

# BACKACHE!

Suffered Over Nine Months, Nothing Relieved Me Until I Took P.E.-R.U.-N.A.



Mrs. JOSEPH LACELLE

Mrs. Joseph Lacelle, 124 Bronson St., Ottawa, East, Ontario, Canada, writes: "I suffered with backache and headache for over nine months and nothing relieved me until I took Peruna. This medicine is by far better than any other medicine for these troubles. A few bottles relieved me of my miserable, half-dead, half-alive condition."

**SAMPLE BOTTLE FREE**—To demonstrate the value of Peruna in all catarrhal troubles we will send you a sample bottle absolutely free by mail.

The merit and success of Peruna is so well known to the public that our readers are advised to send for sample bottle: Address the Peruna Company, Columbus, Ohio. Don't forget to mention you read this generous offer in the

If in need of advice write our Medical Department, stating your case fully. Our physician in charge will send you advice free, together with literature containing common sense rules for health, which you cannot afford to be without.

## WESTERN CANADA

**Senator Dolliver, of Iowa, says:**  
"The stream of emigrants from the United States to Canada will continue."  
Senator Dolliver recently paid a visit to the West and says: "There is a large number of English speaking people; this will account for the fact that the majority of the Iowa farmers to Canada. They are pleased with the Government and the excellent administration of law, and they are coming to you in large numbers. They are still coming."  
The following Canadian Gov't Agents:  
E. H. Holmes, 215 Jackson St., St. Paul, Minn.; J. M. MacLachlan, Box 116, Waterville, South Dakota; and W. V. Bennett, Room 4, Bee Building, Omaha, Neb. (Use address nearest you.)  
Please say where you saw this advertisement.

What is regarded as an excellent means of comparing the sturdiness of the American built railroad rolling stock with the lighter types of British construction, took place recently in the shape of an accident on the London and Brighton railroad, when a train ran off the track and crashed into the station. The Pullman car was damaged very slightly, while the cars of English build were completely wrecked.

A brave man is he who has the courage to speak out loud in a doctor's reception room.

**Young Man Learn the Automobile**  
Chauffeurs, Drivers and Repairmen Earn Big Money  
**\$20 to \$50 per Week**

is the usual pay for trained men. Some earn as much more on the side selling our Auto Supplies and Specialties. Do you want a chance? Write us now for outline of our complete Correspondence Course in Automobile Engineering, Repairing and Driving. We can teach you by mail all about the care, running and repairing of automobiles. You can sit at your home and take a position as chauffeur, driver or repairman. And you can  
**MAKE MONEY WHILE LEARNING**  
by putting in your spare time selling our supplies on liberal commission, building up a permanent trade. Write us today—now—if you want to learn all about the automobile. To men who will become our agents we sell this famous \$50 course for half price—only \$10 down, balance in small monthly payments. Write today.  
**ATLAS AUTO SUPPLY CO.**  
837 43rd Street CHICAGO, ILL.

## The Army of Constipation

Is Growing Smaller Every Day.  
**CARTER'S LITTLE LIVER PILLS** are responsible—they not only give relief—they permanently cure Constipation. Mil. Plans use them for Biliousness, Indigestion, Sick Headache, Sallow Skin, SMALL PILL, SMALL DOSE, SMALL PRICE.  
Genuine must bear Signature  
**Wheatwood**  
\$21,000 ESTABLISHED HARNESS BUSINESS FOR SALE  
Or Trade for Clear Land.  
Northwestern Harness & Saddlery Company, Sioux City, Iowa  
SIOUX CITY P.T.G. CO., 1344—18, 1910

