for Catarrh?

Should a list of the ingredients of Peruna be submitted to any medical expert, of whatever school or nationality, he would be obliged to admit without reserve that each one of them was of undoubted value in chronic catarrhal diseases, and had stood the test of many years' experience in the treatment of such diseases. THERE CAN BE NO DISPUTE ABOUT THIS WHAT-EVER. Peruna is composed of the most efficacious and universally used herbal remedies for catarrh. Every ingredient of Peruna has a reputation of its own in the cure of some phase of catarrh.

Peruna brings to the home the COM-BINED KNOWLEDGE OF SEVERAL SCHOOLS OF MEDICINE in the treatment of catarrhal diseases; brings to the home the scientific skill and knowledge of the modern pharmacist; and last but not least, brings to the home the vast and varied experience of Dr. Hartman, in the use of catarrh remedies, and in the treatment of catarrhal diseases.

The fact is, chronic catarrh is a disease which is very prevalent. Many thousand people know they have chronic catarrh. They have visited doctors over and over again, and been told that their case is one of chronic catarrh. It may be of the nose, throat, lungs, stomach or some other internal organ. There is no doubt as to the nature of the disease. The only trouble is the remedy. This doctor has tried to cure them. That doctor has tried to prescribe for them.

BUT THEY ALL FAILED TO BRING ANY RELIEF.

Dr. Hartman's idea is that a catarrh remedy can be made on a large scale. as he is making it; that it can be made honestly, of the purest drugs and of the strictest uniformity. His idea is that this remedy can be supplied directly to the people, and no more be charged for it than is necessary for the handling of it.

No other household remedy so universally advertised carries upon the label the principal active constituents, showing that Peruna invites the full inspection of the critics,



If one is rich enough to repaint his buildings every year for the pleasure of having a change of color scheme, the quality of the paint used may cut little figure. But if it is desirable to cut the painting bills down to the least amount possible per year, it is of the utmost importance that the paint be made of Pure White Lead and the best of Linseed Oil. There are imitations in the form of alleged White Lead, and there are substitutes in the form of ready-prepared paints.

We guarantee our White Lead to be absolutely pure, and the Dutch Boy on the side of every keg is your safeguard. Look for



SEND FOR BOOK "A Talk on Paint," gives valuable infor-mation on the paint subject, Sent free upon request.

NATIONAL LEAD COMPANY in whichever of the follow-ing cities is nearest you: New York, Boston, Buffalo, Cleveland, Clincinnati, Chicago, St. Louis, Philadel-phia (John T. Lewis & Bros. Co..; Pittsburgh (National Lead & Oil Co.)



Good Work

and lots of it, today and every day, when you use the

Remington

1619 Farnam St., Omaha.

SORE SHOULDERS

Is Pe-ru-na Useful WIDENING THE FIELD

MAKING GREATER OPPORTUNITY FOR SONS OF FARMERS.

BUILDING UP THE HOME TOWN

Some Causes for Complaint Which Can Be Obliterated by the United Efforts of the People.

How often do we hear it said that the young man has not the opportunity that the young man of a score of years ago had. How great is the complaint of trusts and combinations which control industries to the detriment of the smaller ones in business, and how often is reference made to business concentration in the large cities at the cost of the smaller

Innovations in business methods have been many. It may be said that this is an era of economical methods; that evolution is going on continually broadening the field for individual effort and making possible the operation of mammoth enterprises. There can be no doubt as to the detrimental effects upon small towns of this business concentration in the larger cities. Pessimists deplore the lack of opportunity for the young men of to-day. At the same time the large corporations put forth the cry that there is a scarcity of the right kind of material for important places of trust. However this may be, there is one thing evident, and that is, small towns being kept from advancing narrows the field for the young men who would otherwise enjoy an opportunity to engage in business.

Traveling to the large city for employment, the youth, perhaps, seeks a clerkship at moderate wages. There are thousands of others that he must compete with in the race for success. His field is narrowed. It is not often that he has fair competition, and favoritism he finds is one of the obstructions in his way. One of the cures for this condition is to devise means of enlarging the scope and importance of the so-called country towns.

