

# FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

## As a Spring Tonic to Get the System In Good Shape.

"I advise all athletes who are about to go in training to try a bottle of Pe-ru-na."  
—J. W. Glenister.



John W. Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

### PE-RU-NA Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.  
The Peruna Medicine Company,  
Columbus, Ohio:  
Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.  
"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction.  
"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape."  
Yours truly,  
JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim. The digestion must be good, the circulation perfect, sleep regular and enough of it.

If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially trying.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vocation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore athletes are especially friendly toward Peruna. Peruna never fails them.

### MONEY IN BUNDLES

#### NICARAGUA CURRENCY PLENTIFUL IF NOT VALUABLE.

Bills by the Handfuls Handed Out to Visitor in Chicago for a \$20 Gold Piece—Prices to Stagger the Uninitiated.

The Very Rev. Dean Harris tells of the peculiar money scale of Nicaragua. When the civil war in the United States was drawing to an end, confederate bills were worth from five to ten cents a dollar, he writes. It meant to the public that all hope for Southern currency ever being redeemed was practically dead. When I visited the large markets in this city the amount of money and the figures on the bank bills surprised me.

Bills of big denominations were passing from buyer to seller, from hand to hand, and no change asked or given. I began to inquire the prices ruling the stalls.

"Quinto vale"—how much, I said, pointing to the measure of potatoes. "Six dollars," the woman in the stall answered.

"For all?"  
"O, no, senor, for a litro"—a quart. The price staggered me. Rice was \$5 a pound, onions four, flour \$6 a quart, and everything else in proportion. We pay our butchers a pretty stiff price for meat in Toronto, but compared with prices here, it is ridiculously cheap. A sirloin steak at the Leon market costs \$19 per pound, and a turkey \$160. But everyone carries piles of bills here; their pockets are bulging with them.

While in the market I frequently saw the vendors of fruit pull from their pockets rolls of bills as large and round as a stein, and begin to count off wads of twenties and fifties. I'll marvel at their wealth. Among the farmers, it is said that money is so plentiful that it is kept in large boxes. Silver is rarely seen, and small coins are unknown.

The small farmers and peons of the surrounding country when they come here to buy carry their money in small bags or baskets. My bill at the restaurant for dinner was \$200, and a Panama hat cost me \$600. For a carriage for one hour I was asked, and paid, \$30; and so for anything else in proportion.

I have not yet paid my hotel account, but I expect to be asked, and to pay, \$3,000. All this would have been heart-breaking if I had not called at the bank on my arrival here. For a \$20 gold piece I asked for change in the currency of the country. The teller looked at my gold coin, weighed it in his hand, put it to one side, and began carelessly counting bills with the rapidity for which these young men all over the world are famous.

I waited patiently, watching rolls pile up, and hoping when he was through he'd attend to me. You can't hurry cashiers, so I sat down until he got through. Now, I thought, he'll count me out change. Presently, he opened the hinged wicket, called me over, and said politely in Spanish:

"Your change, senor!" "How much, sir?" I asked him. "Two thousand dollars, sir." I borrowed from him a newspaper, rolled up my money, and went to my hotel.—Toronto Mail and Empire.

Cupid, Recruiting Sergeant.  
"Cupid is one of the best recruiting officers that Uncle Sam has," confided one of the sergeants attached to recruiting headquarters to a reporter the other day.

"Back of nearly every enlistment there is a woman in the case. Lovers' quarrels chase a lot of fine lads into the service. Your romantic youth gravitates to the recruiting office after a serious break with his sweetheart as naturally as a duck takes to water.

"It seems to him the most fitting way in which to sacrifice himself when love's young dream is apparently dispelled. Way down in his heart he nurses the idea of making his erstwhile innamorata sad, and it's the army or navy, with the possibility of death in battle, for him.

"Again, other first-class material is recruited by the desire of young fellows to sport a uniform before their girls. In such cases Cupid does his recruiting through vanity. But in both ways he manages to fill up big gaps in the ranks of Uncle Sam's fighters."—Boston Post.

A Fine Variety.  
"I was eating my supper the other evening in a little Kentucky hotel," said A. B. Conway, at the Willard hotel last night, "when a neatly dressed country girl, who was waiting on the table, came up and asked if I would have dessert. I inquired what kind of dessert she had, and she replied: "We have pie."

"You may bring me a piece of pie," I said, and she inquired: "What kind do you want?" "What kinds have you?" "We have three kinds—open-top, cross-barred and livered, but they are all apple," she said, apparently very proud of having so wide a variety for me to select from."—Louisville Courier-Journal.

