



Mrs. Frances M. Anderson, daughter of Hon. Judge Anderson, of Virginia, is at present in Washington, D. C., as Corresponding Secretary of the Higher Educational League, of that city. Cured of la grippe by Peruna.

MISS FRANCES M. ANDERSON, Corresponding Secretary of the Higher Educational League, writes from the "Astoria," Washington, D. C., the following:

"About two months ago I was taken very ill with la grippe and was obliged to go to bed. I took three bottles of Peruna with very beneficial results, and was able to leave my bed in a week and regained my usual strength very soon.

"I have nothing but praise for Peruna, and recommend it to those similarly afflicted whenever I can."—Frances M. Anderson.

La grippe is, strictly speaking, epidemic catarrh—that is to say, a variety of acute catarrh which is so contagious and runs a course more or less definite, the same as scarlet fever, whooping cough, etc.

During the acute stages of la grippe it is not a very fatal disease, but the condition in which it leaves the system has caused the death of a countless number.

Indeed nearly every person who has had la grippe within the last three years finds himself more or less damaged by the pernicious effects of this disease. The majority of those who have escaped death find life scarcely worth living.

If this vast multitude of people could only know with what certainty and promptness Peruna would relieve them of all the bad effects which la grippe has brought upon them, what an untold amount of suffering would be averted!

Thousands have already heard how quickly this remedy will cure in these cases and have been saved; but tens of thousands have not yet heard, and con-

tinued to suffer on, dropping into the grave one by one.

Peruna cures catarrh in all stages and varieties, whether acute or chronic, and is therefore the most effective remedy ever devised for removing all the derangements which follow la grippe.

Samuel M. York writes from Union Grove, Ala., the following letter:

Dear Sir—"Last week I was taken with la grippe and earthen deafness. I wrote you for advice and followed your directions. After taking two bottles of Peruna I found myself well of la grippe, and my hearing was fully restored. My health is better than it has been in five years.

"My wife improved in health very much after taking Peruna."—Samuel M. York.

Miss Caroline J. Kahl, Ottiseo, Ind., writes as follows:

"Three years I had la grippe and pulmonary trouble. I was very sick. I had hemorrhages of the lungs nearly every day for a year and three bottles of your Peruna cured me. The doctor said I had consumption. I am now in better health than I have been for many years.

"I highly recommend Peruna to all my neighbors and friends. Peruna is my favorite medicine. I shall always have Peruna in the house."—Miss Caroline J. Kahl.

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, O.

WINCHESTER
GUN CATALOGUE FREE
Tells all about Winchester Rifles, Shotguns, and Ammunition
Send name and address on a postal now. Don't delay if you are interested.
WINCHESTER REPEATING ARMS CO.
150 WINCHESTER AVENUE NEW HAVEN, CONN.

IN 3 OR 4 YEARS AN INDEPENDENCE ASSURED

FARMERS' WESTERN CANADA FREE

If you take up your homes in Western Canada, the land of plenty, illustrated pamphlets, giving experiences of farmers who have become wealthy in growing wheat, reports of delegates, etc., and full information as to reduced railway rates can be had on application to the Superintendent of Immigration, Department of Interior, Ottawa, Canada, or to W. V. Bennett, 801 N. Y. Life Bldg., Omaha, Neb.

OMAHA & ST. LOUIS WABASH R.R.

WINTER TOURIST RATES.

SPECIAL TOURS to Florida, Key West, Cuba, Bermuda, Old Mexico and the Mediterranean and Orient.

HALF Rates for the round trip to many points south on sale first and third Tuesday each month.

RATES To Hot Springs, Ark., the famous winter resort of America, on sale every day in the year.

Tickets now on sale to all the winter resorts of the south, good returning until June 1st, 1911. For rates, descriptive matter, pamphlets and all other information, call at C. & St. L. R. R. City Ticket Office, 1415 Farnam St. (Faxon Hotel Bldg) or write

HARRY E. POORES,
C. P. & T. A., Omaha, Neb.

Spiritualism

Become a genuine Medium and Clairvoyant in 30 days. Get direct communications in your own home privately from your loved ones (supposed to be dead) who are constantly with you, helping you in every event of life, protecting you day and night from all dangers and evil influences in this and the other world.

