

# BACKACHE AND DIZZINESS

Most of the Ailments Peculiar to the Female Sex are Due to Catarrh of Pelvic Organs.



MRS. M. BRICKNER.

99 Eleventh Street, Milwaukee, Wis.

"A short time ago I found my condition very serious, I had headaches, pains in the back, and frequent dizzy spells which grew worse every month. I tried two remedies before Peruna and was discouraged when I took the first dose, but my courage soon returned. In less than two months my health was restored."—Mrs. M. Brickner.

The reason of so many failures to cure cases similar to the above is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh.

Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh.

If you have catarrh 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.

Sometimes you can't tell, from what she has on, whether it's a shirt waist or a girl is going to bed.

If you don't get the biggest and best it's your own fault. Defiance Starch is for sale everywhere and there is positively nothing to equal it in quality or quantity.

If a man has a worthless dog and a frivolous wife he can at least poison the dog.

Lewis' "Single Binder" straight Scigar. Made of ripe, mellow tobacco, so rich in quality that many who formerly smoked the cigars now smoke Lewis' "Single Binder." Lewis' Factory, Peoria, Ill.

### What is Home?

Home is not a name, nor a form, nor a routine. It is a spirit, a presence, a principle. Material and method will not and cannot make it, says a writer in the Cooking School. It must get its light and sweetness from those who inhabit it, from flowers and sunshine, from the sympathetic natures which, in their exercise of sympathy, can lay aside the tyranny of the broom and the awful duty of endless scrubbing.

### Irrigation in Kansas.

Great state, Kansas! There is neither a mountain nor a marsh in all her length and breadth of 82,000 square miles. One-third of her area is almost a barren steppe, owing to lack of rain. Irrigation will make the dry prairies a veritable "garden of the west," raise the Kansas corn crop to 300,000,000 bushels and increase her live stock valuation to \$180,000,000.—New York Press.

### Earrings Indicate Nativity.

The earrings worn by Italian organ-grinding women indicate the part of Italy the wearers come from. The longer the earrings the farther south the original homes of the women. In the far north the ornaments are quite short.

### Instead of Wedding Cake.

In place of wedding cake in Holland wedding sweets are given—"bruidzuikers" they are called. They are handed round by children and are served in flower-trimmed baskets.

### AS EASY

#### Needs Only a Little Thinking.

The food of childhood often decides whether one is to grow up well nourished and healthy or weak and sickly from improper food.

It's just as easy to be one as the other provided we get a proper start. A wise physician like the Denver Doctor who knew about food, can accomplish wonders provided the patient is willing to help and will eat only proper food.

Speaking of this case the Mother said her little four year old boy was suffering from a peculiar derangement of the stomach, liver and kidneys and his feet became so swollen he couldn't take a step. "We called a Doctor who said at once we must be very careful as to his diet as improper food was the only cause of his sickness. Sugar especially, he forbid.

"So the Dr. made up a diet and the principal food he prescribed was Grape-Nuts and the boy, who was very fond of sweet things took the Grape-Nuts readily without adding any sugar. (Dr. explained that the sweet in Grape-Nuts is not at all like cane or beet sugar but is the natural sweet of the grains.)

"We saw big improvement inside a few days and now Grape-Nuts are almost his only food and he is once more a healthy, happy, rosy-cheeked youngster with every prospect to grow up into a strong healthy man." Name given by Postum Co., Battle Creek, Mich.

The sweet of Grape-Nuts is the Nature-sweet known as Post Sugar, not digested in the liver like ordinary sugar, but pre-digested. Feed the youngsters a handful of Grape-Nuts when Nature demands sweet and prompts them to call for sugar.

There's a reason. Get the little book "The Road to Wellville" in each pkg.

# Boys and Girls

### To-Day.

We shall do so much in the years to come. But what have we done to-day? We shall give out gold in a princely sum.

But what did we give to-day? We shall lift the heart and dry the tear. We shall bring to each lonely life a smile.

We shall speak with words of love and cheer. But what have we done to-day?

We shall be so kind in the after while. But what have we been to-day? We shall bring to each lonely life a smile.

But what have we brought to-day? We shall give to truth a grander birth. And to steadfast faith a deeper worth. We shall feed the hungering souls of earth.

