

# SUFFERING WOMEN.



Tired, Nervous, Aching, Trembling, Sleepless, Bloodless—Pe-ru-na Renovates, Regulates, Restores—Many Prominent Women Endorse Pe-ru-na.



AMERICA is the land of nervous women. The great majority of nervous women are so because they are suffering from some form of female disease.

Mrs. Emma Mitchell, 520 Louisiana street, Indianapolis, Ind., writes: "Peruna has certainly been a blessing in disguise to me, for when I first began taking it for troubles peculiar to the sex and a generally worn out system, I had little faith.

"For the past five years I have rarely been without pain, but Peruna has changed all this, and in a very short time. I think I had only taken two bottles before I began to recuperate very quickly, and seven bottles made me well. I do not have headache or backache any more, and have some interest in life. I give all credit where it is due, and that is to Peruna."—Emma Mitchell.

By far the greatest number of female troubles are caused directly by catarrh. They are catarrh of the organ which is affected. These women despair of re-

covery. Female trouble is so common, so prevalent, that they accept it as almost inevitable. The greatest obstacle in the way of recovery is that they do not understand that it is catarrh which is the source of their illness. In female complaint, ninety-nine cases out of one hundred are nothing but catarrh. Peruna cures catarrh wherever located.

Chronic invalids who have languished for years on sick beds with some form of female disease begin to improve at once after beginning Dr. Hartman's treatment.

Among the many prominent women who recommend Peruna are:—Belva Lockwood, of Washington, D. C.; Mrs. Col. Stanton, of Columbus, Ohio; Mrs. F. E. Warren, wife of U. S. Senator Warren, of Wyoming.

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 Hartman Sanitarium, Columbus, Ohio.

**Yours for a Clear Head**  
**BROMO-SELTZER**  
10¢ SOLD EVERYWHERE

The darker a piazza is the easier it is to find a girl sitting there.

When a man talks very much about his bank it is a sign his account is overdrawn.

A woman doesn't necessarily keep boards just because she sometimes boards a train.

In the crisis of a divorce suit a woman is apt to be unmanned.

Germany's navy costs \$42,000,000 annually.

Marriage is a feast—and the soup is often more palatable than the dessert.

There are four millionaires in Britain to one in France.

There are nearly 270 different religions in the United Kingdom.

"An opportunity for service is an occasion for thanksgiving."

I don't believe in good or bad luck; but yet I would not jinx an unlucky man in any kind of an enterprise.

Sale 10,000,000 Boxes a Year.  
THE FAMILY'S FAVORITE MEDICINE  
**Cascarets**  
CANDY CATHARTIC  
10c, 25c, 50c. **TRY WORK WHILE YOU SLEEP**  
BEST FOR THE BOWELS

NEBRASKA NEWSPAPER UNION, 780-29. YORK, NEB.

**Liquid KOAL**  
TRADE MARK  
The Great Germ and Insect Destroyer

Is now used throughout the United States in the treatment of hog cholera, swine plague, ergot diseases, corn stalk disease, pink eye, foot and mouth disease, scurvy, mange, Texas itch, scabs and all germ diseases of domestic animals.

\$100.00 deposited in City National Bank of York, Neb., and She don State Bank, Sheldon, Iowa, to be paid to anyone holding any of the following testimonials not genuine.

St. Paul, Neb., April 9, '93.  
National Medical Co.  
Gentlemen: This is to certify that I have used Liquid Koal for ergot disease in cattle and believe it to be a cure for this disease from the experiments I have made, but believe it ought to be used when the animal is first taken with the disease. And for a lice killer it can't be beat by anything I know of. Yours respectfully,  
W. LITTLE.

Seward, Neb., Dec. 5, 1902.  
Liquid Koal, manufactured and sold by National Medical Co., York, Neb., is a necessity to any farmer raising stock. Several instances of inefficiency have come under my personal notice. JOHN HARVEY, Ex-Mayor, Seward.

Wausa, Neb., Dec. 18, 1902.  
I consider Liquid Koal one of the best articles for all around purposes on the market. For miles and here in the chicken houses and for lice on calves and horses it is the best and cheapest thing I have ever found. Liquid Koal ought to be on every farm.  
CHAS. BERGANHAGER.

Coleridge, Neb., Dec. 8, 1902.  
I can say that your L. K., and think it is a good preventive and disinfectant. I used it as a medicine for all kinds of stock and chickens. I had two cows that were sick and would not eat and I used L. K. and it helped them. I also used it as a hog cholera preventive, and think it is all right.  
G. H. PATRICK.

