

COLDS BREED CATARRH

Her Terrible Experience Shows How Peruna Should Be in Every Home to Prevent Colds.

Mrs. C. S. Sagerser, 1311 Woodland Ave., Kansas City, Mo., writes:

"I feel it a duty to you and to others that may be afflicted like myself, to speak for Peruna. My trouble first came after the grippe eight or nine years ago, a gathering in my head, and I suffered most all the time. My nose, ears and eyes were badly affected for the last two years. I think from your description of internal catarrh that I must have had that also. I suffered very severely.

"Nothing ever relieved me like Peruna. It keeps me from taking cold. With the exception of some deafness I am feeling perfectly cured. I am forty-six years old.

"I feel that words are inadequate to express my praise for Peruna."

Catarrh in Bad Form.

Mrs. Jennie Darling, R. F. D. 1, Smyrna Mills, Maine, writes: "I was unable to do my work for four years, as I had catarrh in a bad form. I coughed incessantly, and got so weak and was confined to my bed. Peruna came to my relief and by faithfully using it, I am able to do my work. Peruna is the best medicine that I ever took."

WHAT?



Weeks—Why are you stopping? You didn't run over that man. Swiftly—I know it. I just want to see what ails the steering gear.

With a Sour Laugh. A Chicago editor has brought from London an amusing story about Humphry Ward.

"Humphry Ward," he said, was in his bachelor days, a really well-known art critic. But now!

"I met Humphry Ward at a dinner in Soho, and he said to me, with a sour laugh:

"When a girl wants to retire from the world and be lost in oblivion, she has to enter a nunnery. But a man, to achieve the same end, need only marry a famous woman."

Appreciation of good accomplished helps more than much advice on the good yet to be done.

STOPPED SHORT

Taking Tonics, and Built Up on Right Food.

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics—drugs. New material from which to rebuild wasted nerve cells is what should be supplied, and this can be obtained only from proper food.

"Two years ago I found myself on the verge of a complete nervous collapse, due to overwork and study, and to illness in the family," writes a Wisconsin young mother.

"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics prescribed by physicians, but their effects wore off shortly after I stopped taking them. My food did not seem to nourish me and I gained no flesh nor blood.

"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape-Nuts four times a day, with cream and drank milk also, went to bed early after eating a dish of Grape-Nuts.

"In about two weeks I was sleeping soundly. In a short time gained 20 pounds in weight and felt like a different woman. My little daughter whom I was obliged to keep out of school last spring on account of chronic catarrh has changed from a thin, pale, nervous child to a rosy, healthy girl and has gone back to school this fall.

"Grape-Nuts and fresh air were the only agents used to accomplish the happy results."

Read "The Road to Wellville," in pgs. "There's a Reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

THE BOUDOIR

Dame Fashions Diary

HATS FOR WINTER

THOSE FOR DRESSY WEAR ARE STRICTLY ORNAMENTAL.

New Headpieces Have Discarded the Suggestion of the Practical and Offer no Protection Whatever From the Cold.

Winter hats, intended for evening or other dressy wear, have discarded the suggestion of the material. They are strictly ornamental headpieces and take no notice of the element of protection from the cold. Except for the prevalent introduction of fur, and the material of which the body of the hat is made, one might consider them designed for summer wear.

Shapes, save the day for brims still droop in a becoming and sheltering way. Velvets, nets and laces are called into use for the bulk of trimmings stuffs, while ostrich plumes and flowers add the finishing touches.

The hats shown here are types of winter millinery in which laces are used for decoration. Many dress hats are made entirely of lace or not. In these a band of fur about the crown, a flat bow of fur or borders of fur on ribbon or silk drapery, give the touch that speaks of winter.

In Fig. 1 a hat of heavy white satin is overlaid with a coarse silk net and lace of Russian mesh. It is trimmed with a collar of small ostrich tips, the sort known as "Heads." In the model they are white. This is not a difficult hat to make and would be



pretty in colors with black lace overlay.

Fig. 2 shows a large hat of velvet, with an "aeroplane bow" of lace. In this case it is a plaited fan with wire supports. A velvet collar and a small Alsatian bow at the front finish the pretty mode. Light felt hats are effective trimmed in this way.

In Fig. 3 a beautiful hat in shell-pink corded silk is shown, with a drapery of lace made of a circular piece which is tacked over the shape. Four beautiful plumes are mounted at the left side and are the same color as the silk.

JULIA BOTTOMLEY.

WEDDING VEIL IS IN FAVOR

Various Attempts From Time to Time to Banish or Supersede It Have Failed.

From time to time attempts are made to banish or supersede the wedding veil; but, in spite of all objections, it still persists in the favor of the bride, who is apt to be sentimental rather than reasonable. The way of wearing it, however, has been largely changed; many brides now wear the veil as a sort of cap, not falling over the face at all, but fastened back with a circlet of flowers. In front it reaches only to the knees, but in back to well below the ankles.

