

Health

"For 25 years I have never missed taking Ayer's Sarsaparilla every spring. It cleanses my blood, makes me feel strong, and does me good in every way."
—John P. Hodnette, Brooklyn, N.Y.

Pure and rich blood carries new life to every part of the body. You are invigorated, refreshed. You feel anxious to be active. You become strong, steady, courageous. That's what Ayer's Sarsaparilla will do for you.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and we will be satisfied.
—J. C. Ayer Co., Lowell, Mass.

UNDER RUSSIA'S HEEL.

How the Denationalization of Finland Is Progressing.

From Helsinki it is stated that the governors of Abo, St. Michaels, Wasa and Uleaborg have been dismissed. The reason assigned for this arbitrary proceeding on the part of the Russian governor general of the grand duchy is that the displaced Finnish governors failed to show a proper zeal in explaining and enforcing the new law of military conscription for the imperial army. They were, very naturally, of the opinion that Finnish conscripts should be drawn from Finland only. The Soviet has a brutally conceived article on the subject of these official dismissals. It denounces such Finnish officials as malignantly mischievous pseudo patriots, and recommends more sweeping and drastic measures for the Russification of the Grand Duchy. The volume of Finnish emigration is steadily increasing. During last year 27,600 Finns left their homes, chiefly for the United States of North America.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. Kline, Ltd., 381 Arch St., Phila., Pa.

A girl may make a date with a fellow and not care a fig for him.

Beware of Ointments For Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure to get the genuine. It is taken internally, and is made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists; price, 75c. per bottle. Hall's Family Pills are the best.

Many a fellow who has fallen in love at first sight wishes he had taken another look.

Mother Gray's Sweet Powders For Children Successfully used by Mother Gray, nurse in the Children's Home in New York. Cure Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and Destroy Worms. Over 50,000 testimonials. At all druggists, 25c. Sample mailed Free. Address: Allen S. Olmsted, Le Roy, N. Y.

Any experienced burglar will tell you that a safe robbery isn't as safe as it sounds.

Habitual Criminals.

It is asserted that the Iowa Legislature has passed a law under which a person twice convicted for crime in any city or borough of the United States shall be deemed a habitual criminal and sentenced to 25 years. A bill was also introduced into the Mississippi Legislature providing for life sentences for habitual criminals on a third conviction for felony. The two previous convictions may have taken place anywhere within the limits of the United States. This law provides that such life prisoners may have the benefit of parole under such rules and regulations as the board of parole may impose. Superintendent Collins of New York State has made a recommendation in the same direction, claiming that the great majority of the professional criminals in the State criminal institutions have served three previous terms for felony, and that for these there is no hope for reform. On the other hand, the Ohio Legislature last year repealed its habitual criminal law.

The Funny Side of Life.

A Paradoxical Affair.
When I am riding on the train,
In ecstasy I roar,
To think that I am going where
I've never been before:
But when I reach my station just
An hour late, I find
That where I'd never been before
I have arrived behind!

CRUEL PERVERSION.
She—"Do you recall the day we were married?"
He—"I wish to gracious I could!"—
Yonkers Statesman.

HIS GOOD TASTE.
She—"Your dog was trying to bite me, sir."
He (touching his hat)—"Yes, madam; he has a sweet tooth."—Yonkers Statesman.

COMPASSION.



"I pity the poor birds that haven't even got a roof under their feet this weather."—New York Sun.

TAX ENOUGH.
She—"What would you think of a tax on bachelors?"
He—"Oh, pshaw! Don't we have to buy wedding presents?"—Detroit Free Press.

CAUTION.

Raising his hand the minister said: "I baptize thee John Henry."
"Thay," the child interrupted, "hath thith water been boiled?"—Chicago Record-Herald.

REMEMBERED IN TIME.

Carroll—"Oh, by the way, Miss Westcott, there was something I wanted to say to you. Now what was it?"
Ethel—"Can't you think?"
Carroll—"Wait a minute! Oh, yes, I remember now. Will you marry me?"—Sacramento Journal.

