"PE-RU-NA SAVED MY LIFE,"

Writes Mrs. W. McRoberts.

Women Made Strong and Happy Mothers.

Catarrh of the Pelvic Organs Is a Frequent Cause of Barrenness.

Pe-ru-na Eradicates Catarrh From the System.

TO the woman of ancient Israel not to become a mother was regarded as the greatest of earthly calamities. To become a mother—more especially the mother of a strong, healthy boy—was the height of glory for the faithful woman of the good old Bible days. Even now, when maternity is not esteemed as of yore, the mother of healthy children is an object of admiration, and sometimes envy, by her neighbors. As compared with ancient peoples, the average American woman has a low appreciation of motherhood. There are, however, a great many exceptions to this statement.

The accompanying letters from grateful women who have been made strong, healthy and happy mothers need no added words of ours to make them convincing. Catarrh had weakened and impaired their entire systems. Peruna made them sound and well.

Mrs. L. M. Griffith, Arco, Idaho, writes:

"Your medicine did me a wonderful amount of good. It cured me of barrenness. I am 30 years old and never had any children, but since beginning your medicine I gave birth to a 10-pound baby girl. She is now six months old and weighs 25 pounds. My friends were all surprised. Some would not believe it until they came to see me.

"My husband says he never saw such a change in any one as there was in me after I had taken three or four bottles of Peruna. I am stronger than I have been since I was quite young. God bless you and your medicine forever. I cannot tell you all. My letter is too long already; but I will say Peruna cured me. I never saw or heard of anything half so good. I can never thank you enough for your kindness. In cases of la grippe it works like a charm. It cured my baby when other medicines failed. She was real bad with la grippe."—Mrs. L. M. Griffith.

Mrs. E. E. Thomas, Alpha, Mo., writes:

"I have used your Peruna and Manalin. I had been doctoring for several years, but kept getting worse. One day a neighbor woman brought me your book, the 'Ills of Life,' and wanted me to take your medicine. I told her that I had given up all hope of ever getting well. I had tried so much medicine. My neighbors thought I was nearly dead with consumption.

"Finally I concluded that I would make a last trial. So my husband got me a bottle of Peruna and Manalin. I commenced taking them according to directions. That was two years ago. A year ago last November I gave birth to a 10-pound baby boy, who is well and hearty; and I am doing my own housework. I can never give Peruna too great praise. I think it is the best medicine I ever heard of."—Mrs. E. E. Thomas.

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 gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

A YOUNG MOTHER'S LETTER.

Mrs. W. McRoberts, writes to Dr. Hartman from Delano, Miss., the following:

Delano, Miss.

Doctor S. B. Hartman, Columbus, Ohio:

Dear Sir:---"I feel perfectly well of catarrh. I did as you directed me to and took Peruna and Manalin. The third of March I gave birth to a 10-pound baby girl and we are both well and happy. I am very thankful to you, and Peruna saved my life. I recommend it to everyone and can't praise it enough.

"I send you my own and my baby's picture. She is so sweet and good,—she is a Peruna baby. I have such good health now. I do all my own housework and take care of my baby, and feel so good.

"There are three or four of my neighbors using Peruna now, since it did me so much good. They were just run down, and they think it is fine. It is so good to give strength."---Mrs. W. McRoberts.

Chili Con Carni.

Two pounds of round steak, two red peppers, one can kidney beans, one good-sized onion, one large teaspoonful of salt.

Cut the beef into small squares, dredge well with flour, place one tablespoonful of butter in a pan, and when this is hot put in the meat and cook until the flour adheres to it. Place in a stewpan, cover with boiling water and simmer slowly until tender, then add chopped onions and beans; cook five minutes and serve either hot or cold. The gravy should be nearly cooked away before adding the beans.

Souse Meat or Head Cheese.

One small hog's head, five or six pig's feet, one pepper pod, cut fine; one tablespoonful of pulverized sage; salt to taste.

