

HOW A BEAUTIFUL WOMAN ESCAPED SPRING CATARRH BY USE OF PE-RU-NA.

Nothing Robs One of Strength Like Spring Catarrh—
Spring Fever is Spring Catarrh.



MISS HELEN WHITMAN.

Miss Helen Whitman, 308 1/2 Grand avenue, Milwaukee, Wis., writes: "There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness, about a year ago I felt unable to regain my health, but four bottles of Peruna made a wonderful change and restored me to perfect health. As long as you keep your blood in good condition you are all right, and Peruna seems to fill the veins with pure, healthful blood. I thoroughly endorse it."

Have you got nerves? Well, you ought to have nerves. But they ought to be strong nerves, good nerves. Does your hand tremble? You are living too fast. Does your heart flutter at times? You had better call a halt. Americans live too fast. They crowd too much into a single day. They have too little leisure. The hospitals and insane asylums are filling up. The quiet, pastoral scenes of yore are becoming rare. It's time that we quit this sort of business.

How to Get Strong Nerves.
First, repair the injury already done to your nerves. The way to do this is to do exactly as did Mattie B. Curtis, Secretary of Legion of Loyal Women, Hotel Salem, Boston, Mass. She said in a recent letter: "I suffered for over a year with general weakness and debility manifested in severe headache and backache. I took four bottles of Peruna, and for two months have been entirely free from these maladies."

Nervous Prostration.

Thousands of cases might be quoted in which Peruna has been used to rescue people from the condition of deranged nerves, and put them on the good, solid foundation of health. The County Auditor of Erie County, New York, Hon. John W. Neff, in a recent letter written at Buffalo, New York, stated: "I was persuaded by a friend to try a bottle of your great nerve tonic, Peruna, and the results were so gratifying that I am more than pleased to recommend it."

A Spring Tonic.

Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as Mrs. D. W. Timberlake, of Lynchburg, Va., who, in a recent letter, made use of the following words: "I always take a dose of Peruna after business hours, as it is a great thing for the nerves. There is no better spring tonic, and I have used about all of them."

Catarrh in Spring.

The spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by spring weather. This renders medicines more effective. A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years. Everybody should have a copy of Dr. Hartman's latest book on catarrh. Address The Peruna Medicine Co., Columbus, Ohio.

Mrs. Lula Lerner, Stoughton, Wis., says:

"For two years I suffered with nervous trouble and disorders until it seemed that there was nothing to me but a bundle of nerves. I was very irritable, could not sleep, rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and today I consider myself in perfect health and strength. My recovery was slow but sure, but I persevered and was rewarded by perfect health."



Mrs. Lula Lerner.

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. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O., vice gratis.

The flying frog is found in Borneo. He uses an expansive membrane on each of his feet in sailing from tree to tree. The web enables him to do this in the same way as the wings of our modern flying machines enable their inventors to remain for miles in the air.

Despite the handicap of having to speak from a wheel chair, having been stricken with paralysis some time ago, Dr. Daniel Shephardson is conducting a series of revival meetings in Spokane, Wash. Dr. Shephardson is of the Baptist persuasion. His meetings are attended by large crowds every afternoon and evening.

At a medical college some students were being questioned in anatomy, and one of them was asked: "What muscles have their origin in the popliteal space?" The bright student promptly replied: "Well, there's that one with the darned long name, and I don't remember the other two."

The farmers of India, when fuel is scarce, cook an egg without fire. The egg is placed in a sling and whirled around for about five minutes, until the heat generated by the motion has cooked it.

Flower trimming is conspicuous on the smart hats for winter. A variety of blossoms are employed in this way with most artistic results, dahlias and fuchsias being the latest additions to the list.

A popular dining saloon in the British metropolis has a sign outside the door conveying information of an alarming character: "This is the best restaurant in London. Our fish cannot be approached."

Happy Homes

One of the essentials of the happy homes of to-day is a fund of information as to right living and the best methods of promoting health and happiness. With proper knowledge, each hour of recreation, of enjoyment and of effort may be made to contribute to that end and are of not less value than the using of the most wholesome foods and the selecting of the best medicinal agents when needed. With the well-informed, medicinal agents are used only when nature needs assistance and while the importance of cleansing the system effectually, when bilious or constipated, has long been known, yet until within recent years it was necessary to resort to oils, salts, extracts of roots, barks and other cathartics which were found to be objectionable and to call for constantly increased quantities.