Tulle, except for those who have rare and beautiful old lace, is succeeding lace in favor; perhaps because there is no danger of having part of the design ornament one's nose or eye! A soft tulle veil, properly draped, fastened by invisible pearl-headed pins and falling over a coronet of jewels or of blossoms, is as pretty a sight as any wedding guest could hope to see.

Dress Trimming.

A charming Paris model for an afternoon gown was seen recently, which depended for its adornment entirely upon a sort of fagoting of self-material. The gown was a light fawn-colored challis, and on tunic, undershirt and girdle and down the front of the blouse the material was slashed and reconnected by crossed intersections of the challis, rolled tight into tubular pieces and sewed to straight bands so as to give the appearance of fagoting, or of catsitch.

The same effect has been seen in silk, and it is very pretty on a rather thick material, though not suited to fabrics very thin or delicate in appearance.

FROCK FOR THE SMALL LADY

Cashmere in Dull Shade of Tan Is Recommended for Garment Shown Here.

Here is a pretty frock for a young lady of eight summers or so. It is made of cashmere in a dull shade of tan and trimmed with embroidery in self-tone, with a touch of red. The front of the blouse is laid in a center box plait, with two tucks at each side, the back has merely the two tucks on either side of the closing. The sleeves and blouse are in one,



the band of embroidery which outlines the neck extending over the shoulders, in a pointed tab. The skirt is the conventional side-plaited affair, the belt and cuffs of the embroidery. The hat worn is of soft tan felt, with trimmings of dark red velvet ribbon.

SKIRT STRAP A SURE BOON

Greatly Aids the Amateur Dressmaker in Keeping Gores and Plaits in Place.

The skirt strap, ambiguous as it sounds, is no relation to the shawl-strap! It is simply the little stitched strap of self-fabric that holds the pleats of the skirt in place. You will see it appearing on all the new models for heavy cloth skirts; for fashion has said, "Narrow!" and narrow it must be. There are usually two straps on each side of the skirt, almost meeting, and sewed on a little below the knees. Sometimes, when there is a pleated blouse (and it is a three-piece suit or a one-piece costume) the straps are repeated over the pleats or, again, on the sleeves.

Certainly they are a boon to the amateur dressmaker who finds trouble in keeping gores and plaits where they should be; they save labor afterward in cleaning and pressing, and they give a natty, tailored appearance to the smart cloth gown.

Simplicity is Good Taste.

Think of the woman whose house, whose appearance, whose conversation creates the best impression, and you will realize that absolute simplicity is the secret.

Remember this when selecting your clothes, decorating your house, also when you meet strangers on your holidays.

Unfortunately simplicity is not always cheap. You will often have to pay more for the hat of simple lines, the frock of fine material and exquisitely simple design than you will for something more ornate and dashing.

To Keep Needles.

A soda mint bottle, with a little screw top, makes an excellent holder for needles, to keep in the workbag. It is especially good for damp climates, as the needles will not rust. It can be made a thing of beauty by covering it with a bit of the material of which the bag is made (preferably silk, as this will work up better); and a workbag given for a present is doubly acceptable if some such little thing as this is added to give a distinctive touch.

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A Hand Bag Variant.

The girl who need not consider wear first can indulge in some of the new hand bags in heavy watered silk, net in a gold frame and finished with gold tassels at each corner.

Especially good looking is a bag of black watered silk, so set with a monogram, in gold in the left-hand corner.

Velvet is sometimes used for the bags, but the moirs is newer and more stylish; also does not catch dust so easily.

WOULD BE OF MORE VALUE

Father O'Leary's Facetious Rejoinder to John Philpot Curran an Example of Real Wit.

One day the famous John Philpot Curran, who was also very partial to the said corned mutton, did me the honor to meet him. To enjoy the society of such men was an intellectual treat. They were great friends and seemed to have a mutual respect for each other's talent, and, as it may easily be imagined, O'Leary versus Curran was no bad match.

One day after dinner Curran said to him: "Reverend father, I wish you were St. Peter."

"And why, counselor, would you wish that I were St. Peter?" asked O'Leary.

"Because, reverend father, in that case," said Curran, "you would have the keys to heaven, and you could let me in."

"By my honor and conscience, counselor," replied the divine, "it would be better for you that I had the keys of the other place, then I could let you out."

Curran enjoyed the joke, which he admitted had a good deal of justice in it.—From Kelly's Reminiscences.

AN INTOLERABLE ITCHING

"Just about two years ago, some form of humor appeared on my scalp. The beginning was a slight itching but it grew steadily worse until, when I combed my hair, the scalp became raw and the ends of the comb-teeth would be wet with blood. Most of the time there was an intolerable itching, in a painful, burning way, very much as a bad, raw burn, if deep, will itch and smart when first beginning to heal. Combing my hair was positive torture. My hair was long and tangled terribly because of the blood and scabs. This continued growing worse and over half my hair fell out. I was in despair, really afraid of becoming totally bald.

