A PROMINENT CHURCH WORKER SAYS SHE OWES HER LIFE TO PE-RU-NA.



Mrs. Hattie La Fountain, Treas, Protected Home Circle and Catholic Ladies of Ohio, writes from Gallon, O., as follows:

"After my first child was born I suffered for several months with bearing down pains accompanied by dreadful headaches. I was afraid my health was ruined for life, and felt very downcast about It. One day when a friend was visiting me she told me of Peruna and what it had done for her when she suffered with irregular menstruction. My husband procured a bottle the same evening and I began to take it daily according to directions. Before the first bottle was used I was entirely well, and you certainly have one grateful woman's blessing. I have also advised my friends to use it." MRS. HATTIE LA FOUNTAIN.

Secretary Woman's State Federa- word for it because I have found it to be tion Says: "Pe-ru-na Does More such a rare exception.

FREE TO WOMENI

PAXTINE

To prove the healing and

cleansing power of Pax-

tine Toilet Aptiscotic

we will mail a large trial package with book of in-

structions a beolutely free. This is not a tiny sample, but a large package,

tion Says: "Pc-ru-na Does More Than is Claimed for it." Mrs. Julia M. Brown, Secretary of the Woman's State Federation of California, writes from 131½ Fifth St., Los Ar-teles, Cal., as follows: "I have known of cases of chronic catarh which did what it professed to to except Feruna. This remedy does perimented while a dozen different remedies had been er-medicine which did what it professed to be recept Feruna. This remedy does perimented any medicine I bays found that the results were most ways found that the results were most Mars. Julia M. Brown, Secretary of the Woman's State Federation of California, writes from 121½ Fifth St., Los Ar-thave never known of any patent bays found that the results were most At the secret in a short time, when a dozen different remedies had been er-perimented with and without good re-sults. I use it myself when i feel nervous and worn out, and I have al-nervous and worn out, and I have al-nervous and worn out, and I have al-ways found that the results were most Address Dr. Hartman, President of werek. Hartman, President of Work. Lave never advocated any medicine I ways found that the results were most Address Dr. Hartman, President of Seel that it is but justice to speak a good satisfactory." JULIA M. BROWN. The Hartman Sanitarium, Columbus, O.

1 14 14 13/1 1

HER GREAT FORTUNE.

A Woman Saved From Life-Long Misery and Made Happy and Useful.

A woman confined to the house for several years with a chronic female derangement had finally given up hope

derangement had finally given up hope of being cured. She had tried physician after phy-sician, and remedy after remedy, with-out any permanent improvement. Her treatment had cost her husband, who was a poor man, hundreds of do-lars. They had been obliged to deny themselves may confirm of life in

themselves many comforts of life in order to get money enough to pay the physicians.

physicians. The woman had become weak, servous and wretched, and scarcely able to keep out of her bed. Her children were growing up neglected and ragged, be-cause of the want of a mother's care. Her husband was becoming discouraged and broken down with overwork. Picking up the paper one day she hap-pened to read an item which contained the news that Dr. Hartman would treat such cases free of charge by letter. She immediately wrote the doctor, describing her case, and giving him all her symp-toms.

toms. She soon received a letter telling her exactly what to do, and what medi-cines and appliances to get. She began the treatment (the principal remedy be-ing Peruna) at once, and in a few weeks she was well and strong again, able to do her own work. do her own work. This offer of free home treatment to

omen is still open to all who may need e services of this eminent physician. All letters applying for treatment will be promptly answered, and be held strictly confidential.

Miss Annie Hohan, Post Poenhontas of Yemassee Council of Red Men (Women's Branch), writes from 872 Eighth

with backache and a troublesome heaviness about the stomach. Sleep brought me no rest, for it was a restless sleep. The doctor said my nervous sys-tem was out of order, but his prescriptions didn't seem to relieve me. I was told that Peruna was good for building up the nervous system. After using it for two months I know now that it is. I want to say that it made a new woman

of me. The torturing symptoms have all disappeared and I feel myself again. Peruna did me more good than all the other medicines I have taken." ANNIE HOBAN.

Miss Mamie Powell, Lake Charles,

Louisiana, writes: "I sincerely believe that Peruna is woman's best friend, for it has certainly been that to me. I had had headaches, backaches and other aches every month for a long time, but shortly after I becan taking Peruna this was a thing of the past, and I have good reason to be grateful. I take a bottle every spring and fall now, and that keeps my health perfect, and I certainly am mezz robust

PEANUTS THEIR ONLY FOOD. Four Stulents Successfully Try Novel

Means to Save Board Bills. Four students of Norwich University at Northfield, Vt., three of whom are

working their way through college. have in the last three months saved ar ven \$30 each by descriing the frateraity "hashhouse" and living on peaints, according to a correspondent of he St. Louis Post-Dispatch.

