

THINK OF IT!

This Pretty Matron Had Headache and Backache and Her Condition Was Serious.

PE-RU-NA CURED



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 Pe-Ru-Na 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. Pe-Ru-Na 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.

W. N. U. Omaha. No. 22-1905.



Do You Feel Chilly, Then Feverish and Ache all Over?

Feel Warm-out, Blue and Tired? Have you a Fresh Cold, With Frequent Hacking Cough? Sensation of Soreness in the Chest or Back?

Don't let your cold run into chronic bronchitis or pneumonia. The very best tonic alternative and body-builder at this time is Dr. Pierce's Golden Medical Discovery. Made without alcohol or dangerous drugs, and it contains that rare combination of roots and herbs that will ally a cough (irritate it out, as it were), restores the circulation, assists the appetite and digestion, and consequently restores tone to the entire system. That is the reason people look happy once more after taking it—they feel like living, because their liver is active, the blood in their arteries is full of that life-giving quality—rich, red blood. The blood in turn feeds the nerves. Nervousness and neuralgia are only the indication that the nerves are not fed on invigorating blood. This "Medical Discovery" of Dr. Pierce is nature's own restorer. It tones up the organism and stimulates its functions, furnishing to the body one of its necessary constituent principles of which it is in need. This preparation is of pleasant taste, agrees perfectly with rebellious and sensitive stomachs, and is extremely effective in restoring tone and vigor to the entire system. It cures gastric troubles of the stomach and at the same time the blood-vessels are given a stimulation

Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

What About the United Judgment of Millions of housekeepers who have used LION COFFEE for over a quarter of a century?

Is there any stronger proof of merit, than the

Confidence of the People and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE
WOOLSON SPICE CO., Toledo, Ohio.

A CHILD CAN USE THE QUICK MEAL

With perfect safety—it's proof against forgetfulness, ignorance, hired girls—the Insurance Companies have tested it to their full satisfaction every way they could think of. The Quick Meal is simplicity itself—no wearing parts—nothing to clog or get out of order—nothing to burn out. It is made from heavy steel and brass, and will last almost a lifetime—and it will do as good work the last year as it did the first. Kitchen work is a delight when you have a QUICK MEAL (Evaporator) GASOLINE RANGE

for you never have to wait, even a minute, for your fire—it's always piping hot, but your kitchen is cool, for the heat is under the kettle, where it ought to be. And there are no kinks—no dirt—no bother—just convenience, economy and safety, and your dishes done and the kitchen cleaned up before you know it. The QUICK MEAL is a city convenience you can have and ought to have. If your dealer doesn't carry it—ask us—we'll sell you. Write for our LITERATURE—We will send you something useful—something you'll like. Sign your name plainly on the coupon and send it to us. Ringing Stone Co. Div., Watsons, 418 N. 8th Street, St. Louis, Mo.

ATAXIA IS CURABLE

REPORTED CURE STANDS TEST OF FULL INVESTIGATION.

A Former Victim of Locomotor Ataxia Now Free from Suffering and Actively at Work.

"Yes," said Mr. Watkins to a reporter, "it is true that I have been cured of ataxia by Dr. Williams' Pink Pills."

"Are you sure you had locomotor ataxia?"

"The doctors themselves told me so. Besides I recognized the symptoms."

"What were they?"

"Well, the first indications were a stiffness about the knee joints that came on about four years ago. A few months after that appeared, my walk got to be uncertain, shaky-like. I lost confidence in my power to control the movements of my legs. Once, when I was in the cellar, I started to pick up two bottles of coal, and my legs gave way suddenly, and I tumbled all in a heap in a basket. I couldn't close my eyes and keep my balance to save my life. Then I had fearful pains over my whole body and I lost control over my kidneys and my bowels."

"How about your general health?"

"Sometimes I was so weak that I had to keep my bed and my weight fell off twenty pounds. Things looked pretty bad for me until I ran across a young man who had been cured by Dr. Williams' Pink Pills and who advised me to try them."

"Did these pills help you right away?"

"I didn't see much improvement until I had used six boxes. The first benefit I noticed was a better circulation and a picking up in strength and weight. I gradually got confidence in my ability to direct the movements of my legs, and in the course of seven or eight months all the troubles had disappeared."

"Do you regard yourself as entirely well now?"

"I do the work of a well man at any rate. I can close my eyes and stand up all right and move about the same as other men. The pains are all gone except an occasional twitch in the calves of my legs."

Mr. James H. Watkins resident No. 72 West 10th Street, Albany, N. Y. Dr. Williams' Pink Pills can be obtained at any drug store. They should be used as soon as the first signs of locomotor ataxia appear in a peculiar numbness of the feet.

