

# SUFFERING WOMEN.

Tired, Nervous, Aching, Trembling, Sleepless, Bloodless—Pe-ru-na Renovates, Regulates, Restores Many Prominent Women Endorse Pe-ru-na.



Mrs. EMMA MITCHELL.



AMERICA is the land of nervous women. The great majority of nervous women are so because they are suffering from some form of female disease. Mrs. Emma Mitchell, 520 Louisiana street, Indianapolis, Ind., writes: "Peruna has certainly been a blessing in disguise to me, for when I first began taking it for troubles peculiar to the sex and a generally worn out system, I had little faith. For the past five years I have rarely been without pain, but Peruna has changed all this, and in a very short time. I think I had only taken two bottles before I began to recuperate very quickly, and seven bottles made me well. I do not have headache or backache any more, and have some interest in life. I give all credit where it is due, and that is to Peruna.—Emma Mitchell.

By far the greatest number of female troubles are caused directly by catarrh.

They are catarrh of the organ which is affected. These women despair of recovery. Female trouble is so common, so prevalent, that they accept it as almost inevitable. The greatest obstacle in the way of recovery is that they do not understand that it is catarrh which is the source of their illness. In female complaint, ninety-nine cases out of one hundred are nothing but catarrh. Peruna cures catarrh wherever located. Chronic invalids who have languished for years on sick beds with some form of female disease begin to improve at once after beginning Dr. Hartman's treatment. Among the many prominent women who recommend Peruna are:—Belva Lockwood, of Washington, D. C.; Mrs. Col. Hamilton, of Columbus, Ohio; Mrs. F. E. Warren, wife of U. S. Senator Warren, of Wyoming. 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. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

# SIGHTS SEEN BY TRAVELER ALONG THE MODERN NILE

Traveling by the ordinary methods you may go from Alexandria to Khartum in about six days, says the London Standard. Easily and smoothly you wing through the fertile cotton fields of the delta and its populous cities and villages, prosperous but dirty, and at Cairo you settle down into a most comfortable sleeping car for the night journey to Luxor. Early next morning you are in the cane fields of upper Egypt, with the river close on one side and the desert on the other. At Luxor you must change to the narrow gauge for Assouan, and there is time to refresh yourself with bath and breakfast and to look across at the plain of Thebes and the valley of the tomb of the kings, or to ride a donkey out to Karnak. From Luxor to Assouan it is hot and dusty enough, and you are glad to rest there for the night. Next day you embark at Shellal, above the dam, for Wady Halfa, a leisurely voyage of three days. It is a most beautiful reach of the river; the hills come down to the water in bold, rugged outlines, showing to perfection in the pure, dry desert air. The effect of the dam is clearly seen as far as Korosko. First of all, at Shellal the boat is moored amid a grove of palm trees, the temples of Nubian villages look quaint enough as they stand on the edge of the desert, forlornly mourning their strip of cultivated land, most of which the greedy reservoir has swallowed. The boundary between Egypt and the Sudan, settled by the convention of 1899, runs along the twenty-second parallel; not far beyond this is the frontier town of Halfa. There is no mistaking the signs of British rule. The

whole place is rigidly clean, an extraordinary contrast to the filth of the Egyptian villages. The streets are well laid out and scrupulously swept, and shady avenues of trees are springing up. Halfa is the railway terminus of the Sudan. It is twenty-eight hours to Khartum. Nothing can be more comfortable than the well-appointed sleeping-car train, which runs twice a week. Starting at eight in the evening, you strike right across the Bayda desert, most desolate and forlorn of countries. The stations have no names, but are known merely by their numbers. In the morning you come to Abu Hamed—back to the Nile once more. Here was the scene of one of the stiffest fights in the Sudan campaign, when Gen. Hunter made his dash from Korki, and here are the graves of the white officers of the Tenth Sudanese battalion, round which the black soldiers who died with them keep ghostly watch and ward forever, and so redeem the credit of the regiment, which came back from the battle without its leader. From here onward the journey is full of interest. Berber is springing up again from its ruins; it even boasts two stations. Then comes the Atbara, with its famous bridges, and then Matiner, where there is this year a camp of exercise for the Egyptian army. The camp had a most business-like appearance. Just as we arrived a train came steaming in with a battalion of infantry, all in full marching order; it was exactly like a regiment detaching from the front in real war. Shendi is the Crewe of the Sudan, and, an hour or two later, we ran into the terminus at Halfaya.

