The Grip Leaves Thousands in Its Path Weak, Nervous, Dyspeptic, Catarrh Wrecks.

"For Grip and the after effects like debility, nervousness, dyspepsia and other catarrhal conditions resulting from the Grip, in the entire Materia Medica I have found no remedy that equals Peruna for prompt action."
—Dr. S. B. Hartman, President The Hartman Sanitarium.

From N. Y. Journal. "During the recent Grip epidemic, claiming a million victims or more, the efficiency of Peruna in quickly relieving this malady and its after-effects has been the talk of the continent."

LIKE A DEMON grip has crossed our country, leaving behind scores of physical wrecks.

Victims of catarrh of the head, catarrh of the throat, catarrh of the lungs, catarrh of the stomach, catarrh of the kidneys, catarrh of the pelvic organs, are to be counted by hundreds of thousands. Grip is epidemic catarrh, and sows the seeds of chronic catarrh within the system.

This is so true that few grip sufferers are able to make a complete recovery until they have used Peruna.

Never in the history of medicine has a remedy received such unqualified and universal eulogies as Peruna.

A New York Alderman's Experience.

Hon. Joseph A. Flinn, alderman Fifth District, writes from 104 Christopher street, New York City, as follows:

"When a pestilence overtakes our people we take precaution as a nation to preserve the citizens against the dread disease.

"La grippe has entered thousands of our homes this fall, and I noticed that the people who used Peruna were quickly restored, while those who depended on doctor's prescriptions, spent weeks in recovering, leaving them weak and emaciated.

"I had a slight attack of la grippe and at once took Peruna, which drove the disease out of my system in a few days and did not hinder me from pursuing my daily work.

"I should like to see our Board of Health give it official recognition and have it used generally among our poor sick people in Greater New York."—Joseph A. Flinn.

D. L. Wallace, a charter member of the International Barber's Union, writes from 15 Western avenue, Minneapolis, Minn.:

"Following a severe attack of la grippe I seemed to be affected badly all over. I suffered with a severe backache, indigestion and numerous ills, so I could neither eat nor sleep, and I thought I would give up my work, which I could not afford to do.

"One of my customers who was greatly helped by Peruna advised me to try it, and I procured a bottle the same day. I used it faithfully and felt a marked improvement. During the next two months I took five bottles, and then felt splendid. Now my head is clear, my nerves steady, I enjoy food, and rest well. Peruna has been worth a dollar a dose to me."—D. L. Wallace.

Mr. O. H. Perry, Atchison, Kansas, writes:

"Again, after repeated trials of your medicines, Peruna and Manalin, I give this as my expression of the wonderful results of your very valuable medicine in its effects in my case after repeated trials.

"First, it cured me of chronic bronchitis of fifteen years' standing by using two bottles of Peruna in January, 1894, and no return of it.

"After I was cured of bronchitis I had la grippe every winter for several winters. But, through the use of Peruna, it got gradually weaker in its severity, until it dwindled down to a mere stupor for two or three days. Now the stupor does not trouble me any more."—O. H. Perry.

A Congressman's Experience.

House of Representatives,
Washington, D. C.

Peruna Medicine Co., Columbus, Ohio:

Gentlemen—"I am more than satisfied with Peruna, and find it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy."

Very respectfully,
George H. White.

If you do not receive 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, O.

Zurich has is streets paved with paper.

Perthshire men possess the largest and heaviest brains in Scotland, declares Prof. Ramsay.

Sweden sent three quarters of the four million gross boxes of matches imported into this country last year.

It has been estimated that of every 100 pounds of food we eat 14 pounds are potatoes.

Keep an eye on the man who boasts of his honesty.

Love in a cottage doesn't have a janitor to contend with.

It takes a cold snap to get the drop on a thermometer.

There are 22 400 more females than males in Cornwall, England.

Fifty university students are assisting with the extra work at Glasgow postoffice.

