

# HAPPY AND HEALTHY.

## A Beautiful Canadian Girl Saved from Catarrh of the Lungs by Pe-ru-na.



MISS FLORENCE KENAH

Miss Florence E. Kenah, 434 Maria street, Ottawa, Ont., writes: "A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I took medicine without benefit, until my digestive organs became upset, and my head and back began to ache severely and frequently. I was advised to try Pe-ru-na, and although I had little faith I felt so sick that I was ready to try anything. It brought me blessed relief at once, and I felt that I had the right medicine at last. Within three weeks I was completely restored and have enjoyed perfect health since."

**WOMEN** should beware of contracting catarrh. The cold wind and rain, sleet and mud of winter are especially conducive to catarrhal discharges. Few women escape. Upon the first symptoms of catching cold Pe-ru-na should be taken. It fortifies the system against colds and catarrh. The following letter gives one young woman's experience with Pe-ru-na: Miss Rose Gerbing is a popular society woman of Crown Point, Ind., and she writes the following: "Recently I took a long drive in the country, and being too thinly clad I caught a bad cold which settled on my lungs, and which I could not seem to shake off. I had heard a great deal of Pe-ru-na for colds and catarrh and I bought a bottle to try. I am pleased to say that it did me a great deal of good. I only took about two bottles, and I considered this money well spent. 'You have a firm friend in me, and I not only advise its use to my friends, but have purchased several bottles to give to those without the means to buy, and have noticed without exception that it has brought about a speedy cure where Pe-ru-na has been used.'—Miss Rose Gerbing. If you do not derive prompt and satisfactory results from the use of Pe-ru-na, write at once to Dr. Hartman, giving a full statement of your case, and he will please to give you his valuable advice gratis. Address: Dr. Hartman, President of The Hartman Sanitarium, Columbus, O."

**Remarkable Ants' Nests.** Port Darwin, in South Australia, boasts some of the most remarkable ants' nests in the world. They are known as "magnetic" nests, for the reason that they are, without exception, built in the due north and south direction. Consequently a traveler journeying through a district in which they abound may readily direct his course by their aid. No living man knows why these tiny architects build them in this way. They are merely one of the many marvels of the great land "down under." It seems, however, probable, that instinct leads these tiny creatures to so construct their dwellings that the fierce noonday sun shall have the least possible effect upon their interiors.

**Thousands of Americans for Western Canada.** "There will be thousands of Americans coming up here in the spring," was the remark made by a farmer from the vicinity of Langdon, North Dakota, when he arrived in Winnipeg, Manitoba, the capital of Western Canada, a few days since. He was the advance guard of a large body of people following him, and he has already invested in several farming sections for himself and others and purposes to take up his permanent abode in this country. He went on to say: "Hundreds are coming from my district alone. I know it is a fact, for I have seen them in the neighborhood of mine. The chief topic of conversation with the farmers is the coming immigration."

**Strikes You Any Time.** Never know when or where backache pains will strike you. The kidneys will go wrong, and when they do, the first warning is generally through the back. Do not fail to help the kidneys, which are the most neglected means many serious ailments, such as Rheumatism, Gout, Gravel, Dropsy, Diabetes, Bright's Disease, Doan's Kidney Pills cure all ills of the kidneys and bladder. Read this testimony. It tells of a cure that lasts: "Mr. A. W. Lutz, carriage work employer of 109 17th avenue, Sterling, Ill., says: 'After procuring Doan's Kidney Pills in the month of November, 1907, I took a course of the treatment which cured me of backache and other annoying ailments due to over-excited or weakened kidneys. During the three years which have elapsed, I have had no occasion to retract one word of my statement made at that time. I now unhesitatingly and emphatically re-indorse the claims made for Doan's Kidney Pills. A FREE TRIAL of this great kidney medicine which cured Mr. Lutz will be mailed on application to any part of the United States. Address: Foster-McMillan Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.'

