

FACTS IN NATURE.

Not Only Do We Get Inspiration From Nature, But Health as Well.

For people who are run-down and nervous, who suffer from indigestion or dyspepsia, headache, biliousness, or torpid liver, coated tongue with bitter taste in the morning and poor appetite, it becomes necessary to turn to some tonic or strengthener which will assist Nature and help them to get on their feet and put the body into its proper condition.

Nearly forty years ago, Dr. E. V. Pierce, now consulting physician to the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., discovered that by scientifically extracting and combining certain medicinal principles from native roots, taken from our American forests, he could produce a medicine which was marvelously efficient in curing cases of blood disorder and liver and stomach trouble as well as many other chronic, or lingering ailments. This concentrated extract of Nature's vitality he named "Golden Medical Discovery." It purifies the blood by putting the stomach and liver into healthy condition, gives it powerful digestion and assimilation of food which feeds the blood. Thereby it cures weak stomach, indigestion, torpid liver, or biliousness, and kindred derangements.

If you have coated tongue, with bitter or bad taste in the morning, frequent headaches, feel weak, easily tired, stomach or pain in side, back, gives it outbursts of acnes, belching of gas, constipation, or irregular bowels, feel flashes of heat alternating with chilly sensations or kindred symptoms, then point to derangement of your stomach, liver and kidneys, which the "Golden Medical Discovery" will correct more speedily and pleasantly than any other known agent.

Constitution and vitality are the most important factors in any disease. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. One a laxative; two or three are cathartic.

The word "God" never appeared in any government act until the year 1864, when, at the suggestion of the director of the mint, former Governor Pinckney of Pennsylvania, "In God We Trust" was stamped on the "E Pluribus Unum" had been the motto. Strange to relate, "E Pluribus Unum" on coins never was authorized by law.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents.

Defiance Starch is free from all injurious chemicals. If your grocery tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Defiance Starch saves time and money and the annoyance of the iron sticking. Defiance never sticks.

A Quorum. A quorum is a sufficient number of the members of an association to legally transact business. Unless a quorum is present no business is in order, except to adjourn. A majority of the members constitutes a natural quorum, but the by-laws of an association may prescribe a smaller number.

The All-Important Question. If the mother of a home were to paint a green ring around her nose and dye her hair blue, the first words of her husband and children on coming home would still be, "Is dinner ready?"—Atchison Globe.

Why It Is the Best. Is because made by an entirely different process. Defiance Starch is unlike any other, better and one-third more for 10 cents.

Garibaldi's Gaiter. According to La Tribuna di Roma, one of the gaiters worn by Garibaldi when he was wounded in the battle of Aspromonte August 28, 1862, has been presented to the mayor of Rome.

Defiance Starch. Defiance Starch should be in every household, none so good, besides 4 oz. more for 10 cents than any other brand of cold water starch.

Preparation the Main Thing. Frequently the number of hours spent at work in the office are simple inverse proportion to the months and years spent in preparation for the task.—John A. Howland.

Don't tell your intended that she is an angel unless you can keep up the bluff after you are married.

Every woman feels she knows just how far to go in the matter of assisting nature with her face and figure.

More Men Than Women. There are 1,840,280 more men than women in the United States, the same proportion prevailing in almost every other country.

Furnace Ventilation in Mines. The furnace as a means of ventilation is said to be more economical in deep mines than in shallow ones, as it acts by heating a column of air; the higher that column the greater will be the difference in the weight of air in the upcast and downcast shafts, and consequently the greater the motive power.

Africa's "Sneeze-Wood" Tree. One of the natural curiosities of South Africa is the "sneeze-wood" tree, which is so-called because one cannot cut it with a saw without sneezing, as the fine-rust has exactly the effect of snuff.

New Species of Bird. Dr. E. A. Mearns, an authority on ornithology, recently discovered several new species on the summit of Apo, a volcanic mountain of the island of Mindanao, in the Philippine group.

Highest Active Volcano. There are no fewer than twenty lofty volcanic peaks clustered about the city of Quito, the capital of Ecuador. One of these, Cotopaxi, is the highest active volcano in the world.

LOST 72 POUNDS. Was Fast Drifting Into the Fatal Stages of Kidney Sickness. Dr. Melvin M. Page, Page Optical Co., Erie, Pa., writes: "Taking too many tea drinks in New York in 1895 sent me home with a terrible attack of kidney trouble.

QUESTIONS HARD TO ANSWER. Prospective Jurors Greatly Puzzled By Legal Terms. Some of the strange makeshifts by which a man will resort to conceal his lack of knowledge on any particular line were graphically related by Attorney Elliott, who had hard work in his share of the impaneling of the now famous Gilaology jury.

Taste of Food in Fish. Some fish, like the carp and catfish, are able to taste food with the skin on the outside of their body or even with their fins or tails as well as in the mouth. The carp, for instance, is able to detect food with the scales anywhere on the outside of its body.

