

**MRS. EMMA FLEISSNER**  
Suffered Over Two Years—Health Was  
In a Precarious Condition—Caused  
By Pelvic Catarrh.



**HEALTH AND STRENGTH  
RESTORED BY  
PE-RU-NA.**

Mrs. Emma Fleissner, 1412 Sixth Ave., Seattle, Wash., Worthy Treasurer of the Y. W. C. A., writes:  
"I suffered over two years with irregular and painful periods. My health was in a very precarious condition and I was anxious to find something to restore my health and strength."  
"I was very glad to try Peruna and delighted to find that it was doing me good. I continued to use it a little over three months and found my troubles removed."  
"I consider it a splendid medicine and shall never be without it, taking a dose occasionally when I feel run-down and tired."  
"My files contain thousands of testimonials which Dr. Hartman has received from grateful, happy women who have been restored to health by his remedy, Peruna."

**Beautiful Your  
Walls and Ceilings!  
Alabastine**  
THE SANITARY WALL COATING

**A Rock Cement** in white and beautiful tints. Does not rub or scale. Destroys disease germs and vermin. No washing of walls after once applied. Any one can brush it on—mix with cold water. Other finishes, bearing fanciful names and mixed with either hot or cold water, do not have the cementing property of Alabastine. They are stuck on with glue, or other animal matter, which rots, feeding disease germs, rubbing, scaling and spoiling walls, clothing, etc. Such finishes must be washed off every year—expensive, filthy work. Buy Alabastine only in five pound packages, properly labeled. Tint card, pretty wall and ceiling design. "Hints on Decorating" and our artists' services in making color plans, free.

**ALABASTINE CO.,**  
Grand Rapids, Mich., or 105 Water St., N. Y.

**The World's Standard  
DE LAVAL  
CREAM  
SEPARATORS**

600,000 In Use.  
Ten Times  
All Others Combined.  
Save \$10. - per Cow  
Every Year of Use  
over all  
Gravity Setting Systems  
and \$5. - per Cow  
over all  
Imitating Separators.

THE DE LAVAL SEPARATOR CO.  
Canal & Randolph Sts. 74 Cortlandt Street,  
CHICAGO NEW YORK  
OTHER LEADING BRANCHES AND LOCAL AGENTS

**TOWER'S  
FISH BRAND**

MAKERS OF  
**WATERPROOF OILED CLOTHING,  
SLICKERS, FOMMEL SLICKERS AND HATS.**

FOLLOWING OUR SUCCESS AT PHILADELPHIA, CHICAGO AND OTHER EXPOSITIONS  
**WE WON THE  
HIGHEST POSSIBLE AWARD  
AT THE ST. LOUIS WORLD'S FAIR**

A. J. TOWER CO.  
BOSTON  
NEW YORK  
CHICAGO  
CINCINNATI  
PHILADELPHIA  
ST. LOUIS

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron stick mg. Defiance never sticks.

**HEALTHY CHILDREN.**  
Without good health life is not worth living. Sickly, peevish children are a source of endless trouble and anxiety to their parents, yet the children's condition is frequently due to their parents' ignorance or thoughtlessness, or both.  
To make children healthy and to keep them in that condition it is necessary to feed them proper food and to see that they get plenty of exercise and fresh air. Meat is very bad for children. It should be avoided and food rich in phosphates, such as Pillsbury's Vitos, should be given in its place.  
This food is truly the "meat of the wheat." It is made by the world's greatest millers and it is free from artificial coloring or adulteration. It is not especially a child's food. Your whole family will enjoy this common sense cereal. It makes a wholesome, substantial breakfast or an appetizing dessert and can be prepared in one hundred different ways.  
Every good grocer will supply you with Pillsbury's Vitos. Large package—enough to make twelve pounds of strength-building food, 15c, Rocky Mountain Territory, 20c. Ask your grocer about it to-day.

**Failure Before Success.**  
The child creeps before it walks; the babe lisps and stutters before it talks. It is as impossible for a man to scale the heights of success at a single bound as it is for the young bird to leap into midair at the first attempt without passing successfully through several necessary stages of failure.—Exchange.

**The Modern Gladiator.**  
People struggle with their wits now, not with cold steel. The gladiator of today is really an intellectual, and his arena is the Forum and the Stock Exchange, the Hall of Science and the race course—in short, where brain is pitted against brain, mother wit against mother wit.—The Academy.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

**Peculiar Chinese Medicines.**  
A Chinese medicine book, dating back to the Wing dynasty (1568-1644) contains no less than 28,739 receipts. Materials of the Materia Medica Sinensis consists of vegetables, minerals and articles belonging to the animal kingdom, such, for instance, as dragons' teeth, centipedes, scorpions, Spanish flies, roaches, beetles, tadpoles, etc.