SELF-HYPNOTIC HEALING

I have lately made a wonderful discovery that enables all to induce the hypnotic sleep in themselves instantly. Read the veil and

SEE YOUR SPIRIT FRIENDS

and talk to them direct in this wonderful Self-Hypnotic Trance, awoken at any desired time and thereby cure yourself of all known diseases and bad habits. Anyone can induce this sleep in themselves at first trial, control their dreams, read the minds of friends and enemies, reveal all secrets connected with love, infidelity and murders; visit any part of the earth, solve hard questions and problems in this sleep, and remember all when awake; hypnotize any subject, no matter how hard, and become an expert Magnetic Healer. This

Mail Course of Five Complete Lessons will be sent to any one for only 10c silver, actually enabling him to do the above without further charge. Sent to the skeptical subject to examination. Address

Prof. Dutton, Ph. D. S., M.
McCook, Nebraska.

Mention this paper to Advertisers.

MISS KINGSLEY.

Proposed Memorial at London for the Distinguished Traveler.

The desire has been widely expressed among Miss Kingsley's many friends and among the still larger number of those who knew her by her work, writes our Liverpool correspondent, to establish a permanent memorial to her, says the London Chronicle. It is in a great measure owing to Miss Kingsley's writings that so much interest has recently been taken by the general public in west Africa, and her researches into native customs and institutions are unique. Liverpool, owing to its very large West African interests, was constantly visited by Miss Kingsley. Immediately after her death a movement was therefore set on foot by those merchants to perpetuate her memory by the construction of a small hospital for treating the numerous cases of tropical diseases that are landed daily at that port. It is intended that this hospital should be associated with the Liverpool school of tropical medicine. Others of Miss Kingsley's friends are anxious that a memorial to her should also be associated with the special study of native customs which was her first object and occupied the greatest part of her time and energy, and they suggest that this work should be carried on by the Kingsley Society of West Africa, established to stimulate research and to collect from all the sources information concerning west Africa. A representative gathering of Miss Kingsley's friends in London, Liverpool and Manchester recently met in London to discuss the matter, and it was decided that the memorial should include both the hospital and the society, and that an appeal should be made to the public for support to both. Contributions for the Mary Kingsley memorial hospital should be sent to A. H. Milne, B 10, Exchange Buildings, Liverpool, and for the Kingsley Society of West Africa to George Macmillan, St. Martin street, Leicester square, London.

GAME MEAT.

Flesh of Much-Hunted Animals Is Apt to Be Diseased.

The eating of "high" game is undoubtedly attended with risk, and the poisonous effects are probably due to the toxins produced in the earlier stages of the putrefactive process. The advantage, of course, of hanging game is that the flesh becomes tender and decidedly more digestible than when it is quite fresh. The ripening process, however, may mean the elaboration of the toxins. It has been stated that the production of the characteristic flavors of game is related directly to the amount of sulphureted hydrogen or sulphur-alcohol set free, but it is rather repulsive to think that the delicate flavor of the game is dependent upon that invariable product of decomposition of rotten eggs—sulphureted hydrogen. The smell evolved during cooking of "high" game is even more disgusting. Fresh game sometimes sets up mysterious, poisonous symptoms, which has been attributed to the fact of the game having been overhunted and fatigued. Fatigue products, indeed, have been separated from overhunted game, which, when injected into a healthy animal, have produced marked poisonous effects. There is no doubt that fatigue products under certain circumstances are also elaborated in the human body and give rise to a species of self-poisoning, characteristic symptoms of which are headache, stupor and gastric and intestinal pains. The flesh of overhunted cattle may prove poisonous from the same cause. This curious formation of poisonous products in the flesh of animals through a state of terror or exhaustion is a question well worth considering in relation to the wholesomeness of animal foods and emphasizes the importance of slaying animals intended for food in the most humane way.

ARABI FASHA'S EXILE.

The Elderly Leader May Soon Return to Egypt.

"Egypt for the Egyptians" was the slogan of Arabi Pasha in 1881, when he led a rebellion against the government of Egypt. It took the fleets of two nations and the army of one—Wolsey's—to put down the revolt, and Arabi was exiled to Ceylon for life. Now it is announced the Khedive on the forthcoming twenty-eighth anniversary of his accession to power will pardon Arabi, and permit him to return to his native land. Arabi is about 64 years old now, and though his mother was an Egyptian he claims descent in the male line from Hussein, the youngest son of Mahomet. He is, therefore, of a family reputed holy by the Egyptians. He entered the army of the khedive as a private, and soon rose to the rank of lieutenant colonel. Then he led the revolt against Turkish domination, and England and France combined to help the khedive and Turkey to suppress the rebellion. France didn't help much, and Turkey finally aided Arabi, hoping if he won, to control him. The job was left to England. Admiral Seymour, who now is in command of the English fleet in China, bombarded Alexandria, and the English troops soon occupied the city. Arabi and his army was beaten at Tel-el-Kebir, and he surrendered.—New York Press.