Parisian Fish from Africa. It having been proved by experiment that fish can be brought in refrigeration in god condition from Africa to Paris, a regular steamship company is to be inaugurated for supplying the capital with fish, lobster, etc., from the western African coast.

Cow Adopted Fawn. Mrs. Lawson of Richmond, Va., owns a cow, and the cow owned a calf, but this last was drowned in a swamp. Thereupon the bereaved mother adopted a fawn, first rescuing it from a hound which had chased it into the pasture.

Art of Advertising. The art of advertising consists not merely in attracting a reader, but in convincing him, and this can only be done by the sober statement of facts. Mere sensationalism cannot win in the end.—Milling.

Varying Weight of Bushel. A bushel of bituminous coal is different in different states. In Illinois, Iowa, Missouri and Kentucky its weight is eighty pounds; in Pennsylvania, seventy-six pounds; and in Indiana, seventy pounds.

OVER SEA HABIT. Difference on This Side the Water. The persistent effect upon the heart of caffeine in coffee cannot be said to be the gravest conditions, in time. Each attack of the drug that means each cup of coffee weakens the organ a little more, and the end is almost a matter of mathematical demonstration.

THE BEST COUGH CURE. A well-known Rochester lady says: "I stayed in the Adirondacks, away from friends and home, two winters before I found that by taking Kemp's Balsam I could subdue the cough that drove me away from home and seemed likely to never allow me to live in winter."

HE ATTENDS TO BUSINESS who goes straight to work to cure Hurts, Sprains, Bruises by the use of St. Jacobs Oil and saves time, money and gets out of misery quickly. It Acts Like Magic. Price, 25c. and 50c.

WINTER WEAKNESS.

Dr. Williams' Pink Pills for Pale People. Blood and Nerves.

In winter the air of the close rooms in which we spend so much of the time does not furnish enough oxygen to the lungs to burn out the foul matter in the blood. In the cold season we do not exercise as much and the skin and kidneys do not throw off the waste matter as freely as usual.

"They acted like magic in my case," said Mrs. Clara L. Wilde, of No. 377 Farnsworth avenue, Detroit, Mich. "I was weak and thin and could not sleep. My stomach and nerves were out of order. I can't describe how miserable I was in the months following through six months of feebleness, growing weaker all the time until finally I had to be carried home to my bed."

When a man confesses it is generally safe to assume that he thought he was going to be found out.

Do you advise that? The clerk asked excitedly. "Certainly, I do. Is she—do I know her?" "Yes, she will be at your dance at Devon tomorrow night."

A GUARANTEED CURE FOR PILES. Itching, smarting, burning, protruding piles. Dr. Williams' Pink Pills for Pale People.

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REPTILES IN WINTER.

Frogs and toads can stand freezing and thawing a few times, though the experience seems to be "wearing," as most of them succumb after repeated trials. Just how snakes pass the winter we do not know.

Swinging in Middle Ages. In the middle ages swings were hung by an ingenious pulley device. The rope was passed over a grooved wheel that was fastened to the ceiling by a bracket. The one who was swinging was not only pushed from behind by one of his fellows, but was also helped from the front by striking with his foot the outstretched foot of another comrade.

Forest Area of Siberia. Siberia has the biggest forest area of any country on earth, yet the timber for the construction of the eastern end of the trans-Siberian railway came from the United States.

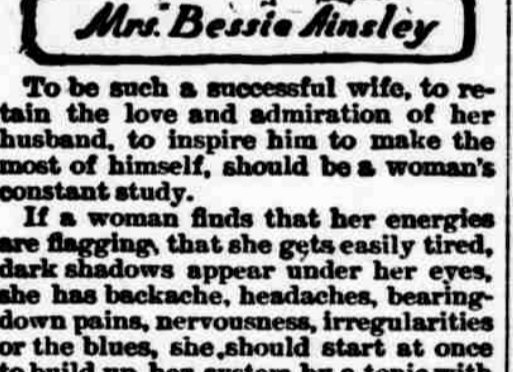
The world's yearly use of postcards is enormous. Germany uses 1,161,000,000, the United States 770,500,000, Great Britain 613,000,000. As to letters, however, the United States is far ahead of all other countries.

Insist on Getting It. Some grocers say they don't keep Defiance Starch because they have a stock on hand of other brands containing only 12 oz. in a package, which they won't be able to sell first.

A friend in word is not always a friend indeed. All Up-to-Date Housekeepers use Defiance Cold Water Starch, because it is better, and 4 oz. more of it for same money.

THE TROUBLE WITH TAKING A DAY OFF IS THAT YOU CAN'T PUT IT BACK. A TRULY IDEAL WIFE HER HUSBAND'S BEST HELPER. Vigorous Health Is the Great Source of Power to Inspire and Encourage All Women Should Seek It.