The Sea of Peace.  
I stand above a white-rimmed sea;  
Its deeps are mine, its mirrored height;  
Mine its low plaint of mystery.  
All mine is glee-song of delight.  
Mine its strong soul; its body mine;  
I lay me in its kind embrace;  
In dreams upon its buoyant brine  
It gives me back a cherished face.  
Mayhap it helps me understand  
The language of infinity,  
The secret of the shifting sand,  
The testimony of the sea.  
I am above all circumstance.  
I am beyond all power to hurt;  
No more I shrink from sorrow's lance,  
So with all strength am I begirt.  
I've tasted every bitter sup;  
Earth's bulwarks all are proven frail;  
Yet sweetened now is life's low cup,  
All hallowed, 'tis my Holy Grail.  
Above its wrecks of ships and men  
The placid ocean shows no scars;  
Above my deeps where storms have been  
My tranquil soul reflects the stars.  
—Ruth McEnery Stuart, in Century.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by J. C. Hall & Co., Toledo, O. is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.  
Address F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.  
Take Hall's Family Pills for constipation.

**In Black and White.**  
From the New York Times.  
"Chalk this down as a new experience for me," said the business man. "The other day I had a telephone call. The man at the wire wanted to talk about a building contract. The first thing he said was: 'Is your stenographer there?'"  
"I said she was."  
"Well," said he, "will you have her take down your part of the conversation? My stenographer is right here, and will make a note of everything I say."  
"In a kind of huff I asked the man if he was afraid I would go back on my word unless it was down in black and white."  
"Not at all," said he, "but this is a custom of mine. Everything I say over the telephone is taken down by my stenographer, and in matters of importance I like the other fellow to do the same."  
"Of course I had no objection, so, although it seemed a needless precaution, the girl made a note of my disjointed sentences."

A reputation for being clever is about the hardest thing that can attack a man and about the time the fact is established it is found that his stories are repeaters and his witticisms are of ancient vintage.

## Hood's Sarsaparilla

By virtue of its unequalled blood-purifying, nerve-strengthening, stomach-toning, appetite-restoring properties, is the one Great Spring Medicine.

Get it today. In liquid form or chocolate tablets called Sarsatabs. 100 doses, \$1.

It was a hard thing to account for. The lady didn't have the dog on a leash, yet he didn't run away. Indeed, he seemed to be very familiar with his mistress's skirts, and once in a while, as he wagged his tail, there would come a flash of her ankles. The reason was plain when you came up even with her. The nicked plate on his collar had a clasp on it, and the clasp was fastened tightly to the hem of her skirt. It was simply a new way of leaving a pet dog. This was in Fifth avenue on last Sunday.

Man and woman left Paradise hand in hand and now the question arises whether they shall return that way or get a soul mate and be content to stay out.

**SORE EYES,** weak, inflamed, red, watery and swollen eyes, use **PETTIT'S EYE SALVE.** All druggists or Howard Bros., Buffalo, N. Y.

Robert E. Pluribus Unum Smith is an old age pensioner in Australia. In his application he added the words, "otherwise known as Rowdy Bob." In spite of this uncomplimentary second title, the local authorities certified his character as "good," and he had no difficulty in getting his \$2.40 a week from the state. The oldest Australian pensioner is a woman of 105.

When you find yourself talking too much, pull the reverse lever clear over to the other side.

**A-B-C LINIMENT**  
For man or beast, the best pain stopper. ALL Dealers. Insist on the genuine.

During the winter just closed the English Salvation Army expected to provide 50,000 meals from the waste of the warships in Chatham dockyards. The men's ships are in port many of the men are away on leave, but the food is still supplied, and has hitherto alone 600 people were fed on what became counted as waste. On one night would have otherwise been thrown away.

How strange it is that a clear conscience more often goes with defeat than victory.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Pellets. Tiny sugar-coated granules.

Miss Amanda Ford, deaconess at the Immigrants' home in East Boston, met eighty vessels on their arrival in port during the last 12 months and aided nearly 700 persons of whom 814 were women, 306 men and 76 children. She obtained work for nearly 50 girls, sent 85 to their friends, gave lodgings and meals to some and distributed garments to others.