Then physicians having learned that the most excellent laxative and carminative principles were to be found in certain plants, principally in the leaves, the California Fig Syrup Co. discovered a method of obtaining such principles in their purest condition and of presenting them with pleasant and refreshing liquids in the form most acceptable to the system and the remedy became known as—Syrup of Figs—as figs were used, with the plants, in making it, because of their agreeable taste.

This excellent remedy is now rapidly coming into universal use as the best of family laxatives, because it is simple and wholesome and cleanses and sweetens the system effectually without disturbing the natural functions and without unpleasant after effects and its use may be discontinued when it is no longer required.

All who would enjoy good health and its blessings should remember that it is the one remedy which physicians and parents well-informed approve and recommend and use and which they and their little ones alike enjoy, because of its pleasant flavor, its gentle action and its beneficial effects.

Syrup of Figs is for sale by all reliable druggists, at the regular price of fifty cents per bottle, in original packages only, having the name of the remedy—Syrup of Figs—and the full name of the Company—California Fig Syrup Co.—printed on the front of every package.

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. New York, N. Y.

REAL JOY OF LIVING.

Philosophy of Living for Something Higher and Better than Self.
Those of us who are plodding along through life in a narrow, and, therefore, selfish way, would do well to look ourselves over every now and then and question whether there is as great satisfaction in living only for ourselves as there might be in taking others into our lives. Each of us owes something to those near and dear to us, and to the world. There is a community of interest between all mankind that no one of us can ignore and end our days in satisfaction.

No man who lived solely for himself ever went to his grave feeling that he would be lonelier confined in that narrow strip of earth than he had been while above it. If the fundamentals of his character were human, he looked back on his past with keen regret that he could not live it over again and be of the world; if they were not—if he was without that "one touch of nature that makes the whole world kin"—he lacked the capacity to realize what he had missed in isolating himself from the friendships, the handshakes and the love that make life worth living. He knew that he had missed something that had rounded out other lives better than his, but he did not know just what it was.

Fortunately few men are of that type. Most of us have a sunny, generous side to our nature, even though it is often concealed or roughened by the cares of business or the sorrows of affliction. Yet if we would only stop to think how much we might help others to bear their burden by brightening up ourselves, by inspiring others with good cheer and cordial feelings, it is certain that each of us in his way could contribute more than we do toward the happiness and enjoyment of all.

It should be left to selfish men to hoard all the sunshine as a miser does his gold—and to live long enough to know the bitter disappointments that come to those who have made their own way in the world regardless of others. We should realize, before it is too late, what an invaluable possession a host of friendships are—growing more precious with each year. They cannot be formed at the close of life. The day to make them is not after the cares of life are over, but while we are in the midst of the struggle, when the seed of good fellowship sinks deep and takes root in fertile, earthy ground, then it is that we can prepare the harvest of priceless recollections we are to reap in later life.

"Did anyone ever call him Tom?" asked a philosopher the other day, speaking of a man of great wealth.

"No—no one ever knew him well enough for that," was the reply.

"Then I'm sorry for him. He'll be a lonely man when he most needs company."

And so it will be for those of us who think we must trudge along through the world by ourselves—that the path isn't wide enough for company by our side, to share the joys of comradeship.

SOVEREIGN WITH WEAK HEAD.

Graphic Pen Picture of William IV, of England.