Hartington, Neb., Dec. 10, 1902.  
National Medical Co., York, Neb.  
Dear Sir: I am a user of Liquid Koal and am well pleased with it. I would not try to do without it as I find it useful in a great many ways. I have had no sick hogs since I commenced using it a year ago. In my opinion it is the best and cheapest hog cholera preventive on the market today. You can use this as you wish. Anyone wishing to know more about this please write me.  
W. B. FRANCIS.

Seward, Neb., Nov. 28, 1901.  
To Whom It May Concern:  
This is to certify that I have bought the third lot of Liquid Koal from the National Medical Co., and think it the best germ destroyer, appetizer and disinfectant that have ever used. I have had occasion to use it on two different horses this summer for very severe wounds, and found it the best and cheapest remedy I ever tried; would not be without it on my place.  
W. B. FRANCIS.

Delmont, S. D.  
I have used your L. K., and think it is a good preventive and disinfectant. I used it as a medicine for all kinds of stock and chickens. I had two cows that were sick and would not eat and I used L. K. and it helped them. I also used it as a hog cholera preventive, and think it is all right.  
G. H. PATRICK.

PRICE:  
One Quart Can.....\$1.00  
One Gallon..... 3.00  
Five Gallons, per gallon..... 2.75  
A 25c 32-page Book on Germ Diseases of Animals Sent Free on Application.

MANUFACTURED BY  
**National Medical Co.**  
Sheldon, Iowa,  
York, Neb.

# THE MINISTER'S DIVIDENDS.

It was a queer couple, says a preacher in a Massachusetts town, that drove up to the parsonage door. She was tall and angular, a typical "old maid"; he was short, fat and jolly, with a sort of David Harum look about his eyes. He had a snug farm, well kept and paid for; and she was known as a neat, industrious woman, who had brought up a family of children left orphans by the death of her sister.

Sard Cooper assisted the woman from the wagon as handily as he could with his stiff arm and stiffer knee. She waited while he hitched his horse, and together they entered the parsonage.

"Reckon you can guess what we're here for, parson," he said. "My sister Jane, who has kept house for me nigh on to thirty years, died last winter, and it's been lonesome for me and the cows and pigs since. Miss Jones, here, has hovered them chickens of her sister's until they've got from under her wings and gone to town. Now 'tain't far across-lots from my farm to hers, and we concluded that she can run my house, and I can run her farm, and it would be better for both farm and house. So we thought we'd just drive over and get you to hitch us up for a span. I'm going to be good to her and provide everything necessary, and she's going to be good to me and take care o' me. So whenever you're ready, go ahead, only make it short."

The ceremony passed without special incident. After Sard had administered a sounding smack on Nancy's cheek, he turned to me and said, "Wal, parson, what do I owe ye?"

"Well," I said, "you can give me whatever you choose," and I added with a smile, "Give me what you think she is worth to you."

In an instant his Yankee love for a trade came to the front, and fishing an old-fashioned copper cent out of his pocket, he said, "Parson, I reckon I won't be stuck very bad if I give you that to begin with. If I find she's worth more, why, you'll hear from me again."

He had the best of me; there was nothing more to be said. I made the entry of the wedding in my private record, and wrote against it, "Pe, one cent."

A year from that day Cooper drove into the yard with a cord of fine hickory wood.

"You remember what I told ye when I gave ye that cent? The woman's doing well, so I thought I'd give ye a dividend."

The following anniversary he drove into the barn with a ton of hay, and said, "Nother dividend, parson. The wife is all right."

Every anniversary of the wedding during my pastorate another dividend found its way to the parsonage. So in the end my one cent became my biggest fee.

# CHAMBERLAIN'S AMERICAN WIFE.



A woman who is just now very much in the public eye is the wife of Joseph Chamberlain, England's Secretary of State for the colonies, the "best loved and the best hated man in Great Britain." Mrs. Chamberlain, who is the statesman's third wife, was Miss Mary Crowninshield Endicott, daughter of W. C. Endicott of Massachusetts, Secretary of War during President Cleveland's first administration while in South Africa with her husband recently she made many friends and there are those who think that Mr. Chamberlain's success on his mission of conciliation was to a great extent ascribable to the tact of this erstwhile American girl. Mrs. Chamberlain is not a beautiful woman, and it was her charm of manner and her qualities of mind which won the love of the man who is generally regarded as England's coming premier. Their marriage occurred in 1888.

