

HEALTHY WOMEN

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



MRS. M. J. BRINK
FIRST STAGES 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. To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching cold he

The woman of education often is the most stunted in her views.
The cost of producing sugar in Cuba averages 1 1/2 cents a pound.
Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES.
Foot ball is probably invented for the purpose of encouraging surgery.
There are times when a woman can't help wishing she could turn back the hands of time.
A deception may bring profit but that does not always satisfy the conscience.
The telling of the absolute truth at a critical moment has been known to change the career of a man.

should at once begin the use of Peru-na according to directions on the bottle and the cold is sure to pass away without leaving any bad effects.
Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peru-na was taken every time one has a cold or cough, chronic catarrh would be practically an unknown disease.

Mrs. Elizabeth Uber, No. 57 Bassett street, Albany, N. Y., writes: "I have always dreaded unsettled weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system, which it 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 or two of PERUNA and it throws out any bit of sickness from my system."—Miss Elizabeth Uber.

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 so affected my general health that I was completely broken down, and became nervous and hysterical and unfit to supervise my home. My physician prescribed for me, but somehow his medicine did me no good. Hearing 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, 26 Main street, Huntington, Ind., writes: "Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was raw and raw. Ordinary remedies did not help me and I sought remedies named in Reading an advertisement of what PERUNA could do. I decided to try a bottle, and you can imagine how glad I felt when

You can always get a few pointers on insect life from the bee hive.
The first electrical railway was that of Siemens of Berlin in 1879.
Girls don't marry a romantic youth who is willing to die for you. Select a man who is willing to earn a living for you.
Education is so general in Denmark and Sweden that they are the only European countries in which all the military conscripts can read and write.
The largest individual land holder in the United States is said to be John S. Bilby, of Mitman, Mo. In seven states he holds property aggregating 180,000 acres.



MISS SARA MCGAHAN.
It began to relieve me in a very short time. In less than two weeks I was completely cured."—Sybil A. Hadley.

Miss Sara McGahan, No. 197 3d street, Albany, N. Y., writes: "A few months ago I suffered with a severe attack of influenza which nothing seemed to relieve. My hearing became dull, my eyes became irritated and feverish. Nothing seemed right and nothing I attempted good. I took PERUNA and within two weeks I was perfectly well."—Sara McGahan.

The Way to Rest.
The only true way to rest is to lie down in a darkened room with closed eyes and think of nothing. Even five minutes of such rest is valuable; the muscles of the face relax and one does not get a hard, tired look, which adds many years to the appearance.
Something Better Than Success.
There is something even better than success within the reach of us, and that is the consciousness of having manfully striven, in spite of untoward circumstances, faithfully and cheerfully to do our duty in that state of life in which a merciful Providence has cast our lot. This involves patience and endurance, courage and forbearance, and affords numberless opportunities for the exercise of true heroism.

WOMAN'S REALM

What Women Admire in a Man.
There seems to be no limit to the ugliness a man may possess without in any way lessening the chances of a woman loving him. How often one sees a really beautiful woman mated to an exceptionally ugly man, and vice versa. A man may be crippled, hideous, deformed, and yet find a woman who will gladly share his lot, and for this reason women are often sneered at by people who suppose them to be so anxious to marry that they are not in the least fastidious as to whom they take.
Here they are completely at fault, for love with a woman is not half so often induced by good looks as by other qualities which compel her admiration far more strongly. In the first place the chief thing which women admire in a man is strength, both moral and physical, and perhaps next she admires most the quality of courage, for a man who is afraid seems to a woman at once the most extraordinary and miserable creature on the face of the earth.
Another thing she greatly admires is determination, and that is the reason why persistence generally wins in the end, though she will try it to its utmost limit.

Sometimes she admires less striking qualities in a man; she will think that a certain bashfulness toward other people is a quality to be proud of, provided he is always kind and tender toward herself. She often imagines that rough manners are a sign of strength, and therefore does not mind his speaking to other people in a rude, bullying fashion.
Masterfulness is a characteristic that excites her deep, though perhaps secret, admiration, and she despises in her heart of hearts the husband who invariably allows her to get the upper hand. No henpecked husband was ever looked upon except with contempt by his wife, and it is a certain thing that if he had but the confidence to resist her to her face she would, as a rule, be only too delighted to take second place without a murmur.—New York News.

