

KIDNEY TROUBLE Suffered Two Years—Relieved In Three Months.



C. B. FIZER.

Mr. C. B. FIZER, Mt. Sterling, Ky., writes:

"I have suffered with kidney and bladder trouble for ten years past."

"Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt a pain."

"I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

Peruna For Kidney Trouble.

Mrs. Geo. H. Simser, Grant, Ontario, Can., writes:

"I had not been well for about four years. I had kidney trouble, and, in fact, felt badly nearly all the time."

"This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin."

"I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time."

"I feel that Peruna and Manalin cured me and made a different woman of me altogether. I bless the day I picked up the little book and read of your Peruna."

It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. There are times when they need a little assistance. Peruna is exactly this sort of a remedy. It has saved many people from disaster by rendering the kidneys service at a time when they were not able to bear their own burdens.

SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

YOU CAN KEEP DRY AND COMFORTABLE IN THE HARDEST STORM BY WEARING TOWERS' WATERPROOF OILED CLOTHING. Clean, Light, Durable, Guaranteed Waterproof. Low in Price. WRITE TODAY FOR FREE BROCHURE DESCRIBING MANY KINDS OF WATERPROOF CLOTHING.

WHAT MADE HIM DOUBTFUL. Size of Commuter's Hat Caused Acquaintance to Worry.

A commuters on the D., L. & W. remarked to a friend the other morning, "they came into the city."

"Hawkins, of Stamford, is going to move into that new house next door to me. I know him very slightly, and I understand that you know him pretty well."

"Yes, I have known him for upward of 20 years."

"Well, what kind of a fellow is he, anyhow?" asked the commuter.

"A first-rate fellow, and in every way desirable. Why?"

"I just wanted to know, because I could never quite make up my mind about him, he wears such a small hat."—Philadelphia Ledger.

Use for Worthless Stocks. "Wildcat mining stocks are not altogether useless—or worthless, either," said a downtown broker who handles cheap mining stocks, the other day as he hung up the telephone receiver.

"Here's a man who has just offered me \$50 for enough mining stocks to have a face value of \$50,000. He wasn't particular what stocks he got if they only had a paper value of \$50,000. I closed the deal and shall make money on it, too. What did he want with such stocks? Well, I haven't the slightest doubt but that he is getting ready to go into the bankruptcy court and wants to show his creditors where his money has been dropped. We often get such requests and are usually able to fill them."—N. Y. Sun.

Socrates was henpecked, but no woman can prove that he might not, if he had possessed a happy home, have been a greater philosopher than he was.

On the Making of a Prima Donna

By Lillian Nordica

Her Own Early Experience—Why Italy Is Best Field for Training After Foundation Is Laid—"Genius Is Willing to Lay the Foundation of Her Structure Unobserved"—Several Languages Required—Self-Command Vital—Singers Must Be Abstemious—"Self-Denial Required to Keep Fresh for One's Art"—Training That Is Needed Before Summit Is Reached.

(Copyright by J. B. Bowles.)

(Mme. Nordica's first appearance in public was when at 15 years of age she sang as Lillian Norton in the choir of a church in Boston. Later she sang with Gilmore's band, and thus secured money to study abroad. After a few years in Italy she made her first great success in grand opera in St. Petersburg. Her later distinguished career in the capitals of Europe and in this country is well known. In private life she is Mme. Zoltan Dome.)

The singer who would have a career must begin almost in infancy, unconsciously, perhaps, at first, and directed oftentimes by the tender training of a far-seeing mother, as was my own good fortune. Later, as the years advance and the aim and end of things become more surely recognized, art assumes the place of first importance in one's life; if it does not, there is no call to a career. But all this period of preliminary training and hard work is but the preface to the book which holds so many chapters.

When a young woman steps out on the stage she emerges from the private schoolroom of the studio into the public one of the theater. There her hardest lessons have to be learned, her hardest battles fought. Much may present itself to her in a light that will disillusionize, but the beauty and nobility of her art will grow more strongly with her appreciation and prove at once her supreme comfort and compensation for the unpleasant side of things.

In the making of a prima donna there is nothing more important than recognizing an opportunity when it arrives. The great chances are not presented at the very outset.

One recollection comes to me very vividly of an experience of my own. When Mr. Gilmore, then in the zenith of his success, offered me an engagement to tour in concert with his organization, many friends considered it beneath the dignity of my position to "sing about the country with a brass band," as they put it. But I went quietly ahead and accepted the opportunity.

