

Miss M. Caritedge gives some helpiul advice to young girls.
Her letter is but one of thousands which prove that nothing is so heiphul 10 young girls who are justarriving at the period of
womanhood as Lydia E. Pinkham's Vegetable Compound.







 monial sea she is apt to cation
er instead of a goldingh.



## SORE FEET SORE HANDS

One Night Treatment with CuITCURA Soak the feet or hands on retiring in a strong, hot, creamy lat ther of Dry, and anoint freely with CUTICURA OINTMIENT, the great skin cure and purest of emollients. Bandage lightly in old, soft cotton or linen. For itching, burning, and scaling eczema, rashes, inflamma tion, and chafing, for redness, roughness, cracks, and fissures, with brittle, shapeless nails, this treat ment is simply wonderful, frequently curing in one night.
5w
BEGGS' BLOOD PURIFIER
$\qquad$


## CATARRH IS THE CAUSE OF MOST KIDNEY DISEASES.

PE=RU=NA CURES CATARRH.
 and it has a host of friends in this city."',
SAMUEL $R$. SPRECHER.

$\qquad$ as the people. Kide.
People have kianey disease. They
take some diuretic, hoping to get better. They never once think of catarrr. Kia-
ney alsease and catarrh are seldom as-
sociated in the mfnds of the people. nad, alas, it is not very often associated
in the minds of the physians too
few physicians reeognize catarrh of the
$\qquad$ Kidney Trouble. Perunn strikes at the very centre of fhe difficulty,by eradicating the catarrh
from the kidneys. Catarrn is the cause
of kidney difficulty. Remove the canse kidney difficulty. Remove the cause arring accuracy Peruna goes right to
the spot. The kidneys are soon doing Thousands of Testimonials. Thousands of Testimonials.
Thasands of testimonialis from pcople Pe-ru-na Cures Kidney Disease. Peruna cures kidney disease. The cason it cures kidney disease is becanse
cures catarrh. Catarrh of the kidneya the cause of motrrh of they ekidneys
tisense.
cerima cures eatarrh wherever it happuna cures eatarrh wherever it hap.
if you do lonted. It rarely fails. factory reoults from the use of Peruna
wite writa at once to Drom the urte of Peruna,
will statement of your case, and hiving be placesed to to give your case, and he wis valuable ad-
vice gratie. vddratia Dr. Hartman, President of
The Hartman Sanitarium, Columbus, o.

## $\square$



Libby, McNeill \& Libby .. .. .. Chicago
 between Defiance Starch and any other brand will
be found by comparison: Defiance Starch stittens, whitens, beautifies without rotting. their newness. It is absolutely pure. it will not injure the
most delicate fabrics. For fine things and all hings use the best there io cents for 10 ounces. Other brands 10 cerils for 12 ounces.

TaE depunce starch

A striking contrast