**Whistling Disliked by Sailors.**  
Whistling is thought very unlucky by sailors, as it is supposed to raise an unfavorable wind. This superstition is, perhaps, to be traced to the practice of whistling for winds, common to many nations in days gone by. A whistling woman is a sure sign to a sailor of coming disaster, wreckage and so on.

**Samples of Enthusiasm.**  
Michael Angelo was so filled with enthusiasm in his art, so afraid that money might taint his brush, that he refused to accept any pay whatever for his masterpieces in the Vatican and St. Peter's. Napoleon's enthusiasm banished the word "impossible" from his dictionary.

**Alas! Vanishing Man.**  
Man, like the oجوم, is softy, if not silently, fading away. One hesitates to say that he may one day be as extinct as the dodo, but at all events we are told that he will be literally nowhere as compared with the woman of the future.—London Lady's Pictorial.

**FUNNY**  
People Will Drink Coffee When It "Does Such Things."  
"I began to use Postum because the old kind of coffee had so poisoned my whole system that I was on the point of breaking down, and the doctor warned me that I must quit it. My chief ailment was nervousness and heart trouble. Any unexpected noise would cause me the most painful palpitation, make me faint and weak. "I had heard of Postum and began to drink it when I left off the old coffee. It began to help me just as soon as the old effects of the other kind of coffee passed away. It did not stimulate me for a while, and then leave me weak and nervous as coffee used to do. Instead of that it built up my strength and supplied a constant vigor to my system which I can always rely on. It enables me to do the biggest kind of a day's work without getting tired. All the heart trouble, etc., has passed away. "I give it freely to all my children, from the youngest to the oldest, and it keeps them all healthy and hearty." Name given by Postum Co., Battle Creek, Mich.

There's a little book, "The Road to Wellville," in pkgs.

It doesn't take the average man long to tell all he really knows, but he never gets through telling what he thinks he knows.—Chicago News.

**ALCOHOL IN MOST MEDICINES.**  
Indispensable Requisite in Compound- ing of Some Prescriptions.

It is of course true that some proprietary medicines contain alcohol and nearly all liquid medicines prescribed by physicians contain it. No honest man will defend the sale of intoxicants under the guise of medicine; but every honest man should protest against a system of wholesale denunciation born of malice, or ignorance of pharmaceutical principles, and fostered by selfish interests. It is assumed that alcohol is the cause of intemperance; but there is a great difference between alcohol and whisky. If a substitute for alcohol could be found for use in the manufacture of medicines, its discoverer would render a great service to the profession of pharmacy and the science of medicine, for alcohol is a very expensive ingredient and a cheaper substitute would be gladly accepted. Unfortunately the word alcohol, in the minds of many people is associated exclusively with bar-rooms, drunkenness and all forms of degradation and vice. This is due to a lack of knowledge by the general public of the fact that alcohol is an indispensable requisite in drugs, tinctures and fluid extracts. All fluid extracts and tinctures on the druggists' shelves contain from 20 to 90 per cent of alcohol; and of all liquid medicines prescribed by physicians more than 75 per cent contain it in large proportions.

Alcohol is required to preserve organic substances from deterioration and from freezing, and it is also required to dissolve substances not soluble in water, while it contributes to their preservation when dissolved. Diluted alcohol is largely employed in fluid extracts; and whenever a greater strength of alcohol is required as a solvent (for extracting medicinal principles) the medicine is of such a character as to preclude a large dosage; and for this reason preparations, even if containing 50 per cent or more of alcohol, are practically less intoxicating than beer. In such cases the character of the medicinal constituents is such as to absolutely forbid the taking of the medicine in any way except in very small doses and at stated intervals only. To assume that any great number of proprietary medicines are used as beverages is the veriest absurdity.—Exchange.

**Famous Bow Bells.**  
There are no church bells in England more famed than Bow Bells. They set limits to the boundaries of Cockneydom. Americans regard all Londoners as cockneys. But only those born within hearing of Bow Bells can claim the distinction which is supposed to confer on its possessor peculiar privileges of speech, particularly where aspirates are concerned.

