

THE SALESWOMAN

Compelled to Be on Her Feet the Larger Part of the Day Finds a Tonic in Pe-ru-na.

Miss Curtin, of St. Paul, Gives Her Experience.



MISS NELLIE CURTIN.

MISS NELLIE CURTIN, 646 Pearl Street, St. Paul, Minn., head saleswoman in a department store, writes:

"I have charge of a department in a dry goods store, and after standing the larger part of the day, I would go home with a dull ache, generally through my entire body. I used Peruna and feel so much better that I now Peruna to be the best medicine on the market for the diseases peculiar to women."—Miss Nellie Curtin

Nothing is so weakening to the human system as the constant loss of mucus. Catarrhal inflammation of the mucous membrane produces an excessive formation of mucus. Whether the mucous membrane be located in the head or

pelvic organs, the discharge of mucus is sure to occur. This discharge of mucus constitutes a weakening drain; the system cannot long withstand the loss of mucus, hence it is that women afflicted with catarrhal affections of the pelvic organs feel tired and languid, with weak back and throbbing brain. A course of Peruna is sure to restore health by cutting off the weakening drain of the daily loss of mucus.

An Admirable Tonic. Congressman Mark H. Dunnell, National Hotel, Washington, D. C., writes: "Your Peruna being used by myself and many of my friends and acquaintances not only as a cure for catarrh but also as an admirable tonic for physical recuperation. I gladly recommend it to all persons requiring such remedies."—Mark H. Dunnell.

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, O.

FOODS FOR BEAUTY.

Eat Fruit and Green Vegetables if You Would Improve Your Looks. Do you wish to be beautiful? Or, if you possess beauty already, are you anxious to retain it?

The chances are, in either case, that the answer is yes. Well, then, it all depends to a great extent upon what you eat. Certain kinds of food encourage pulchritude, while others have an opposite tendency. It is worth while to know how to regulate your diet with a view to acquiring beauty, if you have it not, or to retaining it if you are its fortunate possessor.

At the present time Uncle Sam is cultivating, on his experimental farm near Washington, a beauty-making plant. It is called the "fenugreek," and the seeds of it are eaten by the women of Algeria to make them beautiful. Their belief is that it makes them plump and improves their complexions. But the government experts as yet have not reached a satisfactory conclusion as to whether this faith is justified or not. It may be correct, but judgment on the point is suspended.

However, there are foods which undeniably are beauty-makers. It is worth any woman's while to know what they are, and to try them—unless, perchance, she is so perfect physically as not to need them—in her own case, and for her own advantage.

"The best of all beauty-making foods are fresh fruits and vegetables," said Professor H. W. Wiley, the famous government chemist, who is incidentally a skilled physician. "They contain relatively little nourishment—a woman could hardly live on them exclusively for any length of time—but for reasons which as yet are imperfectly understood, they possess extraordinary value as healthgivers. If you want bright eyes and a clear complexion, eat plenty of them."

The fact is that most fresh vegetables and fruits are nearly all water. Spinach is 92½ per cent water, cabbage is 77 per cent water, beets are 88 per cent water; carrots are 91 per cent water, cauliflower is 91 per cent water, cucumbers are 96 per cent water, egg plant is 93 per cent water, onions are 78½ per cent water, tomatoes are 96 per cent water, green corn (cut from the cob) is 81½ per cent water and celery is 94½ per cent water. Fruits are pretty nearly all water, though the banana is relatively rich in starch.

Fruits and vegetables, then, are of no great use in supporting the human body. Their value is mainly medicinal, and as beauty-makers they are the chief among foods. It is almost impossible to eat too much of them in a fresh state, though, of course, the diet must include a reasonable proportion of those substances, such as meat which furnish blood and muscle tissue.—Boston Herald.

LEGAL CODE OF BABYLON.

Measures Taken to Preserve the Peace in 2300 B. C.

