THANKFUL TO MRS. PINKHAM

Letters Proving Positively that there is No Medicine for Woman's Ills Equal to Lydia E. Pinkham's Vegetable Compound.

(ALL LETTERS ARE PUBLISHED BY SPECIAL PERMISSION.)

"I cannot say enough in regard to Lydia E. Pinkham's Vegetable Compound. It has done me more good than all the doctors. I have been troubled with female weakness in its worst form for about ten years. I had leucorrhœa and was so weak that I could not do my housework.

I also had falling of the womb and inflammation of the womb and ovaries, and at menstrual periods I suffered terribly. At times my back would ache very hard. I could not lift anything or do any heavy work; was not able to stand on my feet long at a time. My husband spent hundreds of dollars for doctors but they did me no good. My husband's sister wrote what the Vegetable Compound had done for her, and wanted me to try it, but I did not then think it would do me any good. After a time, I concluded to try it, and I can truly say it does all that is claimed for it. Ten bottles of the Vegetable Compound and seven packages of Sanative Wash have made a new woman of me, I have had no womb trouble since taking the fifth bottle. I weigh more than I have in years; can do all my own housework, sleep well, have a good appetite, and now feel that life is worth living. I owe all to **Lydia E. Pinkham's Vegetable Compound.** I feel that it has saved my life and would not be without it for anything. I am always glad to recommend it to all my sex, for I know if they will follow Mrs. Pinkham's directions, they will be cured."

Gratefully yours, MRS. ANNIE THOMPSON, South Hot Springs, Ark.

CHANGE OF LIFE.

"I was taken sick five years ago with 'The Grippe,' and had a relapse and was given up by the doctor and my friends. Change of Life began to work on me. I flowed very badly until a year ago, then my stomach and lungs got so bad, I suffered terribly; the blood went up in my lungs and stomach, and I vomited it up. I could not eat scarcely anything. I cannot tell what I suffered with my head. My husband got me a bottle of Lydia E. Pinkham's Vegetable Compound, and before I had taken half of it I began to improve, and to-day I am another woman. Mrs. Pinkham's medicine has saved my life. I cannot praise it enough."

M. A. DENSON, Millport, N.Y.

PROFUSE PERIODS.

"I commenced taking Lydia E. Pinkham's Vegetable Compound about 3 months ago, and cannot express the wonderful good it has done me. Menstruations were so profuse as to leave me very weak for some time after. Was also troubled with leucorrhœa, tired feeling, bearing down sensation, pain across the back and thighs. I felt as though there was a heavy weight in my stomach all the time. I have taken two bottles of the medicine, and now have better health than I have had for four years."

MRS. LIZZIE DICKSON HODGE, Avalon, Ohio.

$5000 REWARD.—We have deposited with the National City Bank of Lynn, $5000, which will be paid to any person who can find that the above testimonial letters are not genuine, or were published before obtaining the writer's special permission. LYDIA E. PINKHAM MEDICINE CO.

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The real worth of W. L. Douglas $3.00 and $3.50 shoes compared with other makes is $4.00 to $5.00.

Our $4.00 Gilt Edge Line cannot be equalled at any price. We make and sell more $3.00 and $3.50 shoes than any other two manufacturers in the United States.

THE REASON more W. L. Douglas $3 and $3.50 shoes are sold than any other makes is because THEY ARE THE BEST. Your dealer should keep them; we give one dealer exclusive sale in each town.

Take no substitute! Insist on having W. L. Douglas shoes with name and price stamped on bottom. If your dealer will not get them for you, send direct to factory, enclosing price and 25c. extra for carriage. State kind of leather, size, and width, plain or cap toe. Our shoes will reach you anywhere. *Write for catalogue showing new Spring styles.*

We use Fast Color Eyelets in all our shoes. W. L. Douglas Shoe Co., Brockton, Mass.

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WINTER TOURIST RATES.

SPECIAL RATES: Tours to Florida, Key West, Cuba, Bermuda, Old Mexico, and the Mediterranean and Orient.

HALF RATES: Rates for the round trip to many points south on sale first and third Tuesday each month. To Hot Springs, Ark., the famous water resort of America, on sale every day in the year.