The tour extended not only throughout America but Great Britain, and finally to Paris. At the end of it I had saved sufficient to fulfill my plans and to go to Italy to make final preparations for a grand opera career.

The darkest moments and the most serious misgivings are apt to precede the best success. After singing Elsa in "Lohengrin" in America and England, I accepted the invitation of Mme. Wagner to create the role at the festival performance in Baireuth. The ordeal was a severe one, and days of arduous study and rehearsal followed my arrival there. Diversions were planned for me by the great composer's widow, and the members of her family to lighten the strain upon my mind and every faculty, but go where I might the great festspielhaus seemed to pursue me with its shadow.

Often than once I was tempted to have my things packed and flee from the ordeal. But after wakeful nights of anxiety the morning hours would find me again preparing for the test that had been decided upon. When that test was over, the way had been paved for the study of the Brunnhilde and Isolde, the final end and aim of those who would rightly claim the title of dramatic singers.

High ideals and high aims mark out for one a thorny path which can be trodden but a step at a time with the end always in view, and the unvarying rule to do to the best of one's powers and abilities the task that the moment presents.

In the making of a prima donna Italy is the best field for training, because of the great number of theaters in small towns where opera is constantly presented. First, however, before a thought of this debut in opera, the American girl who wishes to be a prima donna must have undergone a thorough vocal training in her own country. When the foundation is once laid comes the time to consider foreign study and not before. During the earlier and vitally important period of study of the many who come to sing to me, I am sorry to acknowledge that there frequently appears an impatience on the part of the American girl, gifted as she so often is, and a desire to get there by short cut, some royal road, easier and smoother than the beaten one.

The little king of Spain, when he first heard the expression "royal road to learning," said mournfully: "Please let us take some other way, for the royal way seems always the hardest." Unconsciously he spoke the truth—the royal way is the hardest, but it is the only right way. And it saves us the weary retracing of many steps made along another path that for the time had seemed a pleasant one.

The earlier that most important lesson of "think for yourself" is learned

the earlier will you arrive at the destination where you would be. Use your own mind, do not rely on some one else to supply you with thoughts. Inquire into what you are doing, know the why and wherefore. That in itself does not imply that you are to question the correctness of views advanced by those of experience, but that you should find out how they reach such conclusions and their reasons for doing so. To think for ourselves in every direction and in every detail of our daily lives helps naturally, and as well in the advancement of our art—for after all our art is the result of everything that we have learned. "Genius is willing to lay the foundation of her structure unobserved."

The being in a foreign country, such as Italy, so picturesque and full of color, awakens the imagination strongly. Music is there an old sweet story learned unconsciously through hundreds of years, until it is instinctive rather than acquired. How quickly the audiences in those little opera houses will tell you whether you have anything in you or not! They are not infallible, but if they do not receive a young singer with some degree of recognition it is time for that singer to undergo a rigorous self-questioning as to what the matter was, and then set about rectifying it to the best of her ability.

In early life, when we would have every season June, the months that come before the wished-for time seem long ones, but without their passage June would never be.

Every young prima donna longs some day to sing Brunnhilde, but before she can do that she must have sung her Violetta, her Leonore and the lighter of the old Italian roles. When that is done the Elsa, the Isolde and the rest come in their order. Gradually, with the growth of strength, physique, routine and experience, she reaches a height where Brunnhilde and Isolde stand among the immortals. Here again it is the same maxim: "Make haste slowly"—to do each thing that we undertake so well that it becomes a part of us before we go on to the next.

Nowadays, when an opera singer is called upon to sing in three or four languages, the study of those languages becomes of great importance and cannot be begun too early. It proves a source of surprise to those whose opinion is asked by young singers, that so many of them, even in the delivery of a familiar, time-worn aria, do not know what it is about. Without a full knowledge of the meaning of each word and of the situation in which an aria is placed the singer destroys its prime element. It is impossible to make others feel that which you do not feel yourself. How can we feel that which is sealed to us in meaning? It is out of the question.

This leads again to an important matter and a critical one—excess of feeling. The moment that one loses command of one's self, in that moment is lost also the command of one's audience. Between genuine feeling and the loss of self-control there is as distinct a difference as between sentiment and sentimentality. A painter in depicting a scene on canvas must work with enthusiasm, imagination, fervor and ample technique. The moment, however, that he loses the quality of self-command, he loses as well the control of his subject and a blur and jumble is the result. With the singer conditions are identical.