Every one of the quartet is in bet er health than when he started or he strange dict. Three of the four men are athletes, excelling in their speial lines of sport, and since they deerted ham, beams and provisions they have developed remarkably in a musular way.

They also assert that their digestion rgans are in better shape than form rly, that the peanut diet is sail fyin and that they never "hanker to hunch" between meals.

The day the peanutters for sook th fraternity table they weighed in mu went over to the "barracks," as th formitories are called, and agreed t at their meals together. Each an given three pints of well-rousted an and all agreed that an hour and a les bould be devoted to each mini, a rder to avoid basic the outs we hucked as they were enten.

No one was allowed to sat h tur meals and only a limited amount water was cerved. As the nuts of tain much off if was argued that t would float on the water and so on mough was taken to allow the case juices to freely circulate.

public began to assume toward women Care was also taken to chew th n office work, woman took up the businuls to a paste before swallowing. ness of the stenographer as her own. the end of the first week the nee and so steadfastly has she held to it Ave. New York: "Three months ago I was troubled plete diet of nuis. They longed for that in Chicago to-day there are S.113 women stenographers to 1.662 men in something sweet and were on the prithe work, and these women are inof going down to the willage and r id creasing in the schools in the proporing a candy store. When their weigh tion of three to one. vas taken it was found that each has gained one and a half pounds. Thi was encouraging and they resolved to

stick to pranuts. Tests in the gynasium proved that the peasuater could stand more hard foothold already gained she is enwhen they went into field sports they und supply for women bookkeepers and efficial.

had no trouble in excelling in running baseball, tennis and feats of endur When the experiment was started

the men includged in one cup of coffee a day. But this was soon discontin urd, as it was found that the oils in the coffee and nuts did not agree an indigestion resulted. All alcoholic st mulauts were, of course, barred, and uside for the female "wants" and the men continued on a strict dier of which for the males. As much space nuts and water.

At the end of the first month the one as to the other. More women "peanutters" got their first setback stenographers will be wanted than They began to feel tired and dull and male; scarcely more bookkeepers and President Brown, who had become in slerks will be found among the male terested, decided that they needed alwants than among the females; in the miscellaneous classification quite as

Six eggs were allowed to each man i many women will seek positions and The eggs apparently satisfied be sought for positions as there will be week. all longings for a change in dict, for af men.

the men, instead of complaining, de Women as salesmen are taking a clared that they would not return to front place in the great stores of the ally only, use only the white of the egg. "frat" house fare if they were paid for gity. The last census for Chicago so doing.

Tough Macaroni.

When Gen. Miles was visiting a Tex as fort recently, one of the officers told



The Woman Who Works

his own once exclusive field.

has the business of the stenographer.

The time was in the beginning when

only men were regarded as at all com-

petent for the general work of taking

shorthand notes and transcribing them

to paper in longhand. With the com-

Not only has the woman taken to

ing women for places, there is little

suggestion from the numbers to indi-

gives place to one which pays outsid-One hundred and sixty thousand ers to darn its stockings." If the edwomen in Chicago every morning ucated woman can contrive some sort marching to work in shop and mill and of return to certain pieces of manual store and factory is the army of the work, she will not only provide a reity's employed in petticoats. Against lief for her own nervous activity and this army in skirts is an army of 600. belp to adjust the domestic problem, 00 men in all lines of professional but she will also broaden the bands and manual work. But steadily the of her sympathy with ordinary life army in skirts is gaining upon the and prevent that tempteness from the army in trousers, until there is scarce-fundamental struggle of existence ly an employment open to man which which is so greatly to be deplored -as not a woman representative some- Heloise E. Hersey in The Outlook.



Don't brush the hair only. Brush the typewriter and the shorthand note- the scalp until it glows.

book, but in the systems of accounts Don't fail to apply a tonic to hair she has made a place, and from the and scalp at least once a week,

Don't wear the hair always in the work than their fellow students and croaching steadily upon the demand same style. A change of mode is ben-

accountants, and wherever she has As a rule, don't wash the hair oftenbeen tried she has not been found or than once a month. Too frequent wanting. To take up the average washing makes it dry.

Sunday paper of to-day and look over Don't tie the bair, or roll or twist it the want advertisements of women in any way tightly. This strains the seeking places and of advertisers seek- roots of the hair, and is very injurious. Don't use many hairpins. If each oin is made to do its duty, and the hair cate which portion of the paper is set is arranged to fit the head, few pins will be needed.

in the main seems to be given to the hair. Don't use a coarse brush, but one that has long, fine, unbleached and undyed bristles.