Lawyer's Ready Retort.  
The successful lawyer is generally prompt with a retort. For instance, a multimillionaire in New York protested against a bill for \$500,000 put in by his lawyer for services rendered, but the lawyer insisted that the bill was reasonable.

"Well, I suppose I will have to pay, but you'll never get any more of my work," said the angry client.  
"I'll never need any more if you pay," was the reply.

### Unflattering.

Down at the Dyker Meadow Golf club one day this week was told a story of an old time caddy. A certain member remarked to the carrier: "Sandy, I am playing against—how does he play?" "Carra play for fits," stolidly answered Sandy. "How many strokes can I give him?" cheerfully persisted the player. "Ye canna gie him ony!" was the laconic response.—Brooklyn Eagle.

"The Adirondacks and How to Reach Them" is a nice folder with maps and references to localities, hotels, boarding houses, mountains and rivers in the great wilderness of Northern New York known as the Adirondack Mountains. If you visit this region once, you will be sure to go again. A copy of "The Adirondack Mountains and How to Reach Them" will be mailed free, postpaid, to any address, on receipt of a two-cent stamp, by George H. Daniels, General Passenger Agent, Grand Central Station, New York.

Where Polly Drew the Line.  
While out for a walk one bright summer morning a well-known Chicago divine passed a house where a parrot's cage was hanging in the sunshine. Noticing the bird, in his usually mild, even tones the minister said: "Good morning, Polly." To his amazement the parrot answered: "Well, good morning, but for heaven's sake don't ask me if I want a cracker!"

What the London Lancet calls a new departure in the preservation of foods is a method of sterilizing it with carbolic acid, invented by Randolph Hemming.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

Some men lose flesh just by shaving.

ECZEMA FOR TWO YEARS.  
Little Girl's Awful Suffering With Terrible Skin Humor—Sleepless Nights for Mother—Speedy Cure by Cuticura.

"My little girl had been suffering for two years from eczema, and during that time I could not get a night's sleep, as her ailment was very severe. I had tried so many remedies, deriving no benefit, I had given up all hope. But as a last resort I was persuaded to try Cuticura, and one box of the Ointment and two bottles of the Resolvent, together with the Soap, effected a permanent cure.—Mrs. I. B. Jones, Addington, Ind. T."

Remember that others are striving as hard as you to make both ends meet.

\$100 Reward, \$100.  
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing her work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Sent for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 25c. Take Hall's Family Pills for constipation.

We Don't Grow Much.  
The average height of a man is found by A. Dastre to have continued the same for thousands of years, as shown in primitive man, prehistoric and historic man. The great size of ancient man is imaginary.

Help Servian Farmers.  
There are no less than 540 agricultural societies scattered over Servia, which distribute modern agricultural machinery and implements among the farmers. These societies have a central office at Belgrade.

Oftentimes when a feller asks for a girl's hand he gets the old man's foot.

"Dr. David Kennedy's Favorite Remedy gave me prompt and complete relief from dyspepsia and liver derangement."—B. T. Trowbridge, Hartens, R. I., N. Y.

Charity certainly covers a multitude of sins, but it doesn't remove them.

## DE LAVAL CREAM SEPARATORS

Save \$10.- Per Cow EVERY YEAR OF USE Over All Gravity Setting Systems And \$3. to \$5. Per Cow Over All Imitating Separators.

Now is the time to make this most important and profitable of dairy farm investments. Send at once for new 1905 catalogue and name of nearest agent.

THE DE LAVAL SEPARATOR CO. Randolph & Canal Sts. Chicago 74 Cortland Street NEW YORK

"All Signs Fail in a Dry Time" THE SIGN OF THE FISH NEVER FAILS IN A WET TIME

In ordering Tower's Slickers, a customer writes: "I know they will be all right if they have the 'FISH' on them." This confidence is the result of growth of six years of careful manufacturing.

Highest Award World's Fair, 1904. A. J. TOWER CO., The Sign of the Fish Boston, U. S. A.

Tower Canadian Co., Limited Toronto, Canada

Makers of Warranted Wet Weather Clothing

# FOUL BREATH.

Foul breath is caused by foul stomach attended with torpid liver, bitter or bad taste, furred tongue, loss of, or irregular appetite, hoarse or full hoarse feeling in stomach, "water brush," or sour eructations of gas, sick or bilious headaches, disposition to despondency, or "the blues," irritable temper or peevishness and kindred symptoms. Not all of these symptoms are present in every case.