But whom have we fed to-day? —Nixon Waterman.

### Has Its Troubles.

The most disconsolate fellow that walks the beach is the hermit crab whose shell has become too snug for comfort. If it were his own, as the clam's, it would grow with his growth, and always be a perfect fit; but to the hermit there comes often a "moving day," when a new house must be sought. Discouraging work it is, too. Most of the doors at which he knocks are slammed in his face. A tweak from a larger pincer than his own will often satisfy him that the shell he considers "distinctly possible," and hopefully ventures to explore, is already occupied by a near but coldly unsympathetic rival.

Finding no empty shell of suitable size, the hermit may be driven to ask a brother hermit to vacate in his favor. The proposition is spurned indignantly, and a fight ensues. The battle is the stronger. Often the attacking party has considerable trouble in cleaning out the shell, having to pick his adversary out in bits. A periwinkle or a whelk may be attacked in a like manner by a hermit who is hard pressed and has taken a fancy to that particular shell. If the householder be feeble, the conquest is easy. If lusty, he holds the fort.

### A Water Treadmill.

The men who work in the great logging camps in the West and North-west, where miller and miles of great logs are floated down the rivers to sawmills below, have a peculiar sport. They grow so at home on slippery, shifting logs rolling and tossing about in the swift current that they can leap from one to another and ride on them like circus performers while directing their course around a bend or bad place in the river. These "loggers" make a specialty of standing on a log and making it roll, first forward, then backward, by leaning one way or the other, and standing on the log nearest the direction they wish it to roll. They can even make the log roll through the water like a wheel or hoop rolling over the ground.



Sometimes when you are "in swimming" or bathing find a good log, put it in the water, and try to stand on it. You will be surprised to find how difficult it is to do, and the first time you try it the log will probably roll over at once and dump you in the water. But you will very soon get the knack of it, and then you will find that by standing with your feet on one of the sloping sides of the log you can make it turn in that direction, and by moving your feet just as fast as the log moves you can not only keep your upright position, but can make the log move through the water. Try it.

### Origin of Names of Dogs.

There are not many boys or girls, or grown folks, either, for that matter, who know how the breed names of dogs first came into common use. For instance, the spaniel is so-called because the first types of this beautiful and intelligent animal arrived in England from Spain and were called Spanish dogs.

The beautiful Blenheim spaniel, is named after Blenheim palace, where this dog first was made fashionable in the time of the great Marlborough. The King Charles, as might be guessed, owes its name to the merry monarch.

The skye terrier was originally bred in the Isle of Skye, and the Scotch terrier, of course, in Scotland.

Many other dogs show the original place of their breeding or development by their names, such as the Great Dane, the Newfoundland, Siberian bloodhound, and so on.

The mastiff means "house-dog," no doubt because of his great strength and size and ability to guard the home. Poodle means "waddle," although these pretty little pets of to-day don't seem to partake of any ancestral clumsiness.

### A Wingless Bird.

Far away on the other side of the world, in New Zealand, there is a most curious species of bird, which has neither wings nor a tail. What do you think of that? These are very few of these strange creatures left, even on their native island, but their cousins, the ki-wis, are still numerous in Australia. The ki-wi gets its name from its peculiar cry, which sounds like "ki-wi, ki-wi."

### The learned name of this bird is apteryx. It has feathers that resemble coarse hairs, and has a long bill, by which it secures its food easily. It lives on insects and worms, which it catches on the ground in its nightly rambles, for this bird only goes abroad at night and hides during the day. In size it is about as large as a goose, the feathers on its head being short, but those on the body increasing in length. Altogether, it is a queer-looking creature, and as it has no little means of defending itself, it falls an easy prey to larger and stronger beasts.

### Pindertory.

Scissors and a pin only needed. This prattling parrot if cut out and fastened together with a pin will make a very attractive toy. If you push the



pin firmly into a cork or the end of a stick and paste the pieces on an old visiting card before the pieces are cut out, this pindertory will last longer.