Tickets now on sale to all the winter resorts of the south, good returning until June 1st, 1901. For rates, descriptive matter, pamphlets and all other information, call at C. & St. L. R. R. City Ticket Office, 1415 Farnam st. (Paxton Hotel Bldg) or write

HARRY E. MOORES, C. P. & T. A. Omaha, Neb.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

Great motives cause great efforts and great efforts result in great happiness.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1900.

Unless the whole mind is given to a task it cannot be accomplished well.

Lame back makes a young man feel old. Wizard Oil makes an old man feel young. See your druggist.

In the game of life many a trick is taken with the trump of fame.

$148 will buy new Upright piano on easy payments. Write for catalogues. Schmoller & Mueller, 1313 Farnam street, Omaha.

DON'T GET WET! TOWER'S FISH BRAND Oiled Clothing BLACK OR YELLOW WILL KEEP YOU DRY NOTHING ELSE WILL TAKE NO SUBSTITUTE. FREE CATALOGUE, SHOWING FULL LINE OF GARMENTS AND HATS. A. J. TOWER CO. BOSTON, MASS.

IN 3 OR 4 YEARS AN INDEPENDENCE ASSURED

FARMS IN WESTERN CANADA FREE

If you take up your homes in Western Canada, the land of plenty. Illustrated pamphlets, giving experiences of farmers who have become wealthy in growing wheat, reports of delegates, etc., and full information as to reduced railway rates can be had on application to the Superintendent of Immigration, Department of Interior, Ottawa, Canada, or to W. V. Bennett, 801 N. Y. Life Bldg., Omaha, Neb.

IOWA FARMS 4½ PER CENT. CASH BALANCE TOP PRICE

Delights of West Point.

There's glory galore in buttons and braid,
In weapons as bright as dawn;
There's bursting pride in a grand parade
When the lasses are on the lawn,
When the lasses are on the lawn, my boys,
Our glittering selves to scan;
But supremest joy of West Point joys
Is licking a fourth-class man,
Is pounding a fourth-class man,
No pleasure so rife
In academy life
As thrashing a fourth-class man!

There's pleasure in playing the bully and boss
Whenever you're not found out,
In stuffing a guy with tabasco sauce
And roasting his "innards" out,
And roasting his "innards" out, my boys,
As stinging tabasco can,
But the sport, like "eagling," quickly cloys
In hazing a fourth-class man,
In feasing the fourth-class man;
Adversity scars
That infant of Mars,
The ill-fated fourth-class man.

He hasn't got even a Chinaman's chance
To put up a decent scrap;
Once the big, trained bruiser makes him dance
His blood is on copious tap,
His blood is on copious tap, my boys,
And such is our noble plan,
To take his physic and make no noise
Is the lot of the fourth-class man,
Unfortunate fourth-class man;
We see him keel o'er
In a pool of his gore,
And we laugh at the fourth-class man.
—P. G. S. in Chicago Journal.

Who Won the Revolution?

What class of people it was who fought and won the war of the revolution in 1776 is constantly obscured by the glamour which time and patriotism has thrown over the events of that stirring time, but Barrett Wendell, professor of English in Harvard university, has done something to clear up the point in his newly published "History of American Literature." He makes it perfectly plain that it was not the ruling class nor the commercial class of colonial days which set it in motion and carried the day, but rather the plain, homely, common folk, who, in order to free themselves from the yoke of Britain, fought and bled and went cold and hungry, themselves and their children, to leave the priceless heritage of freedom behind them. To gain some adequate conception of what Boston was under the king, it will be needful to go to some British colonial town of the same size today. The closeness of the comparison is shown by an anecdote which Mr. Wendell relates, to the effect that a man of position and rank in one of the British colonies was recently in the room of the Boston Museum of Fine Arts, which is devoted to the portraits of Boston merchants and similar worthies, painted by Copley in the years just preceding 1775. The Briton had been puzzled by the United States, but when he looked about at these men and women of the older American day his face lighted with comprehension and he said, laughingly: "Why, that's just the kind of people we are." Now, the notable thing about America is that the revolution practically exterminated that class in the country. Mr. Wendell's testimony to this effect is unimpeachable. "The revolution," he says, "destroyed the fortunes and the social leadership of this class. To find such people again in America, we must probably wait until after the civil war." New Brunswick, Nova Scotia and Ontario are populated largely today with the descendants of these exiles, who as united empire loyalists were driven out of the territories of the United States for their adherence to King George. They were, for the most part, the "best people" of that day, the gentry in both city and country, the women who entertained and the men who provided the means for such luxury as the world could then afford, the components of polite society, those from whom aristocratic descent could be taken with proper pride. Who, then, did win the revolution? Here Mr. Wendell is again explicit. He says, "The people who had been so profoundly stirred by this great awakening were the same who, in 1776, declared themselves independent of the mother country." This "great awakening" was the Whitefield revival, running the whole length of the country, from Georgia to New England, through the years between 1738 and 1745. "The great awakening testifies to one lasting fact—a far-reaching spontaneity and enthusiasm among the humble classes of America," he says again. This is one point which is always to be kept in mind—"the humble classes" of America, not the educated classes, nor the best people, nor the commercial nor financial interests made this country free and gave it self-government. The honor of being descended from revolutionary stock in the United States is the honor of tracing one's ancestry among these same "humble classes, a fact which tends to rationalize all American pride of birth.—Chicago News.