**Business Notice.**

Ex-banker, having been in retirement, is anxious for opportunity to get back into business world; would take advantage of any opening, however small.—Cleveland Plain Dealer.

**Sign of Deep Mourning.**  
"Mrs. Jones seems to be heartbroken over her husband's death."  
"Yes, even her hair has turned black again."—Brooklyn Life.

# SCIENCE IN THE KITCHEN.

**Thermometers and Microscopes Found Useful by Housekeepers.**

A handy kitchen thermometer is now among the supplies for the use of cooks of scientific mind and for novices as well.

With the thermometer's aid the exact time for slipping a cake into the oven can be told. The precise moment can be determined when the eggs should be entrusted to the water, and one can ascertain whether or not the heat is too great for the pot roast or the delicate stew. Women who are cooks and mistresses combined praise the kitchen thermometer as saving them from mistakes and embarrassment.

A kitchen microscope is also among the new devices. In the washing of salads, of spinach and other vegetables, and of grapes and various other fruits, and in deciding as to the state of meats and what process of cooking they had best be subjected to, the microscope does good service. Especially does the housekeeper who is a pure food advocate prize its aid.

The household indicator is another convenience. It is a tally board that acts as a messenger between the cook and the grocer's boy. On the indicator is listed the entire category of supplies needed in kitchen matters, from matches, salt, soap, to eggs, butter, bacon and flour.

There are smooth little pegs to be fitted to the small holes opposite each item on the list, says the New York Times. If the cook when preparing a meal finds that the salt is low she runs to the indicator and sticks a peg to indicate the quantity of salt to be ordered. She also sets a peg opposite each item as the various needs crop up in the day's work. Work over, she just puts the indicator on the table where the boy can see it when he comes and is free from any more bother in the matter. Flat dwellers put the handy indicator outside the door, and then are free to go to walk or shop, knowing that the supplies will be forthcoming.

# We Should Drink During Our Meals

Dr. J. W. Carhart, in the Texas Courier-Record of Medicine, says that from time immemorial, so far as he knows, the dogmatic teaching has been that fluids taken with meals are injurious. The less taken at such times, therefore, the better. This dietetic dogma, in his opinion, has its basis in theory only. The sole appeal to fact for its support that he has ever known has been to the habits of wild and domestic animals. But wild animals drink while feeding, where they have opportunity—which is not frequent—and they generally drink as soon thereafter as they can conveniently reach a watering place. Domestic animals are too generally excluded from the water trough or cooling stream while feeding. If left to themselves and amply provided for, they will frequently drink while eating. To fatten well they must be allowed their liberty in this respect.

If nature is to serve as guide, her most thundering declarations are against dry meals. Who, says Dr. Carhart, when eating heartily, has not experienced an overmastering, uncontrollable thirst? It was not a still, small voice in the depths of the dietetic regions, to be easily hushed, but a tremendous outcry of nature for a refreshing beverage, which nothing but water—pure, sparkling, fresh and cool—can silence.

If a properly constructed thermometer is passed into an empty stomach and again after the liberal ingestion of food the reading will show a considerable rise of temperature immediately after partaking of a hearty dry meal. An empty stomach is quiescent. On the ingestion of food activity begins and activity increases temperature. This develops thirst, which may become so intolerable as to be positively painful, actually interfering with digestion and rendering progress in the meal fairly impossible. Every horseman knows that a thirsty horse will frequently refuse his feed until he has slaked his thirst.

**In His Own Home, Too.**

"How much do you think that story is worth?" he asked when his wife had finished reading it.

"Oh, I should think you ought to have got \$25 or \$30 for it," she replied.

"I got \$100," he asserted proudly.

"Dear me!" she commented, "how reckless some people are with their money."

**Avoided Profanity.**

"Your blank verse," began the editor.

"Blank verse?" the poet interrupted. "Why do you call it blank verse when it—"

"Because it's against my principles to use a stronger term."—Philadelphia Press.

**Giving Proof in Abundance.**

"I hear there was some romance connected with your marriage."

"Nothing romantic about it. Our religious views differed, my wife maintaining that the only hell there is upon earth and she married me to prove it."—Indianapolis News.

**A Sunday Occupation.**

"He's an agnostic."