A legal code that is nearly 1,000 years older than Moses has been unearthed in Susa, the ancient capital of Ahasuerus. It is in the form of a column of stone five feet high and sets forth in 300 paragraphs certain of the rules of law governing Babylon 2300 B. C. The Literary Digest says:

"In general the old testament principle of an eye for an eye and a tooth for a tooth is consistently carried out in this Babylonian code. Among other things it says: 'If a man knock out the eye of a freeman his own eye shall be forfeited. If he break one of the members of a man his own member shall be removed.' But this rule applied only in the case of freemen. If the suffering party were a slave a payment of money could make good the wrong. The same was true of a freed man. On the other hand, if an inferior struck a superior he was punished with fifty lashes, and if he was a slave his ear was cut off.

The lex talionis was carried on so far that if a surgeon was unsuccessful in performing an operation he was not entitled to any pay. If the patient died under the hand of the surgeon the latter lost his hands. In case the patient was a freeman. If a slave died under his hand he must buy another. In case a bullock made a failure of a structure he was also punished with death. Whether imprisonment was one method of punishing wrongdoers does not appear, but evidently if at all applied it was of comparatively small importance. Money fines were, however, very common and were proportionate to the wrong done. He who falsely claimed that another was indebted to him must pay one-third of a mina. Freeman fight were fined a mina. Theft of an animal was punishable by a fine of thirty times its value. Hammurabi was much concerned for the safety of his highways. A robber who attacked a person on the public road was killed, or if he could not be found then the community in which the crime had taken place was fined a mina in case the life of a human being had been lost."

A Unique Career.

The career of Brigadier General Edward M. Hayes (famously known as Jack Hayes), who has just been promoted from the colonelcy of the Third Tenth Infantry, is unique in the annals of our army. He enlisted in the army as a boy in 1855 as bugler in the company of which Fitzhugh Lee was second lieutenant. When the war began he enlisted as a private and came out an officer. With the reorganization of the army in 1868 he obtained a commission, since which time he has made a most brilliant record, first of the plains and lately in the Philippines.

If you don't get married until you are twenty-five years old, you will see trouble enough.

Genius is only great patience.

Forgive thyself little and others much.

A good man does good merely by living.

What does that lady seem to be taking up? An elevator.

Ignore that which you do not want to grow within you—love or hate—grows.

A German Farmer's Case.

Rich Fountain, Mo., Aug. 17.—Rev. Jos. Pope of this place is widely and favorably known as a clergyman who has done and is doing much for his people. He is very much beloved by everyone for the faithfulness of his pastoral work.

Rev. Mr. Pope has given for publication a statement made to him by a German farmer who is a member of his congregation. The man's name is George Hoellerer, and he has given Rev. Mr. Pope this letter:

"Last winter I suffered very much with Rheumatism. I could neither walk nor ride on horseback nor do any farm work.

"I took medicine from different doctors, but they did not do me any good. Then I tried Dodd's Kidney Pills procured for me by a good friend. After I had taken the first box I felt already a heap better; I was relieved of the pain and could walk and chop wood; and the contraction of my fingers began to resolve.

"Now since I have taken six more boxes of Dodd's Kidney Pills I feel well again and am able to do all the work on the farm."

Locked out knitting girls of Dover, N. J., have organized a co-operative knitting company.

Nothing can lessen the dignity of humanity so long as the religion of love, of unselfishness and devotion endures, and no one can destroy the litars of this faith for us so long as we feel ourselves capable of love.—Amiel.

\$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 known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on 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 its 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. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 25c.

Hall's Family Pills are the best.

I give it as my deliberate and solemn conviction that the individual who is habitually tardy in meeting an appointment, will never be respected or successful in life.—W. Fisk.

Piso's Cure for Consumption cured me of a tenacious and persistent cough.—Wm. H. Harrison, 227 W. 121st Street, New York, March 23, 1901.

There is none made so great but he may both need the help and service and stand in fear of the power and unkindness, even of the meanest of mortals.—Seneca.