Gen. Greely on War Devices.

Scientific forecasts for a century must be regarded as merely vague suggestions, especially in an age of such tremendous advances as have characterized the nineteenth century. War in the twentieth century must to a greater extent than ever before make tributary the sciences of commerce and industry. The evolution of offensive military methods must invariably be in the direction of improved mechanism which will be automatically operated. Improved means of observation, communication and transportation will surely follow, as indispensable to efficiency. The most notable advances will be: 1. Rapid-fire machine guns of considerably extended power and range and so constructed that the fire can be controlled and regulated automatically with the greatest precision. 2. Devices wherewith high explosives can be safely thrown long distances, but so accurately delivered as to effectually shatter and destroy all objects adjacent to the point of its delivery. 3. Extensive improvements in mechanical traction, suited to its efficient use in a rough country and capable of concentrating rapidly men and material. 4. Adaptations and improvements in electrical devices which shall make surprises impossible and largely increase the facilities for the collection and diffusion of military intelligence. 5. The development of aerial navigation, which from its expense, difficulty and danger will first be utilized for war purposes rather than as a means of transportation. Such navigable means will serve for observation and for the effective delivery of high explosives. The evolution of aerial navigation will proceed on three lines—viz.: Balloons, flying machines and a combination of the two. The dirigible balloons in their constructive system will tend eventually to the use of very light metal, whereby sufficient strength of the envelope will be gained so as to safely permit great speed of travel and ability to withstand great gas pressure. The flying machine will be improved so that the carrying of dead weights—say, perhaps half a ton—can be done with ease and to moderate distances. This possibly will be the first system of acknowledged practicability. The combined method—that of separate balloons, with attached chambers of which the Zeppelin airship is a type—will be so developed that it can carry large weights for long distances, although the landing of such an air-ship must necessarily be a problem of such difficulty and danger as to confine its use to war purposes.—A. W. Greely in Chicago Record.

Army Recruits in Plenty.

Members of the staff of Gen. Elwell S. Otis scoff at the statements that the government will meet with difficulty in recruiting the army with the additional 35,000 men required under the reorganization bill, says the Chicago News. Col. W. P. Hall, adjutant-general of the department, said: "There are about 90 recruiting stations in the United States. From those stations our officers are enlisting on an average of 2,000 men a month. There has been no difficulty at any time in securing recruits. In fact, the trouble has been the other way, as many good men are turned away, the recruiting officer selecting the best from those calling on him. All that will be needed to secure the 35,000 men will be to increase the number of recruiting stations. Then it must be considered that of the 24 volunteer regiments to be mustered out soon, thousands of the discharged veterans will re-enlist. Some may not do it immediately, but after a few weeks' visit at home, they will take up the gun again. I suppose some inducement will be offered those volunteers in the Philippines to remain in the service. The inducement will probably be the travel pay which they are entitled to from the islands to this country. There are hundreds of country boys, making their board and $12 a month, who will be glad to take up service in the army, where they secure board, clothing, medical attendance, and at least $13 a month, and are not forced to work one-half as hard as they are on the farm. It is that class of men that are the most desirable. The government wants none but the best men and it will not experience the least difficulty in securing them." Capt. L. P. Hunt, in charge of the recruiting office at 82 Madison street, has secured the consent of the government to open a recruiting office at Streator.