To tone up and invigorate both stomach and liver and start the digestive processes into healthy action, there is, to say the least, no superior agent to Dr. Pierce's Golden Medical Discovery. It is prepared without the use of a particle of alcohol, from the active medicinal principles extracted from the roots of native American plants, and is an honestly made, safe medicine that any one may take without fear of forming an appetite for stimulants. Its benefits and cures are lasting and not simply the temporary exhilaration sometimes experienced from strong alcoholic preparations.

No man is stronger than his stomach, therefore, when the stomach is weak it should be promptly toned up and put in order to the end that it may properly digest and prepare for proper assimilation the food which otherwise cannot strengthen the body. You cannot find a medicine that will do this more promptly and permanently than Golden Medical Discovery. A whole train of bodily ailments result when the stomach becomes foul, torpid and weak, and, naturally enough, when the stomach trouble is cured they, being dependent thereon, disappear. Hence it is that rheumatism, blotches, pimples, eruptions, scrofulous sores, kidney affections and various and diverse appearing maladies yield to the potent tonic and alterative properties of the "Golden Medical Discovery." Bear in mind that the "Discovery" is an active, potent medicine and not a beverage to be taken for its exhilarating effects. It is made to cure disease, not to appease a craving for stimulants.

Don't be whined or over-persuaded into taking something else which may be said to be "just as good." Take only "Golden Medical Discovery" which has more than a third of a century's record embracing many thousands of well-attested cures. As it has cured thousands

It is likely to cure you, if you give it fair trial for any of the maladies for which we recommend it.

After Physicians Fail "Discovery" Cures.  
Dr. R. V. Pierce, Buffalo, N. Y.:  
"Dear Sir—About two years ago I had an attack of grippe which left me in a very weakened condition. My stomach was in bad shape; could not eat a meal without being greatly distressed, and the taking of food was frequently followed by vomiting or looseness of bowels. Had headache and catarrhal trouble. Had a physician but he did not help me. After I had been suffering like this for some time, a man who had used Dr. Pierce's Golden Medical Discovery, told me about this medicine and I procured a bottle of it. I felt a slight improvement by the time I had used the first bottle, so continued the use of the "Discovery" for several weeks until I was myself again. It is an excellent preparation and I am glad to tell how good it is."  
—THOMAS W. SPRINGER, 511-513 Main Street, Buffalo, N. Y. (Manager of the Enterprise Millinery.)

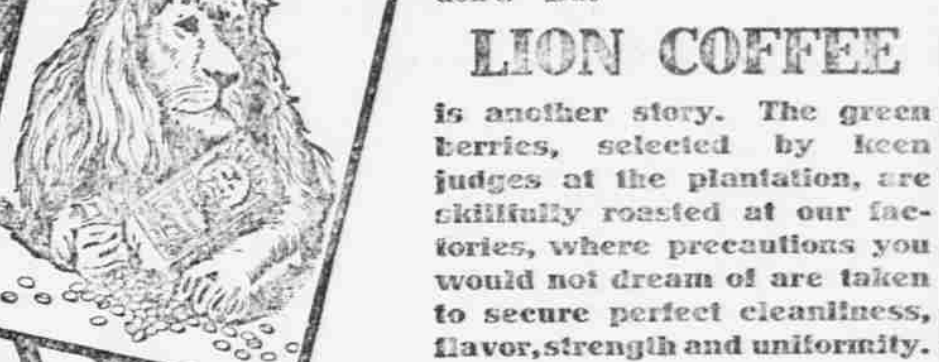
Malaria and Liver Trouble Cured.  
Dr. R. V. Pierce, Buffalo, N. Y.:  
"Dear Sir—I was a victim of malaria so common in the South and also had liver trouble. Doctored for some time but my condition continued to grow worse and I began to despair of recovery. Finally Dr. Pierce's Golden Medical Discovery was recommended and I am happy to say that a course of treatment with this remedy was most effective. I soon began to improve, appetite returned, my complexion became clear and bright. I regained my good spirits and was restored to health. I cannot say enough in favor of your medicine. Yours truly,  
—MISS LUCILLE DEVAL, 2025 St. Charles Ave., New Orleans, La.

Young married people should read the "Common Sense Medical Adviser." Send to Dr. R. V. Pierce, Buffalo, N. Y., 21 one-cent stamps, for the book in paper covers, or 31 stamps for a cloth-bound copy.

