

# SUFFERED 23 YEARS

Constant Sufferer From Chronic Catarrh Relieved by Peruna.

Mrs. J. H. Bourland, San Saba, Texas, writes:

"For twenty-three years I was a constant sufferer from chronic catarrh. I had a severe misery and burning in the top of my head. There was almost a continual dropping of mucus from my throat, which caused frequent expectoration. My entire system gradually became involved, and my condition grew worse. I had an incessant cough and frequent attacks of bilious colic, from which I seemed I could not recover. My bowels also became affected, causing alarming attacks of hemorrhages. I tried many remedies, which gave only temporary relief or no relief at all. I at last tried Peruna, and in three days I was relieved of the bowel derangement. After using five bottles I was entirely cured. I most cheerfully recommend the use of Peruna to any one similarly afflicted."



Mrs. J. H. Bourland.

# PISO'S THE BEST MEDICINE

WHEN SHAW WAS SECRETARY

Statesman Preferred Lunch of Apple in His Room to Dinner in Hotel Restaurant.

Leslie M. Shaw, formerly secretary of the treasury, is in Washington for a few days visiting his old friends at the capitol and in the departments.

"Shaw," said a cabinet officer, "was one of the mysteries of the Roosevelt administration. From the time he became secretary of the treasury until he went into the banking business we were unable to decide whether he was a second Russell Sage in the matter of personal expenditures. I ran across Shaw in a big western city, and for the sake of spending a pleasant evening together we got a suite of rooms at the same hotel.

"At lunch time I proposed that we go down to the dining room, but Mr. Shaw could not be induced. He said he thought he would eat in his room. Thereupon the secretary of the treasury opened up his traveling bag and extracted a couple of apples. He offered me one, but I declined and hastened to the restaurant.

"Cabinet officers who served with Shaw discovered that it was a regular habit with him to fill his bag with apples before starting on a journey."—Washington Times.

**A Significant Selection.**  
"That was a mighty inconsiderate brass band that serenaded me on election night," remarked the defeated member of congress.  
"What was the trouble?"  
"It didn't play anything but 'Home, Sweet Home.'"

**A Way of Getting Even.**  
Hewitt—When I asked the old man for his daughter's hand he walked all over me.  
Jewett—Can't you have him arrested for violation of the traffic regulations?

Common sense in an uncommon degree is what the world calls wisdom.—Coleridge.

# The Taste Test—Post Toasties

Have a dainty, sweet flavour that pleases the palate and satisfies particular folks.

**The Fact—**  
that each year increasing thousands use this delicious food is good evidence of its popularity.

Post Toasties are ready to serve direct from the pkg. with cream or milk—a convenient, wholesome breakfast dish.

**"The Memory Lingers"**  
POSTUM CEREAL CO., Ltd., Battle Creek, Mich.

# SEEN AS A MENACE

Sunday Schools as Now Conducted Are Deplorable.

Too Many Frivolous and Untrained Girls as Teachers Know Little of Children and How They Should Be Taught.

Atlanta, Ga.—"The Sunday school as it is conducted today is a national menace," declared Mrs. Frederick Schaff of Philadelphia, in addressing the Georgia mother's congress today. Furthermore, she asserted too many of the teachers are frivolous girls who know little of children and how they should be taught.

Mrs. Schaff, who is president of the national mother's congress, urged a world-wide awakening of mothers to the fact that love and tenderness are not sufficient for the proper rearing of children.

"It is the mother's place," she declared, "to demand more of the Sunday schools."

"Love," declared Mrs. Schaff, "cannot make a mother a good mother. It will make her well intentioned, but it will not give her the knowledge of what her children need. It will not give her the ability to train her children as they should be trained. The thing we need is to arouse the mothers and induce them to study their children, to know them, and not to bring them up simply by chance.

"If we can only arouse the mothers to see that they can prevent crime, that in their hands lies the future of the world, we will accomplish the greatest thing attainable. Mothers must be taught that as they sow, so shall their children reap.