# RICH FINDS MADE IN OLD TOMBS IN EGYPT

Some important archaeological discoveries made recently at Beni Hasan, a site in Egypt famous for its painted tombs and early architectural features, are detailed by Prof. John Garstang, of University college, Liverpool. A vast necropolis has been unearthed, remarkable for the preservation of the furniture in its tombs and for the wealth of material which these supplied in illustrating the burial customs of the Middle Empire. Four hundred and ninety-two tombs hewn in the rock have been opened and examined. More than 100 of them had never been previously entered since their doors were closed at the time of interment 4,000 years before. In the tomb of one Nefery-y, a chief physician, the huge painted coffin was surrounded by a number of wooden models of objects and scenes familiar from the wall paintings of the larger tombs. Upon the coffin rested a great rowing boat, the twenty oarsmen standing and swing back in time to the beat of two figures seated on a raised platform in the center. Beyond this was the

model of a granary with six compartments in rows of three on either side of the courtyard between them. Men were standing knee deep in real grain filling baskets, while a scribe seated on the roof, pen in hand, kept count. A well-executed group found by the excavators in another tomb represented the making of beer from fermentation of break by a similar process to that employed by the natives to-day. Beside the coffin was a sailing boat, the numerous sailors assuming the attitude necessary for hoisting the large square sail, of which the yards and rigging were preserved. Two men, in characteristic pose, were using poles vigorously over the sides. In another tomb were found models of a number of warships. In the bow of one, by the side of the lookout, stood a negro sailor, bow and arrow in hand. In the tomb of Antef, a courtier, the boats had double steering cars. In one boat were seated two men under a canopy, playing a game of chess. The opening of each tomb was recorded by photography, as the excavation proceeded step by step, 450 negatives being taken in all.

# LIFE AND LOVE BOTH CHEAP IN THE CAUCASUS

In the northern Caucasus nearly half the death rate of the inhabitants is caused by vendetta, and at least three-fourths of the vendetta cases are the result of a curious marriage custom which is now decimating the population. The native of those parts who wishes to take unto himself a wife cannot arrange the matter in the simple offhand manner in vogue in western Europe by "popping the question." He must go home, sell his belongings, and buy her fairly and squarely of her parents, the price ranging from \$175 to \$1,000. This is a costly custom; many ways, for it is not every young man who can afford to invest such a large sum in a wife, however accomplished. What generally happens in such cases is that the indigent candidate for the order of Benedick induces a few stalwart comrades to seize the maiden and carry her off. What too often follows then may be

gathered from a case in point which has just taken place in Sossilambek. Bokayeff is the bridegroom's name, and Neshkko that of the girl of sweet sixteen who had the misfortune to find favor in his eyes. His pockets being empty he persuaded three comrades to kidnap the maid, whom he then took off to another village as his wife. But her father, on discovering her whereabouts, had her sent back by the police, and then demanded \$150 for loss of her services, as we should say. Bokayeff, to whom the demand was made, would not or could not pay. The girl's father thereupon claimed that sum from the bridegroom's companions, who are equally liable. They admitted the justice of his claim and called up Bokayeff to hand over the sum to them. On his refusal they shot him dead, that being the custom of the country, although daggers are also allowed to take the place of bullets.

# DEACON HAD NO USE FOR THE TURKISH BATH

The two young men had induced the deacon to take his first Turkish bath. They had got him properly attired, or, rather, unattired, and had conducted him into the hot room. The deacon didn't enjoy it, but he was game. He rolled around nervously on his cot, and every time he moved he seemed to strike a hotter spot. But he stood it like a man until the perspiration made rivulets innumerable in running off him. Then he lifted himself up on his elbow and said plaintively: "Let's get out of this." But the young men only laughed and told him to keep quiet; that it was just getting comfortable. When he finally absolutely refused to stand it any longer they led him into the steam room and sat down to gossip and enjoy his discomfort, as he felt himself slowly boiling away.

And the deacon seemed inclined to lose his temper. It was aggravating to be so extremely uncomfortable when they apparently were enjoying themselves, and would offer him no means of escape that would, to say the least, be dignified. But there was an end of it; he got out; and as he looked "more in sorrow than in anger" from one to the other of them, one asked: "Well, deacon, what do you think of it?" The deacon replied solemnly, and with all due dignity, but rather pointedly: "It's a good thing, young man; it's a remarkably convenient thing for some people who need to suitably prepare themselves for the hereafter, but for my part I am glad to get on earth again."