Wash, scrape and singe the head and feet until clean; then put them over the fire in hot water and cook until the meat falls from the bones. Pick this meat into fine bits and work in pepper and sage with the hands, pack in a stone jar and put in a cool place. When cold, hold the jar over hot water for a few minutes and the cake will turn out whole. It will slice nicely.

Gluten Bread.

Mix together a pint of milk and one of boiling water and stir in a teaspoonful of salt and one of melted butter. When lukewarm add a beaten egg and a quarter of a yeast cake that has been dissolved in a gill of blood-warm milk. Now make into a batter with gluten flour. Set in the warm kitchen, covered with a cloth, for six hours, then add enough gluten flour to make a dough that can be kneaded and knead for ten minutes. Form into loaves and knead each for five minutes, then set to rise again. Bake for an hour.

Peanut Candy.

Boil a pint of good New Orleans molasses until it hardens in cold water. Stir in two teaspoonfuls of extract of vanilla and a scant teaspoonful of baking soda. Have ready a quantity of shelled and skinned peanuts. There should have been four quarts of these freshly roasted before shelling. Stir these well into the molasses and turn into buttered pans. Press flat and smooth with a knife or spoon and as it begins to stiffen cut or mark off the candy into bars with a knife.

Fish Hash.

Boil six good-sized potatoes and one cupful of stripped codfish together and while hot chop them fine together with three or four slices of boiled beet. Put the mixture on the stove in a granite stewpan, add a good-sized piece of butter and beat thoroughly with a silver fork. Place on a hot platter in any form desired, garnish with parsley, pieces of beet and carrot cut in fancy shapes, and slices of hard-boiled eggs.

Coffee Cake.

Into a cupful of bread dough that has had the second rising work a half-cup of butter, melted and creamed with a quarter cupful of sugar, a beaten egg, a quarter-teaspoonful of cinnamon and nutmeg and a half-teaspoonful of soda dissolved in a tablespoonful of milk. Knead for three minutes, make into a long loaf and set to rise for a half-hour. Now cover the top of the loaf thickly with sugar and bake in a steady oven.

German Fritters.

Three eggs well beaten, one pint of milk, two tablespoonfuls of sugar, one-half teaspoonful of salt, one saltspoonful of cinnamon and a small pinch of powdered mace. Cut slices of bread in squares or oblong pieces, soak in the mixture until soft, and fry a golden brown in butter, putting a small piece of butter on each before turning. Serve very hot with butter and sugar or maple syrup.

Plain Canned Pumpkin Pies.

One canful of pumpkin, two cupfuls of boiled milk, three eggs, one and one-half cupfuls of sugar, butter the size of a walnut, one-half teaspoonful of salt, one-half teaspoonful of cinamon. This will fill three pies. Molasses may be used instead of sugar if preferred.

Short Suggestions.

After washing a saucepan dry it in the fire before putting it away.

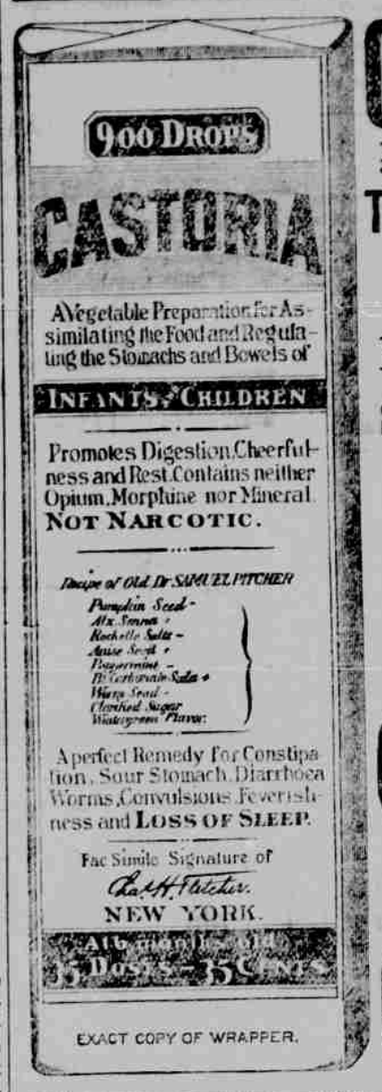
To whiten clothes put a tablespoonful of turpentine in the boiler when they are boiled.