"The mother can inculcate in her children lessons that never will be eradicated. She can make them good or she can make them bad. Many mothers leave the spiritual training of their children to the Sunday school and the church. But what can the Sunday school or church accomplish with only a few hours' training a week, if this training is not continued at home?

"If I could only reach all the mothers in this country with the stories that men in prison have told me of how they started wrong I could convince every mother of her responsibility.

"A child is not always getting spiritual training at Sunday school or church. That depends on the surroundings there. Some preachers benefit children, others do not. You know the story of the little boy who didn't want to go to Sunday school.

"Why don't you want to go?" he was asked.

"Well," he said, "my everyday teacher teaches me something, but my Sunday school teacher just musses me up."

At this point Mrs. Schaff was asked if the national mothers' congress cannot take up the question of Sunday school and the training of Sunday school teachers.

"It can and will," she replied. "I believe that the Sunday school, as it is, is an absolute menace, with frivolous, untrained girls acting as teachers."

# ATTACK ON WILD OATS IDEA

Dr. Nathaniel Butler Declares Young Men Cannot Sow Them and Reap Desired Good Results.

Chicago.—The idea that every boy must sow his wild oats was attacked the other day by Dr. Nathaniel Butler of the University of Chicago in an address on "Some Important Aspects of the School" before the Cook county Teachers' association in Fullerton hall.

"You can't sow wild oats and reap the desirable results," he said. "It is just as easy to form good habits as it is to form bad habits, and it is just as easy to break bad habits as it is to break good habits.

"Everything a child does becomes a part of him; he can't help it. It is being registered on his nervous system."

# LINGUIST STUMPED AT LAST

Man Knowing Seventy-Seven Languages Discovers He Must Learn One More—Others Understand.

New York.—"Do you know, I thought, with my linguistic equipment," said a man who speaks 77 languages, "I really thought that I could understand almost any tongue I might hear spoken; and as matter of fact in my rambles around the world, which have been somewhat extensive, I have very rarely met with anybody with whom I could not converse, at least sufficiently for mutual understanding; but I have been stumped at last, and that right here in New York.

"Riding uptown last night on the elevated when we came to a station the guard opened the door and said: 'Grixel blix flx floct!'

"And surely I wondered what language that was; it was some tongue that I had never before heard spoken, and I was still wondering over it when we came to the next station, where the guard looked in again, saying this time:

"'Grooty noo sooros blewt!' and that left me more in a fix than ever.

"What tongue could he be speaking? I got more of it at the next station:

"'Nagah, blah, yahlah glewk!' and then I gave it up.

"He was an American, the guard, a nice, lively, intelligent-looking man,

# ANKLE SNAKE LATEST FRENCH FAD



THE ANKLE SNAKE

KNOWN as the Sara Bernhard in France, where it originated, the latest fad takes the form of a snake of gold worn around the ankle. It has already become fashionable among society young women in this country. Sometimes a clinging monkey takes the place of the snake, but the latter is the more popular on account of its adaptive form. The short skirts that are worn nowadays enable the snake to be seen at discreet intervals and, if the wearer happens to be possessed of a slim and shapely ankle, the pliancy of the adornment is enhanced.

# KEEP PINK LAMPS LIGHTED

Mrs. Frances Hodgson Burnett on Cheerfulness—Greatest of Qualities Except Love.

Boston.—"Forget your devils and keep your pink lamps lighted. A pink lamp always makes everything look lovely. I am the disciple of happiness. Be happy and you will be good. Unhappiness is the world's greatest evil. Unhappiness is indecent."

So said Mrs. Frances Hodgson Burnett, the novelist, in talking her religion of cheerfulness. "Cheerfulness," she said, "is the religion of which I am the apostle. It is the greatest of qualities except love. Love is the biggest thing in the world.

"People should forget their devils and keep their pink lamps lighted. That is a little word among my friends. So we'll tell each other all the nice things whenever we can. You must sacrifice everything to happiness. If you are happy you know you are bound to be good, for you can't be happy unless you are good.

