

HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh.



MISS ELIZABETH UHER
The first symptoms of catching cold he should at once begin the use of Peruna according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

MRS. M. J. BRINK
FIRST STAGE OF CATARRH.
A Serious Mistake Which Thousands Are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

MISS SYBIL A. HADLEY
How glad I felt when it began to relieve me in a very short time. I had not more than two weeks I was completely cured. —Miss Elizabeth Uher.

MISS SARA MCGAHAN
I have always dreaded unsteady weather because of my extreme liability to catch cold, and a catarrhal trouble would quickly develop throughout my entire system, which would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this any more. If I have been at all exposed to the damp, wet or cold weather, I take a dose of PERUNA and it throws out any hint of sickness from my system. —Miss Elizabeth Uher.

Mrs. M. J. Brink, No. 820 Michigan Avenue, St. Joseph, Mo., writes:
"This past winter during the wet and cold weather I caught a sudden and severe cold, which developed a catarrhal condition through my entire system, and affected my general health that I was completely broken down, and became nervous and hysterical and could not supervise my house. My physician prescribed for me, but somehow his medicine did me no good. Reading of PERUNA I decided to try it. After I had taken but three bottles I found myself in fine health." —Mrs. M. J. Brink.

Sybil A. Hadley, 25 Main Street, Huntington, Ind., writes:
"Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies did not help me, and I was almost blind. An advertisement of what PERUNA could do I decided to try a bottle, and you can imagine

the first symptoms of catching cold he should at once begin the use of Peruna according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

Unless this bad cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peruna was taken every time one has a cold or cough, chronic catarrh would be practically an unknown disease.

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"Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies did not help me, and I was almost blind. An advertisement of what PERUNA could do I decided to try a bottle, and you can imagine

Miss Elizabeth Uher, No. 57 Bassett Street, Albany, N. Y., writes:
"I have always dreaded unsteady weather because of my extreme liability to catch cold, and a catarrhal trouble would quickly develop throughout my entire system, which would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this any more. If I have been at all exposed to the damp, wet or cold weather, I take a dose of PERUNA and it throws out any hint of sickness from my system." —Miss Elizabeth Uher.

Miss Sara McGahan, No. 177 Third Street, Albany, N. Y., writes:
"A few months ago I suffered with a severe cold of influenza, which nothing seemed to relieve. My hearing became bad, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERUNA and within two weeks I was perfectly well." —Sara McGahan.

Miss Sara McGahan, No. 177 Third Street, Albany, N. Y., writes:
"I have always dreaded unsteady weather because of my extreme liability to catch cold, and a catarrhal trouble would quickly develop throughout my entire system, which would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this any more. If I have been at all exposed to the damp, wet or cold weather, I take a dose of PERUNA and it throws out any hint of sickness from my system." —Miss Sara McGahan.

LEGISLATIVE PROCEEDINGS

SENATE.

LINCOLN—The following bills were introduced in the senate Wednesday and read for the second time: S. F. 1, by Senator Howell of Douglas—A bill for an act to provide in cities of the metropolitan class, viz: (1) For the procedure in certain cases, by the mayor or council, in the acquisition of a municipal water plant; (2) for the creation of a water board, its organization, its powers, its duties, and the compensation of its members and employees; (3) for penalties for interference with water plant, or employees of water board in the discharge of their duties; (4) for a water fund, its revenues, and the disbursement thereof; and amending sections 16, 17, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 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S. F. 2, by Senator Sheldon of Cass—An act to legalize and make valid all orders, judgments, decrees and findings that have been made by any district court in the state of Nebraska, in action brought by any county in said state to foreclose alleged liens for taxes assessed and levied for the purpose of raising and paying the same, and to amend sections 16, 17, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 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968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

S. F. 3, by Senator Sheldon—Authorizing county boards in the various counties to establish boards of health to prevent the spread of contagious diseases, one member of such board to be a physician.

S. F. 4, by Senator Sheldon—A bill for an act to protect the public health and prevent the spread of contagious and infectious diseases. Confers sanitary authority on the state board of health and its secretaries; authorizes it to adopt and enforce such regulations as may be necessary to prevent the spread of contagious and infectious diseases. Confers sanitary authority on the state board of health and its secretaries; authorizes it to adopt and enforce such regulations as may be necessary to prevent the spread of contagious and infectious diseases. Confers sanitary authority on the state board of health and its secretaries; authorizes it to adopt and enforce such regulations as may be necessary to prevent the spread of contagious and infectious diseases.

S. F. 5, by Senator Sheldon—A bill for an act to amend section 4 of chapter 84 of the compiled statutes, removing the limit as to the size of the state cemetery at Lincoln, Nebraska, from 100 acres to 200 acres.

S. F. 6, by Senator Marshall of Otoe—To amend section 19 of chapter 10, relating to "Bonds and Oaths," fixing the bonds of sheriffs in counties of over 25,000 inhabitants at \$10,000, and of county commissioners or supervisors when the population does not exceed 25,000, and less than 10,000 at \$2,000; when the population exceeds 10,000 and less than 25,000 at \$5,000; when the population exceeds 25,000 and less than 50,000 at \$10,000; and when the population exceeds 50,000