SO WAGS THE WORLD.

Crabshaw—"I'm thinking of getting my life insured for \$50,000. If anything happened to me that would insure your comfort in the future."
Mrs. Crabshaw—"Indeed it would, my dear. With that much money I'd be sure to capture another husband!"—New York Herald.

WINS.

"Ah," she sighed, "the great men are all dead."
"But the beautiful women are not," he answered.
Then she looked soulfully up into his eyes and told him she had said it just to be contrary, and not because she thought it for a moment.—Chicago Record-Herald.

WAITING FOR THE CHANGE.

"It was too bad to keep you waiting so long for your change," said the smiling shopgirl, as she counted it out. "I'm afraid I have given you a bad quarter."
"What!" exclaimed Mrs. Tyte-Phist in alarm.
"—of an hour."
"Oh!" she said, considerably relieved.—Chicago Tribune.

GETTING EVEN.



Doctor's Wife—"Aren't you going to take your instrument case?"
Doctor—"No; the patient is a plumber. I'm going to send back for the instruments and charge him for the time."—New York Journal.

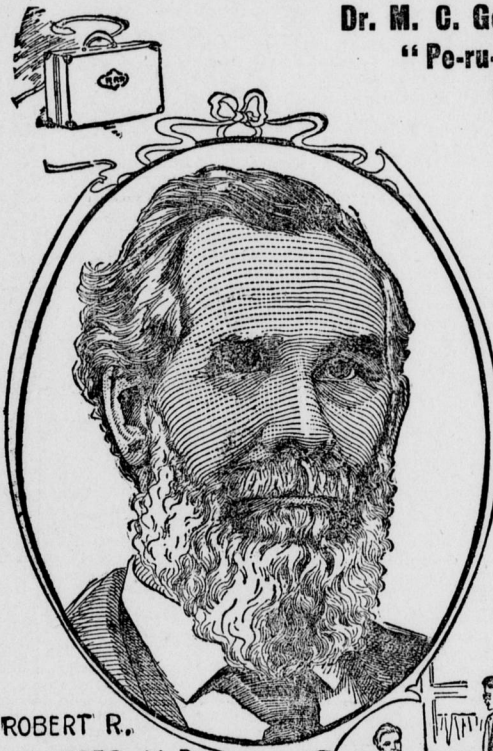
IN A QUANDARY.

"Mary gets so excited when she reads history."
"Does she?"
"I should say she did. She's been reading English history, but she had to stop when she got to the Wars of the Roses."
"Why did she stop?"
"She couldn't tell which Rose she preferred to have win."—Cleveland Plain-Dealer.

PROMINENT PHYSICIANS PRESCRIBE PE-RU-NA.

Dr. M. C. Gee, of San Francisco, Says

"Pe-ru-na is of Especial Benefit to Women."



ROBERT R. ROBERTS, M. D.

Robert R. Roberts, M. D., Washington, D. C., writes: "Through my own experience as well as that of many of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients."—Robert R. Roberts.

A CONSTANTLY increasing number of physicians prescribe Peruna in their regular practice. It has proven its merits so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their patients. Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half of the people of the United States. F. H. Brand, M. D., of Mokane, Ill., uses Peruna in his practice. The following case is an example of the success he has through the use of Peruna for catarrh. Dr. Brand says: "Mrs. C., age 23, had been a sufferer from catarrh for the past seven years; could not hear plain and had watery eyes. She came to me almost a physical wreck. She had tried the Copeland cure and various other so-called specialists, and had derived no benefit from them. She told me she did not

want to spend any more money on medicines unless I could assure her relief.

"I put her on Peruna and told her to come back in two weeks. The effects were wonderful. The catarrh look she had when I first saw her had left her and a smile adorned her face. She told me she felt a different woman, her hearing was improved and her eyes did not trouble her any more."

"This is only one case of the many I have treated with your valuable medicine."—F. H. Brand, M. D.