There is no economical reason why the large city should have the business that rightfully belongs to the small town. There is no saving in buying goods at a distant point even though a small percentage may be saved directly. Whenever a resident of a community sends his money to some other community for the necessities that he requires, he robs his own home town of a certain amount of business. Employment is given to the people of the large city instead of the people of the local community. It has been estimated that more

than 50 per cent. of the trade goes from some communities to larger ties. If this trade were given to the home town, it would immediately double its business importance and give a corresponding increase in employment for the people. This means that the population of the town would be increased and the opportunity for engaging in business would be greater. Not only this, but it is an established principle that values of farm lands to a great extent are dependent upon the activity of the town near which the farms may be located. Thus it is plain that if the sons of farmers would have greater opportunities open to them for engaging in business, it can be increased by closely adhering to the home trade and home protection principle, which widens the local field for individual effort in a business

HELPS FOR TOWN BUILDERS.

Strangers to a town form their opinions as to its people by the apshow windows of the stores are carelessly arranged, it is evidence that there is a lack of enterprise. It pays the business men of a town to be caretheir places of business.

how inexpensively built residences are is evidence of the good taste of the

In many towns in country districts there are hitching posts placed here and there before the stores. It is generally the case that where the hitching post is found, unless the street is well paved, there is a mud hole. Every town that is incorporated should have regulations as to the placing of hitching posts indiscriminately in the streets. There should beset aside some side street that is convenient to the business portion of the town, where the farmers and others can hitch their teams instead of in front of the stores.

Good sidewalks give the strangers to a town a favorable impression of the place, and also they are an advantage in many ways and may prove a matter of economy through the prevention of accidents that might give cause for damage against the town corporation.

Nearly every small town has its public park. It is often noticed that these parks are little cared for. They are public pastures and serve no good purpose as places where the people of the town can meet evenings for social intercourse. People of towns should take pride in keeping the public parks in good condition. They can be made beauty spots with but little effort and expense.

One of the swindles that is now being operated throughout the country is being worked by a number of stock food agents. They visit a locality, represent to some responsible farmer how much money can be made through becoming an agent for the stock food. No money is required in advance, but they ask that an agreement be signed to take a certain amount of the food. This agreement later turns up as a note, and the farm-

OPPRESSION IN FOREIGN LANDS.

Laborers Reduced to Slavery Through Systems of Land Holding.

Americans should be thankful for the liberty that their form of government allows. It is only necessary to study into conditions as they obtain in many of the European countries, to learn how enslaved are the common classes of the people of those countries. The holding of vast estates by the nobility has reduced the peasant classes to a condition of serfdom.

In these countries it is also noticeable that the artisans, and the workers in the mills, receive wages that are barely sufficient to buy them food and clothing. In many of the continental countries of Europe the farm laborer receives as compensation from \$1 to \$1.50 a week. In Silesa, where there are large cotton factories, expert weavers receive from \$2.28 to \$3 per week, and women employed at like work earn less than \$2 per week. Even in Old England, where labor is paid the best of any European country, in the cotton factories the scale for labor runs from \$4.86 to \$10.20 a week. Where wages are so low it is impossible for the people to save money, and it is necessary that they live upon the plainest and cheapest food in order to make ends meet.

In comparison with these countries how grand are the opportunities for the laborer in the United States! In America there are homes for all who would build them. In no part of the he said, was a small amount to bet earth is there such reward for individual effort. It is said by some that sibly lose. "And yez say Oi can get there is a tendency even in this free that money without working for it?" country toward oligarchy. That the asked the bewildered Irishman, when tendency towards the concentration of the other was through explaining. financial power and business in the densely populated districts is a menace that is too lightly estimated. The it," said Pat. So they hied them to a preventive remedy for this evil lies in racecourse, where the sporty-looking the hands of the masses. There is great need of the people in general studying more deeply into economic Pat's joy was unbounded when he was subjects. The simple principles upon handed a large roll of yellow-backed which business rests appear to be little understood by the average citizens. The remedy for the prevention of the building up of one section of the United States at the cost of another section is readily at hand, and each and every citizen can do his part in administering this remedy.

For many years great insurance companies have maintained their headquarters in large eastern cities. Millions upon millions of dollars annually were contributed to them by the people in all parts of the United States. The vast funds built up for the protection of policyholders had to seek profitable investment. The great captains of finance evolved means for the employment of this capital. A dozen small industries independently conducted would be combined into one company, capitalized far up in the millions and the money contributed to the funds maintained by the insurance companies utilized in carrying out the plans of the great combinations. Thus it can be seen how trusts have been built up and the money of the people used for this purpose, and too often to oppress the very classes that contributed the funds which made it possible for bringing into existence these combina-

It can be understood how essential it is that industries of this kind be established in the different states, and how the money contributed by the people of a state to a company in some other state works directly against the contributors. What holds good in the insurance business applies equally to other industries. By keeping the earnings of a people in the community where these earnings are produced, is to the best interests of the people. If it is necessary that they be sent from the community, as far as possible keep the earnings within pearance of the business places and the limits of the state, for what assists the residences. In a town where the a state to greatness makes lighter the buildings are dingy and dirty, and the burden of taxation upon all the people within it and materially helps every community within the state.