There is no us trying to bring peace of mind to the man with an imaginary grievance.

Vienna just now is suffering from a dust plague, the low temperature rendering it impossible to water the streets with safety.

Some men have a way of looking at a woman which brings on an attack of nervousness that cannot be controlled.

A Fellow Feeling

MacBooth-Rantington—And yet there should be a bond of sympathy between us and the police.

His Leading Man—How so?

MacBooth-Rantington—Why, we both have our critics who don't do a thing but roast us.—New York World.

Many School Children Are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York. Break up Colds in 24 hours, cure Constipation, Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels and Destroy Worms. Sold by all druggists or by mail, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Medicine as a profession for women is constantly growing in popularity in London. Women now holding medical degrees in Great Britain number more than 500.

All Tired Out.

The weary, worn out, all-tired feelings come to everybody who taxes the Kidneys.

When the Kidneys are over-worked they fail to perform the duties nature has provided for them to do.

When the Kidneys fail dangerous diseases quickly follow. Urinary disorders, diabetes, dropsy, rheumatism, Bright's disease. Doan's Kidney Pills cure all kidney and bladder ills. Read the following case:

Veteran Joshua Heller of 706 South Walnut street, Urbana, Ill., says: "In the fall of 1899 after getting Doan's Kidney Pills at Cunningham Bros.' drug store in Champaign and taking a course of the treatment I told the readers of this paper that they had relieved me of kidney trouble, disposed of a lame back with pain across my loins and beneath the shoulder blades. During the interval which has elapsed I have had occasion to resort to Doan's Kidney Pills when I noticed warnings of an attack. On each and every occasion the results obtained were just as satisfactory as when the pills were first brought to my notice. I just as emphatically endorse the preparation to-day as I did over two years ago."

A FREE TRIAL of this great kidney medicine which cured Mr. Heller will be mailed on application to any part of the United States. Medical advice free. Strictly confidential. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

"What Luck!"

LIBBY LUNCHEONS made ready in a few moments. The Wafer Sliced Smoked Beef, Pork and Beans, Veal Loaf, Potted Chicken, and lots of good things to eat.

Are U. S. Government Inspected

Keep in the house for emergencies—for suppers, for sandwiches—for any time when you want something good and want it quick. You simply turn a key and the can is open. An appetizing lunch is ready in an instant.

Libby, McNeill & Libby
Chicago, Ill., U. S. A.

Write for our free booklet "How to Make Good Things to Eat."

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 allaying and curative qualities of this article are wonderful. It will stop the toothache at once, and relieve headache 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 25 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.

CHEESEBROUGH MANUFACTURING CO.,
17 State Street, New York City.

$3.00 W. L. DOUGLAS SHOES $3.50
UNION MADE

W. L. Douglas makes and sells more men's Goodyear Welt (Hand-Sewed Process) shoes than any other manufacturer in the world.

$25,000 REWARD
will be paid to anyone who can disprove this statement.

Because W. L. Douglas is the largest manufacturer he can buy cheaper and produce his shoes at a lower cost than other concerns, which enables him to sell shoes for $3.50 and $3.00 equal in every way to those sold elsewhere for $4 and $5.00.

The Douglas secret process of tanning the bottom soles produces absolutely pure leather; more flexible and will wear longer than any other tannage in the world.

The sales have more than doubled the past four years, which proves its superiority. Why not give W. L. Douglas shoes a trial and save money.

Native Increase (1899 Sales: $2,203,853.21
in Business: (1902 Sales: $3,024,540.00
A gain of $820,686.79 in Four Years.

W. L. DOUGLAS $4.00 GILT EDGE LINE, Worth $6.00 Compared with Other Makes.

The best imported and American leathers, Hayd's Patent Calf, Enamel, Box Calf, Calf, Vici Kid, Corona Colt, and National Kangaroo. Fast Color Eyelets

Caution: The genuine have W. L. DOUGLAS name and price stamped on bottom.