Lincoln on Gen. Baker.

"When I was in Springfield, Abraham Lincoln and Gen. Baker, who was killed at Leesburg, Va., during the civil war, made the race for the Whig nomination for congress," said a personal friend of Lincoln's recently. "Both were Whigs, and both were keen for the nomination. Both had a strong personal following and if both ran the Democrat would win in the district. So a primary election was necessary to settle the contest. Baken won. Both men were at Springfield when the news came. Lincoln was depressed. The crowd, to cheer him up, called on him for a speech. Getting up, he said: 'Gentlemen, I'd like to comply with your request, but I can't make a speech now. I expected to receive the nomination, but I failed. If I had won I know Baker would have got up here and so charmed you with his eloquence as to make you believe you had done him a favor by nominating me. But I can't do it.'"

Admires His Thirst.

Three soldiers wearing the blue and yellow of the United States cavalry did a good turn the other day to a thinly clad, shivering "sandwich" man who was standing in front of Trinity church. The soldiers were making a hilarious way to South Ferry. Every block or so they stopped and took observations through their big black bottle. The sandwich man's teeth chattered and he looked at the bottle greedily. One of the soldiers noticed the mute appeal. "Have a drink, old party?" he said, passing the bottle over. The sandwich man grabbed it in two purple hands and before the cavalryman could stop him he had drank at least half a pint of cheap whisky. Then he wiped his lips on his coat sleeve and returned the bottle. The cavalryman's eyes bulged with wonder. "If I had a thirst like that," he said, "I'd never do another day's work."—New York Mail and Express.

Committee All Old Soldiers.

The senate military committee is made up of old soldiers. Senators Bate and Pettus fought in the Mexican war and in the confederate army also. Bate was a major general and Pettus a brigadier general. Cockrell was a brigadier general and Harris of Kansas an adjutant general with Wilcox's brigade. On the Republican side Senator Hawley, chairman of the committee, was a brevet major general, Proctor a colonel, Shoup a lieutenant and captain of scouts, Sewell a major general, Warren a private and noncommissioner officer and Burrows a major.

State Department of History.

Confederate Veteran associations of Alabama are advocating the establishment of a state department of history, to preserve historical documents affecting the state both in peace and in war.

Other birds fight on the co-operative plan, but the eagle fights all his battles alone.

Watering Hogs.

In the hygienic management of the horse it has been found that the best results from feeding follow where the animal is only allowed to drink prior to a meal. This is a subject that so far as we are aware has not been sufficiently considered as regards the management of hogs. The stomach of the pig is somewhat similar to that of the horse, so that it requires comparatively small amounts of food at frequent intervals. Its capacity is but from one and one-half to two gallons and, like that of the horse, digestion of grain goes on therein rather than in the intestines, which in the pig are about 72 feet long, counting large and small intestines together. It stands to reason that when the stomach contains that amount of food which it can properly care for as regards digestion, it also contains the average supply of gastric juice necessary for the perfect digestion of the food so far as it is carried out in the stomach. If at this time of repletion, when digestion is going on, the hog is allowed to drink all it cares to of water, we must conclude that loss is entailed by this act. The water taken into the stomach does not all stay there, even when the stomach is empty. A large portion of it passes into the large intestines, so that water taken just after a hearty meal must of necessity wash part of the undigested food into the intestines, and here it cannot possibly be as fully digested as it would have been in the stomach proper. We conclude, therefore, that there is a loss from feeding corn meal and at the same time allowing the hogs to drink all the water they care to take. If this idea is correct, then the proper way to feed would be to give the hogs all the water they want before feeding and keep the water away from them after and hinder them from drinking water until the meal is digested. It is a fact that hogs require much less water when fattening upon corn meal than they do when living upon other meals, such as rye or barley meal. If they require one part of water when eating corn meal they require one and three-quarters parts of water when eating barley meal. Although this is the case, there is no evidence to show that the water is required during the meal, but every reason to show that it should be given before the meal so that it will not wash out the contents of the stomach and remove undigested food to the bowels. It would also seem likely that undue dilution of the gastric juices by water taken during a meal would tend to reduce the power they have in the digestion of food, and this would be an added argument against allowing hogs drinking water while feeding upon corn meal or other dry rations. When it is remembered that the fattening period is a short one—the shorter the better—the feeder should do all in his power to have the hogs assimilate the largest possible proportion of the food nutrients of the meals consumed. The greatest gain from amount of food consumed is made during the first four or five weeks of the fattening period and the greater the gain made during this period the better, for the reason that after that period additional gain can only be made by the feeding of a larger amount of food per hundred pounds of gain and the amount of food consumed for each pound of gain increases fast the longer the pigs are fed. Our argument is, then, that during the first period of feeding upon corn meal more than at any other time, the hogs should not be allowed to drink water after or during the feeding time, as it will tend to waste food, lessen the amount of food nutrients assimilated, and so lessen the amount of gain made per hundred pounds of food consumed. It should be understood that this would apply equally to other foods than corn when fattening pigs. We hope that readers of the Farmers' Review will put this idea into practice and if possible test the truth of the theory by applying it to two lots of hogs and weighing them at the end of given periods of feeding.