The student can plainly understand how the concentration of business and ful as to the exterior appearances of of money can be prevented by a simple rule which involves the patronage of local institutions and the retaining Small towns usually contain but few in each community as far as possible expensive residences. It matters little all the wealth produced within that community. If this principle be closeif the buildings are kept well painted ly adhered to it will be impossible for and the yards neat and clean. This any acquirement of such vast power as will oppress the American people as the common classes of many of the European countries are oppressed.

Need a Good Bank.

A good bank is a valuable asset for the small town. During these days of prosperity people of almost every community have a surplus amount of money to deposit in the bank, or to invest in a way that will bring a fair margin of interest. Lately a system has grown up of doing a banking business by mail. Alleged savings banks and investment companies in large cities advertise widely offering six to seven per cent. interest on deposits. Many who have little knowledge of financial affairs make deposits in these banks. The Lincoln bank at Oak Park, Ill., was one of these institutions that made great offers to the people of agricultural districts in order to secure deposits. More than \$1,000,000 were deposited by farmers and others in this concern. Within a year it was declared unsound by the United States authorities, the promoter of it placed under arrest and charged with fraud. The poor deluded depositors are not likely to receive five per cent. of their deposits. Remember that when you send your money from your local community it ceases to be any factor in developing 'home resources or in adding to the wealth of the place. It is better always to patronize home banks than banks far away.

Every man is an important factor in the community where he resides. His influence is either good or bad. His value as a citizen is gauged according to his works. The honest laborer, however humble, is a valuable acquisition to society, and so is every other producer.

Loyalty to your local community is

A WOMAN'S SUFFERINGS.

A Dreadful Operation Seemed to Be the Only Outcome.

Mrs. Clyde Pixley, Bridge St., Beld-



have been for a long time."

Foster-Milburn Co., Buffalo, N. Y. HAD MISSED GOOD THING.

Patrick's Joy Dimmed by Thought of Wasted Opportunities.

Patrick, recently arrived and unused to the ways of this country, was accosted one day by a member of the sporting fraternity, who offered to impart to him, for a modest consideration, a marvelous way to make money without toiling for it. All one needed on a certain horse that couldn't pos-"Sure thing. All the work you got to do is to count the mazuma." "Ill thry gentleman placed Pat's money at odds of five to one. And the horse won! bills. Calling his new-found friend to one side, he asked in a voice that trembled with excitement: "Oi say, how long has this thing been goin'

Dr. McCosh's Impression.

"Ah, I have an impression!" exmen," continued the doctor, as he Woman's Home Companion. touched his head with his forefinger.

What: no one knows? No one can play?" tell me what an impression is?" exclaimed the doctor, looking up and down the class.

impression is a dent in a soft place." and growing red in the face, "you are bench about fifteen minutes ago." excused for the day.—Judge.

Blackest of All.

The millionaire from Pittsburg was observed to be loitering outside of the pearly gates. "Why don't you hurry up and

knock?" queried a shade, "I'm waiting for that other chap to get ahead of me," whispered the Pittsburg millionaire.

"And who is he?" "Why, a grafter from San Francisco. By the side of him I will seem as innocent as a lamb."

Go Out to Welcome Bells. Curious scenes occurred at the village of St. Keverne, Cornwall, on the arrival of a new peal of bells for the parish church. A large procession of villagers, headed by the local band, marched out to meet the bells, which were drawn by horses on four wagons. Men, women, and children carried flags and wreaths and wild flowers were laid on the bells.-London Graphic.

Have Trouble with Your Food? Grape-Nuts Perfectly Cooked,

Ready to Serve, Delicious and Healthful

cooked a few minutes in a half-hearted portance. Defiance Starch, being free way will in time weaken the stomach from all injurious chemicals, is the of anything short of an ox.

ally served, remains a pasty, indi- finish, equal to that when the goods gestible mass. The cells are tough were new. and unopened. In addition, the stomach of a person sensitively constituted refuses to do anything with the pasty mass. It is sent into the second stomach, the Duodenum, where in consequence of the long time of the first process of digestion, is fermented and Gilgandra, New South Wales, from soured. As an eminent medical man pertinently states, the stomachs of half the people going about the streets are about in the condition of an old vin-

"Intestinal dyspepsia is the direct consequence of such feeding."