There is no use in a man named Smith having it engraved on his umbrella.

**For Red, Itching Eyelids,** Falling Eyelashes and All Eyes That Need Care Try **Murine Eye Salve** Aseptic Tube—Trial Size—25c. Ask Your Druggist or Write **Murine Eye Remedy Co., Chicago.**

It is a mighty observant man who can realize his own mistakes, and a wise one who can profit by them.

**HAVE YOU A COUGH OR COLDS?** If so, take at once **Allen's Foot-Ease** and watch results. Simple, safe, effective. All dealers. For prices—50c, 75c, and \$1.00 per bottle.

## WESTERN CANADA AS A GRAIN PRODUCE.

**Never Saw Such Fine Wheat Anywhere.**  
Gust. Anderson, of Maldstone, Saskatchewan, was formerly of Minnesota, and has been in Central Canada three years. On January 16, 1910, he writes: "Arriving fifteen miles from Maldstone, I bought a couple of steers from a rancher, as my capital was not large, and with the two oxen I brought with me, I broke 25 acres which I put in crop in 1908, and had to clear some brush. I earned \$45.00 by breaking fifteen acres for a neighbor and during the summer I put up hay and hauled timber and put up houses for settlers. Notwithstanding a heavy frost on August 12th, I had 22½ bushels of wheat per acre and 60 bushels of oats. On 35 acres of wheat in 1909, I got 27 bushels of wheat per acre and 1,300 bushels of oats of 20 acres. I never saw such fine wheat anywhere. We have plenty of rain between May and August and after August seldom any but dry, warm days. Water can be had at from 20 to 40 feet, and plenty of grass for cattle."

The evidence of Mr. Anderson is given because it is encouraging to the man of small means who is desirous of bettering his condition. It shows what can be done, and there is really but small limit to the man with push and energy to become wealthy on Canadian lands. And the grain that he raises is good. A press dispatch says: "The quality of the wheat continues to be the feature of the deliveries. In the total of 3,378 cars in the February inspections there were 2,847 of high grade stuff, a percentage of 84.28. For January the percentage was 82.21, and for the six months it was 83.6. This is an unusually high average, and it demonstrates beyond the shadow of a doubt that the farmers in this part of the Dominion still know how to grow first class wheat. The crop of 1908 was considered good enough, and its average of contract wheat was only 70 per cent. Good weather throughout the season was an important factor, of course, in insuring the high quality of the grain, and it is not likely that atmospheric influences of so favorable a character will be encountered for a long time to come. The best that can be expected is that a fair average for a term of years will be maintained."

## The Cat "Yumped."

From the Boston Record.  
The Nickingtons, suburban householders, brought back from the beach a cat which the Swedish maid discovered there and gradually educated to do some athletic tricks. Mr. Nickington was endeavoring to demonstrate to visitors what had been taught. Making a hoop of his arms, he invited the cat to leap through the opening.  
"Jump! Jump! Jump!" he bade the feline, coaxingly. Kitty never stirred, but turned away in indifference.  
The maid arrived. Nickington expressed his disappointment. The maid, Olga, insisted that it could perform and would.  
"Here," she commanded to the cat. "Come, Yump! Yump! Yump!"  
The cat yumped through lithely and gracefully.

One of the oddest domiciles on earth is that erected at Yokohama by Dr. Van der Heyden, the noted bacteriologist of Japan. This is a dust-proof, air-proof, microbe-proof building of glass, which stands in the open, unshaded grounds of the hospital of Yokohama.

## REST AND PEACE

**Fall Upon Distracted Households**  
When Cuticura Enters.

Sleep for skin tortured babies and rest for tired, fretted mothers is found in a hot bath with Cuticura Soap and a gentle anointing with Cuticura Ointment. This treatment, in the majority of cases, affords immediate relief in the most distressing forms of itching, burning, scaly, and crusted humors, eczemas, rashes, inflammations, irritations, and chafings, of infancy and childhood, permits rest and sleep to both parent and child, and points to a speedy cure, when other remedies fail. Worn-out and worried parents will find this pure, sweet and economical treatment realizes their highest expectations, and may be applied to the youngest infants as well as children of all ages. The Cuticura Remedies are sold by druggists everywhere. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, Mass., for their free 32-page Cuticura Book on the care and treatment of skin and scalp of infants, children and adults.