**Western Life Indemnity Co.**  
The Policy Holders' Committee at No. 77 Jackson Blvd., Chicago, will give complete information about the expenditure of \$200,000 of company funds as commissions to Mr. Rosenfeld for the purchase of Life Insurance Company of Pennsylvania business made on or about February 20th, 1905, and the expenditure of \$200,000 of company funds as commissions to Mr. Rosenfeld for the purchase of \$100,000 of stock in the Security Life and Annuity Company, (par value \$10 per share). Mr. Rosenfeld, Mr. Rosenfeld and Mr. Moore, the Executive Committee, are now cited by Judge Kobasa to show cause why they should not be punished for contempt in making the last transaction. Make inquiry at once. HEIKVEY B. HICKS, Chairman.

**Enough for a Bath.**  
Should an American, an English man, a Frenchman, an Austrian, a German, an Italian and a Russian sit down to a table together and order drinks in a quantity that would show the relative consumption of these beverages by their respective peoples some would get enough for a bath while others would obtain only a few mouthfuls.

**Beware of Ointments for Catarrh that Contain Mercury.**  
Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury and is taken internally and acts directly upon the blood and mucous surfaces of the system. It is sold by Dr. J. C. Cheney & Co., 1401 Madison St., Toledo, Ohio, by F. J. Cheney & Co., 1401 Madison St., Toledo, Ohio, by F. J. Cheney & Co., 1401 Madison St., Toledo, Ohio, by F. J. Cheney & Co., 1401 Madison St., Toledo, Ohio.

**Do Amusements Amuse?**  
Happiness is always unconscious (watch children and puppies at play and you will be convinced of the fact) but amusements, as a rule, render their participants even more irritable and self-conscious.—Lady Violet Greville in the Graphic.

**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 *W. A. Parke*. In Use For Over 30 Years. For the Kid You Have Always Bought.

**Mosquitoes and Flies.**  
One of the facts established within a few years is that mosquitoes are the deadliest of all creatures. A writer in the Lancet adduces evidence which indicates that flies, too, cause thousands of deaths, especially of infants every summer, by contaminating food with diarrheal germs.

**STRENGTHEN THE STOMACH!**  
Dr. Williams' Pink Pills Really Cure Indigestion Instead of Merely Relieving Symptoms.

There are plenty of remedies by which you can relieve for the time heartburn, pain and gas on the stomach and can soothe nervous sensations and induce artificial sleep. You can humor your stomach by giving it predigested food. But when you take your next meal all your trouble begins afresh.  
There is only one sensible thing to do. Strengthen the stomach and do away with the necessity for drugs and artificial foods. The best remedy ever found for this purpose is the one that was used by E. E. Strong, of Capleview, Sisseton, S. Dak., Tenn.  
"For years," he states, "I suffered greatly from indigestion. I tried many different remedies and some of them would relieve me for a time, but the trouble always came back. About six months ago I had an unusually severe attack, and while I tried everything I had ever heard of, I found that none of the ordinary remedies would reach the difficulty this time.  
"One day I read in a Memphis paper how Dr. Williams' Pink Pills had cured a Michigan woman, a sufferer from chronic dyspepsia of a most stubborn type. I then tried the same remedy and it proved just as successful in my case. I took only three boxes, and was cured. I have not had the slightest symptoms of indigestion since."  
The tonic treatment has a sound principle as its basis, and abundant success in actual use. Multitudes of cases that had defied all other remedies have been cured by Dr. Williams' Pink Pills. The pills actually make new blood and strike at the root of all diseases caused by bad blood. They contain no harmful stimulants or opiates. Every dyspeptic should read, "What to Eat and How to Eat." Write the Dr. Williams Medicine Co., Schenectady, N. Y., for a free copy.

**Eighty Per Cent.**  
If by a single stroke all marriage ties now in existence were struck off or declared illegal, eight-tenths of all couples would be remarried within forty-eight hours, and seven-tenths could not be kept asunder with bayonets. Eighty per cent of all marriages are a success from a biologic point of view.—Dr. Woods Hutchinson in Contemporary Review.

**Doctors in a Race.**  
An attraction of the last North Georgia fair was a "doctors' race." The physicians who took part in the contest had their horses stabled and were themselves undressed and in bed when the call for them was made. When the bell rang they had to dress and hitch their horses and drive one mile to a certain place.

**Life-Saving Pigs.**  
A coasting steamer was wrecked near Sydney. The captain tied life-lines to some pigs which formed part of the cargo. These on being thrown overboard, quickly swam ashore, taking the lines with them. Communication being thus established, every person on board was rescued.

**Nye Regretted Sense of Humor.**  
It is related that Bill Nye often spoke, late in his life, of his gift of rare humor as a curse. His fun palled upon him while his readers were still roaring. He saw himself as a buffoon, a clown, amusing the rabble—and the idea was not sweet to him.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.  
Few men amount to much until they have fallen in love a few times and have been thrown down.