Knowledge of these facts and a wide experience in the preparation and use of cereals brought out the product known as Grape-Nuts, manufactured with special reference to having the nitrogenous and starchy parts of the grains, of which the food is composed, perfectly and scientifically cooked at the factory, ready for immediate use and therefore not subject to the manipulations of any cook, good or bad.

The starch of the grains, changed to grape-sugar, can be seen glistening on the little granules, and gives forth a delicate sweetish taste, very palatable. Children and adults obtain fine re-

sults from the use of Grape-Nuts food. It is so perfectly adapted to the wants of the human body and so easily digested that many cases are on record of nursing babes being fed very suc cessfully on it. "There's a Reason." Made at the pure food factories of the Postum Co., Battle Creek, Mich.

FIVE FALL INTO GRAVE.

Remarkable Incident That Disturbed Solemnity of Funeral.

sons attending the services were an operation would hurled into a small pit.

The final prayer had been said by bearing down the preacher, and the assistant to the pains, backaches undertaker stepped to the foot of the and headaches tor- coffin to arrange the rope for letting tured me, there the coffin into the grave. At that mowere spells of dizziness and faintness, ment one of the pallbearers accithe kidney secretions were like blood dentally kicked out the crosspiece and passed with intense pain. I had that supported the coffin. The coffin lost 30 pounds when I began using quickly descended into the grave, the Doan's Kidney Pills, and was dread- body going feet first. The assistant fully nervous. In one week I felt bet- hastened its descent by tumbling on ter and to-day I am a well woman and it. Several persons rushed to the edge of the grave, causing the soil to Sold by all dealers. 50 cents a box. yield, and in a few seconds five persons were lying in the pit half covered with dirt.

They were pulled out, the coffin was dug out and laid flat, and after the grave had been redug the burial was completed .- N. Y. Press.

TWO SISTERS HAD ECZEMA.

Cuticura Cured Scalp Troubles of Two Illinois Girls-Another Sister Took Cuticura Pills.

"I must give much praise to all the Cuticura Remedies. I used but one cake of Cuticura Soap and one box of Cuticura Ointment, as that was all that was required to cure my disease. I was very much troubled with eczema of the head, and a friend of mine told me to use the Cuticura Remedies, which I did, and am glad to say that they cured my eczema entirely. My sister was also cured of eczema of the head by using the Cuticura Remedies. Another sister has used Cuticura Resolvent and Pills and thinks they are a splendid tonic. Miss Edith Hammer. R. F. D. No. 6. Morrison Ill., Oct. 3, '06."

WAITING FOR THE FUN.

Youngster Had Reason to Expect "Something Would Happen."

An old gentleman, rather portly and claimed Dr. McCosh, the president of clad in a somewhat youthful suit of Princeton college, to the mental-philight gray flannel, sat on a bench in losophy class. "Now, young gentle the park enjoying the day, relates the

"What's the matter, sonny?" he "can you tell me what an impression asked a small urchin who lay on the grass just across the walk and stared intently. "Why don't you go and

"Don't wanter," the boy replied. "But it is not natural," the old gentleman insisted, "for a boy to be so "I know," said Mr. Arthur. "An quiet. Why don't you run about?" "Oh, I'm just waitin'," the little fel-"Young gentleman," said the doctor, low answered. "I'm just awaitin' till removing his hand from his forehead you get up. A man painted that

> Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Good for Fishermen's "Bait." The remarkable heat-insulating effect of a vacuum is strikingly brought out in the claims made for a new sportsman's bottle. The vessel has double walls, being really one bottle within another, with a sealed-up intervening space from which the air has been withdrawn. It is asserted that liquids in this bottle can be kept hot 48 hours in the coldest weather, and that inced beverages will retain their delicious coolness for weeks in the hottest summer.

Minds of Lower Animals. Evidence of a mind in all animals, even the lowest, is found by F. W. Headley. The amoeba exercises the power of choice when it eats, and the ree-like colony of one-celled infusorians, called zoothamnium, after a time ceases to be agitated by jars repeated at intervals, showing that it must remember that a jar is harmless.