The Bride's Crucial Moment.
But in the ascending scale of life marriage is not merely the romantic mating of two people; it is a spiritual union, occult and difficult to define, composed of two distinct intelligences, neither of which can withdraw or dominate the other without injury to the relationship.
And the lack of right-mindedness in the wife when the honeymoon days are over spoils as many marriages as frailties in the husband do. Obligated by the very nature of things to dispense with her bridal ideals, the question is, what course she will pursue. And everything depends upon her decision, for she will either adjust herself to the situation with the egotism of a martyr, seek consolation in her children, religion or society, or she will wisely accept the bargain she has made for happiness with the determination to realize upon it in spite of all newly discovered human limitations.

And here begins her university course in the philosophy of life; a philosophy which not only recognizes the disposition of one particular man in its variations from that of mankind in general, but disciplines her own to match and mate it. And there is the rub.
The matching is a pitting of force against force, which comes easy to old Adam nature; but the mating of mind with mind, the finishing of his courage with the spires of her hopes, the adding of her charm to his power, is a Divine alchemy of spirits which no man can accomplish.—Independent.

Smiles and Their Meaning.
Some one has suggested that words were invented for the purpose of concealing thought, but there are situations when words are unavailing and it is necessary to have recourse to another method for concealing thought. This is where smiles are useful. Now, there is nothing worthy of remark about a smile when the natural result of a pleasant thought, but the climax of art has been reached when one has learned to smile under circumstances when language—if a true expression of thought—would be decidedly objectionable.
Smiles have a peculiar charm. They can accomplish wonders in an argument, especially if the smiler possesses rosy lips and pearly teeth. "Smile for the lady" is familiar nursery parlance, and when Baby smiles it is genuine. But, once beyond the years of babyhood, one can never be perfectly certain of the true value of a smile.—Exchange.

Girls and Their Speaking Voices.
"How many girls ever give thought to the pitch and timbre of their voices?" asks Harper's Bazar. "Straight figures, good complexion, an easy, supple carriage, white teeth and well-kept hair and nails are all desiderata for a girl who can do much to counteract what may seem a naturally bad voice. Nine times out of ten it is bad because of careless habits formed through ignorance. The pitch of the voice is most important, and if this is high the work of lowering it should be at once attempted. Stop frequently in the course of your daily talk with your family or intimate friends, and catch

the echo of your voice—it will be easy to go on then two or three tones lower. Soon the right pitch will become habitual—a great point gained. A pleasant voice may be cultivated, too, like a pleasant expression, if sufficient care and watchfulness are had. If the voice tones are nasal there is probably some upper throat or nostril obstruction—often one very simple and easily removed by a physician. If voice culture lessons can be taken this should be done, but without any expert teaching, a young person's voice is amenable to modification and improvement through simple care on the part of its owner."

Why Women Worry.
If a woman is to protect herself from the ravages of worry, and so retain her youth for a longer period, she must come into more frequent contact with other people—as her husband does—and read good books; she must relieve the monotony of her duties and the limiting influence of confinement with-in four walls by taking outdoor exercises—a walk every day or a spin on a bicycle; in short, she must exercise the body and mind in a healthful manner, and she will find the bloom of youth and health remain with her for years after it has faded in other women of the same age.
"The ordinary woman," says a celebrated physician, "leads such a monotonous existence that her mind has no occupation but worry. What she needs is to come out of herself much more than she does. She must have intercourse with more people and take more exercise. This can be done without neglecting the home, and every right-minded man will do his best to secure for his mother, or his sister, or his wife, these aids to the retention of youthfulness of body and mind."

Pagan Marriage Customs.
How little the fashionable bride in the smart set to-day realizes that all of the wedding customs of the present are rooted in the pagan past. The barbaric bridegroom procured his mate by one of two methods—capture or purchase. We speak even now of "capturing" a bride, and "purchase" is not wholly unknown. In the former the groom started upon the warpath with some chosen companion, who assisted him in seizing the woman; whence cometh the custom of having a "best man."

The dainty gold ring of to-day is a relic of the fetter by which the bride was bound, while the jocosely slipper is a remnant of the missiles hurled by the angry parents.
The orange blossoms came in a more civilized age, though not Christian. The veil, as still in modern Oriental countries, typifies exclusive possession by one man.
Their Mothers.
All I am my mother made me.—John Quincy Adams.
Nature's loving proxy, the watchful mother.—Bulwer.
All that I am, or hope to be, I owe to my angel mother.—Lincoln.
Let France have good mothers and she will have good sons.—Napoleon.
The future destiny of the child is always the work of the mother.—Napoleon.