"People who believe in an inferno for evildoers do not belong to this age. They don't belong to the time

when people walk on two legs. They ought to go back to the days when the men on earth went about on all fours.

"There's fine power in suggestion. Just keep thinking lovely things about your personal devil and you'll come out all right. Every time your belief in a devil gets uppermost in your mind, why, say there is none, and keep repeating it. You will find it a splendid practice and you will soon convince yourself."

Mrs. Burnett then digressed to personal habits and said, on the subject of cigarette smoking by women, that the question was a personal one, and each woman must decide for herself whether she wished to smoke.

# PARROT GUARDS A COAL BIN

Learns Value of Black Diamonds on Chilly Trip North—Grows Morose and Raucous.

Boston.—A parrot was custodian of the Ikarla's coal hod when that freighter reached port from South American ports.

The parrot looked very cold and had been complaining about the steadily falling temperature ever since the freighter reached port from South had been fastened to the bird's left leg, the other end of the tether attached to the stove in the Ikarla's cabin. Somehow, the parrot divined that the black lumps in the coal hod were precious and every time the steward dug into the receptacle to replenish the fire the parrot shivered and protested at the apparent lack of thrift.

Ordinarily a soft-voiced creature while in warm latitudes, this parrot grew morose and raucous at the approach of arctic weather, and nearly went into frenzy at sight of snow. The mocking birds from the West Indies also felt the cold. Their cages were suspended from the ceilings, close to the stove. The Ikarla brought 2,000 tons of cargo, mostly hides.

Captain Robertson reported an unusual activity of golf stream currents. During a snowstorm off Nantucket the ship was forced almost 50 miles from her course.

Seek Coons, Bag Wildcat.  
New York.—William and Walter O'Brien of Newton, N. J., have a wildcat skin which they are exhibiting as proof of a night adventure they had near Muckshaw pond. They were out with a dog gunning for coons. A wildcat dropped out of a tree on their dog, tearing his skin severely before he could get out of the way. The cat spring for a tree trunk, and as he went up the men fired, killing the beast. The body weighed forty-two pounds.

Sport for Sharks.  
Havana.—Sharks are taking great interest in the torpedo practice of United States vessels off Media Luna Cay, Cuba, and seem to think the ships are doing it for their benefit. The big fish take off in a bunch after every torpedo that is discharged, but none of them has yet been able to overtake one of the shells.

# FRENCH BEAN COFFEE, 1 CENT A POUND

It will grow in your own garden. Ripening here in Wisconsin in 90 days. Splendid health coffee and costing to grow about one cent a pound. A great rarity; a healthful drink.

Send us today 15 cents in stamps and we will mail you package above coffee seed with full directions and our mammoth seed and plant catalog free. Or send us 31 cents and we add 10 packages elegant flower and unsurpassable vegetable seeds, sufficient to grow bushels of vegetables and flowers. Or make your remittance 40 cents and we add to all of above 10 packages of wonderful farm seed specialties and novelties. John A. Salzer Seed Co., 182 S. 8th St., La Crosse, Wis.

**Give a Woman a Chance.**  
Compulsory military service for men, urges a German female advocate of women's rights, should be offset by compulsory domestic service for women. On the theory that life in barracks and drill in the manual of arms have benefitted German manhood, she asks, why will not life in the kitchen and exercise in the use of pots and pans similarly raise German womanhood?

If Germany ever organizes a standing army of cooks it may force all Europe to follow its lead. Culinary conscription is a severe measure, but when enforced in Germany other nations might be expected to adopt it. There would be more reason in doing so than in following Germany's lead in militarism. There is more real need of cooks the world over than of soldiers. It is possible to get along without fighting, but not without eating.

**A Cautious Answer.**  
"Now, Johnny," said the geography teacher, "what is the capital of Portugal?"  
"I dun'no, Miss Flanders," said Johnny, "but from what I hear tell of the extravagance of the late king they ain't much left."—Harper's Weekly.

