

# "TIRED ALL THE TIME,"

Women in the Springtime Need a Tonic. Spring Fever is Spring Catarrh. Peruna Cures Catarrh.



Lena Hilton

A Beautiful Club Woman's Recovery.  
Los Angeles, Cal.,  
530 S. Olive street,  
May 4, 1901.

The Peruna Medicine Co., Columbus, Ohio.

Gentlemen:—"I suffered with pain in my right side for over eight years. Doctors said my liver was affected. My complexion was dark and yellow, I had a bad taste in my mouth, and was tired all the time. I took a great deal of medicine, but nothing seemed to do me any good. I read in the paper of Peruna, and decided to give it a trial. I felt better before the first bottle was gone, and after taking three bottles I was cured, and I have enjoyed perfect health since."

Miss Lena Hilton is President of the Wednesday Whist Club of Los Angeles. As a spring medicine Peruna is a complete change and rest for a year. As this was out of the question for a time, I began to look around for other means of restoring my health. "I had often heard of Peruna as an excellent tonic, so I bought a bottle to see what it would do for me, and it certainly took hold of my system and rejuvenated it, and in less than two months I was in perfect health, and now when I feel worn out or tired a dose or two of Peruna is all that I need."  
MRS. J. E. FINN.  
If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.  
Address Dr. Hartman, President of The Hartford Sanitarium, Columbus, O.

It is about time for John Bull to offer as an excuse for his failure in South Africa that he has so many soldiers over there they interfere with one another in running away.

Perhaps the lull in cabinet resignations is due to the fact that no Iowa gentlemen have edged up to the pie counter lately.

ANNOUNCING OF FORTUNE: For the 12th & 13th birthday for the reading. OSVAN 107 W 23d St. New York

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## DIVERTING A RIVER COURSE.

Big Job of Engineering Undertaken by Uncle Sam in Colorado. In accordance with the policy recommended by President Roosevelt in his message to Congress, the United States government is taking its first step toward reclaiming the arid lands of the West.

One of the greatest engineering feats of modern times is already under way. The Gunnison river in Colorado is to be diverted from its course through a six-mile tunnel so that the stream shall irrigate the Uncompahgre valley. It will cost \$1,000,000.

The result will be that a whole farming community will be reclaimed and a fertile district, now parched and dry for lack of water, will once more blossom as the rose.

When the Uncompahgre valley was settled a few years ago, abundant irrigation was supplied by the Uncompahgre river, but the cutting of the timber since then has caused the stream to shrink to a tiny creek. As a consequence the farms were deserted and the value of the land sank to almost nothing. Now, with the promise of a new water supply, the land has fairly leaped in price, and some of it is now held as high as \$300 an acre.

The work preliminary to starting the big tunnel has just been completed by the United States Geographical survey.

It involved a trip across the Black canyon of the Gunnison, a district never before explored in its entirety by white men. A few years ago a party of explorers made the attempt, but they had gone only a short distance, when they lost all their boats and supplies and barely escaped with their lives.

Before setting out the government employes planned to have provisions lowered to them by ropes from above. They started with as light an equipment as possible, only their surveyors' instruments, a camera, and a few necessary articles. It took them ten days to traverse the ten miles of their journey.



The poisonous properties of the toad have long been regarded as fabulous; but recent investigation has proved that the skin of a species of toad secretes a poison similar in action to digitalis. The venom of the toad has had the reputation of possessing poisonous properties from a very early period and was probably one of the earliest forms of animal poison known. The old tradition that King John was poisoned by a friar who dropped a toad into his wine was regarded as a ridiculous fable until some years ago, when it was discovered that the skin of the toad secretes a body the active principle of which "phrynia," is a poison of considerable power.

Nature Notes mentions a curious incident which was witnessed at Belper, a small town not far from Derby, England. Late one afternoon three rats were seen crossing a yard from the direction of the fowlhouse. One rat had a hen's egg between its fore legs and its mouth and was being carried by the other two, one at each end; that is, they were carrying in their mouths the other rat with its back downward. A day or two afterward the correspondent heard a squealing noise in the fowlhouse, more like that of a child than that of a rat, so he opened the door and there was a rat on his back, with the egg as before mentioned, and two others endeavoring to raise him and take him away.

A member of the medical faculty of the University of Michigan has discovered that a galvanic current promotes the growth of tissue. Two cages of guinea pigs, six to the cage, were experimented with. The guinea pigs were all exactly the same age. Through one of the cages an electric current was passed day and night. The other cage was in no way electrified. For a stated period the animals in both cages were fed with precisely equal quantities of food of the same quality. The experiment proved that guinea pigs who lived in the electrified cage gained in weight during a measured time 10 per cent more than those in the non-electric cage. If, as a result of these experiments, electricity be applied on a large scale to the fattening of animals used as food possibly "electric bacon" or "electric beef" will command a special price.

**The Winner.**  
He eats potatoes with his knife,  
He speaks of "the old woman" when  
He makes a reference to his wife,  
But he receives salutes from men  
Who have no time to notice me;  
His speech is rude and rough, he's cut  
From coarse material, and he  
Has done the world no service—but  
He's making money.