Shoes by mail, 25c. extra. Illus. Catalog free.

W. L. DOUGLAS, BROCKTON, MASS.

Sale 10,000,000 Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

Cascarets

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

10c. 25c. 50c. All Druggists

BEST FOR THE BOWELS

Salt Codfish Chowder.

Wash one pint of salt codfish broken into flakes and put to soak over night. Cut half a pound of salt pork into dice, fry crisp and brown, and in the fat fry two onions chopped into fine dice. Put in the soup pot a layer of flaked fish and a layer of thinly sliced raw potatoes. Sprinkle with onion, fried pork, add a dash of flour and pepper. Cover with a layer of split crackers. Continue in this order till the fish and one quart of sliced potatoes have been used. Over this pour two quarts of milk and allow the chowder to simmer very gently for one hour.

Graham Muffins.

For twelve muffins there will be required half a pint of graham, half a pint of flour, one generous tablespoonful of sugar, one tablespoonful of butter, half a teaspoonful of salt, one teaspoonful and a half of baking powder, one egg, and two gills and a half of milk. Mix the dry ingredients and rub through a sieve. Turn the bran from the sieve into the mixture. Beat the egg till light and add the milk to it. Stir this into the dry mixture. Add the butter, melted, and beat well for half a minute. Bake in buttered muffin pans for half an hour in a moderately hot oven.

Reception Rolls.

Scald one cup milk, add one tablespoonful sugar, one-quarter cup of butter and one-half teaspoon salt. When lukewarm add one yeast cake dissolved in three tablespoonfuls lukewarm water and one and one-half cups bread flour. Cover and let rise, then add yolks of two eggs and flour to knead. Let rise, shape, again let rise, and bake in a hot oven.

Pop-Overs.

Sift into a bowl one cupful of flour and a saltspoonful of salt. Beat one egg very light, add to it one cupful of sweet milk. Stir this gradually so that it will not be lumpy, into the flour, give it two or three vigorous beatings and pour it into heated gem pans that have been well greased. Fill them about half full and bake them in a very quick oven.

Codfish with Vegetables.

Freshen codfish and cut it in chops about three by six inches in size. Put into hot water and set on the stove where it will barely simmer. Boiling hardens the fiber of fish as it does of meat. When the fish is perfectly tender, drain, pour over it a butter sauce and serve for dinner with mashed potatoes, beet pickles and boiled carrots.

Creamed Oysters.

Clean and parboil one pint oysters. Drain and reserve liquor for making sauce. Melt three and one-half tablespoonfuls butter, add five tablespoonfuls flour and pour on gradually oyster liquor and milk or cream to make one and one-half cups liquid. Season with salt, pepper and celery salt. Reheat oysters in sauce.

Indian Meal Soup.

Prepare this as a hasty pudding, and then thin it with hot milk to a creamy consistency, and it can be served with a dish of crisp, hot pork scraps cut very small. Try it before you decide that you will not like it. Small dice of bread fried like doughnuts are good with it.

Fruit Punch.

Pour one cup strong tea over one cup sugar. Add three-quarters cup orange juice, one-third cup lemon juice, one pint ginger ale, and one pint Apollinaris. Strain into punch bowl over a large piece of ice and garnish with slices of orange.

Caramel Cake Frosting.

Boil together a half cup of sugar, three-quarters of a cup of cream and a tablespoonful of butter until it threads, then beat in four tablespoonfuls of caramel (burnt sugar) and vanilla to flavor. Fill and cover the cakes with this.

Yankee Brown Bread.

One quart corn meal, one quart rye meal (not flour), one cup of molasses, one-half cup of yeast; wet soft with warm water and allow it to rise three hours. Bake in a very slow oven, or, what is better, steam it for five hours.

Worked Both Ways.