Selfishness the Ruling Spirit. No one performs a single free action from anything but a selfish motive. That is, at any given moment we are doing the thing we wish to do, if we are free to act. The difference comes in the things we are doing.

ULCERS FOR 30 YEARS. Painful Eruptions From Knees to Feet Seemed Incurable—Cuticura Ends Misery.

Another of those remarkable cures by Cuticura after doctors and all else had failed, is testified to by Mr. M. C. Moss of Gainesville, Texas, in the following letter: "For over thirty years I suffered from painful ulcers and an eruption from my knees to feet, and could find neither doctors nor medicine to help me, until I used Cuticura Soap, Ointment and Pills, which cured me in six months. They helped me the very first time I used them, and I am glad to write this so that others suffering as I did may be saved from misery."

First Passover Celebration. The Jewish Passover, a festival in commemoration of the destruction of the first born of the Egyptians, while the houses of the Jews were spared, was first celebrated in the new temple 513 B. C.

Member of the Exercise. The fraternity of bellringers is known in Britain as "the exercise," as the dramatic profession is known as "the" profession. A bellringer is a "member of the exercise."

Lock Easily Controlled. The Ginnelle lock on the Selpie is so constructed that one man can open or shut it by simply touching an electric button as he sits in his office.

FIXING RAILROAD RATES. Making railroad rates is like playing a game of checkers or chess. Communities to be benefited, producers, manufacturers or shippers to be aided represent the pieces used. Every possible move is studied for its effect on the general result by skilled traffic managers. A false move in the making of freight rates may mean the ruin of a city, of a great manufacturing interest, of an agricultural community. Railroads strive to build up all these so that each may have an equal chance in the sharp competition of business. So sensitive to this rivalry are the railroads that in order to build up business they bring their rates frequently to the shipper or practically dictate rates. Rate making has been a matter of development; of mutual concessions for mutual benefit. That is why the railroads of the United States have voluntarily made freight rates so much lower in this country than they are on the government-owned and operated railways of Europe and Australia that they are now the lowest transportation rates in the world.

He who tries to do his best should draw the line at doing his best friends

Many Children Are Sickly. Mother Gray's Sweet Powders for Children, used by Mother Gray, a Nurse in Children's Home, New York City, cures Feverishness, Headache, Stomach Troubles, Teething Disorders, Break up Colds and Destroy Worms. At All Druggists, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Some men would rather go to jail than hustle for a living.

Catarrh Cannot Be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal medicine. The best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for Toronto, Free F. J. CHENEY & CO., Prop., Toledo, Ohio. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Wrinkles are poetically termed by the Japanese "waves of old age."

GHASTLY CEREMONY IN TIBET.

One Called the Dance of Death Performed in Their Mystery Plays.

The death dances of the Tibetan mystery plays, one of which is performed on the last three days of the year, are called "the ceremony of the sacrificial body of the dead year," says the Kansas City Journal.

The effigy of a man, made out of dough, as lifelike as possible, and having inside a distinct heart and all the entrails filled with a red fluid, is placed by four cemetery ghouls in sight of the humorous spectators in the center of the yard, and at once bands of skeleton ghosts rush upon the corpse to attack it.

This is the time to display the necromantic power of Lamaism over the evil spirits. Monks and lamas comfort and go through a series of ceremonies, the magic effect of which keeps the fiends away. But a more formidable devil with great horns and possessed of superior powers makes his appearance and takes the field. Whereupon a saint or an incarnation of Buddha himself goes to the rescue, sprays flour on the enemy, makes mystic signs and utters incantations.

The skeleton ghosts and the big fiend grope before and implore mercy. He graciously yields to their supplications and allows them to partake of a sacramental meal. While they kneel before him he gives to each one of them a little flour to eat and a drink out of a vessel of holy water.

SCENES THAT ARE REAL. Hall Caine Studied Baccarat in Diva of the Riviera.

Criticism on the gambling scenes laid in Hall Caine's book, "The Prodigal Son," has been the means of inducing the author to visit several gambling places on the Riviera recently, says a Monte Carlo correspondent of the Kansas City Journal, so that there may be lacking no accuracy or realism when the dramatized work is produced in London.

Certain critics, in dealing with the book, have found fault with the description of what they wrongly assume to be roulette. As a matter of fact, that the author described was baccarat. Experienced baccarat players have, however, pointed out to him weak points in this scene and he came to the Riviera expressly to study the game in its various and most exuberant forms.

Under the guidance of one of the best known European gamblers and plungers, he visited all the notorious clubs, casinos and gambling dens on the Riviera, and while his guide played baccarat Mr. Caine took quiet notes of all that went on.