Fertilizers for Grain.

In the experiments of the Central Station at Wooster, Ohio, where wheat has been grown in rotation with corn, oats, clover and timothy, the average increase per acre from plain acid phosphate, applied at the rate of 160 pounds per acre to wheat and 80 pounds per acre to corn and oats, or a total of 320 pounds during the five years of a rotation, has been 4.6 bushels of wheat, 3.6 bushels of corn, 7.2 bushels of oats and 500 pounds of hay, while from the same quantity of acid phosphate, carried partly in acid phosphate and partly in tankage, but re-enforced by the nitrogen carried in the tankage and by a small addition of muriate of potash, the average increase has been 7.2 bushels of wheat, 8 bushels of corn, 8 bushels of oats and 1600 pounds of hay.

The cost of the acid phosphate used on an acre in five years has been about $2.40, while that of the mixture of acid phosphate, tankage and muriate of potash, has been about $3.75; but the average increase from this mixture has been so much greater than that from acid phosphate alone as to give a total net profit, over the cost of the fertilizer, of about $12 per acre in five years for the mixed fertilizer against about $6 for the acid phosphate used alone.

Walnuts from Sewer Farm.

Superintendent Reynolds of the city sewer farm says that the crop of walnuts on the city property will amount to about three carloads, and that there will be not more than seven or eight sacks of "seconds" in all three. This is by far the largest crop the farm has ever produced and it also leads for quality. Mr. Reynolds sorted over 115 trays of the nuts and only found a tray and a half of second quality in the whole lot. The nuts have been sold to the Ontario Packing Company for 8¾ cents a pound for firsts, 6¾ cents for seconds.—Pasadena Star.

The royal "baron" of beef furnished for the queen's table Christmas was a remarkably fine joint taken from a three-year-old bullock bred by her majesty. The joint weighed 100 pounds and was roasted before the kitchen fire at Windsor before it was sent to the Isle of Wight. Before being served it was marked with the queen's monogram.

Wash the burners of your lamps, if you will (and they should be washed often), but do not boil the wicks; get new ones. They are inexpensive and much more safe and wholesome than the shrunken ones you get by putting them in boiling water.

Briggs—I hear you have been operating in Wall street. Griggs—A great mistake. I've been operated upon.—Harper's Bazar.

Vegetables and fruits are to be used most generally at that season of the year in which they naturally mature.

The prudent society belle tries to make her waist as little as possible.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. DR. R. H. KLINE, LTD., 931 Arch St., Philadelphia, Pa.

Don't dress to show. The thinnest soap bubbles wear the grandest colors.

Try Grain-O! Try Grain-O! Ask your Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. ¼ the price of coffee. 15c and 25c. per package. Sold by all grocers.

The fashionable boarding house table should show less gilding and more carving.

The stomach has to work hard, grinding the food we crowd into it. Make its work easy by chewing Beeman's Pepsin Gum.