**What He Needed.** "Prepare an edict giving the poet laureate the Order of the Bath," commanded the King of the Court Chamberlain. "Pardon me, sire," said the Chamberlain, "but it would be better to give the poet laureate an order for a haircut."—Baltimore American.

**Many School Children Are Sickly.** Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, Break up Colds in 24 hours, cure Constipation, Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels and Destroy Worms. Sold by all druggists or by mail, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

**Blessing in Disguise.** "Yes," said the colored veteran, "de train runned over him, but hit wuz a gouden' after all."

**W'r, bit cut off de leg what had de rheumatism in it!**—Atlanta Constitution.

**Economy is the road to wealth. PUTNAM FADELESS DYE is the road to economy.**

**Opportunity with ability makes responsible.**—Bishop Hurst.

**Mrs. Winslow's Soothing Syrup for Children** Cures Colic, Wind, Stomach Troubles, Teething Pains, Cures Wind Colic, 10c a bottle.

### DON'T FORGET THE OLD FOLK.

Nay, don't forget the old folks, boys—they're not forgotten yet! Though years have passed since you were home, the old hearts still are true; And not an evening passes by they haven't the desire To see your faces once again and hear your footsteps nigher.

You're young and buoyant, and for you Hope beckons with her hands, And life spreads out a waveless sea that laps but tropic strands; The world is all before your face, but let your memories turn To where fond hearts still cherish you and loving bosoms yearn.

No matter what your duties are nor what your place in life, There's never been a time they'd not assume your load of strife; And shrunken shoulders, trembling hands, and forms racked by disease, Would bravely dare the grave to bring to you the pearl of peace.

So don't forget the old folks, boys—they're not forgotten yet! Though years have passed since you were home, the old hearts still are true; And write them now and then to bring the light into their eyes, And make the world glow once again and bluer gleam the skies.

—Tennessee Farmer.

### The Golden Blue-Jay.

ONE blustering March night, in 1882, three men were playing cards in a cabin near the Manzanita Diggings. Billy Price and Dick Herte, in whose cabin the game was progressing, were miners. Easy Smith wrote at once to Dr. Hartman, giving a full statement of your case, and he will please to give you his valuable advice gratis. Address: Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

**A Postoffice Romance.** A little known but perfectly true story came to light when the Paris postoffice was overhauled for repairs, and a letter discovered between the box and the wall.

Early in the century a pair of young lovers quarreled over some trifle, and the man, in a fit of temper, swore he would go abroad and never return until the girl asked him to do so. They parted in anger; but the woman, sure of his love, was confident that he would come back to her.

She never saw or heard of him again, but faithful to his memory, never wedded another.

At the age of seventy, she received one day a letter, stained and shabby, with the address faint and discolored. The writing was familiar, despite the lapse of time, and she opened the envelope with trembling hands.

"Send me one word to say you forgive me. I cannot live without you."

That was all, except the date—four days after the quarrel, fifty years before. The man, mistaking her silence, had never returned.

**When Carter picked up the dead jay** he found a gold nugget clutched in one of the claws. He put his hand in one of the holes that the bird had dug, and there he found a "pocket" of nuggets—the largest pocket, filled with the biggest nuggets, that had ever been found in the region.

Billy took the jay in his hand; he found the bird surprisingly heavy and his crop greatly expanded. "This accounts for it," said Billy; "the wealth of Foxy, and all. Poor little fellow, his greed, and Foxy's have finished him."

Carter called his mine the "Golden Blue-Jay," and out of that mine he took his millions.—San Francisco Argonaut.

**Time Was No Object.** A shrewd old farmer named Uncle Harvey was approached by a bright, breezy young man who was selling incubators. The Green Bag, which tells the story, says that the salesman gave Uncle Harvey the usual eloquent arguments. There was not another such incubator to be found, the prices were remarkably low, and so on.

Uncle Harvey did not respond. The young man talked himself out and made no impression. Finally he said, "You don't seem to appreciate these incubators."

"No," said Uncle Harvey.