"Sometimes the pain was so great that, when partially awake, I would scratch the worst places so that my finger-tips would be bloody. I could not sleep well and, after being asleep a short time, that awful stinging pain would commence and then I would wake up nearly wild with the torture. A neighbor said it must be salt rheum. Having used Cuticura Soap merely as a toilet soap before, I now decided to order a set of the Cuticura Remedies—Cuticura Soap, Ointment and Pills. I used them according to directions for perhaps six weeks, then left off, as the disease seemed to be eradicated, but toward spring, eighteen months ago, there was a slight return of the scalp humor. I commenced the Cuticura treatment at once, so had very little trouble. On my scalp I used about one half a cake of Cuticura Soap and half a box of Cuticura Ointment in all. The first time I took six or seven bottles of Cuticura Pills and the last time three bottles—neither an expensive or tedious treatment. Since then I have had no scalp trouble of any kind. Standing up, with my hair unbound, it comes to my knees and had it not been for Cuticura I should doubtless be wholly bald.

"This is a voluntary, unsolicited testimonial and I take pleasure in writing it, hoping my experience may help someone else. Miss Lillian Brown, R. F. D. 1, Liberty, Me., Oct. 23, 1909."

Too Free.

Seymour—What caused the Allcome Life Insurance company to fail?

Ashley—it was altogether too free in accepting risks. I don't believe it would have even refused to insure the life of a turkey the day before Thanksgiving.

ED GEERS, "The grand old man," he is called for he is so honest handling horses in races. He says: "I have used SPOHN'S DISTEMPER CURE for 12 years, always with best success. It is the only remedy I know to cure all forms of distemper and prevent horses in same stable having the disease." 50c and \$1 a bottle. All druggists, or manufacturers, Spohn Medical Co., Chemists, Goshen, Ind.

There is said to be a professor of languages in an eastern college who has mastered all the modern tongues—except his wife's.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy.

All men are equal before the law, but some are more than equal to the task of getting around it.

WE SELL GUNS AND TRAPS CHEAP Buy Furs and Hides. Send for catalog 105. N. W. Hide & Fur Co., Minneapolis, Minn.

Women have been known to shake hands for the purpose of trying to shake secrets out of each other.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, whooping cough.

The worst deadbeat is he who refuses to pay a debt of gratitude.

OLD SORES CURED

Allen's Ulcerine Salve cures Chronic Ulcers, Bone Ulcers, Scrofulous Ulcers, Varicose Ulcers, Indolent Ulcers, Mercurial Ulcers, White Swelling, Milk Leg, Fever Sores, Ulcers, Fistulas, etc. Sold by mail, J. P. ALLEN, Dept. A7, St. Paul, Minn.

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

PISO'S is the name to remember when you need a remedy for COUGHS and COLDS.

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The wonder of baking powders—Calumet. Wonderful in its raising powers—its uniformity, its never failing results, its purity.

Wonderful in its economy. It costs less than the high-price trust brands, but it is worth as much. It costs a trifle more than the cheap and big can kinds—it is worth more. But proves its real economy in the baking.

Use CALUMET—the Modern Baking Powder. At all Grocers.

Received Highest Award World's Pure Food Exposition

You Can Work Near a Window

in winter when you have a Perfection Oil Heater. It is a portable radiator which can be moved to any part of a room, or to any room in a house. When you have a

PERFECTION SMOKELESS OIL HEATER

Absolutely smokeless and odorless you do not have to work close to the stove, which is usually far from the window. You can work where you wish, and be warm. You can work on dull winter days in the full light near the window, without being chilled to the bone.

The Perfection Oil Heater quickly gives heat, and with one filling of the font burns steadily for nine hours, without smoke or smell. An indicator always shows the amount of oil in the font. The filter-cap, put in like a cork in a bottle, is attached by a chain. This heater has a cool handle and a damper top.

The Perfection Oil Heater has an automatic-locking flame spreader, which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back, so the wick can be quickly cleaned. The burner body or gallery cannot become wedged and can be unscrewed in an instant for re-wicking. The Perfection Oil Heater is finished in Japan or nickel, is strong, durable, well-made, built for service, and yet light and ornamental.

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(Incorporated)

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Boys' Shoes, \$2.00, \$2.50 & \$3.00. BEST IN THE WORLD.

W. L. Douglas \$3.00, \$3.50 and \$4.00 shoes are positively the best made and most popular shoes for the price in America, and are the most economical shoes for you to buy.

Do you realize that my shoes have been the standard for over 30 years, that I make and sell more \$3.00, \$3.50 and \$4.00 shoes than any other manufacturer in the U.S., and that DOLLAR FOR DOLLAR, I GUARANTEE MY SHOES to hold their shape, look and fit better, and wear longer than any other \$3.00, \$3.50 or \$4.00 shoes you can buy? Quality counts. It has made my shoes THE LEADERS OF THE WORLD.

You will be pleased when you buy my shoes because of the fit and appearance, and when it comes time for you to purchase another pair, you will be more than pleased because the last ones wore so well, and gave you so much comfort.

CAUTION! None genuine without W. L. Douglas TAKE NO SUBSTITUTE. If your dealer cannot supply you with W. L. Douglas Shoes, write for Mail Order Catalog.

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Is specially selected for any need in the home. Saves tools from rusting. Can cannot break. Does not gum or become rancid.

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