To clean plaster of paris ornaments, cover them with a thick coating of starch and allow it to become perfectly dry. Then it may be brushed off and the dirt with it.

To cover jam pots easily, brush white of egg over white kitchen paper, cut into pieces of proper size and cover the pots while they are hot. The paper will stick tightly and be airproof, like parchment.

Spinach that is left from dinner may be at once mixed with a French dressing, packed in small cups or molds or in a bowl and put away. Next day turn it out on a bed of lettuce, add more French dressing and it is ready for the table.

To make a cheap floor stain mix one part of Brunswick black with seven parts of turpentine. Apply to the wood with a flat brush. Next day polish with beeswax and turpentine. Use more or less turpentine to make lighter or darker stain.



CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher.*

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Sour Stomach

"After I was induced to try CASCARETS, I will never be without them in the house. My liver was in a very bad shape, and my head ached and I had stomach trouble. Now, since taking Cascarets, I feel fine. My wife has also used them with beneficial results for sour stomach." Jos. KRUTLING, 1921 Congress St., St. Louis, Mo.

BEST FOR THE BOWELS

Cascarets

CANDY CATHARTIC

REGULATE THE LIVER

Pleasant. Palatable. Potent. Taste. Good. Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c.

CURE CONSTIPATION

Sterling Remedy Company, Chicago, Montreal, New York. 318

NO-TO-BAC Sold and guaranteed by all druggists to CURE Tobacco Habit.

It is not always the brightest boy who turns out to be the ablest man.—Philadelphia Bulletin.

"After all," remarked the man who was given to moralizing, "experience is the greatest of all schools."

"That may be," replied the grumbler, "but very few of us live long enough to graduate.—Philadelphia Press.

An Atchinson man is so well behaved that the only thing that can be charged against him is a second marriage.

"It is a great mistake, Mabel to trifle with the affections of a man who loves you by encouraging someone else."

"Well, he's a little slow auntie. I think he needs a pacemaker. Puck.

This Trade Mark appears on Cooking Stoves of highest merit. The

"Klean, Kool Kitchen Kind"

make no smoke, smell, soot, dirt, ashes or excessive heat. Save time, work and worry. Economical and safe and always ready. Can be moved from room to room. Cooking and baking can be done on the "Klean, Kool Kitchen Kind" as readily as on any coal stove; but quicker, with more comfort and in a Klean, Kool Kitchen. Sold at good stove stores. *Ask to see the Trade Mark.*

N.N.U. 770-19. YORK, NEB.

FREE TO WOMEN!

To prove the healing and cleansing power of **Paxtine Toilet Antiseptic** we will mail a large trial package with book of instructions **absolutely free.** This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in **local treatment of female ills,** curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash, and to remove tartar and whiten the teeth. Send to-day; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed.
R. PAXTON CO., 216 Columbus Ave., Boston, Mass.

TO INVESTORS

A VERY UNUSUAL OPPORTUNITY

Mr. John Brisben Walker is taking the Presidency of a Company which offers unusual features for safe and highly profitable investment; namely, First Mortgage, 6-per-cent., Real Estate bonds, accompanied by a 60-per-cent. bonus in the Company's Preferred Stock. This Company takes over more than 900 acres of land within 3½ miles of center of Denver. Berkeley Heights is the most beautiful plateau around this rapidly growing metropolis of the Rocky Mountain region—the most prosperous city on the continent to-day. The property is to be immediately developed upon an extensive scale as a residential quarter upon modern plans, with reservations. Mr. Walker will hold a controlling interest in the stock, and personally recommends the investment as absolutely safe and likely to be extremely profitable. For further particulars address James Randolph Walker, Secretary, The Berkeley Heights Investment Co., Irvington-on-the-Hudson, New York.