The extraordinary popularity of fine white goods this summer makes the "The ordinary breakfast cereal choice of Starch a matter of great imonly one which is safe to use on fine "Any preparation of wheat or oats fabrics. Its great strength as a stiffener put into water that is below the boil- makes half the usual quantity of Starch ing point and cooked as mush is usu- necessary, with the result of perfect

New Australian Industry. A new industry has been started in Australian in connection with rabbits. Nearly half a gallon of lubricating oil has been obtained by a rabbiter at 73 pounds of skins, without lessening the commercial value of the latter.

Allen's Foot-Ease. It cures painful, swollen, smarting, sweating feet. Makes new shoes easy. Sold by all Druggists and Shoe Stores. Don't accept any substitute. Sample FREE. Address A. S. Olmsted, Le Roy, N. Y. It is not easy to be a widow; for

Shake Into Your Shoes

she must resume all the modesty of majdenhood without being able even to pretend ignerance.-Mme. de Gi-No Headache in the Morning

Krause's Headache Capsules for over-in-dulgence in food or drink. Druggists, 25c. Norman Lichty Mfg. Co., Des Moines, Ia.

nakes a woman.—O. W. Holmes. Lewis' Single Binder — the famous traight 5c eigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

Nature is so earnest when she

Wherever women are honored, the ods are satisfied.—Hindu Proverb.

Mrs. Winglow's Soothing Syrup. didren teething, softens the guns, reduces in-ation, allays pain, cures wind collo. Esca bottle.

Sheer white goods, in fact, any nne their attractiveness to the way they waist just as well at home as the are laundered, this being done in a steam laundry can; it will have the manner to enhance their textile beau- proper stiffness and finish, there will Instead of the accustomed quiet ty. Home laundering would be equal- be less wear and tear of the goods, which prevails at the burial of the ly satisfactory if proper attention was and it will be a positive pleasure to tion of the blad- dead, great excitement and fear at. given to starching, the first essential use a Starch that does not stick to the tended the burial the other day of being good Starch, which has sufficient iron. ble had gone so Michael Sereno, a prominent merchant strength to stiffen, without thickening far in five years of Westport, when by the collapsing the goods. Try Defiance Starch and that my physicians of a grave the coffin and several per- you will be pleasantly surprised at the improved appearance of your work.

Diversified Existence.

An old brick laboratory in Middletown, Conn., which was torn down Saturday, has been put to many uses since its erection in 1825. Originally it was a gunhouse, but it has since been used as a hospital, an eatinghouse, a carpenter shop, an icehouse, and an electrical laboratory.

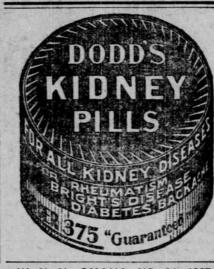
Newspaper 500 Years Old. The oldest newspaper in the world, the King Pao, or News of the Capital, of Pekin, will celebrate its five hundredth anniversary this year.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill. A short absence quickens love; a long absence kills it.-Mirabeau.

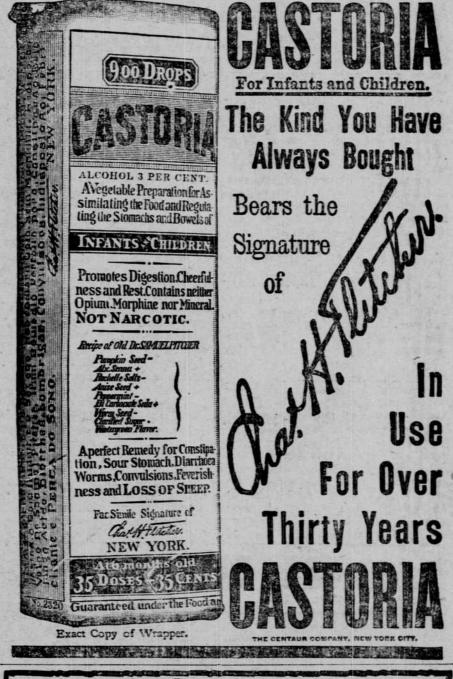
With a smooth iron and Defiance wash goods when new, owe much of Starch, you can launder your shirt-

A Calculation.

"I calculate," says Edison, "that we know one seven-billionth of one per cent. about anything."

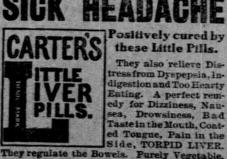


W. N. U., OMAHA, NO. 31, 1907.









SMALL PILL. SMALL DOSE. SMALL PRICE.