"That sermon," remarked the parson, after the benediction had been pronounced, "was the result of great mental effort on my part. It's preparation kept me awake nearly two-thirds of the night."

"Queer what contrary effects a sermon will have on people," replied the old deacon. "I observed that the delivery of the one you speak of put nearly two-thirds of the congregation to sleep."

His Little Scheme.

Rentt—"I am going to open an engagement in Scranton next week."

Roxy—"I guess you'll do your best."

Rentt—"No, my worst. Then maybe they'll throw coal at me."

An Awful Jolt.

He (bashfully)—May I—er—kiss your baby sister?

She (in disgust)—Oh, I suppose so—if you are too cowardly to tackle a girl nearer your own size.

MRS. RATH'S BABY

Tired Mother's Touching Story of Anxiety and Suffering.

Cuticura Brings Blessed Cure to Skin Tortured Baby and Peace and Rest to Its Worn Out Mother.

It is no wonder that Mrs. Helena Rath was taken sick. Single-handed, she did all the housework and washed, cooked and mended for her husband, Hans, and their six children. After a plucky fight to keep on her feet, Mrs. Rath had to yield, and early in 1902 she took to her bed. What followed she told to a visitor, who called at her tidy home, No. 821 Tenth Ave., New York City.

"I hired a girl to mind the children and to do whatever else she could. I couldn't stay in bed long. Sick as I was, it was easier for me to crawl around than to lie and worry about my little ones. So I got up after a few days, and let the girl go. I had noticed that she had sores on her face, hands and arms, but I paid no attention to that until Charlie, my youngest, began to pick and scratch himself. He was then ten months old, and the girl had paid more attention to him than to any of the others. Charlie was fretful and cross, but as he was cutting teeth, I didn't think much of that. Even when a rash broke out on his face I wasn't frightened, because everybody knows that that is quite common with teething babies. Several of my others had it when little, and I thought nothing about it.

"But the rash on Charlie's poor little face spread to his neck, chest, and back. I had never seen anything quite like it before. The skin rose in little lumps, and matter came out. My baby's skin was hot, and how he did suffer! He wouldn't eat, and night after night I walked the floor with him, weak as I was. Often I had to stop because I felt faint and my back throbbed with pain. But the worst pain of all was to see my poor little boy burning with those nasty sores.

"I believed he had caught some disease from the girl, but some of the neighbors said he had eczema, and that is not catching, they told me. Yes, I gave him medicine, and put salves and things on him. I don't think they were all useless. Once in a while the itching seemed to let up a bit, but there was not much change for the better until a lady across the street asked me why I didn't try the Cuticura Remedies. I told her I had no faith in those things you read about in the papers. She said she didn't want me to go on faith nor even to spend any money at first. She gave me some Cuticura Ointment—I think the box was about half full—and a piece of Cuticura Soap. I followed the directions, bathing Charlie and putting that nice Ointment on the sores.

"I wouldn't have believed that my baby would have been cured by a little thing like that. Not all of a sudden, mind you. Little by little, but so surely. Charlie and I both got more peace by day, and more sleep by night. The sores sort of dried up and went away. I shall never forget one blessed night when I went to bed with Charlie beside me, as soon as I got the supper dishes out of the way and the older children undressed; when I woke up the sun was streaming in. For the first time in six months I had slept through the night without a break.

"Yes, that fat little boy by the window is Charlie, and his skin is as white as a snow flake, thanks to the Cuticura Remedies. I think everybody should know about the Soap and also the Ointment, and if it is going to help other mothers with sick babies, go ahead and publish what I have told you."

MRS. HELENA RATH.

The agonizing, itching, and burning of the skin as in eczema; the frightful scaling, as in psoriasis; the loss of hair, and crusting of the scalp, as in scalled head; the facial disfigurements, as in pimples and ringworm; the awful suffering of infants, and anxiety of worn-out parents, as in milk crust, tetter and salt rheum,—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment, and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy have made them the standard skin cures, blood purifiers and humour remedies of the civilized world.