### A Cat's Revenge.

A gentleman who was very fond of fishing, and who usually caught a good lot of fish, frequently promised his next door neighbor to give him part of his catch, but never fulfilled the promise. The cat of the next door neighbor evidently overheard the promise and thought the fisherman ought to be made to keep his word, for one day when the people of both houses had gone out for a little while she sneaked into the fisherman's house, took two fine large trout he had just caught and laid them on the kitchen table of her own mistress. This lady returning and finding them there, supposed that her neighbor had at last kept his promise, so she proceeded to clean and cook the fish for the next meal, thanking him, when she next saw him for his generosity. The fisherman is now trying to find some secret method of killing the cat.

### Butterflies of the Sea.

If you visit any of the seaside towns south of Cape Cod perhaps you will be so fortunate as to see a flock of sea butterflies flitting through the blue water on some fair day. You certainly will pick up some of their empty husks on the beach.

These shade from pure white, through buff, lemon, orange and coffee color to dark brown. You can make many pretty souvenirs with them.

These "butterflies" are not butterflies, being nothing more nor less than scallops. The "butterflies" live among the eel grass, and by rapidly opening and shutting the two halves of their shells and thus squirting out the water, they can dart swiftly through the sea. The shells are prettily fringed and each "butterfly" has thirty silvery blue eyes, but with all of these he can scarcely see as much as we can with our two.

### Ways of Eating in China.

American boys and girls would find some difficulty in eating in China. Each guest is supplied with a bowl and chopsticks, and there are bowls placed in the middle of the table containing food. Every one helps with his own chopsticks, and it is good manners to pick out the most attractive looking morsels and plant them in your neighbor's bowl. It is rather surprising to a stranger to find his bowl being filled in this way.

Chopsticks are about as thick as a pencil, and both are held in one hand. The Chinese contrive to pick up their meat, hold it to their mouths, and nibble at it. But the unskilful will probably

### THIS BOAT IS A PUZZLE.



It is very easy to see by looking at the picture just how this boat is made, but it is not so easy to tell what it will do. We will assume that the shaft works easily, without friction, and that a good strong wind blows steadily. Now, what will the boat do? Will it go forward, backward, or stand still?

It is not answered as easily as you may at first think. Who can tell what it will do?

Of course, the very easiest way to find out is to make a boat and try it. The only part that might give you any trouble is the propeller, or screw, and you can make one pretty easily. Get a piece of tin and cut out a circle, or a round piece about six inches in diameter. Now draw a pencil line across the circle, and another line

across the tin at right angles to the first, so that the circle will be divided into four equal parts. Get a heavy pair of scissors and cut along each of these lines to within half an inch of the center. You may easily bend back the pieces of tin so formed until they have the position shown in the picture. This screw can be nailed to the end of the shaft, or by punching a hole in the center of the tin you may run the shaft through it and fasten it by copper wire.

### The Slow-Going Clam.

Of all the absurd forms of locomotion practiced by the creatures of the deep, the most preposterous is that of the mussel. Squids will startle you by darting backward, crabs hustle off sideways at a lively gait; but nothing save the dull brain of "some kind of clam critter," pondering over the transportation problem in those remote epochs when time was no object, could have evolved so slow and cumbersome a method. You may often see mussels climb up the piles of a wharf toward the high water mark. Notice the black threads attached to the clam. They do the business. The mussel shoots out a spray of gelatinous stuff in the direction he wants to go, and this hardens into those black threads. He lets go the old ones and climbs up by the new. You can trace his progress up the pile by the bunches of old threads which he leaves behind at intervals. It has never been figured out whether he could go a mile in less than a year, but it would be safe to back the mussel in the animals' "slow race."—Country Life in America.

### How Old is He?

How old is a boy on his twelfth birthday? Twelve years old, of course, you will answer; but put on your thinking cap, and see if you don't find that answer wrong. We know that it is the usual way of expressing it, as, for example, when we say that a man becomes of age on his twenty-first birthday, but it is just as well to be right about these things, and, as a matter of fact, a man becomes of age on his twenty-second birthday.

A boy, therefore, is not twelve, but eleven years old on his twelfth birthday. It is simply a matter of counting. His first birthday is the day he is born; his second birthday is the day he is one year old, and so on, until, on his twelfth birthday he is eleven years old, the age keeping one year behind the number of the birthday.

It would be different if we used the word "anniversary" instead of "birthday," for the first anniversary of the boy's birth comes one year after that event, the second anniversary two years after, and so forth.