Don't buy a cheap dressing comb. It pays to buy a good flexible tortoise shell comb, even if you must do with one dress the less during the year.

Don't use too much soap, borax or oda when taking a shampoo. Substitute yolk of egg. If the hair is natur-Velveteen gowns are predicted, and showed more than one-third women as the manufacturers advertise an altosalesmen compared with men. The fig- gether new production of this old time ures were 22.012 men, as against 7.816 favorite, warranted to stand reasonawomen filling like positions, and even ble wear without crocking or creasing. with this showing it is remarked year | Practically all the new walking suits him an amusing incident that happen after year that the numbers of women are ankle length, or at any rate escape

Bromo-Seltzer Promptly cures all

of its value. Women all over the country are prais-over the country are prais-reatment of female ills, curing all inflam pation and discharges, wonderful as a cleans by raginal douche, for core throat, masai ca-arch, as a mouth wath, and to remove tartar and while the teeth. Send to-day; a postal mard will do. Tait by dragging are sets pestpaid by us, be cait, large ber. Bailafaelies guaranteed. C PATION CO., 218 Colucrous Ave. Boston, Mars

A large part of the tropical fruit ased in the United States is raised which bring it.

and tallow are extracted.

Vine growers in France protect | The largest oak tree in Indiana was | Civic Pride .-- I don't know what we their plants during frosty weather by late y cut down on the farm of Joseph are goin' to do about them two leadin' lighting large quantities of tar placed M. Johnson, near Amora. At the base citizens," said Broncho Bob. "They're between the rows of vines. The dense it measured six and a half leet in di- lookin' fur one another with six-shoot- with his capture loaded on the wagor moke thus produced prevents the ameter. It yie ded 6,700 feet of lum. ers from mornin' till night " trost from injuring the vines. |ber.

In the prisons of Great Britain Dolls are often seen displayed in the Beither male nor female convicts are cottage windows of Servia Travelers doubt ariz as to which was the oldest permitted to see a mirror during the are informed that they are put up as a inhabitant, and they're both detersign to announce to wayfarers that a mined to settle the question fur good period of their incarceration. Thirty years is the average age of marriageable daughter dwells in the an' all."-Washington Star.

in ostrich, and the annual yield of a house. sird in captivity is from two to four Kansas City alone has \$50,000,000 pounds, be 41% inches in height and pounds of plumes.

invested in Mexico.



A MILLION GRANDMAS all over America point to CASCARETS Candy Cathartic as the most perfect family medicine ever discovered. Good, kindly, tender-hearted old soul-grandma tries to help others by telling of the good things she has learned through experience, and so the sale of CASCARETS is nearly A MILLION BOXES A MONTH. The wisdom of years of experience with her own health, and grandpa's and her children's, and her children's children's has taught grandma that in CASCARETS Candy Cathartic has been discovered THE ONLY PERFECT FAMILY MEDICINE for all bowel troubles, children's diseases, diseases of the stomach and liver, sick headsohes, billousness and bad blood. Best for the Bowels. All druggists, 10c, 850, 500 Never sold in bulk. The genuine tablet stamped OOO. Guaranteed to oure or, your money book Sample and bookiet free. Address Starling Bemedy Co., Chicago or New York

Headaches nition

The virtue lies in the struggle not There is a tree which grows in Su- (matra, Algeria and China which is the prize.

known as the vegetable tallow tree. In Ceylon there is the bread fruit by the transportation companies From its fruit large quantities of oil tree, from which food is made in the same way that we make bread.

"Has an insult p ssed?"

"No, it wasn't any insult; but some

A child of five should weigh 41 have a chest girth of 221/ inches.

A wind storm had hit the fort and it became necessary to send an officer to locate and recover as much as pos sible of the scattered guns and ammu

"One day while in the discharge of his duty the officer came upon an old farmer up the bay somewhere who had picked up what he could find over in his section of the State. The officer found several of these boxes stack ed away in the old man's larder, and he, in the name of Uncle Sam, pro ceeded to seize the combustible,

"The officer procured a wagon, and as he was leaving the old man's place

the old man, with some degree of sat isfaction, sang out: " Take your old macaroni. It's no good nohow. Mary bolled some a whole

day, and it tasted like mule,""

A Wingel Highwoyman.

We naturally wonder why a wasp against a fiy. But, in addition to its sword-like proboscis, the robber-fly is to hold its victim at such a distance every one in the same way. that the envenomed sting cannot he tims in mid-air, but usually burls itbeetles, dragon flies, and even plant

Getting Even.