Art is to him an empty word,  
To him the bard is but a jett;  
No graceful sonnet ever stirred  
Responsive chords within his breast;  
With elbows squared he crowds along,  
All ignorant of culture's laws,  
And gentle people in the throng  
Stand back and bow to him—because  
He's making money.  
—Chicago Record-Herald.

**Warrior.**  
Jester—I met a man yesterday who has been through many battles.  
Jimson—Army officer?  
Jester—None; prize-fighter. — Ohio State Journal.

In many families, they don't have cream for breakfast, but have, instead, the top of the milk.



Mrs. Sophie Binns, President Young People's Christian Temperance Union, Fruitvale, Bal., Cured of Congestion and Inflammation of the Ovaries by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Eighteen months ago I was a pretty sick woman. I had felt for some months that I gradually grew weaker, but finally I had such severe pains I could hardly stand it. I had taken cold during menstruation and this developed into congestion of the ovaries and inflammation, and I could not bear to walk or stand on my feet. The doctor recommended an operation which I would not hear of. One of my friends advised me to try Lydia E. Pinkham's Vegetable Compound, so I gave it a trial. Can you imagine my feeling when within two months I felt considerably better, my general health was improved, and my pains had entirely disappeared. I kept taking it six weeks more and am now enjoying the best of health, thanks to you. Yours truly, MRS. SOPHIE BINNS."

**\$5000 FORFEIT IF THE ABOVE LETTER IS NOT GENUINE.**  
When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

## Good Type of American Boy.

Daniel Hardy, the new general superintendent of the Missouri Pacific railway, was thirty-five years ago a water boy on the old single-track road running through Frazeeville, O.

## A NASTY PRACTICE.

A nasty practice is what the Chicago Inter Ocean calls the pasting of repeated layers of wall paper, one upon another, thus covering up the filth and germs of disease that may be propagated in the very absorbent and decaying mass of flour paste, paper, animal glue, colors, etc.

They give opinions of eminent health officers and sanitarians, urging that such practice should be stopped by legal enactment, and also take occasion to say that these sanitarians recommend Alabastine as a durable, pure and sanitary coating for walls.

The Inter Ocean says: "This is a very important question, and, as it costs nothing to avoid this danger, why take any chances?"

How much of the alarming spread of smallpox and other diseases may be due to unsanitary wall coverings?

## Importance of Tattoo Marks.

At a recent meeting of the Anthropological society of Washington, evidence was adduced that the tattoo marks on Eskimo women were made for the purpose of indicating relationship.

## Choate on the Bible.

When Mr. Choate, the United States ambassador to London—a great lawyer, a man of the world in the best sense of the phrase, and a keen thinker—was asked as to his opinion of the best choice of books, he answered at once: "The Bible is the only book for thinkers, readers, scholars and speakers. If we can have but one book," he added, earnestly, "save us that!"

I can recommend Piso's Cure for Consumption for Asthma. It has given me great relief.—W. L. Wood, Farmersburg, Ind., Sept. 8, 1901.

## Prince and Poet.

Prince George of Prussia, 76 years old, is the eldest member of the house of Hohenzollern and is known as the "Hohenzollern poet." He has written under the pseudonym of "George Conrad" a number of tragedies, notably "Phaedra."

London's first library for the blind has been opened at Stepney.

It rarely pays to do an act to spite some other person.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic.

**Aroused Her Suspicions.**  
"Laura, these biscuits of yours are unusually fine this morning. I think I never tasted better." George Ferguson—here she looked at him suspiciously—"what are you up to now? Are you going to tell me you can't spare the money for those rugs I wanted to buy today."—Chicago Tribune.

**A Catch in His Back.**  
Palmer, Oregon, April 14.—W. J. Upendahl of this place has had a great deal of trouble recently with his back. Every time he went to do the least bit of lifting he used to have what he called "a catch" in his back. He says: "It did not have to be very hard work to give me such a severe pain that I could not move."  
"I suffered quite a long time before I heard of Dodd's Kidney Pills. I used four boxes and now I can work as hard as any one and my back is as stout and strong as it ever was."  
"My wife used some of the pills, too, and she thinks there is nothing that beats them."  
"I can positively recommend Dodd's Kidney Pills to anyone who has a pain in his back, for I know they will cure it."

**Dangerous Either Way.**  
Never tell a man that he has made a fool of himself. If he knows it he will get angry—and he will get angry also if he doesn't know it!—Chicago News.

**Many School Children are Sickly.**  
Mother Gray's Sweet Powders for Children, successfully used by Mother Gray, a nurse in Children's Home, New York, break up colds, in 24 hours, cure Feverishness, Headache, Stomach Troubles, Teething Disorders, and Destroy Worms. Ten thousand testimonials. THEY NEVER FAIL. At all druggists. See Sample mailed free. Address ALLAN S. OLNEY, D., 12 Roy, New York.

**Newspapers of Costa Rica.**  
There are no daily newspapers in Costa Rica than in any other Central American republic. The natives of the other Central American countries rely almost exclusively on weekly and monthly publications.

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