At a hall known as "Cercle," or so-called club, at Nice, Mr. Caine stood behind the chair of his companion while in less than an hour he lost over \$50,000. After this one will in future be able to reproach him with not being personally acquainted with the modern manners and methods of "The Prodigal Son."

How Plants See. An interesting theory of the mechanism by which the direction of incident light is perceived by plants has been put forward by G. Haberlandt, a German botanist. He believes that the epidermic cells are, so to speak, the eyes of the plant. Thus, according to his view, when light strikes a leaf at right angles to the surface it results from the plano-convex form of the epidermic cells, that the inner wall of each cell is illuminated more brightly in the center than at the periphery. This makes it possible for the leaf to orientate itself in regard to light. Thus, suppose the plant to be moved so that the light now strikes the leaf obliquely, the bright patches of light on the inner cell walls will no longer be central. This change may be believed to constitute a stimulus calling forth a curvature of the leaf stalk by which the leaf is brought again to its normal position at right angles to the incident light. Thus the leaf moves when the bright patch is not central and comes to rest when each of its epidermic cells is centrally illuminated.

Reform. ("White lies" were condemned as inexcusable in a discussion before the Krowling Society of Philadelphia.) No more white lies! They're tough! We surely have had work enough to maintain life's amenities. White lies are the weight of our decrees.

When callers come with wits passive Who had much better stay away. Can now no more the maid say: "No'm, This afternoon she ain't at home?"

And when you meet them face to face, What further phrase can take the place— And still leave peaceful atmosphere? Of "I'm so glad you came, my dear?"

To him what else is there to tell? But "You are looking very well!"

When asked expression of your views, What is it safely you can choose, With no intention to deceive, But say what people want to believe?

Again, when your opinion's asked Now won't your nerve be somewhat taxed And suffer much embarrassment To say aught else but "Excellent"?

No more white lies?—It may be so, But it is a world of woe Will quickly shrivel to an end, For not a soul will have a friend. —Indianapolis News.

Each Day's Supreme Event. Every day's work should be a supreme event in every life. We should come to it as carefully prepared as the prima donna who is trying to hold the world's supremacy in song comes before her audience. Then our work would breathe out the vigor and vitality and freshness which we put into it. Then life would be glorified, and the work of the world illuminated, transformed.—O. S. Marden in Success Magazine.

Long Journey for Live Sheep. A flock of sheep numbering 398, shipped from Montana March 20, reached Shelburne Falls April 17, where they were unloaded and driven to East Charlemont to be sheared before going to the sheep farm in Colrain. They were fed at St. Paul, Chicago, Buffalo and Westfield. The original number at the start was 400, but two dying on the journey.—Exchange.

Edison's Birthplace. The story and a half house in Milan, O., where Thomas A. Edison was born, is still standing, though not fit to occupy

Where Marriage is Easy.

In Scotland it is possible to get married without the assistance of either a clergyman or a lawyer. A young man can secure a bride almost with a little ceremony as he can secure a partner in a drink—provided, always, that the lady is willing.—Reynolds' Newspaper.

Insist on Getting It. Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 oz. in a package, which they won't be able to sell first, because Defiance contains 15 oz. for the same money? Do you want 16 oz. instead of 12 oz. for same money? Then buy Defiance Starch. Requires no cooking.

Snow in the Tropics. Snow, even in the tropics, never melts, but remains continuously all the year round above a height of 16,000 feet; in colder climes the "snow line" is much lower than this.

Lewis' "Single Binder" straight 50 cigars. Made by hand of ripe, thoroughly cured tobacco, which insures a rich, satisfying smoke. You pay 10c for cigars not so good. Lewis' Factory, Peoria, Ill.

Forbidden Use of Monocles. If one belongs to the German army he can not wear a monocle. The single eyeglass has been forbidden to officers and men as foppish and savoring too strongly of Anglomania.

Defiance Starch should be in every household, none so good, besides 4 oz. more for 10 cents than any other brand of cold water starch.

Japanese Chop Sticks. Japanese chopsticks are delivered to the guest in a decorated envelope. The two sticks, already shaped, form one long-shape piece of wood and are broken apart by the guest.

Why It Is the Best is because made by an entirely different process. Defiance Starch is unlike any other, better and one-third more for 10 cents.

Don't Go Into Bondage. Don't go into debt; it is remorseless; it robs one of sleep; it turns day into night, and it harasses brain and body. Better a few things paid for than many with debts.

"I Want Home to Die from Gravel Trouble." Doctors failed. Dr. David Kennedy's Favorite Remedy cured me. Mrs. C. W. Brown, Peterburg, N. Y.