"Yes, but what does he do the other six days?"—Detroit Free Press.

All men are anxious for fame, but some will accept money as a substitute.



Mrs. Laura L. Barnes, Washington, D. C., Ladies Auxiliary to Burnsides Post, No. 4, G. A. R., recommends Lydia E. Pinkham's Vegetable Compound.

"In diseases that come to women only, as a rule, the doctor is called in, sometimes several doctors, but still matters go from bad to worse; but I have never known of a case of female weakness which was not helped when Lydia E. Pinkham's Vegetable Compound was used faithfully. For young women who are subject to headaches, backache, irregular or painful periods, and nervous attacks due to the severe strain on the system by some organic trouble, and for women of advanced years in the most trying time of life, it serves to correct every trouble and restore a healthy action of all organs of the body."

"Lydia E. Pinkham's Vegetable Compound is a household reliance in my home, and I would not be without it. In all my experience with this medicine, which covers years, I have found nothing to equal it and always recommend it."—Mrs. LAURA L. BARNES, 607 Second St., N. E., Washington, D. C.—\$2000 for sale if original of above letter proving genuineness cannot be produced.

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

A man is never a hypocrite when he is alone.

Ask Your Dealer for Allen's Foot Ease. A powder to shake into your shoes. It cures the feet. Cures Corns, Bunions, Swollen, Sore, Hot, Callous, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all druggists and shoe stores. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Mrs. Winslow's SOOTHING SYRUP for children, soothes the gums, relieves inflammation, allays pain, cures colic. Price 25c bottle.

IN ITS ADVANCED and chronic form a cold in the head is known as Nasal Catarrh and is the recognized source of other diseases. Having stood the test of continued successful use, Ely's Cream Balm is recognized as a specific for menurial diseases in the nasal passages. It is not drying, does not produce sneezing. Price 50 cents at druggists or by mail. Ely Brothers, 56 Warren street, New York.

Give up prejudice and try it.

Messrs. ELY BROS.—I have been afflicted with catarrh for twenty years. It made me so weak I thought I had consumption. I got one bottle of Ely's Cream Balm, and in three days the discharge stopped. It is the best medicine I have used for catarrh.

FRANK E. KINDLESPIRE, Proberta, Cal.

# DO YOU WANT YOUR MONEY TO EARN 7 PER CENT INTEREST PER ANNUM

Write me for particulars of a safe, secure investment yielding seven per cent on an amount of one hundred dollars or more. BANK REFERENCES.  
W. H. HOKER, York, Penn.

Let us labor to make the heart grow larger as we become older, as the spreading oak gives more shelter.—Richard Jeffries.

If I were you, I would not worry. Just make up your mind to do better when you get another chance, and be content with that.—Beatrice Harragan.

Many a new joke at which the audience laughs uproariously has done service for a hundred years.

**Hires Rootbeer**  
The coolest drink for hot weather. A package makes five gallons. Sold everywhere, or by mail for \$2.00.  
CHARLES E. HIRES CO., Malvern, Pa.

In case of doubt, always lead a trump. This is a good rule, in life as well as in whist.

I cannot praise Piso's Cure enough for the wonders it has worked in curing me.—R. H. Seidel, 2206 Olive street, St. Louis, Mo., April 15, 1901.

The Querist—What do you think of the doctrine of the survival of the fittest?

The President has ordered department chiefs to make the government reports shorter. He must want somebody to read them.

**NERVE WORN KIDNEYS.**

Doan's Kidney Pills make freedom from kidney trouble possible. They carry a kind of medication to the kidneys that brings a bright ray of hope to desperate cases.

Aching backs are eased. Hip, back, and loin pains overcome. Swelling of the limbs and dropsy signs vanish.

LOCK HAVEN, PA.—Mrs. L. W. Ammunen writes: "A few weeks ago I sent for a trial box of Doan's Kidney Pills for myself, and they did all they are said to do. My husband was kicked last fall by a horse and badly hurt—his hip was fractured—and after he recovered he was in such misery that he could hardly walk, and to stopp caused him such distress that he thought he would have to quit work—also it affected his bladder, and he was unable to make his water without such pain, and he insisted on his getting a box of your pills and trying them, so I went to Mason's Drug Store and got a box. The first box helped him so much that he got the second and also the third, and now he is entirely well."—Mrs. L. W. AMMUNEN, Lock Haven, Pa.