Some retaliations are too clever to be resented. They seem to be almost a logical part of the circumstances that evoked them.

boys' school. One day he had occasion to trounce a lad, who naturally resented the punishment.

so that in the morning the door-plate read this way: "Wines and other Lickers."

Losses to Italian Fishermen.

crious losses owing to a disease which J.sh, valued at \$12,000. It is caused ke with the sewage of Lugano and] other towns.

tre growing steadily. Teaching has been in woman's found rather unsatisfactory worn with sphere for all time, and in Chicago the these short skirts, and there is a depropertion of women to men as teach- cided tendency to a return to the lined ors and as professors in the schools of and slightly stiffened skirt.

all classes is 7.200 to a pattry 1,591; and more women are binding books, at the lower part before being gathering in all the lines of seamstress work are shaped and very smart. They are time there are 79 dentists, 722 artists ter and out again at the wrist. Other physicians and surgeons, and 2.035 musicians and teachers of music.--Chi-

ago Tribune.

An English Girl's Criticism.

Evening Telegram:

ticularly than anything else, outside all the new shades .- New York Post. of the rush you are in all the time, is

the rudeness of your women clerks in cannot successfully defend itself the shops. It quite took my breath away at first, and I thought it was taken before breakfast twice a week. because we were English that they is excellent for the complexion. also endowed with legs of unusual didn't care for us. But I took pains Don't give way to nerves, emotions length and power. It is thus enabled to notice, and I saw that they treated or tears; they surely ruin good tooks.

"Instead of the pleasant Good morn- beauty recipe. used. Powerful and swift as its wings ing; what can I do to serve you? that Don't beget to rinse the face with we are used to at home, they look you self on the back of the unsuspecting ing way, and if you ask for anything elog the pores. Once a day is quite wasp. Caterpillars, spiders, moths, they may answer and they may not, often enough to use soap. and all the time you have the feeling. It is useful to know that a nightly bugs are all seized and dispatched by that you are asking such a favor. I gargle of salt and water strengthens

for that reason."

The Educated Woman.

The woman of the future must settle the problem that now oppresses us as to the part which physical trainter, was formerly the principal of a ing and athletics must play in her germs poisonous to the skin. Use a bit daily life. The girl who takes prizes of antiseptic cloth or the hands. in athletics during her four years in There was a time when women college, and then goes home to town thought they could not have a pretty or village where there is neither gym. figure unless they were uncomfortable.

That night a bold and clever hand links, may easily find herself irrita- fact that discomfort means ugliness. added three words to the inscription, ble under her privation. There is one

matle athletic training, but also on also.

barrots with beaded eyes aturally their beauty.

the ground. The drop skirt has been

Sleeves seem to blouse more or less making boxes, making gloves and sew- ed into the cuff. Some of these cuffs than there are of men. At the same rather wide. Some taper in at the cenand teachers of art, 142 journalists, stylish ones are stitched the full 281 literary and scientific women, 548 length, the rows of stitching set close

Chiffon velvet is a new and very beautiful trimming material and one which will not become too common, as A pretty English girl visiting this its price puts it beyond the reach of country makes this criticism of our most purses. The material is so light shops, according to the New York in weight and so soft in texture that a half yard can easily be crushed in "One thing I have noticed more par- the paim of one's hand. It comes in

> Health and Beauty Hints. Lemon in a glass of warm water,

"No emotions, no wrinkles," is an old

clear water, after using soap, because from head to foot in the most surprise you don't want any left on the face to

really hate to go into the shops just the throat. It is also said that a plaster of wet salt will take out the pain of bee and wasp stings.

> Don't use a sponge; it no longer fills a long-felt want on the toilet table because it is apt to become filled with

On the Doctor's front door was a plate, bearing the one word, "Wines," asium nor basketball team nor golf Now all beauty doctors emphasize the

We all know the refreshment to the suggestion for the partial solution of tired and weary of a bot or cold bath the problem, but it is not a popular and this is doubled if the juice of three one. The sound mind in the sound lemons is squeezed into the hot water. body may thrive not only on syste throwing the lemons themselves in

Swiss and Italian fi-hermen on the manual labor of the most practical Don't gush if you want to be attractheres of Lake Lugano have suffered kind. The stigma so long resting on tive. You may not be heartiful or . domestic labor must sometimes be re- clever, but if good tempered possessed has already kill d at least a million moved, as that which long rested on of the gift of looking on the guiden "trade" has been. It is partly reac- side of things, and never given to by a backlins which comes into the tionary. Some clever writer has said; gushing, you may be more attractive "An age which worked Berlin woel than many girls who can boast only of