I would desire for a friend the son who never resisted the tears of his mother.—Lacretelle.
If there be aught surpassing human deed or word or thought, it is a mother's love.—Marchioness de Spodora.
If you would reform the world from its errors and vices, begin by enlisting the mothers.—C. Simmons.
Unhappy is the man for whom his own mother has not made all other mothers venerable.—Richter.

Washing Flannels.
Have a tub half full of water that is more than warm, but not very hot, and make a strong suds with laundry soap of the best quality. Add a tablespoonful of powdered borax. Shake the flannels thoroughly, then squeeze them with the hands, sop them up and down and, if necessary, rub the spots between the hands. Do not rub soap on the flannels and do not rub the flannels on a board. Wring from the first suds and put into another of the same temperature; rinse through water that does not contain soap; wring dry, shake vigorously and dry quickly. Iron before they are quite dry with a moderately hot iron, then press well. Do not use borax for colored flannels.

Leaf-Dropping.
Leaf-dropping in house plants is nearly always caused by injudicious watering or insufficient drainage. If the soil is allowed to dry the leaves of the plant are very liable to turn yellow and drop, and the same result will follow the retention of too much moisture about the roots. Many plants will drop their leaves if they become chilled. Avoid extremes of temperature. Red spider, a very small pest which mostly attacks the under surface of the leaves, will mostly cause them to turn yellow and drop. So, also, will gas and smoke.

His Idea of a Beautiful Woman.
A famous statesman on being asked what he considered the greatest type of beauty in women, replied: "The woman who is beautiful and does not know it, and the homely woman who by her intelligence and graceful bearing makes you forget it."

ST. JACOBS OIL

POSITIVELY CURES

- Rheumatism
- Neuralgia
- Backache
- Headache
- Footache
- All Bodily Aches
- AND

CONQUERS PAIN.

The Martinique Disaster.
After all, the event which will cause 1902 to be remembered longer than any other is one in the bringing about of which man had no part. This was the breaking forth of the great eruption of Mont Pelée on the island of Martinique, by which thirty thousand lives were wiped out in an instant, and a city obliterated from the face of the earth. Not in modern times has there been so impressive a reminder of the mighty forces imprisoned within the earth. The explosion of Krakatoa, in 1883, was more tremendous, but could not appeal to the imagination as did the later catastrophe. The eruption of Mont Pelée will pass into history, and men will again build their homes where its ashes now cover the soil. So it is with every calamity of our lives. Sorrows and disappointments are bound to come. Let us live without fear, and when the works of our labor have been overthrown, let us bravely build a new structure of usefulness as I hope.

His Purpose.
Boy—I saw a man in a window making faces today.
Visitor—What was he doing that for?
Boy—For couple of clocks. He is a watch and clock maker.
It is a popular saying in Brazil that every ton of rubber from the Upper Amazon costs two lives.
Too many cooks spoil the digestion.

It is quite natural that a man should have his hair cut when he doesn't want it any longer.
The straight and narrow path is the one always taken by the tight rope walker.



Mrs. Emmons, saved from an operation for Ovaritis, tells how she was cured by Lydia E. Pinkham's Vegetable Compound.

"I am so pleased with the results I obtained from Lydia E. Pinkham's Vegetable Compound that I feel it a duty and a privilege to write you about it.
"I suffered for over five years with ovarian troubles, causing an unpleasant discharge, a great weakness, and at times a faintness would come over me which no amount of medicine, diet, or exercise seemed to correct. Your Vegetable Compound found the weak spot, however, within a few weeks—and saved me from an operation—all my troubles had disappeared, and I found myself once more healthy and well. Words fail to describe the real, true grateful feeling that is in my heart, and I want to tell every sick and suffering sister. Don't dally with medicines you know nothing about, but take Lydia E. Pinkham's Vegetable Compound, and take my word for it, you will be a different woman in a short time."—Mrs. LAURA EMMONS, Walkerville, Ont. —\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Don't hesitate to write to Mrs. Pinkham if there is anything about your case which you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address is Lynn, Mass.

FREE TO WOMEN
To prove the healing & cleansing power of PAXTINE TOILET ANTISEPTIC we will mail large trial treatment with book of instructions, absolutely free. This is not a tiny sample, but a large package, enough to convince anyone that it is the most successful preparation known to medicine as a cleansing vaginal douche and for the local treatment of woman's special ills, curing discharges and all inflammation, also to cleanse the teeth, mouth, and cure catarrh. Send to-day a postal will do. Sold by druggists or sent postpaid by an 80 cent large box. **PAXTINE TOILET ANTISEPTIC** 1000 Paxtine Co., 216 Columbia Ave., Boston, Mass.