**Some Time Hence.**  
From the Yonkers Statesman.  
"Oh, mamma, I'm frightened!" came from little Tommy, in bed.  
"What are you frightened about, my son?"  
"I hear something on the roof."  
"Oh, well, go to sleep, my boy; it's only your father taking off his shoes before he comes through the scuttle. He's just got home from the club in his airship."

The shipments of Chinese merchandise to the United States, as invoiced through the American consulate general at Shanghai, which had dropped off from \$14,734,853 in value in 1907 to \$9,321,646 in 1908, went up to \$13,872,531 last year.

Contentment with a horse and buggy is better than an automobile on the installment plan.

## ALLEN'S FOOT-EASE

Shake Into Your Shoes  
Allen's Foot-Ease, the antiseptic powder for the feet. It cures itching, swollen, smarting, and instantly takes the sting out of corns and blisters. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes itching, burning or raw shoes feel easy. It is a certain cure for improving nails, sweating, callous and tired, aching feet. It cures itching, swollen, smarting, and instantly takes the sting out of corns and blisters. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes itching, burning or raw shoes feel easy. It is a certain cure for improving nails, sweating, callous and tired, aching feet. It cures itching, swollen, smarting, and instantly takes the sting out of corns and blisters. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes itching, burning or raw shoes feel easy. It is a certain cure for improving nails, sweating, callous and tired, aching feet.

**MOTHER GRAY'S SWEET PC-WBBER,** the best medicine for Female Complaints. Address: ALLEN'S FOOT-EASE, 123 N. Y. St., N. Y.

In a pinch, use Allen's Foot-Ease. It cures itching, swollen, smarting, and instantly takes the sting out of corns and blisters. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes itching, burning or raw shoes feel easy. It is a certain cure for improving nails, sweating, callous and tired, aching feet. It cures itching, swollen, smarting, and instantly takes the sting out of corns and blisters. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes itching, burning or raw shoes feel easy. It is a certain cure for improving nails, sweating, callous and tired, aching feet.

## MORE OR LESS HUMOROUS.

**Facts for the Census Man.**  
From Youth's Companion.  
The census taker rapped at the door of the little farm house and opened his long book. A plump girl of 15 came to the door, and blinked at him stupidly. "How many people live here?" he began.  
"Nobody lives here. We are only staying through the hop season."  
"How many of you are there here?"  
"I'm here. Father's in the woodshed, and Bill is—"  
"See here, my girl, I want to know how many inmates there are in this house. How many people slept here last night?"  
"Nobody slept here, sir. I had the toothache dreadful, and my little brother had the stomach ache, and the new hand that's helping us got sunburned so on his back that he has blisters the size of eggs, and we all took on so that nobody slept a wink all night long."

## The Bride's Cake.

From the Kansas City Times.  
An independence girl, who married and went away not so very long ago, came back to visit her relatives last week. The girl had never known anything about cooking, so when she volunteered to bake a cake her sisters were surprised.  
"You can't bake, can you?" one of them asked.  
"Just you wait and see," replied the bride. "I've learned a few things about the culinary art since I was married. I'll bake the dearest cake you ever saw." She labored half an hour mixing the ingredients and then the sweetened material was placed in the oven of the gas stove. "It's going to bake beautifully," she said. Five minutes later she looked in the oven. "Yes," she said, "it will be the loveliest cake I ever baked."  
Fifteen minutes passed and then she looked again. There was something wrong. The cake batter was not baking, but was becoming hardened.  
"What's the matter with your cake?" asked one of the bride's sisters.  
"I really don't know," said the bride, in a way that showed worry.  
"Well, I'll tell you," said the sister, with a smile. "You haven't lighted the gas under your oven."

