

# WHAT IS PE-RU-NA?

Is it a Catarrh Remedy, or a Tonic, or is it Both?

Some people call Peruna a great tonic. Others refer to Peruna as a great catarrh remedy.

Which of these people are right? Is it more proper to call Peruna a catarrh remedy than to call it a tonic?

Our reply is, that Peruna is both a tonic and a catarrh remedy. Indeed, there can be no effectual catarrh remedy that is not also a tonic.

In order to thoroughly relieve any case of catarrh, a remedy must not only have a specific action on the mucous membranes affected by the catarrh, but it must have a general tonic action on the nervous system.

Catarrh, even in persons who are otherwise strong, is a weakened condition of some mucous membrane. There must be something to strengthen the circulation, to give tone to the arteries, and to raise the vital force.

Perhaps no vegetable remedy in the world has attracted so much attention from medical writers as HYDRASTIS CANADENSIS. The wonderful efficacy of this herb has been recognized many years, and is growing in its hold upon the medical profession.

From a theoretical standpoint, therefore, Peruna is beyond criticism. The use of Peruna, confirms this opinion. Numberless testimonials from every quarter of the earth furnish ample evidence that this judgment is not over enthusiastic.

A Trolley Hospital. Milwaukee has a novelty in trolley cars. It is a hospital car which has recently been put in service.

Magnetic Healing. Dr. Wenzel, who is not a magnetic healer, explained to me in a thoroughly practical way the secret of the art.

An Irish Hemorrhage. In Toledo, Ohio, recently an Irishman was hard at work painting the top of a telephone pole a bright green.

EASY FOOD. Ready For Instant Use Without Cooking. Almost everyone likes a cereal food of some kind at breakfast and supper.

The earliest food to digest in this line is Grape-Nuts, made from wheat and barley, and cooked thoroughly at the factory, some 12 to 16 hours being consumed in the different processes of preparation.

A Chicago young lady writes that she suffered for years from indigestion and dyspepsia from the use of food that was not suitable to her powers of digestion.

People can be well, practically without cost, if they will adopt scientific food and leave off the indigestible sort.

Grape-Nuts Food is crisp and delicious to the taste. It should be served exactly as it comes from the package, without cooking, except in cases where it is made up into puddings and other desserts.

# A GLIMPSE OF THE LARGEST FEDERAL PRISON IN THE UNITED STATES.

By Mrs. C. R. MILLER.

At the Federal prison at Leavenworth, Kan., 955 prisoners are engaged in building around and over them the very prison in which they will be confined.

The prison is like a model town, and in time the officers expect to make it self-supporting. Uncle Sam is economical, and as far as possible the prisoners are made to earn their food and clothing.

The Indians are usually model prisoners and are excellent workmen. They have little to say, and in almost every instance are obedient.

The two Japanese, who speak little English, are engaged in the tailor shop. As far as possible everything needed in the prison is the handiwork of the inmates.

On the Gridiron. Carl Flinders, whose coaching was a big help to the Indians last season, has joined the gridiron faculty at New Haven.

Year's Wheat Production. Washington, D. C.—The Agricultural Department reported that the condition of corn on October 1 was seventy-eight per cent.

On that day 800 pounds of pork, 150 pounds of rolled oats, and 100 pounds of sugar were consumed. The average cost per man for that day's food was a trifle over twelve cents.

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Once Poor Now Rich. at Fifty-seven goes to College. Washington, Pa.—Peter Murray of Buena Vista, at the age of fifty-seven, has gone to college.

# WHY NOT EXTEND THE RULE?



—Cartoon from the Brooklyn Eagle.

# FULL DINNER PAIL IS UP \$1 A WEEK

Boarding House Union Boosts Rates and Won't Except Hungry Schoolma'ams.

Springfield, Mass.—Twenty West Springfield boarding-house mistresses met at the home of Mrs. Charles Clark, Jr., and voted to form a Boarding-house Union.

The union decided to raise the price of board from \$5 to \$6 a week and to put the new rate into effect at once.

One of the chief causes of dissatisfaction was the full dinner pail. It was asserted that railroad men who carried their dinners provided themselves with pale as large as wash-bowls and expected the boarding-house mistresses to fill them with "lunch."

"A school teacher's appetite is as good as anyone's else and they are more better than two men," was the prompt reply of a maiden lady.

# SUICIDES OF CHILDREN CAUSE WORRY IN GERMANY

Frequency of Self-Destruction Among the School Boys and Girls Alarms.