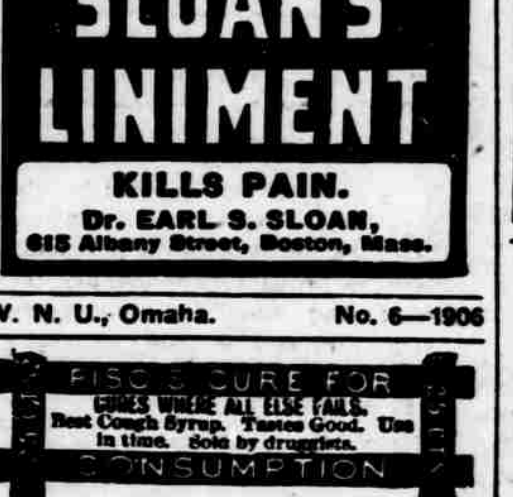
One of the most noted, successful and richest men of this century, in a recent article, has said, "Whatever I am and whatever success I have attained in this world I owe all to my wife. From the day I first knew her she has been an inspiration, and the greatest helpmate of my life."



To be such a successful wife, to retain the love and admiration of her husband, to inspire him to make the most of himself, should be a woman's constant study.

If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has backache, headaches, bearing-down pains, nervousness, irregularities or the blues, she should start at once to build up her system by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

Following we publish by request a letter from a young wife: Dear Mrs. Pinkham: "Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so I could not enjoy my meals, and half my time was spent in bed."



ANTISEPTIC REMEDY For Family and Farm SLOAN'S LINIMENT KILLS PAIN.

CAUGHT BY THE GRIP-- RELEASED BY PE-RU-NA

Pneumonia Followed La Grippe—Pe-na-na the Remedy that Brought Relief.

Mr. T. Barnecott, West Aylmer, Ontario, Can., writes: "Last winter I was ill with pneumonia after having a grippe. I took Peruna for two months, when I became quite well, and I can say that any one can be cured by it in a reasonable time and at little expense."

Systemic Catarrh, the Result of La Grippe. Pe-na-na Receives Credit for Present Good Health.

Mrs. Jennie W. Gilmore, Box 44, White Oak, Ind. Ter., writes: "Six years ago I had a grippe, which was followed by systemic catarrh. The only thing I used was Pe-na-na and Manalin, and I have been in better health the last three years than for years before. I give Peruna all the credit for my good health."

Pe-na-na—A Tonic After La Grippe. Mrs. Chas. E. Wells, Sr., Delaware, Ohio, writes: "After a severe attack of la grippe I took Peruna and found it a very good tonic."

"Most Effective Medicine Ever Tried for La Grippe." Robt. L. Madison, A. M., Principal of Chillicothe High School, Painter, N. C., is chairman of the Jackson County Board of Education. Mr. Madison says: "I am hardly ever without Peruna in my home. It is the most effective medicine that I have ever tried for la grippe."

Mrs. Jane Gift, Athens, O., writes: "I had a grippe every year. My husband bought Peruna for me. In very short time I saw improvement and was soon able to do my work."



Suffered Twelve Years From After-Effects of La Grippe. Mr. Victor Patneau, 325 Madison St., Topeka, Kas., member of Knights and Ladies of Security, writes: "Twelve years ago I had a severe attack of la grippe and I never really recovered my health and strength—but grew weaker every year until I was unable to work."

"Two years ago I began using Peruna and it built up my strength so that in a couple of months I was able to go to work again. This winter I had another attack of la grippe, but Peruna soon drove it out of my system. My wife and I consider Peruna a household remedy."

WINCHESTER "NEW RIVAL" BLACK POWDER SHELLS. The most successful hunters shoot Winchester "New Rival" Factory Loaded Shotgun Shells, blue in color, because they can kill more game with them.

Wheat to the acre means a productive capacity in dollars of over \$16 per acre. FARMERS WESTERN CANADA FREE. This is the land which has cost the farmer nothing but the price of tilling it, tells its own story.

DEFIANCE Gold Water Starch makes laundry work a pleasure. 16 oz. pkg. 10c. When Answering Advertisements Please Mention This Paper.

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READ THIS COUPON IS GOOD FOR \$1.00 ON PURCHASE FREE. Upon receipt of your name. Address: _____ Druggist's Name: _____ His Address: _____

YOU WRONG YOURSELF TO SUFFER From Constipation and Stomach Trouble. Why suffer or take needless chances with constipation or stomach trouble when there is a perfect, harmless, natural, positive cure within your reach?

WANTED. "There comes an opportunity in every life." Perhaps this is your chance;—Special Representative wanted (man or woman) in this community. Must have good references and be willing to work.

ANTI-GRIPINE IS GUARANTEED TO CURE GRIP, BAD COLIC, HEADACHE AND NEURALGIA. I won't tell Anti-Gripine to a dealer who won't guarantee it. Call for your nearest dealer. Call for your nearest dealer. Call for your nearest dealer.

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