Appointments once made, become debts. If I have made an appointment with you, I owe you punctually; have no right to throw away your time, if I do my own.—Cecil.

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

Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever.—Samuel Smiles.

Here is a new occupation for a woman: Sunshine companion. Woman are getting positions for this sort of work in New York. The Globe has long contended that there is a place in the world for all professional sympathizers: one to whom a man could tell his troubles, and who wouldn't repeat the tale afterward.

Maryland day at the World's Fair next year, will be September 12.

Free Medical Advice to Women.

All Letters



Are Strictly Confidential

Every sick and ailing woman, Every young girl who suffers monthly, Every woman who is approaching maternity, Every woman who feels that life is a burden, Every woman who has tried all other means to regain health without success, Every woman who is going through that critical time—the change of life—is invited to write to Mrs. Pinkham, Lynn, Mass., in regard to her trouble, and the most expert advice telling exactly how to obtain a CURE will be sent absolutely free of cost.

The one thing that qualifies a person to give advice on any subject is experience—experience creates knowledge. No other person has so wide an experience with female ills nor such a record of success as Mrs. Pinkham has had.

Over a hundred thousand cases come before her each year. Some personally, others by mail. And this has been going on for twenty years, day after day, and day after day.

Twenty years of constant success—think of the knowledge thus gained! Surely women are wise in seeking advice from a woman with such an experience, especially when it is free.

Mrs. Hayes, of Boston, wrote to Mrs. Pinkham when she was in great trouble. Her letter shows the result. There are actually thousands of such letters in Mrs. Pinkham's possession.

"DEAR MRS. PINKHAM:—I have been under doctors' treatment for female troubles for some time, but without any relief. They now tell me I have a fibroid tumor. I cannot sit down without great pain, and the soreness extends up my spine. I have bearing down pains both back and front. My abdomen is swollen, I cannot wear my clothes with any comfort. Womb is dreadfully swollen, and I have had flowing spells for three years. My appetite is not good. I cannot walk or be on my feet for any length of time. The symptoms of Fibroid Tumor, given in your little book, accurately describe my case, so I write to you for advice."—Mrs. E. F. HAYES, 252 Dudley St. (Boston), Roxbury, Mass.

"DEAR MRS. PINKHAM:—I wrote to you describing my symptoms, and asked your advice. You replied, and I followed all your directions carefully for several months, and to-day I am a well woman.

"The use of Lydia E. Pinkham's Vegetable Compound, together with your advice, carefully followed, entirely expelled the tumor, and strengthened the whole system. I can walk miles now.

"Your Vegetable Compound is worth five dollars a drop. I advise all women who are afflicted with tumors, or any female trouble, to write you for advice, and give it a faithful trial."—Mrs. E. F. HAYES, 252 Dudley St. (Boston), Roxbury, Mass.

Mrs. Hayes will gladly answer any and all letters that may be addressed to her asking about her illness, and how Mrs. Pinkham helped her.

\$5000 FORFEIT if we cannot forthwith produce the original letter and signature of above testimonial, which will prove its absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

I could never think well of a man's intellectual or moral character, if he was habitually unfaithful to his appointments.—Emmons.

What has become of the custom of rebuking a child when it returned from a neighbors with a bit of gossip or criticism? Isn't it customary these days to laugh, and quote the child's saying's as a proof of that it's observing and smart?

Explorers have reached within 238 miles of the North Pole, but no one has yet approached nearer than 772 miles of the South Pole.

It ought to be a fair trade to swap religions with any Christian, but where will you find the party that is willing to do it?

It has been discovered that the new comet has three tails. It will finally be found that it had only one, and some one has stepped on that. The new comet is as overrated as the average woman's kin back east.

When we visit in the country, we like the hostess disappearance to be followed immediately by the sound of chickens squawking in the back yard.

Sick, Nervous and Neuralgic Headaches

QUICKLY CURED BY

BROMO Seltzer

10 CENTS.

SOLD EVERYWHERE. 10c

In 1870 the German people barely exceeded 40,000,000. In 185 they had risen to nearly 47,000,000, and in 1900 the census returns gave 56,345,014.

