

CAUGHT BY THE GRIP-- RELEASED BY PERU-NA.



The Medical Profession Recognizes The Grip as Epidemic Catarrh.

EFFECTIVE MEDICINE FOR LA GRIPPE.

Robt. L. Madison, A. M., Principal of Cullowhee High School, Painter, N. C., writes: "Peruna is the most effective medicine that I have ever tried for la grippe. It also cured my wife of nasal catarrh. Her condition at one time was such that she could not at night breathe through her nostrils."

LA GRIPPE AND SYSTEMIC CATARRH.

Mrs. Jennie W. Gilmore, Box 44, White Oak, Ind. Ter., writes: "Six years ago I had la grippe, followed by systemic catarrh. The only thing I used was Peruna and Manalin, and I have been in better health the last three years than for years before."

Mrs. Jane Gift, Athens, Ohio, writes: "Six years ago I had la grippe very bad. My husband bought me a bottle of Peruna. I was soon able to do my work."

SUFFERED TWELVE YEARS FROM AFTER EFFECTS OF LA GRIPPE.

Mr. Victor Patneude, 328 Madison St., Topeka, Kan., writes: "Twelve years ago I had a severe attack of la grippe and I never really recovered my health until two years ago. I began using Peruna and it built up my strength so that in a couple of months I was able to go to work again."

PNEUMONIA FOLLOWED LA GRIPPE.

Mr. T. Barnecott, West Aylmer, Ontario, Can., writes: "Last winter I was ill with pneumonia after having la grippe. I took Peruna for two months, when I became quite well."

PERU-NA - A TONIC AFTER LA GRIPPE.

Mrs. Chas. E. Wetts, Sr., Delaware, Ohio, writes: "After a severe attack of la grippe, I took Peruna and found it a very good tonic."

THE MAN AND THE GHOST

By B. S. LEMMON.

The man's eyes were open, but he could not see. The room was dark. It was nighttime and he had been dreaming.

The Ghost stood close beside his bed and gazed at him steadily.

"Well, I am here," said the Ghost.

The man aroused himself. Propping his head on one hand, he gazed hard through the blackness. He could see nothing so he laughed.

"And, who are you? It is customary for strangers to have introductions before they converse." And he laughed again.

"You have seen me before," said the Ghost. "You need not pretend that we are strangers."

"But I do not know you," said the man. "We must observe the conventionalities, whatever we do," and he laughed again, rather idiotically as he afterwards admitted to himself.

"When you are as old and as tired as I am you will not worry about conventionalities," said the Ghost.

"I want to know how long you are going to keep me toiling. Don't you think I have earned my release? Don't you think I have served my time?"

The man sat upright in bed. He was wide-awake now and the pupils of his eyes were dilated. A feeling of horror and terror—almost of panic—was stealing over him.

"What do you mean?" he gasped. "Who are you? From whence came you?"

"You know, you must know who I am," said the Ghost. "You cannot pretend that you have never seen or heard of me before."

"But I do not pretend," said the man, his panic rising higher as his breath came in gasps and his heart beat audibly. "Tell me, for God's sake, who are you and whence you came."

"Very well. Listen, then, poor fool I will tell you. Out of the nethermost regions of oblivion I came and the darkness will swallow me again. But for you I might have enjoyed the sun light forever. I might have known what it was to expand with the buds and to sing with the birds. I might have known all joy, all hope, all beauty. But you, you, maudlin, wandering idiot, stultified by your egotism drunken with your excesses, have condemned me to eternal darkness, eternal oblivion."

The man's breathing could now be heard across the room.

"But who, who are you?" he almost shouted.

"Very well. Since you cannot hear or see, or understand, I will tell you I am the Spirit of your Youth. I am the Ghost of your Ideals. And I demand my release. I have been faithful, loyal, aye, even loving. I have never deserted you for an instant. But you have abandoned me. Why then keep me in captivity? Let me go, I beg of thee! Release me! I have served my time, I have a right to free dom."

The Ghost's voice broke. The man sat upright in bed.

"What do you mean?" he gasped. "You speak in riddles. I do not understand."

"Ah, now you have released me! Now I am free. Farewell."

The Ghost's voice sounded faint and far-distant. The man's panic returned upon him sevenfold increased.

"You are leaving?" he cried.

"Yes, I am going, never to return. Your confession that you no longer understand any reference to the spirit of your youth, the ghost of your ideals absolves me from all responsibility. Go your way, I shall go mine."

"But stay! Please stay! I did not understand. Now I know. Come back, come back!"