## Hobson's Choice.

From Youth's Companion.  
A story recently told by Thomas Hunter, a prosy member of the New York State legislature, seems to indicate that once in a while a willing wife is spoiled to make an unwilling teacher.  
A pretty and agreeable young woman who lived in a country village suddenly announced that she was going to take up teaching.  
"You! You a school teacher!" exclaimed the recipient of her confidence. "Why, I'd rather marry a widower with nine children!"  
"So would I," the young woman replied, frankly, "but where is the widower?"

## Consolation for the Ice Man.

From Harper's Weekly.  
There is an evangelist in Boston who is so devout that, so his friends aver, he scarcely ever permits himself a secular thought or his tongue a worldly word.  
It appears that this evangelist has a very bright daughter, aged 3. Not long since she answered the door bell and found there the ice man with a bill.  
"Father is not home," she said, "but if you will come in, you poor, perishing soul, perhaps mamma will pray for you."

## The Martyrdom of Statesmanship.

From the Chicago Record-Herald.  
"I hear, senator," said the inquisitive young lady, "that it cost you \$20,000 to be elected."  
"Yes, approximately that."  
"Well, that will leave you only \$10,000 for six years' work. Isn't that rather small for a man of your ability?"  
"For a man of my ability it is rather small, but I expect the sacrifice to be not wholly in vain. In fact, I have already been retained as attorney for three large corporations that would have been injured by the passing of bills which I introduced." So you see there are honest ways in which a man may be compensated for the annoying expenditures which in the age of graft and chicanery the high-minded servant of the people must make in order to help to preserve the foundations of the republic."

## Temptations of a Valet.

From the Philadelphia Bulletin.  
"Us valets has our temptations, sir," he said. "Only yesterday, when I went to pay Mr. Henry's tailor bill, you'd ought to have heard what the manager said to me."  
"He says, says he, handing me a five-dollar note."  
"Why," he says, "this here bill ain't half big enough for a man of Mr. Henry's position," he says. "Look a here, my man, he says 'the truth is that you don't brush your master's clothes hard enough.'"  
"No?" says I.  
"No," says he. "And now, he says, 'I'll put you up to a wrinkle that'll put \$50 a year in your pocket if you use it right.'"  
"Then he brought from his office a stick all roughened on the end."  
"Scrub this here rough stick," he says, "over the elbows of your master's coats," he says, "and now and then touch up his trousers about the knees a bit. It'll do wonders, used right, it ought to double his annual bill, and if it does there's \$5 a year in it for you."  
"I took the stick," said the valet, "but I ain't never used it, sir."

## Dangerous Railroad.

A newspaper writer, meeting Lord Brassey at Red Bank, N. J., asked the distinguished foreigner if he feared to travel on American railroads.  
"Oh, no," Lord Brassey answered. "Your American railroads kill a good many people in the year's course; but we must remember that they carry a good many people a good many miles. In proportion, probably, they do no more damage than the railroads of France or of Scotland."  
"The Scottish railroads used to be very dangerous indeed. To ride on them was like traveling through a desolate country infested with brigands."  
Once about to set off on a long railway journey through Scotland, the clergyman's servant put his head in through the window and said:  
"Have ye 'ta'en an insurance ticket?"  
"I have," the doctor answered.  
"Then," said the servant, "write yer name on it, and g'ie it to me. They have an awful bad habit of robbin' the corpses on this line."

## Causes Some Confusion.

From the Chicago Tribune.  
"Been having trouble in the church choir, have you, Uncle Ephraim?"  
"Yes, sah; sort of like. Bruddah Copley, wot sings tennah, used to be de end man in de Jubilee Minstrels. He gets along all right as a gen'ral ting, but w'en he gets excited in de meetin' and 'goin' to singin' 'Blow Ye Trumps, Blow,' in ragtime, hit kind o' puts he quiah out a little."