Statistics show that in fifty years the average height of British men has risen an inch. The present average height for a man of 30 is five feet eight and one-half inches.

I have always been a quarter of an hour before my time, and it has made a man of me.—Lord Nelson.

In the body of a horse that died suddenly at Newport (York) the veterinary surgeon who made a post mortem examination discovered three large stones, one of them nearly as large as a cricket ball.

The Summer Bath. Nothing is more refreshing or invigorating in summer than a daily bath. Use soft, tepid water and good soap. Ivory soap is ideal for the bath; it is pure, lathers quickly and leaves the skin soft and white. The bath should be taken early in the morning or just before retiring at night.

ELEANOR R. PARKER.

As the outcome of much painstaking investigation the existence has been demonstrated of class of human beings called moral imbeciles. Their essential character is complete moral insensibility, revealed by a total absence of repugnance to the suggestion of crime before the deed.

A dentist in Moscow is a wonder in his line. He has invented a system by which false teeth can be made to adhere to the gums so firmly that in three months it is difficult to extract them. This Russian tooth-grafter hopes in time to be able to rival nature by making artificial grinders that ache.

An electric gridiron has been devised to kill flies. It stands vertically, and the moment a fly alights

It would never do for a burglar to go into politics, because he wouldn't have never enough.

It may be logic, but there is more dirt life in the country than in the city apartment houses.

The United States has ten battle ships built and ten building.

Readings from the bible are now being given in Berlin by professional reciters.

upon it death ensues from electric shock. The dead fly drops onto a horizontal shelf nude: death.

Some of the healthiest and gracefully formed people of Europe are the gypsies of Hungary. They are rarely ill, their cheeks are rose tinted and so pure is their blood that their wounds quickly heal without the application of medicaments.

Make yourself necessary to the world and mankind will give you bread.

Have a heart that never hardens, a temper that never tires, and touch that never hurts.—Charles Dickens.

Women go calling in a grand opera key; they stay at home with the family to rag time.

Drop stitch stockings are straining more eyes these days than the bright sun.

A law recently enacted by the legislature of Louisiana punishes with imprisonment and hard labor husbands who desert or fail to support their wives and children. The wives of lazy husbands hang over the mantle a framed copy of the law, but this query in red ink, "Now Will You Be Good."

When a girl refuses to marry a duke it is because he refuses to ask her.

Strictly Business.

Busy Merchant—Well, sir, what do you want?

Timid Youth—Y-your daughter's hand.

Busy Merchant—Can't give it to you, sir. Either take her entire or leave her. We are not doing an installment business.

Nature seems to hate a man; the summers are either too wet or too dry. A weed always gets along.

PISO'S CURE FOR CONSUMPTION

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Best Cough Syrup, Throat Sore, Use in time. Sold by druggists.

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Permanently Cured, no matter how long you have had it. First day's use of Dr. Kline's Great Urinary Remedy. Send for FREE 63.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 201 Arch St., Philadelphia, Pa.

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THIS IS A 10c BOX

GET WHAT YOU ASK FOR!

CASCARETS Candy Cathartic are always put up in blue metal box, our trade-marked, long-tailed C on the cover—tablet octagonal, stamped C C C. Never sold in bulk! Imitations and substitutes are sometimes offered by unscrupulous dealers who try to palm off fakes when CASCARETS are called for, because the fake pays a little more profit. Get the genuine CASCARETS and with it satisfaction or your money refunded under iron-clad guarantee. 10,000,000 boxes a year, that's the sale of CASCARETS today, and merit did it. They are a perfect cure for Constipation, Appendicitis, Biliousness, Sour Stomach, Sick Headache, Bad Breath, Bad Blood, Pimples, Piles, Worms and all Bowel Diseases. All druggists, 10c, 25c, 50c. Sample and booklet free. Address Sterling Remedy Co., Chicago or New York.