Dr. Pierce's Good temper is largely a matter of good health, and good health is largely a matter of healthy activity of the bowels. Dr. Pierce's Pleasant Pellets cure constipation. They are safe, sure and speedy, and once taken do not have to be taken always. One little "Pellet" is a gentle laxative, another a mild cathartic. They never gripe. By all druggists. Pellets.

## Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But



LION COFFEE is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER of ALL PACKAGE COFFEES. Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.) (Save your Lion-heads for valuable premiums.)

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

THE PATRIOT 3 1/2 SHOE  
MAY HOWE 5 1/2 SHOE  
These Shoes were Awarded Grand Prize at St. Louis World's Fair

The PATRIOT SHOE for Men is made from all leathers, over stylish yet comfortable lasts, to fit any foot. They are Goodyear welts, which means flexible soles, with no wax or tacks to irritate the foot. The MAY HOWE SHOE for women is made in welts and hand turns. It is stylish, durable and comfortable.

Ask your dealer for them. If he does not handle these shoes, write us direct. They will please you and you will save 25 cents to \$1.00 per pair in prices usually charged for shoes of this character.

STAR BRAND SHOES  
ROBERTS, JOHNSON & CO. ST. LOUIS

Mueller PIANOS  
From Maker to User. Cut out Agents' Profit.  
SAVE A CLEAN \$100  
Don't think of buying a piano without first getting our catalog, prices and terms on the famous "Mueller" pianos and 20 other makes.

ADDRESS  
SCHMOLLER & MUELLER  
Piano Makers, Omaha, Neb.

THE FARMERS on the Free Homestead Lands of Western Canada receive \$25,000,000 as a result of their Wheat Crop alone.

The returns from Oats, Barley and other grains, as well as cattle and horses, add considerably to this. Secure a Free Homestead at once, or purchase from some reliable dealer while lands are selling at present low prices.

Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Nebraska.

Please say where you saw this advertisement.

DEMPSTER IMPROVED STEEL WIND MILL No. 7  
DEMPSTER ROLLER RIM GEARS  
THEY STOP THE NOISE AND LESSEN THE WEAR. LATEST, STRONGEST, BEST. FACTORY, BEATRICE, NEB.  
BRANCH HOUSES:  
Kansas City, Mo., Omaha, Neb., Sioux Falls, S.D.  
See nearest dealer or write for circular.

Quick Meal (Evaporator) Gasoline Stoves  
are absolutely safe—the Farmer people have tested them over and over to their full satisfaction. You take no chances with a Quick Meal. It's simply itself—turn a valve—strike a match and you have a hissing hot fire in a flash—and it stops that way without variations till you turn the valve off.

You can't do the wrong thing—it's impossible with the Quick Meal. It is safe, quick, clean and convenient.

And the intense, even heat means quick, even cooking and cooking your kitchen work done before you know it. No scuffs for your fire to "come up," while the bread dries its crust.

A cost only 46 or 56 a day for fuel—think of it—and no kindlings—no coal—no ashes—no soot—a hot fire the instant you want it—and better still a cool, clean, comfortable kitchen. The heat is under the stove, and the smoke, oven, and no more else on a Quick Meal.

Before the dealer tells you, if he doesn't carry the Quick Meal, tell us and we'll sell you.

WOULD YOU LIKE A PRESENT?  
You will send us something useful, something you'll like from the Quick Meal and we'll send you your dealer's name and our catalogue or not he carries Quick Meal. Sign your name plainly so the present will be sure to reach you.

RIGGS BROS. CO., DR. 415 S. 6th St., St. Louis, La.

WINCHESTER  
"NEW RIVAL" BLACK POWDER SHELLS.  
It's the thoroughly modern and scientific system of loading and the use of only the best materials which make Winchester Factory Loaded "New Rival" Shells give better pattern, penetration and more uniform results generally than any other shells. The special paper and the Winchester patent corrugated head used in making "New Rival" shells give them strength to withstand reloading.  
BE SURE TO GET WINCHESTER MAKE OF SHELLS.

\$100 Weekly Easily Made  
writing health and accident insurance—experience unnecessary. Write Bankers' Accident Co., Des Moines, Ia.  
If afflicted with sore eyes, use  
Thompson's Eye Water  
W. N. U. Omaha. No. 18—1905.

Storekeepers report that the extra quantity, together with the superior quality of Defiance Starch makes it next to impossible to sell any other brand.  
The wise man shapes himself according to his environment, as water to the shape of the vessel into which it is poured.  
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.

PISO'S CURE FOR CONSUMPTION  
CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.