

## A HEALTHY OLD AGE OFTEN THE BEST PART OF LIFE

Help for Women Passing Through  
Change of Life

Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.



Mrs. Mary Koehne

Nervous exhaustion invites disease. This statement is the positive truth.

When everything becomes a burden and you cannot walk a few blocks without excessive fatigue, and you break out into perspiration easily, and your face flushes, and you grow excited and shaky at the least provocation, and you cannot bear to be crossed in anything, you are in danger; your nerves have given out; you need building up at once! To build up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary L. Koehne, 371 Garfield Avenue, Chicago, Ill., writes:

"I have used Lydia E. Pinkham's Vegetable Compound for years in my family and it never disappoints; so when I felt that I was nearing the change of life I commenced treatment with it. I took in all about six bottles and it did me a great deal of good. It stopped my dizzy spells, pains in my back and the headaches with which I had suffered for months before taking the Compound. I feel that if it had not been for this great medicine for women that I should not have been alive to-day. It is splendid for women, old or young, and will surely cure all female disorders."

Mrs. Pinkham, of Lynn, Mass., invites all sick and ailing women to write her for advice. Her great experience is at their service, free of cost.



It Cures Colds, Coughs, Sore Throat, Croup, Influenza, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by dealers everywhere. Large bottle 25 cents and 50 cents.



**LEARN THE MILLINERY TRADE**  
and earn from \$10 to \$50 a week at your own home while learning. For full particulars write at once to **NATIONAL MILLINERY SCHOOL, 172 Washington Street, Dept. 1, Chicago.**

When Answering Advertisements  
Kindly Mention This Paper.

## Falls City Tribune

BY TRIBUNE PUBLISHING CO.

FALLS CITY, - - NEBRASKA.

A man of the name of Extra Smith has been fined at Pottstown, Pa., for failing to support his wife. Perhaps the lady's trouble arose from the fact that he was always Extra dry.

A Chicago woman has been awarded \$999 damages because a railroad conductor squeezed her hand. In this case, it is safe to say, the lady does not appreciate the mark-down.

Mrs. Philip Carpenter tells a few club sisters at breakfast that man's ideal woman is always the one "further back." But never meaning, of course, the woman behind the times.

That New York physician who recommends that idiots be drowned has no idea how much fun the world has with them when they grow up and begin writing opinions and theories like his.

The public would be vastly more interested in that decision handed down by the supreme court against the beef packers had the decision called for a shading in the price of beef steaks.

When a New York man was fined \$25 the other day his wife and eight aunts and female cousins who were in court promptly swooned. What dreadful thing would have happened if he had been fined \$25.49?

King Leopold of Belgium has added to his reputation for eccentricity by going back from the automobile to the horse. It may be, of course—the dispatch does not say—a simple case of "in the machine shop."

The woman who secured a divorce after the plea that her mother-in-law had refused to lend her "one small egg" could have advanced no more seasonable argument—unless the small egg had been a bit of coal.

Sloux Falls has developed a young lady of 16 years who can move tables, read minds, and perform wonderful feats by psychic power. Of course, she is a fraud, because no one has yet been able to explain how she does it.

It is noticeable that the most emphatic protests against football are seldom forthcoming in the fall of the year, when the earnest protestants haven't time to do anything but attend to their regular work or go to the games.

Divorce, says the latest preacher on the subject, is a disease, adding that it is infectious and it is spreading. If this preacher had been a doctor he would have said the disease was contagious, instead of infectious. That's what he probably meant.

"Every wife is a poetical illusion to her husband as long as she can keep him uncertain about her, so that he sees only her poetic side," says a club woman in a paper. In other words, ladies, the way to keep your husband interested, is to keep him guessing.

The big insurance companies report the average age of their policy holders who died last year at about 52 years, and the leading cause of mortality was organic affections of the heart. This seems to furnish further evidence of the truth of the assertion that it is the pace that kills.

An English squadron will go sailing, with Prince Louis of Battenberg and the Prince of Wales, in "supreme command." Some good sailor will be in supreme charge to keep the supreme commanders from wrecking the ships.

## THE OLD FOLKS AT HOME

Are Never Without Pe-ru-na in the Home For  
Catarrhal Diseases.



Remarkable Cures  
Effected  
By Pe-ru-na.

Under date of January 10, 1897, Dr. Hartman received the following letter:

"My wife has been a sufferer from a complication of diseases for the past twenty-five years. Her case has baffled the skill of some of the most noted physicians. One of her worst troubles was chronic constipation of several years' standing. She was also passing through that most critical period in the life of a woman—change of life.

"In June, 1895, I wrote to you about her case. You advised a course of Peruna and Manalin, which we at once commenced, and have to say it completely cured her.

"About the same time I wrote you about my own case of catarrh, which had been of twenty-five years' standing. At times I was almost past going. I commenced to use Peruna according to your instructions and continued its use for about a year, and it has completely cured me."—John O. Atkinson.

In a letter dated January 1, 1900, Mr.

Atkinson says, after five years' experience with Peruna,

"I will ever continue to speak a good word for Peruna. I am still cured of catarrh."—John O. Atkinson, Independence, Mo., Box 272.

Mrs. Alla Schwandt, Sanborn, Minn., writes:

"I have been troubled with rheumatism and catarrh for twenty-five years. Could not sleep day or night. After having used Peruna I can sleep and nothing bothers me now. If I ever am afflicted with any kind of sickness, Peruna will be the medicine I shall use. My son was cured of catarrh of the larynx by Peruna."—Mrs. Alla Schwandt.

When old age comes, catarrhal diseases come also. Systemic catarrh is almost universal in old people.

Address Dr. S. B. Hartman, President of the Hartman Sanitarium, Columbus, Ohio, who will be pleased to give you the benefit of his medical advice gratis.

There are Many Imitations of  
**Baker's Cocoa**  
—and—  
**Baker's Chocolate**

*Don't be misled by them!*



Look for this Trade-Mark

Our trade-mark is on every package of genuine goods. Under the decisions of several United States Courts, no other chocolate or cocoa than **Walter Baker & Co.'s** is entitled to be sold as "Baker's Cocoa" or "Baker's Chocolate"

Our handsomely illustrated recipe book sent free.

**Walter Baker & Co. Ltd.**

Established 1780 Dorchester, Massachusetts

45 Highest Awards in Europe and America