**CURES INDIGESTION**  
When what you eat makes you uncomfortable it is doing you very little good beyond barely keeping you alive. Digestive tablets are worse than useless, for they will in time deprive the stomach of all power to digest food. The stomach must be toned up—strengthened. The herb tonic-laxative,  
**Lane's Family Medicine**  
will do the work quickly and pleasantly. Sold by all dealers at 25c. and 50c.

**NEBRASKA LAND**  
\$5 to \$20 an Acre  
\$5 to \$15 for unimproved, and \$15.00 to \$20 for improved. We have a large list of the finest land there. It is located in the southwest portion of Nebraska, where you can raise corn, alfalfa, all kinds of small grain, winter wheat and all kinds of fruit. The best kind of water and the healthiest all-year-around climate you can find. The soil is a deep, dark loam, no sand, mostly all level, close to town and railroad. Why go farther out when you can buy good land in Nebraska that is close to a good market, for less money than other places. Special low rates to look over the land. Write us for our circular rates and free map of Nebraska. Hastings & Hayden, 1024½ Farnham St., Omaha, or Oxford, Nebraska.

**PATENTS FOR PROFIT**  
MUST FULLY PROTECT AN INVENTION.  
MASON, FENWICK & LAWRENCE, Patent Lawyers,  
Washington, D. C. Established 1861.  
Send for our 43rd Anniversary Free Booklet, showing illustrations of Mechanical Movements, Heterogeneous, Broadest and thousands of satisfied clients. Communications confidential. Write us to-day.

**Coney Island Souvenir Post Cards.**  
Six beautiful colored scenes for 25c. Coney Island Postal Card Co., Coney Island, N. Y.

**DEFIANCE Cold Water Starch**  
makes laundry work a pleasure. 10 cent pkg. 10c.

**Characteristics of Koreans.**  
The people of Korea are timid and peaceful, the men tall, with high foreheads, straight noses, and a graceful, indolent carriage, the women short, squat, and as ugly as their lords are handsome.  
**Hope for Them—and Him.**  
A man has made great progress when he has learned that some of the people who don't agree with all his opinions may, after all, be partly right.—Somerville Journal.

**After 30.**  
While she is under thirty a woman may get comfort out of the thought that she is younger than she looks. After that her only hope is to look younger than she is.  
**The Better Part of Valor.**  
The courage of one's convictions is an excellent thing, but it should never be allowed to become unyoked from the discretion of one's reason.—Puck.

**Born an American Citizen.**  
A son born to American parents while traveling in a foreign country is an American citizen, and as such is eligible to the presidency.  
**Isn't He a Nice Man, Ladies.**  
After all, a pretty baby doesn't need a prize. A pretty baby is a prize. And all babies are pretty.—North Adams Transcript.

The penalty in Germany for adulterating food is six months in prison and a fine of 1,500 marks.  
One pound of washed wool produces on an average a yard of cloth 36 in. wide.  
**More Flexible and Lasting.**  
won't shake out or blow out: by using Defiance Starch you obtain better results than possible with any other brand, and one-third more for same money.  
Many a man who owns an automobile ought to be pushing a wheelbarrow.  
Defiance Starch is guaranteed biggest and best of money refunded. 16 ounces, 10 cents. Try it now.  
A good ostrich is worth \$300.

**THIS AD IS WORTH 5 cents**  
Cut it out, take it to your grocer; he will give you a 5c Wiggle Stick FREE. We will give one free to every woman in America to convince her it is the best and most convenient form of  
**WASH BLUE**  
Wont freeze, break, spill nor spot clothes. Once used always used.  
**Wiggle-Stick**  
is round, never flat. The blue is inside, never outside. Beware of imitations.

**PRICE, 25 Cts.**  
**TO CURE THE GRIP IN ONE DAY**  
**ANTI-GRIPINE**  
HAS NO EQUAL FOR HEADACHE

**THE CHANGE OF LIFE**  
**INTELLIGENT WOMEN PREPARE**

Dangers and Pain of This Critical Period Avoided by the Use of Lydia E. Pinkham's Vegetable Compound.