The man rose from his bed and stretched out his arms imploringly. "I cannot let you go. Please, please come back! Dear Ghost, come back. I cannot live without you."

But the light of a passing car shone into the room and the man could see nothing except the objects familiar to his daily vision. And he threw himself sobbing, face downward upon the bed.

Anti-Foot Binding Society.

"Direction of the anti-foot-binding movement in China has been handed over to the Shanghai ladies' committee to Chinese, who have already established many anti-foot-binding societies throughout this great empire," writes a Shanghai contributor to a newspaper there. "Great was the surprise and yet greater the delight at the recent annual meeting of the Tientsin Hul (anti-foot-binding society) when it was announced that not only a Chinese committee had been formed but also an executive committee with two Chinese gentlemen as secretaries, one for foreign correspondence and one for Chinese, and that several of the gentlemen would attend the meeting."

A Story from Germany.

The doctor had forbidden his patient to drink alcoholic beverages. The patient replied: "But, doctor, you yourself drink alcohol." "Yes, my good friend, but not as a doctor," replied the man of medicine; "when I drink I do so only as an ordinary man."

One-Sided.

"No. I'm not so fond of Kiter now. He's the fellow who induced me to buy that mining stock."

"Why, I thought it was a paying investment."

"Maybe it is, but I'm doing the paying."

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

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FILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itch ng, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

A man's idea of good luck is any old kind that leaves him a few dollars ahead of the other fellow's game.

Lewis' Single Binder - the famous straight 50 cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

No one is so insignificant as to be sure his example can do not hurt.—Lord Clarendon.

Top Prices for Hides, Furs, Pelts.

Write for circular and catalogue No. 9, N. W. Hide & Fur Co., Minneapolis.

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For a time, take Nature's medicine, Garfield Tea; it cleanses the system, purifies the blood and insures a normal action of liver, kidneys, stomach and bowels. Made of Herbs.

Be courteous in business. Manners are as necessary to business as polish is to a parquet floor.

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A 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.

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

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is the best medicine for you to take, since it regulates the functions, builds up the weak organs, strengthens the constitution and makes childbirth easy. Has helped thousands. Try it.

At all Druggists 25c

WRITE for Free Advice, stating age and describing your symptoms, to Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn.

NEW WHEAT LANDS IN THE CANADIAN WEST

5,000 additional miles of railway this year have opened up a largely increased territory to the progressive farmers of Western Canada and the Government of the Dominion continues to give ONE HUNDRED AND SIXTY ACRES FREE to every settler.

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Dr. Williams' Pink Pills are sold by all druggists or sent, postpaid on receipt of price, 50 cents per box, six boxes \$2.50, by the Dr. Williams' Medicine Company, Schenectady, N. Y.

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THREE EPOCHS IN A WOMAN'S LIFE

MRS. ELVA BARBER EDWARDS

There are three critical stages in a woman's life which leave their mark in her career. The first of these stages is womanhood, or the change from a care free girl to budding womanhood. The second is motherhood, and the third is Change of Life.

Perils surround each of these stages, and most of the misery that comes to women through ill health dates from one or another of these important crises.

Women should remember that Lydia E. Pinkham's Vegetable Compound made from native roots and herbs has carried thousands of young girls over the critical period of puberty, has prepared mothers for childbirth, and in later years carried them safely through the change of life more successfully than any other remedy in the world. Thousands of testimonials from grateful persons, two of which are here published, substantiate this fact beyond contradiction.

Mrs. George Walters of Woodlawn, Ill., writes: "I feel it my duty to tell you of the good Lydia E. Pinkham's Vegetable Compound has done me in preparing for childbirth. After suffering and losing my children a friend advised me to try your valuable medicine, and the result was that I had very little inconvenience, a quick recovery and during its long record of more than thirty years its long list of actual cures, entitles Lydia E. Pinkham's Vegetable Compound to the respect and confidence of every fair minded person. Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well."

MRS. GEORGE WALTERS

as healthy a child as can be found anywhere. Lydia E. Pinkham's Vegetable Compound is a blessing to all expectant mothers."

Mrs. Elva Barber Edwards of Cathlamet, Wash., writes: "Dear Mrs. Pinkham— I want to tell you how Lydia E. Pinkham's Vegetable Compound carried me through the critical period of the Change of Life without any trouble whatever, also cured me of a very severe female weakness, I cannot say enough in praise of what your medicine has done for me."

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Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. Out of her vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Her advice is free and helpful.

During its long record of more than thirty years its long list of actual cures, entitles Lydia E. Pinkham's Vegetable Compound to the respect and confidence of every fair minded person. Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

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