearly finished and so are my troubles. I have had no palpitation for over two weeks. My rest is just lovely; sleep like a baby. Before I commenced your treatment I was up some nights as early as eight and ten, and could not lie awake until 2 and 4 o'clock in the morning. I can express my feelings in no other way than by saying wonderful, wonderful! Mrs. v. L. Spaulding, Fletcher, Vt.

And this—A short time ago I saw in the Houston Post your advertisement. I sent for the treatment, and received it. I was suffering great pain. I was so blind that I could not see to read. On the 23rd day of February I received your Vitaopathy treatment, and the fourth day that I tried the treatment the pains all left me suddenly; I have felt no pain since. I earnestly request you to send me a statement of their case and take a month's home treatment. I am sure that if they will do so they can be cured by Vitaopathy.

I have had honorable dealings with Professor Adkin and his staff of physicians and surgeons and will be glad to tell anyone how I feel towards the treatment which I have received from him. Yours sincerely, P. B. Collins.

Vitaopathy cures not one disease alone, but it cures all diseases when used in combination with the proper remedial agents. If you are sick, no matter what your disease, or what you say you cannot be cured, write to Professor Adkin today; tell him the principal symptoms of your disease, how long you have been suffering, and he will at once diagnose your case, tell you the exact disease from which you are suffering, and prescribe the treatment that will positively cure you. This costs you absolutely nothing. Professor Adkin will also send you a copy of his marvelous new book entitled, "How to Be Cured and How to Cure Others." This book tells you exactly how Professor Adkin will cure you. It fully and completely describes the nature of his wonderful treatment. It also explains to you how you yourself may possess this great healing power and cure the sick around you. Professor Adkin does not ask one cent for his services in this connection. They will be given to you absolutely free. He has made a wonderful discovery, and he wishes to place it in the hands of every sick person in this country, that they be restored to perfect health and strength. Mark your letter personal when you write and our one hot Professor Adkin will see to it. Address Professor Thomas F. Adkin, Office 327, Rochester, N. Y., U. S. A.

# WINCHESTER

## RIFLE & PISTOL CARTRIDGES.

"It's the shots that hit that count." Winchester Rifle and Pistol Cartridges in all calibers hit, that is, they shoot accurately and strike a good, hard, penetrating blow. This is the kind of cartridges you will get, if you insist on having the time-tried Winchester make.

ALL DEALERS SELL WINCHESTER MAKE OF CARTRIDGES.

# LAST MOUNTAIN VALLEY LANDS

## ASSINIBOIA, CANADA.

### The Garden of the Northwest.

The wheat crop this year will average 30 bus. per acre. Good Water. Ample Fuel. Good Roads. Land in this favored district may be bought for

## \$7.00 to \$8.00 per acre.

23 TOWNSHIPS TO SELECT FROM

Buy direct from the owners. Why pay agent's commission? We prefer to deal direct with purchasers. Write to us for particulars.

**WM. PEARSON & CO., 383 MAIN ST., WINNIPEG, CANADA.**

We would teach the lady who buys.

Lesson number one: Starch is an extraction of wheat used to stiffen clothes when laundered. Most starches in time will rot the goods they are used to stiffen. They contain chemicals.

Defiance Starch is absolutely pure. It gives new life to linen. It gives satisfaction or money back. It sells 16 ounces for 10 cents at all grocers. It is the very best.

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**THE DEFIANCE STARCH CO.,**

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# TOWER'S

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## OILED CLOTHING

(WASHES OUT WITH WATER)

### WILL COVER YOU AND KEEP YOU DRY IN THE WITTEST WEATHER.

ON SALE EVERYWHERE. TAKE NO SUBSTITUTES.

A. J. TOWER CO. BOSTON, MASS., U.S.A. TOWER CANADIAN CO. LTD., TORONTO, CAN.

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MILIONS OF U. M. C. Shot Shells are sold each year. They are made in the largest cartridge factory in the world.

The UNION METALLIC CARTRIDGE CO. BRIDGEPORT, CONN.

Your dealer sells them. Catalog sent upon request.

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TISSOT'S CURE FOR GOUT, RHEUMATISM, GRAVEL, NEURALGIA, MIGRAINE, SCIATICA, BRUISES, SWELLINGS, AND ALL AFFECTIONS OF THE URIC ACID SYSTEM.