Sore Throat is no trifling ailment. It will sometimes carry infection to the entire system through the food you eat. Hamlin's Wizard Oil cures Sore Throat.

The test of whether you are educated is, can you do what you ought, when you ought, whether you want to do it or not?—Herbert Spencer.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Modesty is to merit as shades to figures in a picture; giving it strength and beauty.—Bruyere.

For constipation, biliousness, liver disturbances and diseases resulting from impure blood, take Garfield Tea.

Give a girl a present, and she will not worry about the future.

# INFLAMMATION AND PAIN

Cured by Lydia E. Pinkham's Vegetable Compound.

Creston, Iowa.—"I was troubled for a long time with inflammation, pains in my side, sick headaches and nervousness. I had taken so many medicines that I was discouraged and thought I would never get well. A friend told me of Lydia E. Pinkham's Vegetable Compound and it restored me to health. I have no more pain, my nerves are stronger and I can do my own work. Lydia E. Pinkham's Vegetable Compound cured me after everything else had failed, and I recommend it to other suffering women."—Mrs. Wm. Seals 605 W. Howard St., Creston, Iowa.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs.

Women who suffer from those distressing ills should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Mrs. Pinkham, at Lynn, Mass. She will treat your letter as strictly confidential. For 20 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.

# Don't Persecute your Bowels

Get out catarrhs and irritations. They are cured by CARTER'S LITTLE LIVER PILLS.

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Headache and Indigestion, at all times.

Small Pill, Small Dose, Small Price. Genuine must bear Signature.

W. N. U., SIOUX CITY, NO. 10-1911.

**900 DROPS**  
**CASTORIA**  
ALCOHOL—3 PER CENT  
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of  
**INFANTS & CHILDREN**  
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral  
**NOT NARCOTIC**  
Recipe of Old Dr. SAMUEL PITCHEUR  
Pumpkin Seed -  
Alumina -  
Nicotian Sulfa -  
Anise Seed -  
Peppermint -  
Sulphate Soda -  
Warm Seed -  
Cloves Sugar -  
Wintergreen Flavor.  
Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.  
Facsimile Signature of  
Chas. H. Fletcher  
THE CENTAUR COMPANY,  
NEW YORK.  
At 6 months old  
35 Doses - 35 CENTS  
Guaranteed under the Food and Drug Act.  
Exact Copy of Wrapper.

# CASTORIA

For Infants and Children.  
The Kind You Have Always Bought Bears the Signature of  
Chas. H. Fletcher  
In Use For Over Thirty Years  
**CASTORIA**  
THE CENTAUR COMPANY, NEW YORK CITY.

# W. L. DOUGLAS

ESTAB. 1876  
\$2.50 \$3 \$3.50 & \$4 SHOES FOR MEN  
W. L. Douglas shoes cost more to make than ordinary shoes, because higher grade leathers are used and selected with greater care. These are the reasons why W. L. Douglas shoes are guaranteed to hold their shape, look and fit better and wear longer than any other shoes you can buy.  
**BEWARE OF SUBSTITUTES.**  
The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferior shoes.  
**REFUSE SUBSTITUTES CLAIMED TO BE "JUST AS GOOD"**  
If your dealer cannot supply you with the genuine W. L. Douglas shoes, write for Mail Order Catalog. Shoes sent direct from factory to wearers, all charges prepaid.  
W. L. Douglas, 145 Spark St., Brockton, Mass. \$2.00, \$2.50 & \$3.00

# For DISTEMPER

Pink Eye, Epizootic Shipping Fever & Catarrhal Fever  
Sore cure and positive preventive, no matter how horrid many stages are infected or "exposed." Liquid, given on the tongue; acts on the Blood and Glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings and is a fine kidney remedy. See and get a bottle; 75 and \$1.00 a dozen. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures." Special Agents wanted.  
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