Doan's Kidney Pills. PRICE 50 CENTS. A SPECIFIC FOR KIDNEY COMPLAINTS.

NAME.....  
P. O. ....  
STATE.....

For free trial box, mail this coupon to Foster-McBurrin Co., Buffalo, N. Y. If above space insufficient, write address on separate slip.

# HAIR GROWTH

Promoted by Shampoos of Cuticura Soap  
And Dressings of Cuticura the Great Skin Cure

Purest, Sweetest, Most Effective Remedies for Skin, Scalp and Hair.

This treatment at once stops falling hair, removes crusts, scales and dandruff, destroys hair parasites, soothes irritated, itching surfaces, stimulates the hair follicles, loosens the scalp skin, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails.

Millions of women now rely on Cuticura Soap assisted by Cuticura Ointment, the great skin cure, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and the stopping of falling hair, for softening, whitening and soothing red, rough and sore hands, for baby rashes, itchings and chaps, for annoying irritations or too free or offensive perspiration, for scrofulous weaknesses, and many sensitive, anti-septic purposes which readily suggest themselves, as well as for all the purposes of the toilet and nursery.

Cuticura remedies are the standard skin cures and honour remedies of the world. Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, in the severer forms, take and, lastly, in the severer forms, take Cuticura Resolvent, to cool and cleanse the blood. A single course of Cuticura sufficient to cure the most torturing, disgusting skin, scalp and blood impurities, from pimples to scrofula, from infancy to age, when all else fails.

Sold throughout the world. Cuticura Resolvent, 50c (in form of Chocolate) 75c. Price per bottle of 50c. Cuticura Soap, 25c. Cuticura Ointment, 25c. Paris, 3 Rue de la Paix. Boston, 12 Cornhill Ave. Write for a Free Trial Box. "Cuticura" is a registered trademark.

**A Skin of Beauty is a Joy Forever!**  
DR. F. FELIX GOURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER.

Removes Tan, Pimples, Freckles, Redness, and every blemish of the face. It is the most perfect skin beautifier. It has stood the test of time and has been used by the most distinguished beauticians of the world. It is the only skin beautifier that is not harmful to the skin. It is the only skin beautifier that is not expensive. It is the only skin beautifier that is not difficult to use. It is the only skin beautifier that is not difficult to find. It is the only skin beautifier that is not difficult to use. It is the only skin beautifier that is not difficult to find.

Fourty Good Dealers in the U. S. Canada, and Foreign. Write for a Free Trial Box. F. F. HOPKINS, Prop., 31 Great Jones St., N. Y.

**PISO'S CURE FOR CONSUMPTION**  
CURES WHILE ALL ELSE FAILS.  
Best Cough Syrup, Tastes Good. Use in Time. Sold by Druggists.

**Thompson's Eye Water**  
If afflicted with sore eyes, use it.

A burning desire to fill a high place, to do something unusual to attract public attention, to do that which must be accomplished with tremendous strain and stress of the faculties—a straining after effect—this morbid ambition is one of the curses of the age.—Success.

How would it do to also call upon the army to fix the price of coal.

The Egotist—It is alright so far. I am still alive.—Kansas City Star.

**FREE TO WOMEN!**  
To prove the healing and cleansing power of Paxtine Toilet Antiseptic, we will mail a large package with book of instructions absolutely free. This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ailments, curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash, and to remove tartar and whiten the teeth. Send to-day; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed.

PAXTINE CO., 216 Columbus Ave., Boston, Mass.

**WESTERN CANADA HAS FREE HOMES FOR MILLIONS!**

Upwards of 100,000 Americans have settled in Western Canada during the last 10 years. These contented, happy and prosperous people have room still for millions more. Write for a free booklet, "How to Get a Home in the West." Send to-day; a postal card will do.

Free Homestead of 160 Acres, Free

The only charge being \$10 for entry. Send to the following for an Atlas and other literature, as well as for certificate, giving you railroad railway rates, and Superintendent of Immigration, Ottawa, Can., or W. V. Bennett, 831 New York Life Bldg., Omaha, Neb., the authorized Canadian Government Agent.

**Doan's Kidney Pills.**

Doan's Kidney Pills make freedom from kidney trouble possible. They carry a kind of medication to the kidneys that brings a bright ray of hope to desperate cases.

Aching backs are eased. Hip, back, and loin pains overcome. Swelling of the limbs and dropsy signs vanish.

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