CUTICURA REMEDIES are sold throughout the civilized world. PRICES: Cuticura Resolvent, 50c. per bottle (in the form of Chocolate Coated Pills, 25c. per vial of 60); Cuticura Ointment, 50c. per box, and Cuticura Soap, 25c. per tablet. Send for the great work, "Humours of the Blood, Skin, and Scalp, and How to Cure Them," 64 pages, 300 Diseases, with Illustrations, Testimonials and Directions in all languages, including Japanese and Chinese. British Depot, 27-28 Charterhouse Sq., London, E. C. French Depot, 5 Rue de la Paix, Paris. Australian Depot, R. Towns & Co., Sydney. POTTER DRUG AND CHEMICAL CORPORATION, Sole Proprietors, Boston, U. S. A.

Don't get discouraged. Even to the oyster there comes an opening when least expected.

A Texas man with seven wives has just been sent to the penitentiary. Occasionally the law helps a man out of a bad scrape.

When a gentleman becomes engaged to a lady in Russia he is expected to send a present to her every day. This custom makes long engagements expensive, consequently they are the exceptions.

YOU CAN DO IT TOO

Over 2,000,000 people are now buying goods from us at wholesale prices—saving 15 to 40 per cent on everything they use. You can do it too.

Why not ask us to send you our 1,000-page catalogue?—it tells the story. Send 15 cents for it today.

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

WESTERN CANADA
HAS FREE HOMES FOR MILLIONS!

FARMS IN WESTERN CANADA FREE

Upwards of 100,000 Americans have settled in Western Canada during the last 5 years. They are contented, happy and prosperous and there is room still for millions. Wonderful yields of Wheat and other grains. Best Grazing Lands on the Continent. Magnificent climate, plenty of water and fuel. Good schools, excellent churches and splendid railway facilities.

Free Homestead of 160 Acres, Free

the only charge being $10 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, 801 New York Life Bldg., Omaha Neb., the authorized Canadian Government Agent.

POTATOES $2.50 a Bbl.

Largest growers of Seed Potatoes in America. The "Rural New Yorker" gives Salzer's Early Wisconsin a yield of 744 bu. per a. Prices Strictly Cash. Mammoth seed book and sample of Teosinte, Spelta, Macaroni Wheat, 55 bu. per a., Giant Clover, etc., upon receipt of 10c postage.
JOHN A. SALZER SEED CO. La Crosse, Wis.

A man's thoughts are his own and it often pays to hold on to them.

There was once a man who admitted there were others as smart as himself—but he died before the flood.

When a woman delves into theology she evolves wonderful combinations of fact and fancy.

Nothing annoys the youth with a bunch of keys at the end of his watch chain like being asked what time it is.

The Burglar and the Dog.

O, the bulldog on the mat, and the burglar in the hall; as the burglar spies the doctor's tools the bulldog near doth crawl.

O, the bursglar swipes the instruments and the bulldog's on hisfeett, and the burglar feels the bulldog's teeth snap in his trousers' seat.

O, the bulldog's at the "pants," and he's got a rare good grip, and the burglar swears beneath his breath as he feels the garment rip.

O, the burglar pulls like sixty, but the bulldog stands his ground till the burglar's bitten trousers seat come off with an awful sound.

O, the burglar's o'er the fence, and the bulldog's at the door, but the doctor's finest instruments are gone forevermore.

O, the bulldog's "Doc" McDonough's, and they both live at Monclair, but none knows who the bruglar is that left his "pants" seat there.—New York World.

PUTMAN FADELESS DYES are fast to light and washing.

The unexpected happens much less frequently than the expected fails to happen.

In damp or marshy districts it is said that the eating of raw onions is a preventive of malarial complaints.

Under a thick coating of snow the earth is usually nine or ten degrees warmer than the air immediately above the snow.