Catarrh may invade any organ of the body; may destroy any function of the body. It most commonly attacks the head, nose and throat, but thousands upon thousands of cases of catarrh of the lungs,

stomach, kidneys, bladder and other pelvic organs have been cured by Peruna. Peruna is able to cure catarrh wherever it may be located by its direct action upon the mucous membranes. Catarrh means inflamed mucous membranes. Peruna acts at once to cleanse and invigorate the catarrhal condition of the mucous membrane, no matter where it may occur in the body. Its action is the same on the mucous lining of the nose as on the mucous lining of the bowels. It cures the catarrhal inflammation wherever it may occur.

Dr. R. Robbins, Muskogee, I. T., writes: "Peruna is the best medicine I know of for cough and to strengthen a weak stomach and to give appetite. Beside prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it is so many cases.

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

We say Peruna cures catarrh. The people say Peruna cures catarrh. Prominent men and women all over the United States from Maine to California do not hesitate to come out in public print to say that Peruna is what it is recommended to be, an internal, systemic catarrh remedy that cures catarrh wherever it may be located.

Dr. M. C. Gee's Experience.

Dr. M. C. Gee is one of the physicians who endorse Peruna. In a letter written from 313 Jones street, San Francisco, Cal., he says:

"There is a general objection on the part of the practicing physician to advocate patent medicines. But when any one medicine cures hundreds of people, it demonstrates its own value and does not need the endorsement of the profession.

"Peruna has performed so many wonderful cures in San Francisco that I am convinced that it is a valuable remedy. I have frequently advised its use for women, as I find it insures regular and painless menstruation, cures leucorrhoea and ovarian troubles, and builds up the entire system. I also consider it one of the finest catarrh remedies I know of. I heartily endorse your medicine."—M. C. Gee, M. D.

Women are especially liable to pelvic catarrh, female weakness as it is commonly called. Especially in the first few weeks of warm weather do the disagreeable symptoms of female weakness make themselves apparent. In crisp, cold weather chronic sufferers with pelvic catarrh do not feel so persistently the debilitating effects of the drain upon the system, but at the approach of summer with its lassitude and tired feelings, the sufferer with pelvic catarrh feels the need of a strengthening tonic.

Peruna is not only the best spring tonic for such cases, but if persisted in will effect a complete cure. Write for a copy of "Health and Beauty," written especially for women by Dr. Hartman. If you want to read of some cures, also write for a copy of "Facts and Facts." That will surely convince you that our claims are valid.

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.



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To YOUNG WOMEN:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my color is good, and I feel light and happy."—Miss AGNES MILLER, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

READ WHAT MISS LINDBECK SAYS:

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1201 6th Street, Rockford, Ill.

FREE ADVICE TO WOMEN.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham's Medicine Co., Lynn, Mass.

MORE WONDERS OF RADIUM.

Terrific Force in a Tiny Particle of the New Chemical.

Radium is one of the rarest things upon earth, and is never found in the pure state. It must be dissociated from the other substances with which it is combined, by strong, tedious and costly chemical operations. It is obtained from a mineral called pitchblende, found in Bohemia, and during the two or three years that have elapsed since its discovery by Madame and Monsieur Curie, of Paris, they have succeeded in separating out of tons and tons of pitchblende less than two pounds of radium. That is all that exists, uncombined, in the world, and even that is not the pure thing. It is mingled with more or less barium. The Curies do chemically, however, one tiny bit of chemically pure radium. It weighs about half a grain, and is said to be of the size of a buckshot. M. Curie has declared that he would not sell it for 100,000 francs. If he and his wife have a monopoly of this precious substance, they are not getting rich out of it. The demand is not active. Half a grain of impure radium in a little tube is offered in Paris for \$5,000. A thief who should run off with a bit of radium as big as a small diamond would find that he had caught a Tartar. If he kept it in his pocket, it would produce an inflammation that might cost him his life. If he held it near his eyes, he could easily lose his sight. If he handled it much, his fingers would get sore and might have to be amputated. Monsieur Curie is quoted as saying that he would not venture into a room containing a kilogram of pure radium; for, if he did, he would probably lose his skin, his eyesight, and his life!