Germany's African war has already cost the taxpayers nearly \$50,000,000.

# Stop Women And Consider

**This Fact**—that in addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience with women's diseases covers twenty-five years.

The present Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, was for years under her direction, and has ever since her decease continued to advise women.

Many women suffer in silence and drift along from bad to worse, knowing well that they ought to have immediate assistance, but a natural modesty causes them to shrink from exposing themselves to the questions and probable examinations of even their family physician. Such questioning and examination is unnecessary. Without cost you can consult a woman whose knowledge from actual experience is great.

## MRS. PINKHAM'S STANDING INVITATION:

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women. A woman can freely talk of her private illness to a woman; thus has been established this confidence between Mrs. Pinkham and the women of America which has never been broken. Never has she published a testimonial or used a letter without the written consent of the writer, and never has the company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which Mrs. Pinkham has to draw from, it is more than possible that she has gained the very knowledge needed in your case. She asks nothing in return except your good will, and her advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Mrs. Pinkham, care of Lydia E. Pinkham Medicine Co., Lynn, Mass.



## COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same stable, no matter how exposed, kept from having the disease, by using **SPORN'S LIQUID DISTEMPER CURE**. Give of the length of its feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for man and stock. One bottle guaranteed to cure one case. 50c per bottle; \$1 and \$1000 of druggists and harness dealers, or sent express paid by manufacturer. Cut shows how to position throat. Our free booklet gives everything. Local agents wanted. Largest selling horse medicine in existence—twelve years.

Among the many extraordinary theories introduced by recent microscopic studies is that of sex in bread molds. After years of patient research it is announced that a distinguished scientist has found that these minute fungi, the lowest order of plant life, possess the characteristics of plants of the highest type, and have the power of reproducing their kind from two distinct and differing races, in addition to giving new life from one.

Heretofore regarded as valueless, a certain kind of soil, of which there are large deposits in Denmark, has been found to make excellent bricks of light weight and so tough that nails may be driven into them without cracking.

English people are trying to define "sacred music." A London rector says: "A man writes a waite, and calls it 'The Sallor's Return.' But religious people will have nothing to do with it. It is 'secular music.' He sets it to slower tune and labels it 'Jonah's Return from the Belly of the Whale.' And that is oratorio!"

A Scottish clergyman got into conversation in a railway carriage with a workman, who informed him that he had been a coupler on a railway for several years. "Oh," said the minister, "I can beat that. I have been coupler for over 20 years." "Aye," replied the workman, "but I can un-couple and you canna!"

If a man would cut out the trouble that never comes he could easily bear what does come without becoming morbid over it.

Some men not only permit their notes to mature, but even let them die of old age.

People who fish for compliments usually confine their operations to shallow water.

## Decorate Your Walls at Small Cost

These Free  
We will send you free of cost, a complete color plan for the walls of your home. We will furnish free stencils to help you make your home beautiful.

## Alabastine

The Sanitary Wall Coating

comes in all sorts of rich, soft shades of color that enable you to decorate your walls in the same style as the handsome city houses. Alabastine is a powder made from pure native alabaster, you mix it with clear cold water and apply it with a flat wall brush. Simple directions printed on every package. Anyone can do it. Then when you want to redecorate, just put the new coat over the old.

**Our Free Offer**  
Send us the coupon (or a postal card) and we will mail you a copy of our FREE book about home decoration, and tell you about our offer of free color plans, and free stencils to help you make your home beautiful, clean and beautiful.

**Mail This Coupon Today**  
Alabastine Company,  
162 Grandville Ave., Grand Rapids, Mich.  
At no cost to me, please send your Alabastine book and tell me about your free offers.  
Name.....  
P. O. ....  
County.....  
State.....