TOBACCO HABIT

POSITIVELY CAN BE CURED.

Where our Cure is used and directions followed, we guarantee a cure. No nauseous drugs used, but pleasant, harmless herbs. Full particulars upon receipt of two cent stamp.

MAGNETIC REMEDY CO.
BOX 102, HASTINGS, NEB.

(If afflicted with sore eyes, use) **Thompson's Eye Water**

"All you people of this congregation," said the self-willed minister "are entirely too stubborn. You're regular mules."

"Ah, yes," replied the mild member, "now I understand why you always address us as Dear Brethren.—Philadelphia Press.

A man may outliv hiz capasity to do good, but not hiz capasity to do evil.

Money iz most alwuss a grate bother; between the desire to git more, and the fear ov loseing what we hav got, men are kept all the time in bileing-hot water.

The third excuse goes more into details, but is none the less interesting; "Mister sir, my Jason had to be late to-day. It is his bizness to

Droll excuses are frequently written by parents in explanation of the absence of their children from school. Here are a few specimens selected from a number actually received by teachers.

The success of some people is unaccountable, considering that they never had a baccalaureate sermon preached to them.

Bromo-Seltzer

Promptly cures all

Headaches

Medicine Never Healed a Wound

Nature performs the healing process and medicine can only assist her in doing her work in healing wounds and throwing off diseases. Nine-tenths of the diseases of man and beast have their origin in some form of germs and if allowed to run and multiply form complications. The reason that Liquid Koal prevents all germs dieases and cures them, unless fermentation and inflammation have too far developed, is that it contains every antiseptic and germicida known to science. All germ diseases such as hog cholera, swine plague, corn stalk diseases, tuberculosis, blackleg and numerous others can be prevented by giving Liquid Koal in drinking water, because they are germ diseases and no germ can live where Liquid Koal reaches it. Liquid Koal is unaffected by the gastric juices of the stomach, passes through the intestines and from there into the circulation, permeating the whole system and still retains all its germicial properties. Diluted with water, in the proportion of one to one hundred, it makes the best lice killer known.

Price of Liquid Koal delivered at your station is as follows:

ONE QUART CAN - $1.00	TEN GAL. KEG, $2.50 PER GAL
ONE GALLON - - 3.00	25 GAL.—1-2 BBL., $2.25 GAL
FIVE GALLONS, $2.75 PER GAL	50 GAL.—ONE BBL., $2.00 GAL

LIQUID KOAL TRADE MARK

DECEMBER 24, 1903.

We, the undersigned stock raisers of Madison County, Nebraska, raising from 100 to 200 head of hogs each year have, after a fair and impartial trial of Liquid Koal manufactured by the National Medical Company, of Sheldon, Iowa, and York, Nebraska, found it to be the Best Disinfectant, Germ Destroyer and Appetiser that has been our pleasure to use, and we jointly think that a man is standing in his own light who does not try it. When their agent calls we advise any stock raiser to buy and use Liquid Koal.

Chas. Lodge, Norfolk, Nebr. — Thomas P. Wade, Battle Creek, Nebr.
J. K. McIntosh, Emerick, Nebr. — Wm. Hawkins, Meadow Grove, Nebr.
M. T. Homan, Emerick, Nebr. — F. F. Homan, Newman Grove, Nebr.

DECEMBER, 1903.

We, the undersigned stock raisers and farmers gladly testify to the merits of Liquid Koal manufactured by the National Medical Co., of Sheldon, Iowa, and York, Nebraska. We have used this product with gratifying success and advise all to give it a trial. It should be on every farm in Nebraska.