# NERVE WORN KIDNEYS.

Doan's Kidney Pills make freedom from kidney trouble possible. They carry a kind of medication to the kidneys that brings a bright ray of hope to desperate cases. Aching backs are eased. Hips, back, and joint pains overcome. Swelling of the limbs and dropsy signs vanish. LOCK HAVEN, PA.—Mrs. L. W. Ammann writes: "A few weeks ago I sent for a trial box of Doan's Kidney Pills for myself, and they did all they are said to do. My husband was kicked last fall



NAME \_\_\_\_\_ P. O. \_\_\_\_\_ STATE \_\_\_\_\_ For free trial box, mail this coupon to Foster-Milburn Co., Buffalo, N. Y. If above space is insufficient, write address on separate slip.

by a horse and badly hurt—his hip was fractured—and after he recovered he was in such misery that he could hardly walk, and to stop caused him such distress that he thought he would have to quit work—also, it affected his bladder, and he was unable to make his water without so much distress. I insisted on his getting a box of your pills and trying them, so I went to Mason's Drug Store and got a box. The first box helped him so much that I got the second and also the third, and now he is entirely well.—Mrs. L. W. AMMANN, Lock Haven, Pa.

## WINCHESTER

### Take-Down Repeating Shotguns

Don't spend from \$50 to \$200 for a gun, when for so much less money you can buy a Winchester Take-Down Repeating Shotgun, which will outshoot and outlast the highest-priced double-barreled gun, besides being as safe, reliable and handy. Your dealer can show you one. They are sold everywhere.

FREE! Our 160-Page Illustrated Catalogue.

WINCHESTER REPEATING ARMS CO., NEW HAVEN, CONN.

## Yours for a Clear Head

# BROMO-SELTZER

10¢ SOLD EVERYWHERE

Owls acquire their reputation for wisdom by saying one thing and sticking to it. ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

The tighter a man becomes the looser his tongue gets. Seek a generous man if you would find a truly grateful one.

Some women's idea of being different is to belong to seventeen strenuous societies for the suppression of things. Why It is the Best is because made by an entirely different process. Defiance Starch is unlike any other, better and one-third more for 10 cents.

More Flexible and Lasting, won't shake out or blow out; by using Defiance Starch you obtain better results than possible with any other brand and one-third more for same money. Occasionally a woman thinks her figure is one of nature's miscalculations. When two women talk the subject of their conversation is conspicuously absent.

The love of some women is like the ague; it begins with a chill and ends in a fever. The fool shows his folly and knows it not, but the wise guy knows his folly and shows it not.

# HAIR GROWTH

Hall's Catarrh Cure Is taken internally. Price, 75c. Two court injunctions are equivalent to a pair of suspenders. To many people mistake a polite acknowledgment for an encore. Insist on Getting It. Some grocers say they don't keep Defiance Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. pkg. Defiance Starch for the same money. It Converted the Moonshiner. The fate of those Arkansas farmer boys who poisoned themselves with "whisky" made from wood alcohol made such an impression on John H. Brumley, moonshiner, that he loaded his still into a wagon, drove to Hot Springs and surrendered it and himself to the United States commissioner. His whisky had always been pure stuff, he said, but he wanted to get out of the business. Russell Sage's Brick. Russell Sage boarded a Sixth avenue elevated train at Rector street one day last week. He carried under one arm a sample brick wrapped in a newspaper. It was one that the builder of the Emma Willard seminary had taken to the financier's office. Repairs to Mr. Sage's hall are to be made and Mr. Sage wanted to see the brick that is to be used. It was worth perhaps 2 cents. At Twenty-eighth street a sporty looking youth, who evidently knew the great man, reached down, seized the brick, dashed to the door, was down stairs and away before Mr. Sage, much annoyed, could get to the door and breathlessly explain to the guard what had happened. "I felt sorry for him," said the latter, when he told of the experience. "He looked real sad at losing that brick, but I'd have given a dollar to have seen the face of the other fellow when he cut the string." A Good Story. Frederika, Ia., July 13th.—Mr. A. S. Grover of this place tells an interesting story showing how sick people may regain their health if they will only be guided by the experience of others. He says: "I had a very bad case of Kidney Trouble, which affected my urinary organs so that I had to get up every hour of the night. I could not retain my urine and my feet and limbs began to bloat up. My weight was quickly running down. "After I had tried many things in vain, I began to use Dodd's Kidney Pills, a medicine which had cured some other very bad cases. "This remedy has done wonders for me. I have gained eight pounds in two months. The bloat has all gone from my feet and legs, and I don't have to get up at night. I took in all about ten boxes before I was all sound." Those who suffer as did Mr. Grover can make no mistake in taking Dodd's Kidney Pills, for they are a sure, safe and permanent cure for all Kidney urinary disorders. Money makes the mare go, but its persuasive powers are often wasted on the automobile.