### Guessing Colors.

If mother has asked you not to get dirty after you are dressed for a drive, and you do not know just what to do to amuse yourself, get some one to play the following little game with you. It is very simple, but will help the time to pass pleasantly.

"I see a color you don't see," says one.

"What color may it be?" asks the other.

"It may be pink (or some color in the room)," says the first inquirer. Then begins the questioning. Is it the paper? The ribbon on your hair? The pink in the doll's dress? And so on until happily the guesses mentions the exact article of pink that has been chosen. The successful guesser then takes her turn at saying "I see a color that you don't see."

### Timothy Flower Pot.

Cork securely the hole in the bottom of a common clay flower pot and soak well in water. When the pot has absorbed all the moisture that it can take, roll it thoroughly in timothy seed. Fill it with water and place among the other house plants. In a few days the seeds will sprout, and in two or three weeks the pot will be covered with verdure of the most delicate green. The pot must be always full of water. This supplies the moisture necessary to the growth of the seed.

### When Jumbo Gave a Sneeze.

With mere men, a sneeze is an every-day affair, but not so with "my lord the elephant," for it is very rarely indeed that an elephant sneezes, and when he does all the Oriental races consider it a very good omen, and feel sure that some special good fortune is about to happen.

The famous Jumbo's sneeze is said to have been like the bursting of a boiler, and it created quite a panic among the crowds of sightseers—people running in all directions, many not knowing what had happened, but imagining some tremendous disaster had occurred.

Baron Alphonse Rothschild, the most patriotic of Frenchmen, issued a notice during the Franco-Prussian war that he would present a handsome sum of money to any Jewish soldier in the French army who might capture a German flag. Such a capture was made and in due course the soldier came up for the promised reward. After he had received it Baron Alphonse invited the soldier to relate in detail the glorious episode. "Well, Mgr. le Baron, it was this way," said the hero; "the German soldier who carried the flag was also one of us, so we did it on the joint account."

Last spring Governor Odell met an old friend of his up in Newburg, his home town, and immediately asked how he was getting along on the airship he had been working on for years. The inventor had become disgusted with his mechanical progress, and when the governor asked if the machine was a complete success he replied: "Well, not quite yet. I have two things to accomplish before I can say it is." "What are they?" asked the governor. "I have to find out how to get my machine up in the air and how to keep it there."

As there is a law against burying in the city of Albany, the bishop had to have a special act of the legislature to be buried in the cathedral. He was successful in having the act pass the lawmakers, but his friends were astounded and worried when they read its text. It began with the usual verbiage. The ending was something like this: "We do grant that Bishop Doane be buried within the precincts of the city of Albany. This act to take effect immediately."

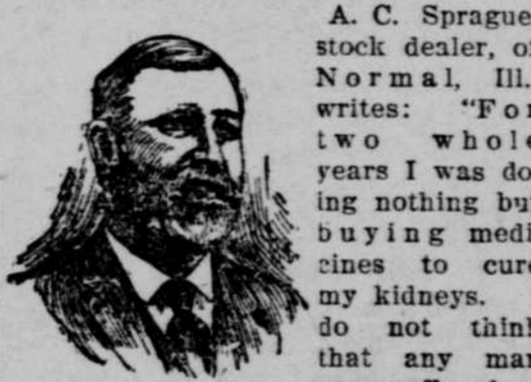
In a little bayou an old darkey's flat-bottomed canoe was shelved on a mud bank. The mud was too deep for him to get out and push, and he got madder and madder. In his exasperation he saw a woman scooping down at the landing some yards above to fill her pail from the stream. "Get out o' dat!" he called angrily; "ef you takes a drop outen dis vere bayou till I gits afloat agin I'll mek ye pay fer it ef I hev ter wade asho' ter do it!"

Onions for insomnia. Onions are recommended as a good thing for insomnia. A favorite dish in England is one of the oig sweet Spanish onions cooked in milk. Celery may also be used in the same way, stewed in milk. It is good for the nerves, and consequently for sleeplessness.

Women who can't get a vote perhaps may be satisfied with getting a voter.

### TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, But Doan's Cured Him.



A. C. Sprague, stock dealer, of Normal, Ill., writes: "For two whole years I was doing nothing but buying medicines to cure my kidneys. I do not think that any man ever suffered as I did and lived. The pain in my back was so bad that I could not sleep at night. I could not ride a horse, and sometimes was unable even to ride in a car. My condition was critical when I sent for Doan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price 50c.