E. L. BARRAGAR, Pres. ED. C. BROWN, Treas. D. B. PARKS, Sec'y & Mgr.

NATIONAL MEDICAL CO.

PROPRIETORS

Dr. Masters' Remedies

CAPITAL, \$250,000.00.

LIQUID KOAL

TRADE MARK

The Great Germ and Insect Destroyer.

National Stock Food.
Spices and Baking Powder.
Flavoring Extracts.

Hog Cholera—is a germ disease of the large intestine and when confined to the intestine it can be cured, but after it penetrates the lungs, liver and other organs, causing fermentation and inflammation, it cannot be cured. Liquid Koal is now used by the leading stock men over the country for the cure and prevention of cholera because it is the only known germicide that will pass through the stomach into the intestines and from there into the blood, permeating the whole system, freeing it of all germs of disease and still retain its germicidal properties. It is a compound embracing every germicide, antiseptic and disinfectant property found in coal, treated chemically with an alkaline base until every objectionable feature is eliminated, being non-poisonous and harmless to animal economy.

CORN STALK DISEASE—is a germ disease caused by the cattle eating the partly decomposed rubbish on the stalk. The symptoms are characterized by a high fever and bloating. Liquid Koal given in the pure state and put in the drinking water will cure and prevent this disease.
Liquid Koal is also used in the treatment of Swine Plague, Tuberculosis, Lump-Jaw, Pink Eye, Chicken Cholera, Bot, Scabs in Sheep, and all kinds of Parasites and Lice.

Prices of Liquid Koal Delivered are as follows:
ONE QUART CAN - \$1.00 TEN GAL. REG. \$2.50 PER GAL
ONE GALLON - 3.00 25 GAL.—1-2 BBL., 32.25 GAL
FIVE GALLONS, \$2.75 PER GAL. 50 GAL.—ONE BBL., \$12.00 GAL

32-Page book on diseases of animals mailed free on application. If no local agent order direct from us.

NATIONAL MEDICAL COMPANY,
YORK, NEBR. SHELDON, IOWA.
Liquid Koal is now endorsed by the leading experimental stations as the greatest germ destroyer known.

TWO THINGS TO REMEMBER.
Use Liquid Koal to destroy the parasites on the outside.
Use Liquid Koal to destroy the parasites on the inside.

WESTERN CANADA

HAS FREE HOMES FOR MILLIONS!

Upwards of 10,000 Americans have settled in Western Canada during the last 5 years. They are contented, happy and prosperous, and these are some of the reasons: Wonderful yields of wheat and other crops. Good grazing lands on the prairies. Magnificent climate, plenty of water, good schools, excellent churches and splendid railway facilities.

Free Homestead of 160 Acres, Free

The only charge being \$3 for entry. Send to the following for an Atlas and other literature, as well as for certificate, giving you reduced railway rates, etc.: Superintendent of Immigration, Ottawa, Can., or to W. V. Bennett, 311 New York Life Bldg., Omaha, Neb., the authorized Canadian Government Agent.

ARE YOU SATISFIED?
Are you entirely satisfied with the goods you buy and with the prices that you pay?
Over 2,000,000 people are trading with us and getting their goods at wholesale prices.
Our 1,000-page catalogue will be sent on receipt of 10 cents. It tells the story.

Montgomery Ward & Co.
CHICAGO
The house that tells the truth.

Capsicum Vaseline

Put Up in Collapsible Tubes.

A Substitute for and Superior to Mustard or any other plaster, and will not blister the most delicate skin. The pain relieving and curative qualities of this article are wonderful. It will stop the toothache at once, and relieve headaches and sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all rheumatic, neuralgic and gouty complaints.
A trial will prove what we claim for it, and it will be found to be invaluable in the household. Many people say "It is the best of all your preparations."
Price 15 cents, at all druggists, or other dealers, or by sending this amount to us in postage stamps, we will send you a tube by mail.
No article should be accepted by the public unless the same carries our label, as otherwise it is not genuine.

CHESEBROUGH MANUFACTURING CO.
175 State St., New York City.

LAND
Washington and Idaho, productive soil, 4000 ft. altitudes, choice farms, will sell for \$50 on railway fare if a buyer is located. Jackson Co., Spokane, Wash.

N. N. U. NO. 100 YORK NEB