Tenements for Colored People.

A social movement in New York city deserving of notice is the proposition of the Suburban Home company to build new model tenements for colored people to be rented at the same price as to white people. Heretofore colored families have been obliged to pay from \$3 to \$5 a month more for inferior apartments than white people.

The Son of His Father.

Marshal Halstead, the United States consul at Birmingham, England, whose reports on technical industrial interests frequently have the merit of being so interesting that the newspapers print them freely, is a son of the veteran editor, Murat Halstead. Marshal Halstead was for many years the managing editor of the Cincinnati Commercial.

What Do the Children Drink?

Don't give them tea or coffee. Have you tried the new food drink called GRAIN-O? It is delicious and nourishing, and takes the place of coffee. The more GRAIN-O you give the children the more health you distribute through their systems. GRAIN-O is made of pure grains, and when properly prepared tastes like the choice grades of coffee, but costs about 1/4 as much. All grocers sell it. 15c and 25c.

There are many fashions in the city, but you will find more styles in the country.

The poor woman whose husband thinks he knows how to cook is entitled to a lot of sympathy.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

The brow of a hill may not be wrinkled but it is often furrowed.

To enjoy good health it is necessary to keep the digestive organs in perfect condition: Garfield Tea is the most successful remedy for all forms of indigestion.

True friends appear less moved than counterfeit.—Horace.

Many causes induce gray hair, but PARKER'S HAIR BALM brings back the youthful color. HIDEBOURN, the best cure for cures. 15c.

Doth the moon care for the barking of a dog?—Burton.

The best is the cheapest. Carter's Ink is the best, yet it costs no more than the poorest.

The Yale undergraduates have decided to attend the inaugural parade.

\$100 Reward \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of Testimonials.

Address: J. C. CHENEY & CO., Toledo, O. Sold by druggists 75c. Hall's Family Pills are the best.

Knavery and flattery are blood relations.—Abraham Lincoln.

\$148 will buy new Upright piano on easy payments. Write for catalogue. Schmoller & Mueller, 1313 Farnam street, Omaha.

A man isn't necessarily a coward because he runs from a vicious cow.

A dyspeptic is never on good terms with himself. Something is always wrong. Get it right by chewing Beeman's Pepsin Gum.

Figures are like hens—they never lie.

Demand Relief for the Monkeys.

The "overworked" monkeys of hand-organ grinders are now exciting the pity of peculiarly kind-hearted people in Boston, and they are writing pitiful appeals to the newspapers for the relief of "the poor little creatures, evidently fagged out and always grasping the chain with the little left hand to lessen the jerk upon the neck collar."

The only successful way of curing a bad complexion is by purifying the blood and cleansing the system: Take Garfield Tea—an improvement can be seen after a few days.

A Gold Floor Saloon.

Twenty dollar gold pieces to the value of \$3,000 are to be used in flooring of a gorgeous saloon being fitted up at South Bend, Ind. The tile are especially made to contain \$20 gold pieces; the depression for their reception allowing the coin to sink one-thirtieth-second of an inch below the surface, thus avoiding friction. Each gold eagle will be soldered to a wire, which will run down through an ordinary floor, thus securing the coin in place.

Try Grain-O! Try Grain-O!

Ask your Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. 1/4 the price of coffee. 15c and 25c. per package. Sold by all grocers.

Running water often gets its start from a spring.

The fewer airs some musicians can play the more they put on.

We pay \$18 a Week and expenses to men with rigs to introduce our POULTRY COMPOUND. JAVELLE MFG. CO., Dept. D, PARSONS, KANSAS.

A pessimist is a person who doesn't expect the expected to happen.

TO CURE A COLD IN ONE DAY.

Take LAXATIVE BROM QUININE TABLETS. All druggists refund the money if it fails to cure. Dr. W. Grove's signature is on the box. 25c.

Misses are generally old bachelors because they are even averse to squandering their affections.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

Cat Skins Cured Him.

Henry Markie of Goshen, Ind., was taken ill and a physician diagnosed his trouble as inflammation of the bowels. The patient grew worse and his brother declared that warm cat skins applied freely to the suffering man's stomach would relieve him. Shotguns were brought into play by the neighbors, a number of cats were killed and the hides were used as suggested. The sick man is now well, and as many Goshenites believe he was cured by the skins cats would be wise to emigrate from the neighborhood.