Ambition is the road that leads to fame, but you can't travel over it on a pass.

TO CURE A COLD IN ONE DAY. Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. Grove's signature is on the box. 25c.

The average baby has no earthly use for anything he can't put in his mouth.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

Pride is the fog that surrounds insignificance.

Carter's Ink has the largest sale of any ink in the world, because it is the best ink that can be made.

A school teacher says he whips his pupils to make them smart.

PUTNAM FADELESS DYES are fast to sunlight, washing and rubbing.

The history of mankind is an immense volume of errors.

Neglect your hair and you lose it. PARKER'S HAIR BALSAM renews the growth and color. HINDERCORNS, the best cure for corns. 15cts.

Who knows the secret of application will acquire the means of success.

Catarrh Cannot Be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. Sold by druggists, price 75c. Hall's Family Pills are the best.

Some men are bigamists, but one wife is more than the average man can manage.

Sufferers from sick headaches are not users of Garfield Tea, for this HERB TEA is a positive cure for sick headaches, constipation and liver disorders.

The front parlor is the most popular of all court rooms.

Ghosts may talk, but few people understand the dead languages.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

An Irish politician says that half the lies told about him are not true.

You can't get bread from a stone, but you can get money from a gold brick.

We call our readers' attention to the advertisement of the Northwestern Hide & Fur Co., Minneapolis, Minn. This is an old reliable firm with a national reputation for originating and compiling information valuable to trappers and farmers on wild animals and their skins; they publish the best trapper's book ever printed. You can buy of them or ship them furs, hides, etc., in perfect confidence. Mention our paper when writing them.

The Diamond Match company reports net earnings of $2,014,838 during 1900, a little more than 14 per cent on that company's $15,000,000 capital stock.

WOMEN OF THE UNITED STATES

REGARD PERUNA AS THEIR SHIELD AGAINST CATARRH, COUGHS, COLDS, GRIP AND CATARRHAL DISEASES.

MRS. BELVA A. LOCKWOOD, LATE CANDIDATE FOR THE PRESIDENCY

Mrs. Belva Lockwood, the eminent barrister, of Washington, D. C., is the only woman who has ever been a candidate for the Presidency of the United States. She is the best known woman in America. As the pioneer of her sex in the legal profession, she has gathered fame and fortune. In a letter to The Peruna Medicine Company, she says:

"I have used Peruna both for myself and my mother, Mrs. Hannah J. Bennet, now in her 88th year, and I find it an invaluable remedy for cold, catarrh, hay fever and kindred diseases; also a good tonic for feeble and old people, or those run down, and with nerves unstrung."—Belva A. Lockwood.

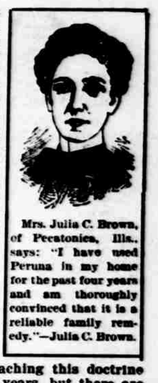
Mrs. T. Pelton.

Mrs. T. Pelton, 562 St. Anthony avenue, St. Paul, Minn., writes:

"Peruna has done wonders for me. It has cured my headache and palpitation of the heart; has built up my whole system. I cheerfully recommend Peruna to all sufferers afflicted with catarrh. My mother is never without Peruna. When one is tired and generally out of sorts, if Peruna is taken it immediately removes that tired feeling."

Peruna cures catarrh by removing the cause, inflamed mucous membranes.

Dr. Hartman, the compounder of Peruna, once said, in a lecture to women: "A great number of women consult me every year. I often have occasion to say to these patients, 'I fear you have catarrh, madam.' They will generally reply, 'Oh, no, I never had catarrh. My nose is perfectly clear, and my breath is not bad. I am not troubled with coughing or spitting, or any other disagreeable symptoms of catarrh.' But, my dear madam, you may have catarrh all the same. Catarrh is not always located in the head. You may have catarrh of the lungs, or stomach, or liver, or kidneys, and especially you may have catarrh of the pelvic organs."



Mrs. Julia C. Brown, of Pecatonica, Ills., says: "I have used Peruna in my home for the past four years and am thoroughly convinced that it is a reliable family remedy."—Julia C. Brown.