Letters written by Princess Lieven early in the last century have been published recently. She gives the following picture of King William IV, of England: "In the first place, the king, a quaint king indeed, a lion enfant—with a weak head. At times I think he is likely to lose it, so great is his pleasure at being king. He changes everything except what he ought to change—his ministers. He changes the uniforms of the army and of the navy; he dismisses his cooks and his French servants. He will have none but English. He makes everybody cut off their mustaches; he strolls about the streets and gossips with the passers-by. He goes to the guard room and shows the officer in command his ink-stained fingers, tells him how many letters he has signed, of the audiences he is going to give, talks about the queen, his wife, and promises to bring her to the guard room to make his acquaintance. The day before yesterday he paid a visit to Lord and Lady Holland and invited himself to dinner for next week, to the dismay of his ministers. Asked if he had given the Duke of Wellington (the prime minister) an audience that morning, he replied: "Thank God, no, madam. I am only too happy not to see him—I wish I might never see him!" He displays a prodigious activity; he is delighted with court ceremonies and receptions, is constantly showing himself in public, occupied all day long in trifles, eager to reform everything at once—in a word, he is in a state of feverish excitement. The mob adores him—he goes about openly and treats everyone familiarly—that is enough for John Bull. Wellington said to me quite truly: "This is not a new reign; it is a new dynasty."

A Wonderful Transformation.
Three years ago a spot near Philadelphia was covered with cornfields; today a \$9,000,000 shipyard stands there. Ships are built under a huge glass and iron shed, which allows work to be done in all sorts of weather.

Heat in Simplon Tunnel.
Nearly eleven miles of the Simplon tunnel have now been bored. At the tunnel head the temperature is stated to have reached 136 degrees Fahrenheit while the thermometers outside were registering 86 degrees of frost.

Power from an Artesian Well.
At St. Augustine, Fla., is the only mill in the world that gets its power direct from an artesian well.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

In Use For Over Thirty Years

CASTORIA

THE CASTORIA COMPANY, NEW YORK CITY.

Czar Shows Friendship.
To help the starving fisherfolks of Brittany the Czar has spent \$5,000 as a testimony of my sentiments of lively and unchanging sympathy for France, my friend and ally.

London Birthplace of Y. M. C. A.
London is the birthplace of the Young Men's Christian association, although it celebrated some eight years ago its semi-centennial. It has not become languid.

Some people who like hops drink beer, and others eat frogs' legs. Carelessness with parlor matches causes a few fires and many divorces. There are only four letters in love, and many a man wishes they had been burned.

The ties of wedlock are the kind a man has to wear because his wife buys them. No, Maude, dear, the manufacture of baby carriages is not one of the infant industries.

A brocade slipper to match the gown is a novelty to be worn at a fancy dress ball, and the buckle which should grace such a shoe is of old gold.

A Farmer's Good Story.
Velpen, Ind., April 6.—Wm. O'B. Sullivan, a highly respected farmer of this place, tells a personal experience to show that there is still some genuineness and honest worth to be met with in this age in which so many friends are reported. "Yes, I have been humbugged," said Mr. Sullivan, "and when I was so ill with the Rheumatism, Kidney and Heart Trouble, I used a good deal of stuff that claimed to be remedies for these diseases only to find them worthless. "But as you know, I did find the genuine remedy after all and I had not been taking Dodd's Kidney Pills very long before I knew that they were an honest remedy that would do all and more than was claimed for them. They cured me, made a well man of me and I am now as sound as I ever was. "I can testify that Dodd's Kidney Pills are a genuine remedy for Rheumatism and Kidney Trouble."

The Japanese have decided to use British engines on their state railways. Kitchener Learning New Tongue. Lord Kitchener is learning Urdu, a composite tongue which makes one familiar with the sentiments of Sepoys.

PRIZES TO COOKS.
\$7,500.00 in Cash to Be Distributed. Between now and July 1st, family cooks, whether employes or the mistress of the household, will be following the plan laid down for improvement in cooks in a contest for 735 cash prizes ranging from \$200.00 to \$5.00 offered by the Postum Cereal Co., Ltd.

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 us, 50 cents large box. Satisfaction guaranteed. R. PAXTON CO., 216 Columbus Ave., Boston, Mass.

WE WANT YOUR TRADE
You can buy of us at wholesale prices and save money. Our 1,000-page catalogue tells the story. We will send it upon receipt of 15 cents. Your neighbors trade with us—why not you?
Montgomery Ward & Co.
CHICAGO
The house that tells the truth.

SALEMEN WANTED
Sure to Make \$20 Per Week season Now at Its BEST end for Terms.
THE HAWKS NURSERY CO.
Wauwatosa, Wis.