There is much difference between the tally cards of earth and those of heaven.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

We Live to Learn.

A Portland, Me., man, who seldom attends church services, was persuaded to hear a sermon last Sunday, and was much impressed. "You are never too old to learn," he remarked confidentially to an old friend. "Now, I always thought Solomon and Gomorrah were husband and wife, and I find they were nothing but titles."

If a guinea pig wanders about a house the rats flee away.

PUTNAM FADELESS DYES do not stain the hands or spot the kettle.

Some women would rather dye than wear a wig.

I am sure Piso's Cure for Consumption saved my life three years ago.—Mrs. THOS. ROBINS, Maple Street, Norwich, N. Y., Feb. 17, 1900.

Evil imagination is the poison of the soul.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

The man who steals his heart against women should not attempt to steal theirs.

Dr. Bull's COUGH SYRUP
Cures all Throat and Lung Affections. Get the genuine. Refuse substitutes. **IS SURE.** Salvation Oil cures Rheumatism. 15 & 25 cts.

Speltz's GREATEST OF ALL CEREALS

Speltz's Speltz's is the greatest of all cereals. It will capture every 50 lbs. of grain and 6 lbs. of bran and 6 lbs. of timothy, equal to 100 lbs. of wheat. Get the genuine, buy of Speltz, the introducer.

Combination Corn is one of the greatest things of the century. It is sturdy and an enormous yielder, a sort bound to revolutionize corn growing.

Salzer's Vegetable Seeds. The beauty about Salzer's vegetable seeds is that they never fail. They sprout, grow and produce. They are of such high vitality they laugh at drought, rain and the elements, making test prices everywhere. We warrant them.

For 14 Cents and This Notice we send 7 packages of rare, choice, fine, splendid vegetable novelties and 3 packages of brilliant vegetable novelties, all worth \$1.00. Our big catalog for only \$1.00 and our big catalog for only \$1.00. Notice, in order to gain 25,000 new customers in 1911, we offer 10c for 10c. Fully worth \$10.00 to get a start and \$1.00 to get a catalogue.

JOHN A. SALZER SEED CO.
LA CROSSE, WIS.

For Top Prices Ship Your **GAME AND POULTRY** To **Hickman's** G. W. Ecken & Company, Butter, Eggs, Veal, Hides and Furs. Potatoes. Omaha, Nebraska.

DROPSY NEW DISCOVERY, gives quick relief and cures worst cases. Box of testimonials and 10 DAY TREATMENT FREE. DR. H. H. GREEN'S SOSS, Box E, Atlanta, Ga.

How Are Your Bowels?

About the first thing the doctor says— Then, "Let's see your tongue." Because bad tongue and bad bowels go together. Regulate the bowels, clean up the tongue. We all know that this is the way to keep and look well. You can't keep the bowels healthy and regular with purges or bird-shot pills. They move you with awful gripes, then you're worse than ever.

Now what you want is Cascarets. Go and get them today—Cascarets—in metal box—cost 10c. Take one! Eat it like candy, and it will work gently—while you sleep. It cures, that means it strengthens the muscular walls of the bowels, gives them new life. Then they eat regularly and naturally. That's what you want. It's guaranteed to be found in

THE TONIC LAXATIVE

Cascarets

LIVER TONIC

10c. 25c. 50c. **BEST FOR THE BOWELS** NEVER SOLD IN BULK. ALL DRUGGISTS.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ails you, start taking CASCARETS today. You will never get well and be well all the time until you put your bowels right. Take our advice: start with CASCARETS today, for an absolute guarantee to cure or money refunded.

GUARANTEED TO CURE: Five years ago the first box of CASCARETS was sold. Now it is over 25 million boxes a year, greater than any similar medicine in the world. This is the greatest proof of great merit, and our best testimonial. We have faith and will sell CASCARETS absolutely guaranteed to cure or money refunded. Get your box today, two 50c boxes, give them a fair, honest trial, use per simple directions, and if you are not cured, return the unused one to the nearest 50c box and the empty box to the dealer or the druggist from whom you purchased it, and get your money back for both boxes. Take our advice: no matter what ails you—start today. Health will quickly follow and you will bless the day you started the use of CASCARETS. Booklets sent free. Address: **STERLING REMEDY CO., NEW YORK or CHICAGO.**