Berlin.—The frequency of suicides among school boys and girls is attracting much attention in Germany. The Prussian Ministry of Education has recently ordered that a thorough investigation of the matter be undertaken.

Statistics of such suicides show that in the twenty-one years, 1883-1903, there were 1125 suicides of pupils of the gymnasiums and common schools, making an average of nearly fifty-four per annum.

The greater frequency of suicides below fifteen years, however, was due wholly to the fact that the pupils below that age so far outnumber those above.

Not less than twenty-eight per cent. of the suicides were of children whose parents were poor, drunkards or mentally unbalanced.

One group of these embraced pupils whose mental capacities did not fit them for the school work or for the profession for which they had chosen to prepare themselves.

# LORD ROTHSCHILD LAYS FINANCIAL UNEASE TO ROOSEVELT

Head of Banking House Says Speeches Have Frightened Away English Investors.

London.—"Stocks are low," said Lord Rothschild, head of the famous banking house, in an interview, "because Governments all over the world are hitting at capital."

Lord Rothschild demurred at the suggestion that the condition of the money market is due to a boom in trade, which leaves little cash free for investment.

"Of course, President Roosevelt's speeches against the conduct of the American railways are greatly disturbing that market. We must all admit that the manipulation of railroad stock in the United States has not always been quite what it should have been, but this does not detract from the serious character of the President's campaign.

"Speaking generally, would you say that the prices of leading securities are likely to improve as the autumn progresses?" was asked.

"Ah," replied Lord Rothschild, as he shook his head, laughing, "it is the railway board which will see how events turn and that they may display greater confidence when the spring comes, but, after all, none of us is in a position to indulge in forecasts."

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Women in the Day's News. A German observer says that women's home life is ruined by their clubs.

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# BACKACHE AND DESPONDENCY

Are both symptoms of organic derangement, and nature's warning to women of a trouble which will sooner or later declare itself.

They do not realize that the back is the main-spring of woman's organism and quickly indicates by aching a diseased condition of the feminine organs or kidneys, and that aches and pains will continue until the cause is removed.

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass. Her advice is free.



MISS LENA NAGEL

# Lydia E. Pinkham's Vegetable Compound

Made from native roots and herbs has been for many years the most successful remedy in such cases. No other medicine has such a record of cures of feminine ills.

Miss Lena Nagel, of 117 Morgan St., Buffalo, N. Y., writes: "I was completely worn out and on the verge of nervous prostration. My back ached all the time. I had dreadful periods of pain, was subject to fits of crying and extreme nervousness, and was always weak and tired."

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# W. L. DOUGLAS

\$3.00 & \$3.50 SHOES BEAT IN THE WORLD. Reward \$25,000. THE REASON W. L. Douglas shoes are so popular is because of their excellent style, easy-fitting, and superior wearing qualities.



# He Introduced Himself.

The Chief Game Warden of Colorado was walking out in the mountains recently, when he met a hunter with his gun.

"It certainly is," said the hunter, proudly. "I killed one of the finest bucks yesterday. I over saw, and he weighed more than 200 pounds."

"Well, that is a fine one," said the warden, "and do you know who you are talking to?"

"No, sir," said the hunter, apparently much relieved, "you are talking to the biggest Har in the whole State of Colorado."

"Kill One Every 15 Hours. Every 15 hours a life is lost in New York under the wheels of a passenger car—surface, elevated or steam.

Examples Of Bathos. Prof. Brander Matthews, writer and teacher, at a recent dinner-talked of bathos with his usual wealth of apt illustration.

TEN YEARS OF PAIN. Unable to Do Even Housework Because of Kidney Troubles.

Mrs. Margaret Emmerich, of Clinton St., Napoleon, O., writes: "For fifteen years I was a great sufferer from kidney troubles. My back pained me terribly. Every turn or move caused sharp, shooting pains. My shooting was poor, dark spots appeared before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney secretions were irregular, and doctors were not helping me. Doan's Kidney Pills brought me quick relief, and finally cured me. They saved my life."

Doan's Kidney Pills. Sold by all dealers. 50 cents a box. Foster-McMillan Co., Buffalo, N. Y.

# A Geyser Clock.

One of the most curious clocks in the world is said to be that which tells the time to the inhabitants of a little American backwoods town.

Beware of Ointments For Catarrh That Contain Mercury. Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces.

Are you a believer in 3-cent fare? "No, that's what we get at our boarding house; but it isn't what we pay for."

It's easier to lead a man to drink than it is to drive him the other way.

BABY WASTED TO SKELETON. In Torments With Terrible Sores on Face and Body—Tore at Flesh—Cured by Cuticura.

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