By a paradox, which is as well an unalterable law, the singer must be peculiarly responsive on the emotional side, which means a highly developed nervous organization, and yet she must have her nerves under absolute control.

It is scarcely necessary to repeat here anything so well recognized as the fact that a singer must lead the most abstemious of lives, enjoying pleasures always in moderation, but never in excess. Another truism, and yet one that is not always recognized by the layman, is the fact that no singer can safely give way to a display of temper, for nothing is more injurious to the voice. Much has been said and written of the giving way by singers to fits of ill temper. A long series of nagging worries and nervous strain to which the singer is so frequently subjected may result in an occasional outburst, but the singer who gives way to such outbreaks habitually is not likely to sing very long.

In the days when the good old Italian operas made up the complete repertory of the most ambitious prima donna the lines were easy ones compared to the present. A knowledge of literature, of life, through close observation—and always so fruitful a study—development through travel, and knowledge of the methods of older and more experienced artists, whose performances cannot be too frequently witnessed, are helps in the cultivation of this higher mental equipment. Through studies in this direction and through one's own natural thought, there grows an ability to portray the complex emotions attributed to the great personages of the music drama.

For this, and for much more, we have Wagner to thank, a composer whose music all are ambitious to sing, but whose music must only be approached after long and faithful service to that field which leads the equipment safely up to it—the old Italian opera.

Good Definition of Friend. Emerson: A friend may well be reckoned the masterpiece of nature.

No woman ever blushes until she puts on long skirts.

DOES YOUR BACK ACHE?

Profit by the Experience of One Who Has Found Relief.

James R. Keeler, retired farmer, of Fenner St., Cazenovia, N. Y., says: "About fifteen years ago I suffered with my back and kidneys. I doctored and used many remedies without getting relief. Beginning with Doan's Kidney Pills, I found relief from the first box, and two boxes restored me to good, sound condition. My wife and

many of my friends have used Doan's Kidney Pills with good results and I can earnestly recommend them." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

PAUL HAD HIS OWN IDEA.

Father's Explanation of Lightning Not Satisfactory to Him.

Little Paul was four years old when the western city in which he lived was swept one night by a terrible storm. Wind, thunder and lightning played havoc, and while other members of the family were huddled in dark corners, Paul watched the illumination of the sky with great delight. The next morning at breakfast he asked his father what caused the streaks of fire across the sky, and his father, with great pains, essayed to explain. Paul listened attentively and apparently accepted what was told him, but when he found attention diverted from himself, he leaned over to his aunt, who sat beside him, and whispered: "It wasn't that, auntie. It was God scratching matches on the sky."

BABY'S ECZEMA GREW WORSE.

Hospitals and Doctors Could Not Relieve Him—But Cuticura Remedies a Speedy, Permanent Cure.

"Eczema appeared when our baby was three months old. We applied to several doctors and hospitals, each of which gave us something different every time, but nothing brought relief. At last, one of our friends recommended to us Cuticura Soap and Cuticura Ointment. A few days afterwards improvement could be noted. Since then we have used nothing but Cuticura Soap and Cuticura Ointment, and now the baby is six months old and is quite cured. All that we used was one cake of Cuticura Soap and two boxes Cuticura Ointment, costing in all \$1.25. C. F. Kara, 343 East 65th Street, New York, March 30, 1906."

Bound to Celebrate.

"The gennal came up the othah evenin' to play kyards," said the Kentucky colonel. "Theah was a pahty of us. They were all drinking rathah heavily of some ole Kentucky I passed aroun' as they played. The gennal aftah awhile began to tell about his bein' his bithday. He insisted that it was his bithday in spite of the fact that we knew he had celebrated his bithday with us some seven months ago."

"We humohd him, but we found out atfehward that it was his wife's bithday instead of his'n and what he got foh celebratin' it way from home and huh was good an' plenty."—N. Y. Press.

The inducements to adopt Nature's perfect Laxative, Garfield Tea, are many! It is made wholly of simple herbs and is guaranteed under the Pure Food and Drugs Law; it overcomes constipation, regulates the liver and kidneys, purifies the blood and brings Good Health.

Not a Bit of It.

City Boarder—When you exchanged cattle with Farmer Smith, did you get a quid pro quo?

Farmer Jones—No, Neighbor Smith didn't try no sich mean tricks on me. We swapped fair and even.—Baltimore American.