Rufus Peary, Bee, Nebr. — Chris. Schall, Staplehurst, Nebr.
J. H. Peary, Bee, Nebr. — F. C. Meyer, Staplehurst, Nebr.
Geo. Mills, Bee, Nebr. — Geo. Ringeberger, Seward, Nebr.
Wm. Pinghaupt, Staplehurst, Nebr. — J. Ringeberger, Sr., Germantown, Nebr.

If your dealer does not keep it write us direct.

A 32-page book on the Diseases of Animals mailed free upon application to the National Medical Company, York, Nebr., and Sheldon, Iowa.

National Cattle and Sheep Dip is the best and cheapest Dip for killing of Ticks and Lice and the treatment of Mange, Texas Itch and Scab in Sheep. It forms a perfect emulsion with water and is harmless to the membranes of the eye.

If your dealer does not keep it write us direct. Information sent free.

NATIONAL MEDICAL COMPANY

YORK, NEBRASKA. SHLDON, IOWA

DOAN'S CHANGE DOUBT TO GLAD SURPRISE

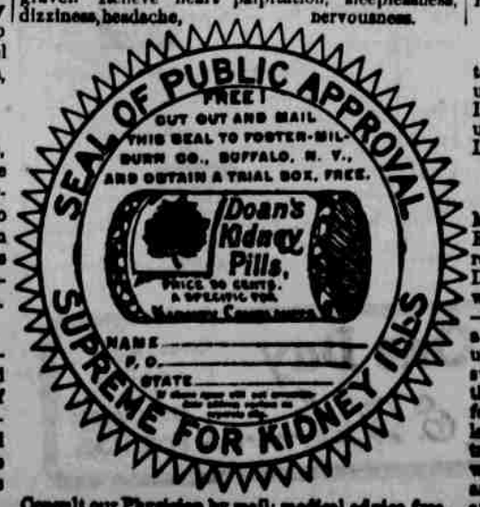
EVERETT, MASS.—I received the sample of Doan's Pills and they stopped all my trouble of pain in the back, from which I have suffered for two years. I am a sole-leather cutter, and being on my feet and lifting heavy dies all day, appreciate the help Doan's Pills have given me. I feel like a new man.—GEO. A. BURGESS, 168 Belmont Street.

ST. LOUIS, MO.—Received sample, and am on my first bottle from the druggist—they helped me wonderfully. I had a feeling of wanting to urinate all the time, and trouble in passing, burning and itching. That is all gone now, and I feel thankful.—H. E. STEVENSON, 5661 Easton Ave.

ASPEN, COLO., April 10, 1903.—Doan's Kidney Pills accomplished the desired result in my case—relief came the second day after I commenced taking them. I was troubled with retention and dribbling of the urine. Now it is natural and free as ever in my life.—D. L. STAFFORD.

Aching backs are eased. Hip, back, and loin pains, limb swellings and dropsy signs vanish.

They correct urine with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, dizziness, headache, nervousness.



Consult our Physician by mail; medical advice free.

BURLINGTON JUNCTION, MO.—I received sample of Doan's Pills and they are all that is claimed, they relieved a pain in my back, and did all that was represented.—C. C. RAY, R. F. D. No. 1.

TAYLORSVILLE, MISS.—No man can tell the good of Doan's Kidney Pills until he tries them for a weak back. I tried everything and got no relief until I used Doan's Pills.—J. N. LEWIS.

WEST BRANCH, MICH., April 11th.—Many thanks for the sample of Doan's Kidney Pills. We had tried many remedies with little benefit but found Doan's act promptly, and hit the case, which was an unusual desire to urinate—had to get up five and six times of a night. I think Diabetes was well under way, the feet and ankles swelled. There was an intense pain in the back, the heat of which would feel like putting one's hand up to a lamp chimney. I have used the free trial and two full boxes of Doan's Pills with the satisfaction of feeling that I am cured. They are the remedy par excellence.—B. F. BALLARD.