It gives off light also. Pure radium shines in the dark, although it is not hot like a flame. But, most wonder of all, it constantly projects into space around it streams of invisible corpuscles, smaller than atoms, with a velocity as great as a hundred thousand miles per second! It is this marvelous, senseless bombardment of its surroundings that makes radium so dangerous to handle. The infinitely minute particles cannot, of course, be seen, but they affect photographic plates, and it was in that manner that the existence of these inexplicable radiating streams were first demonstrated.

The sterilization of meat in Belgium is yearly gaining in importance. The object of this innovation is to return to the trade, under the form of a wholesome product, meat which otherwise would be unfit for consumption.

W. L. DOUGLAS
\$3.50 and \$3.00 Shoes Union Made
You can save from \$2.00 to \$3.00 yearly by wearing W. L. Douglas \$3.50 or \$3.00 Shoes.
They are just as good in every way as those that have been costing you from \$4.00 to \$5.00. The famous sale of W. L. Douglas shoes proves their superiority over all other makes.
Sold by retail shoe dealers everywhere. The genuine have name and price stamped on the bottom. Take no substitutes. Beware of cheap imitations.
W. L. Douglas 23 Gilt Edge
Line cannot be equalled at any price.

The Douglas secret process of tanning the bottom soles produces more flexible and longer wearing leather than any other tanning. The soles have more life than the past four years, which prove its superiority. 1922 Sales: \$5,024,840.00

W. L. Douglas makes and sells more men's Goodyear welt hand-sewed process shoes than any other manufacturer in the world. \$25,000 Reward will be paid to anyone who produces evidence of a counterfeit shoe. Made of the best imported and American leathers.

Resourcefulness.
Mr. O'Gorman has a funny story of a canny old dame whom he met in one of his motor tours. He had the bad luck to run over one of her chickens. It was not greatly hurt, but he stopped and offered the woman a trifle in compensation. "Yes, sir," she said, "when I wants a pullet killed I allus puts un out in the road. Ten to one but it's runned over, and then I gets the payment and my pullet, too."

The new typhoid fever antidote is produced by injecting into animals the poison of typhoid bacilli extracted by crushing them in liquid air.

H. H. GREEN'S Sons, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

A bad habit grows like a weed; a good one requires as much care as an orchid.
"The Klean, Kool Kitchen Kind" of stoves make no smoke, smell, soot, ashes or excessive heat. Always look for trade mark.

The average woman is more apt to speak her mind than to mind her speech.
Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 323 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1900.

The average man is known as a "good fellow" until his money is all gone.
PUTNAM FADELESS DYES do not stain the hands or spot the kettle, except green and purple.

The few men who know themselves thoroughly keep quiet about it.

Cascarets
CANDY CATHARTIC
BEST FOR THE BOWELS
Genuine stamped C. C. C. Never sold in bulk. Beware of the dealer who tries to sell "something just as good."

DON'T GET WET!
TOWER'S FISH BRAND
ASK YOUR DEALER FOR THE SLICKER
MADE FAMOUS BY A REPUTATION EXTENDING OVER MORE THAN HALF A CENTURY.
TOWER'S garments and hats are made of the best materials in black or yellow for all kinds of work. SATISFACTION IS GUARANTEED IF YOU STICK TO THE SIGN OF THE FISH.
A. J. TOWER CO. BOSTON, MASS. U. S. A.
TOWER CANADIAN CO. LIMITED, TORONTO, CAN.

If your constitution needs amending, the proper draught is **Hires Rootbeer**.
The Nation's Temperance Beverage.
A package makes 6 gallons. Sold every where, or sent by mail. Write for literature. CHARLES H. HIRSH CO., Madison, Wis.

DROPSY NEW DISCOVERY gives relief in quick relief and cures more cases. Book of testimonials and 10 days' treatment free. Dr. R. H. GREEN'S HOME, Box 8, Atlanta, Ga.

PISCO'S CURE FOR COUGHS WHILE ALL ELSE FAILS. Best Cough Syrup. Takes Gooey Out in Time. Sold by druggists. CONSUMPTION