A man's idea of personal liberty is his ability to butt into the affairs of his neighbors.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 322 Third Ave. N., Minneapolis, Minn., Jan. 6, 1900.

A man may often thank his lucky stars that he can't take the woman who is presented to him.

Mrs. Window's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Storekeepers report that the extra quantity, together with the superior quality of Defiance Starch makes it next to impossible to sell any other brand.

Women divine that they are loved long before it is told them.—Marivaux.

Many Children Are Sickly. Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Summer Complaint, Feverishness, Headache, Stomach Troubles, Teething Disorders and Destroy Worms. At all Druggists, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Women never weep more bitterly than when they weep for spite.—Ricard.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of J. C. Watson.

In Use For Over 30 Years. The Kind You Have Always Bought.

Every experience we undergo, whether seemingly good or ill, is of benefit to us later on.



Mrs. Rosa Adams, niece of the late General Roger Hanson, C. S. A., wants every woman to know of the wonders accomplished by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot tell you with pen and ink what good Lydia E. Pinkham's Vegetable Compound did for me, suffering from the ill effects of the sex, extreme lassitude and that all gone feeling. I would rise from my bed in the morning feeling more tired than when I went to bed, but before I had used two bottles of Lydia E. Pinkham's Vegetable Compound, I began to feel the buoyancy of my younger days returning, became regular, could do more work and not feel tired than I had ever been able to do before, so I continued to use it until I was restored to perfect health. It is indeed a boon to sick women and I heartily recommend it. Yours very truly, MRS. ROSA ADAMS, 519 12th St., Louisville, Ky."

Any women who are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, general debility, and nervous prostration, should know there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound. No other medicine for women has received such wide-spread and unqualified indorsement. No other medicine has such a record of female cures.

"DEAR MRS. PINKHAM:—I am very pleased to recommend Lydia E. Pinkham's Vegetable Compound for womb and ovarian difficulties from which I have been a sufferer for years. It was the only medicine which was at all beneficial, and within a week after I started to use it, there was a great change in my feelings and looks. I used it for a little over three months, and at the end of that time I suffered no pain at the menstrual period, nor was I troubled with those distressing pains which compelled me to go to bed, and I have not had a headache since. This is nearly a year ago. I always keep a bottle on hand, and take a few doses every week, for I find that it tones up the system and keeps me feeling strong, and I never have that tired out feeling any more."

"I certainly think that every woman ought to try this grand medicine, for it would prove its worth. Yours very truly, MISS ELSIE DANFORTH, 263 De Soto St., Memphis, Tenn."

FREE MEDICAL ADVICE TO WOMEN. Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands. \$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

## HANDY BLUEING BOOK.

In sheets of PURE ANILINE BLUE. No bottles. No paddles. No waste. Gives the same amount of blueing water each wash-day. Ask your grocer for it or send 10c for a book of 25 leaves.

The Handy Blueing Book Co., 87 E. Lake St., Chicago, Ill.

## SOLD BY DRUGGISTS. ANTISEPTIC PILE CONES

It is discouraging to an honest man to agree to accept a bribe, and then be buncoed out of it. The girl with naturally curly hair is the only one who gets full enjoyment out of an ocean dip.

Don't you know that Defiance Starch besides being absolutely superior to any other, it put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds? Never say a horse was pulled. You may have been dragged along.

The financial editor is not necessarily pedantic, but he is apt to indulge in quotations.

Dealers say that as soon as a customer tries Defiance Starch it is impossible to sell them any other cold water starch. It can be used cold or boiled.

After a man has been married a few years his bump of hope becomes a dent.



## THE LADY WHO IRONS

shows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

THE DEFIANCE STARCH CO. OMAHA - NEB.

Stopovers allowed. All Agents can route you via the WABASH. For beautiful World's Fair folder and all information address HARRY E. MOORES, Gen. Agt. Pass. Dept., Omaha, Neb.

If afflicted with sore eyes, use Thompson's Eye Water. W. N. U., Omaha. No. 35-1204

HOMESTEADS on Crow Res. Montana. Send for map and information to J. F. JACOBSON, Real Estate Agency, Billings, Mont.

BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.