The doctor went on to say: "I have been preaching this doctrine for the last forty years, but there are a vast multitude of women who have never heard it yet. Catarrh may attack any organ of the body. Women are especially liable to catarrh of the pelvic organs. There are one hundred cases of catarrh of the pelvic organs to one of catarrh of the head. Most people think, because they have not catarrh of the head, they have not catarrh at all. This is a great mistake, and is the cause of many cases of sickness and death."

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.

Anyone—Anywhere

Our vehicles and harness are shipped to any point in the United States on approval, and for comparison with any other goods. We are willing to take chances on pleasing you. Are you willing to save money without taking any chances? Our Split Hickory Vehicles are right in style, in quality and in price. Write for our new catalogue and prices on seventy-six (76) different styles in vehicles and large assortment of harness. Buy direct from us, and save all dealers' commissions and profits. We are manufacturers of the famous Split Hickory Vehicles.

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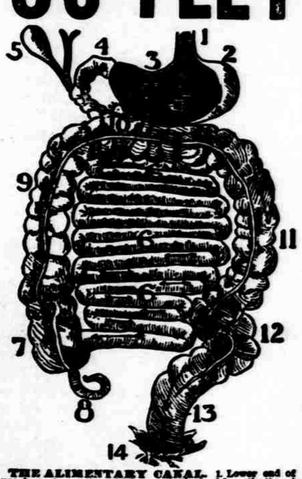
30 FEET OF BOWELS



THE ALIMENTARY CANAL. 1. Lower end of esophagus (meat-pipe) which conveys the food from the throat to the stomach; 2. Cardiac end of stomach; 3. Pylloric end of stomach; 4. Duodenum; 5. Gall bladder; 6, 6, 6. Small intestines; 7. Cæcum; 8. Vermiform appendix; 9. Ascending colon; 10. Transverse colon; 11. Descending colon; 12. Sigmoid flexure; 13. Rectum; 14. Anus. The duodenum is continuous with the small intestines. The small intestine empties into the large intestine or colon at the cæcum. The arrows indicate the direction which the contents of the bowels must take in passing through the alimentary canal.

are packed away in your insides and must be kept clean, in order and doing business.

It's a long way, with many turns and pitfalls to catch the refuse and clog the channel if not most carefully cleaned out every day.

When this long canal is blockaded, look out for trouble—furred tongue, bad breath, belching of gases, yellow spots, pimples and boils, headaches, spitting up of food after eating—an all-around disgusting nuisance.

Violent calomel purges or griping salts are dangerous to use for cleaning out the bowels. They force out the obstruction by causing violent spasms of the bowels, but they leave the intestines weak and even less able to keep up regular movements than before, and make a larger dose necessary next time.

Then you have the pill habit, which kills more people than the morphine and whiskey habits combined.

The only safe, gentle but certain bowel cleansers are sweet, fragrant CASCARETS, because they don't force out the foecal matter with violence, but act as a tonic on the whole 30 feet of bowel wall, strengthen the muscles and restore healthy, natural action. Buy and try them! (Look out for imitations and substitutes or you can't get results. Cascarets are never sold in bulk. Look for the trade-mark, the long-tailed "C" on the box.) You will find that in an entirely natural way your bowels will be promptly and permanently

Made CLEAN and STRONG by Cascarets LIVER TONIC

BEST FOR THE BOWELS

10c. 25c. 50c. ALL DRUGGISTS.

NEVER SOLD IN BULK.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what ails you, start taking CASCARETS to-day, for you will never get well and be well all the time until you put your bowels right. Take our advice, start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

GUARANTEED TO CURE: Five million boxes the first best of CASCARETS was sold. Now it is over six million boxes a year, greater than any other medicine in the world. This is a phenomenal record, and proves CASCARETS to be the most wonderful medicine. We have stock and will sell CASCARETS absolutely guaranteed to cure or money refunded. Go buy today, two 50c boxes, give them a fair, honest trial, as per simple directions, and if you are not satisfied, after using one 50c box, return the other box and the empty box to us by mail, or the druggist from whom you purchased it, and receive your money back in full. Take our advice—no matter what else you may think you want, you will be glad you started the next day. Health with quickly follows use of CASCARETS. Don't forget you first started the use of CASCARETS. Address STERLING REMEDY CO., NEW YORK or CHICAGO.