Promoted by Shampoos of Cuticura Soap And Dressings of Cuticura the Great Skin Cure Purest, Sweetest, Most Effective Remedies for Skin, Scalp and Hair. This treatment at once stops falling hair, removes crusts, scales and dandruff, destroys hair parasites, soothes irritated, itching surfaces, stimulates the hair follicles, loosens the scalp skin, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails. Millions of women now rely on Cuticura Soap assisted by Cuticura Ointment, the great skin cure, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and the stopping of falling hair, for softening, whitening and soothing red, rough and sore hands, for baby rashes, itchings and chafings, for annoying irritations, or too free or offensive perspiration, for ulcerative weaknesses, and many sanative, antiseptic purposes which readily suggest themselves, as well as for all the purposes of the toilet and nursery. Cuticura remedies are the standard skin cures and humors remedies of the world. Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, in the severer forms, take Cuticura Resolvent, to cool and cleanse the blood. A single set is often sufficient to cure the most torturing, disfiguring skin, scalp and blood humors, from pimples to scrofula, from infancy to age, when all else fails.

## FREE TO WOMEN!

### PAXTINE TOILET

To prove the healing and cleansing power of Paxtine Toilet Antiseptic 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 Paxtine for what it has done in local treatment of female ills, curing all inflammation and discharges, 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 R. PAXTINE CO., Boston, Mass. 214 COLUMBUS AVE.

## U.M.C.

cartridges and shot shells are made in the largest and best equipped ammunition factory in the world. AMMUNITION of U. M. C. make is now accepted by shooters as "the worlds standard" for it shoots well in any gun. Your dealer sells it. The Union Metallic Cartridge Co. Bridgeport, - - Conn.

## WE DEMAND YOUR ATTENTION.

If anyone offered you a good dollar for an imperfect one would you take it? If anyone offered you one good dollar for 75 cents of bad money would you take it? We offer you 16 ounces of the very best starch made for 10c. No other brand is so good, yet all others cost 10c. for 12 ounces. Ours is a business proposition. DEFIANCE STARCH is the best and cheapest. We guarantee it satisfactory. Ask your grocer. The DEFIANCE STARCH CO., Omaha, Neb.

W. N. U., Omaha. No. 29—1903

Those Who Have Tried It will use no other. Defiance Cold Water Starch has no equal in Quantity or Quality—16 oz. for 10 cents. Other brands contain only 12 oz.

The wise missionary secureth an appointment among the vegetarian type of heathen.

To Cure a Cold in one day. Take Luxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

Morning prayer sets a picket for the day.

25 CENTS PISO'S CURE FOR CONSUMPTION 25 CENTS

What doth it profit a man to have brains if he lacketh the ability to use them? I do not believe Piso's Cure for Consumption as an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1904.

Look at a picture in the best possible light, and be as courteous to your fellow man as you are to a picture. Every time a man tries to get something for nothing he acquires a little more experience.

Do Your Feet Ache and Burn? Shake into your shoes, Allen's Foot-Ease, a powder for the feet. It makes tight or New Shoes feel Easy. Cures Swollen, Hot, Sweating Feet, Corns and Bunions. At all Druggists and Shoe Stores, 25c. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

Will Entertain a King. Thomas F. Walsh, who expects to receive a visit next fall from King Leopold, of Belgium, and to entertain the royal personage at his splendid home on Massachusetts avenue, in Washington, is a millionaire who made his wealth out of Colorado mines. He was born in Ireland in 1851 and came to America at the age of 18. He went to Colorado soon afterward, took up mining and by industry and good luck accumulated a vast fortune.

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

It's only a matter of time till the undertaker lets you in on the ground floor.

When Your Grocer Says he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

Professors of physical culture lack the nerve needed to recommend the wood-saw and wash-board.

Any act by which a man makes one enemy is in the end a losing game.

Many who formerly smoked 10c cigars, now smoke Lewis' "Single Binder" straight 5c cigar. The best combination of the best tobaccos. Lewis' Factory, Peoria, Ill.

A woman who gushes over a man when he is tired and hungry is due for a term in a padded cell.

RED CROSS BALL BLUE Should be in every home. Ask your grocer for it. Large 2 oz. package only 5 cents.

The average man can't realize how easy it is to pass the contribution plate and forget to chip in until he tries it.

Those Who Have Tried It will use no other. Defiance Cold Water Starch has no equal in Quantity or Quality—16 oz. for 10 cents. Other brands contain only 12 oz.

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