How many women realize that the most critical period in a woman's existence is the change of life, and that the anxiety felt by women as this time draws near is not without reason?  
If her system is in a deranged condition, or she is predisposed to apoplexy or congestion of any organ, it is at this time likely to become active and, with a host of nervous irritations, make life a burden.  
At this time, also, cancers and tumors are more liable to begin their destructive work. Such warning symptoms as a sense of suffocation, hot flashes, dizziness, headache, dread of impending evil, sounds in the ears, timidity, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and incontinence are promptly heeded by intelligent women who are approaching the period of life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound is the world's greatest remedy for women at this trying period, and may be relied upon to overcome all distressing symptoms and carry them safely through to a healthy and happy old age.  
Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism, and builds up the weakened nervous system as no other medicine can.  
Mrs. A. E. G. Hyland, of Chestertown, Md., in a letter to Mrs. Pinkham, says:  
"I had been suffering with falling of the womb for years and was passing through the change of life. My womb was badly swollen. I had a good deal of soreness, dizzy spells, headaches, and was very nervous. I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me, and I have passed safely through the change of life a well woman."  
For special advice regarding this important period women are invited to write to Mrs. Pinkham for advice. It is free and always helpful.

**LEWIS SINGLE BINDER**  
STRAIGHT CIGAR ALWAYS RELIABLE  
Your jobber or direct from Factory, Peoria, Ill.

**W. L. DOUGLAS**  
\$3.50 & \$3.00 SHOES FOR MEN  
W. L. Douglas \$4.00 Cl. Edge Line cannot be equaled at any price.

**TWENTY-FIVE BUSHELS OF WHEAT TO THE ACRE**  
Means a productive capacity in dollars of over \$16 per acre.  
This on land which has cost the farmer nothing but the price of tilling it, tells its own story.  
The Canadian Government gives absolutely free to every settler 160 acres of such land.  
Lands adjoining can be purchased at from \$8 to \$10 per acre from railroad and other corporations.  
Already 125,000 farmers from the United States have made their homes in Canada.  
For pamphlet "Twentieth Century Canada" and all information apply to Supt. of Immigration, Ottawa, Canada, or to following authorized Canadian Government Agent—W. V. Bennett, 80 New York Life Building, Omaha, Nebraska. (Mention this paper.)

**W. L. DOUGLAS**  
\$10,000 REWARD to anyone who can improve this statement.  
W. L. Douglas's \$3.50 shoes have by their excellent style, easy fitting, and superior wearing qualities, achieved the largest sale of any \$3.50 shoe in the world. They are just as good as those that cost you \$5.00 to \$7.00. The only difference is the price. If I could take you into my factory at Brockton, Mass., the largest in the world under one roof making men's fine shoes, and show you the care with which every pair of Douglas shoes is made, you would realize why W. L. Douglas's \$3.50 shoes are the best shoes produced in the world.  
I could show you the difference between the shoes made in my factory and those of other makes, you would understand why Douglas's \$3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe on the market to-day.  
W. L. Douglas Strong Made Shoes for Men, \$2.50, \$2.00, Boys' School & Dress Shoes, \$2.50, \$2.00, \$1.75, \$1.50 CAUTION.—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom.  
WANTED. A shoe dealer in every town where W. L. Douglas Shoes are not sold. Full line of samples sent free for inspection upon request. Fast Color Eyelets used; they will not wear brass. Write for Illustrated Catalog of Fall Styles. W. L. DOUGLAS, Brockton, Mass.

**DAXTINE TOILET ANTISEPTIC FOR WOMEN**  
troubled with it peculiar to their sex, used as a douche is marvellously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness.  
Daxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all purposes.  
**TOILET AND WOMEN'S SPECIAL USES**  
For sale at druggists, 50 cents a box.  
Trial Box and Book of Instructions Free.  
THE R. FAYOR COMPANY BOSTON, MASS.

**Heat Your Building With BOVEE'S Ventilating Furnace**  
And save 40 per cent on cost and fuel. Thousands in use. Guaranteed. Send for free catalogue. Manufactured and sold by the Bovee Grinder & Furnace Works, Waterloo, Iowa.  
W. N. U. Omaha. No. 43—1906.

**Home Visitors Excursion**  
November 27th  
To many points in Illinois, Indiana, Ohio, Kentucky, Western Pennsylvania, New York and West Virginia, at GREATLY REDUCED RATES.  
The WABASH has solid road-bed, rock ballast, and new equipment. Including chair cars (SEATS FREE).  
For rates, maps and all information call at Wabash City Office, 1691 Farnham St. or address  
HARRY E. MOORES,  
G. A. P. D., Wab. R. R., Omaha, Neb.

**PISO'S CURE FOR CONSUMPTION**  
GIVES WHERE ALL ELSE FAILS.  
Best Cough Cure. Cures Croup, Whooping Cough, Sore Throat, Hoarseness, Asthma, Bronchitis, Tuberculosis, Consumption.  
PISO'S CURE FOR CONSUMPTION