Ladies Can Wear Shoes

One size smaller after using Allen's Foot-Ease. A certain cure for swollen, sweating, hot, aching feet. At all Druggists, 25c. Accept no substitute. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

Labor rids us of three great evils—tediousness, vice and poverty.—French.

Perfect Womanhood

The greatest menace to woman's permanent happiness in life is the suffering that comes from some derangement of the feminine organs. Many thousands of women have realized this too late to save their health, barely in time to save their lives.

To be a successful wife, to retain the love and admiration of her husband, 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, headache, bearing-down sensations, 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

the great woman's remedy for woman's ills, made only of roots and herbs. It cures Female Complaints, such as Dragging Sensations, Weak Back, Falling and Displacements, Inflammation and Ulceration, and all Organic Diseases, and is invaluable in the Change of Life. It dissolves and Expels Tumors at an early stage. Subdues Faintness, Nervous Prostration, Exhaustion, and strengthens and tones the Stomach. Cures Headache, General Debility, Indigestion, and invigorates the whole female system. It is an excellent remedy for derangements of the Kidneys in either sex.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Speaking of shade trees—most family trees are more or less shady.

Anyone can dye with PUTNAM FADE-LESS DYES; no experience required; success guaranteed.

Don't expect a man to have faith in your judgment if you call him a fool.

Krause's Cold Cure. For cold in head, throat, chest or back. Best remedy for La Grippe. Druggists, 25c.

What do we live for, if it is not to make life less difficult to each other?—George Eliot.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, L. I., 931 Arch St., Philadelphia, Pa.

It requires the same kind of patience to teach a pig to waltz that is needed by the fisherman who can angle all day without getting a bite.

Spring always brings into special favor Nature's blood purifier, Garfield Tea. It is made wholly of clean, sweet herbs. It purifies the blood, cleanses the system, clears the complexion, eradicates disease and promotes Good Health. For young and old.

Then She Takes the Lines. The young girl's air was pensive. "To-morrow," she said, "Reginald will conduct me to the altar. There—" Smiling, she lighted another cigarette. "—his leadership will end."

The Reason. Shea—How long have you been sick? Ryan—Five days. Shea—Glory be! An' why don't ye git a doctor? Ryan—Shure, I got to go to wur-ruk Monday mornin'.—Puck

Canon May Break Record. Of the congressmen who have served since the foundation of this government, more than 12,000 individuals, only 34 have served 20 years or more. The longest service was that of John H. Ketcham, of New York, who served 33 years, and was a member when he died. Mr. Cannon, who comes next, has served 32 years. Since he is elected to the next congress he will, if he lives to the end of his term, take the first place in the list of veterans.—Youth's Companion.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J. C. Hatcher. In Use For Over Thirty Years. CASTORIA. 900 Drops. 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 Dispensary: Pumpkin Seed, Lic. Soda, Rochelle Salts, Olive Oil, Sassafras, Elix. Ferrous Sulfate, Worm Seed, Castor Sugar, Wintergreen Flavor. A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. Fac-Simile Signature of Dr. J. C. Hatcher, NEW YORK. At 6 months old 35 Doses—35 CENTS. Guaranteed under the Food and Drug Act. Exact Copy of Wrapper.

Still Normandy's Heroine.

One of the favorite postal cards offered for sale to tourists by shop keepers of Rouen, Normandy, shows a modern feminine compatriot of Joan of Arc dressed and posed to represent the great French heroine spinning in her thatched roofed cottage at Domremy.

DODD'S KIDNEY PILLS. CURES RHEUMATISM, BRUISES, DIABETES, BACKACHE, GRAVEL, NEURALGIA, MIGRAINE, HEADACHE, SCISSORING, SPID INJURY, AND ALL AFFECTIONS OF THE URINARY ORGANS. Sold only in packages.

SAWYER'S EXCELSIOR BRAND Oiled Clothing and Slickers. One of the best sellers is our Excelsior Brand Crack-Proof Motorist's Coat, adapted for general use. Best quality. Guaranteed waterproof. Your dealer should have it; if not, write us. Look for the Excelsior trade mark. SAWYER'S EXCELSIOR. N. M. SAWYER & SON, EAST CAMBRIDGE, MASS.

A Positive CURE FOR CATARRH. Ely's Cream Balm. Is quickly absorbed. Gives Relief at Once. 50c. Ely Bros., 56 Warren St., N. Y.

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HAS BEEN MADE ACCESSIBLE TO MARKET BY THE RAILWAY CONSTRUCTION that has been pushed forward so vigorously by the three great railway companies.

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