To think we are able is almost to be so; to determine upon attainment is frequently attainment itself. Thus earnest resolution has often seemed to have about it a savour of omnipotence.—Samuel Smiles.

All Up-to-Date Housekeepers use Defiance Cold Water Starch, because it is better, and 4 oz. more of it for same money.

A woman may declare that she has implicit confidence in her husband, but she will always carefully examine the color of the long hair she happens to find on his coat.—Chicago News.

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

When a woman is unable to crowd her foot into a small shoe she is an advocate of sensible footwear.

Backache, "The Blues"

Both Symptoms of Organic Derangement in Women—Thousands of Sufferers Find Relief.



How often do we hear women say: "It is as though my back would break," or "Don't speak to me, I am all out of sorts?" These significant remarks prove that the system requires attention.

Backache and "the blues" are direct symptoms of an inward trouble which will sooner or later declare itself. It may be caused by diseased kidneys or some other organic derangement. Nature requires assistance and at once, and Lydia E. Pinkham's Vegetable Compound instantly asserts its curative powers in all those peculiar ailments of women.

It has been the standby of intelligent American women for twenty years, and the ablest specialists agree that it is the most universally successful remedy for woman's ills known to medicine.

The following letters from Mrs. Holmes and Mrs. Cotrely are among the many thousands which Mrs. Pinkham has received this year from those whom she has relieved.

Surely such testimony is convincing. Mrs. J. G. Holmes, of Larimore, North Dakota, writes:

Dear Mrs. Pinkham:— "I have suffered everything with backache and womb troubles—I let the trouble run on until my system was in such a condition that I was unable to be about, and then it was I commenced to use Lydia E. Pinkham's Vegetable Compound. If I had only known how much suffering I would have saved, I should have taken it months sooner—for a few weeks' treatment made me well and strong. My backaches and headaches are all gone and I suffer no pain at my menstrual periods, whereas before I took Lydia E. Pinkham's Vegetable Compound I suffered intense pain."

Mrs. Emma Cotrely, 109 East 12th Street, New York City, writes:

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

At BED TIME I TAKE A PLEASANT HERB DRINK

THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BLESSED

My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant laxative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Tea" or

LANE'S FAMILY MEDICINE

900 DROPS

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Exact Similarity of Signature of Chas. H. Fletcher, NEW YORK.

At 6 months old 35 DROPS—35 CENTS

EXACT COPY OF WRAPPER.

Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent, or nearly one-quarter, die before they reach one year; thirty-seven per cent, or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. A. F. Peeler, of St. Louis, Mo., says: "I have prescribed your Castoria in many cases and have always found it an efficient and speedy remedy."

Dr. E. Dow, of Philadelphia, Pa., says: "I have prescribed your Castoria in my practice for many years with great satisfaction to myself and benefit to my patients."

Dr. J. E. Waggoner, of Chicago, Ill., says: "I can most heartily recommend your Castoria to the public as a remedy for children's complaints. I have tried it and found it of great value."

Dr. Edward Parrish, of Brooklyn, N. Y., says: "I have used your Castoria in my own household with good results, and have advised several patients to use it for its mild laxative effect and freedom from harm."

Dr. J. B. Elliott, of New York City, says: "Having during the past six years prescribed your Castoria for infantile stomach disorders, I most heartily commend its use. The formula contains nothing deleterious to the most delicate of children."

Dr. C. G. Sprague, of Omaha, Neb., says: "Your Castoria is an ideal medicine for children, and I frequently prescribe it. While I do not advocate the indiscriminate use of proprietary medicines, yet Castoria is an exception for conditions which arise in the care of children."

Dr. J. A. Parker, of Kansas City, Mo., says: "Your Castoria holds the esteem of the medical profession in a manner held by no other proprietary preparation. It is a safe and reliable medicine for infants and children. In fact, it is the universal household remedy for infantile ailments."

Dr. H. F. Merrill, of Augusta, Me., says: "Castoria is one of the very finest and most remarkable remedies for infants and children. In my opinion your Castoria has saved thousands from an early grave. I can furnish hundreds of testimonials from this locality as to its efficiency and merits."

Dr. Norman M. Geer, of Cleveland, Ohio, says: "During the last twelve years I have frequently recommended your Castoria as one of the best preparations of the kind, being safe in the hands of parents and very effective in relieving children's disorders, while the ease with which such a pleasant preparation can be administered is a great advantage."

Dr. F. H. Eyle, of St. Paul, Minn., says: "It affords me pleasure to add my name to the long list of those who have used and now endorse your Castoria. The fact of the ingredients being known through the printing of the formula on the wrapper is one good and sound reason for the recommendation of any physician. I know of its good qualities and recommend it cheerfully."

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY ST., NEW YORK CITY.