"But just think of the time they will save!"

Uncle Harvey gave him one cold look and said, "What do you suppose I care for a hen's time?"

**Explained.** "I was surprised to hear Baggley, who so cordially hates Smith, say the other night that he would delight in inscribing a tribute to Smith that should last through posterity."

"Nothing inconsistent about that, Baggley makes a specialty of epitaphs."

—H. E. Warner, in Baltimore News.

**Use Their Toes with Facility.** A scientist connected with the Peabody Museum of Harvard University, who has been spending some time among the Maya people of Yucatan, says that they use their toes in many kinds of work as readily as they use their fingers.

**Materials as Imports.** One-half of the imports into this country are of materials for manufacturing.

### CONGRESS

The Senate spent nearly the entire day Saturday in executive session. It was the legislative day of Thursday, as the Senate had taken recesses, instead of adjourning. The Senate met at 11 o'clock, opened the doors at 12, and for more than an hour disposed of routine business, and reports, the introduction of bills, and the passing of unobjectionable bills on the calendar. Upon resuming the executive session, the Colombian canal treaty was taken up. Senator Quay had a report made by Senator Pettit spoke at some length. The day in the House was devoted to debate upon the Fowler currency bill. Mr. Fowler, the author of the measure, spoke for over two hours. The other speakers were Messrs. Thayer (Mass.), Lovering (Mass.), Lewis (Ga.) and Prince (Ill.). A communication from the President, transmitting a request of the anthracite coal strike commission, asking for authority to publish 5,000 copies of its report when completed, was laid before the House.

A large crowd was attracted to the Senate Monday, the most of them, visiting Daughters of the American Revolution. Washington's Farewell Address was read by Mr. Dubois of Idaho. The omnibus public building bill was passed, and the postoffice appropriation bill was considered without final action. Mr. Tillman spoke for nearly two hours, principally in reply to Mr. Spooner, on the Indiana postoffice case. He said that if the policy of the administration in regard to the equality of the negro was carried on and Bookers Washington should be appointed to the cabinet, he would vote for his confirmation. He did not conclude his remarks. The House passed the general deficiency appropriation bill, the last of the regular supply bills. It carried \$18,698,781. The only amendment of importance was one appropriating \$1,100,000 to replace the stores and storehouse at the Rock Island arsenal, recently destroyed by fire. The bill of amend the railroad safety-appliance act was sent to conference, and the conferees were instructed not to insist on that portion of the House amendment giving the interstate commerce commission power to reduce below 50 per cent the number of cars equipped with patent air brakes.

The Indiana, Miss., postoffice case occupied the major portion of the time of the Senate Tuesday. Mr. Tillman spoke for three hours in a continuation of his remarks on the race question and was followed by Mr. Carmack. During the morning hour consideration was given the bill to further provide for the safe keeping of public money. A deposit in national banks. A resolution was adopted calling on the Postmaster General to furnish information regarding the effect on the revenue of the Postoffice Department in the event of the adoption of the amendment to the postoffice appropriation bill giving all periodicals the same rate and terms as those now given weekly periodicals. The agricultural appropriation bill was considered, and the committee amendments agreed to, except the statehood rider, which was passed over. The House by a vote of 130 to 100, passed the Philippine currency bill, accepting the Senate bill so far as it relates to the islands. The committee amendment striking out the international monetary conference was agreed to. The contested election case of Wagoner v. Butler was under consideration for a time.

The Senate Wednesday made rapid progress. The statehood riders to the agricultural and postoffice appropriation bills were withdrawn and both bills passed. The House amendments to the Philippine currency bill were agreed to with but slight discussion, then sending the bill to the President. The sundry civil bill was nearly completed. A large number of pension bills were also passed. There was a lengthy discussion of the appropriation of \$200,000 for the Hawaiian Islands for the loss of the crown lands in Hawaii. The House adopted the conference report on the army appropriation bill and sent the bill to the President. The bill to establish a union station in this city was finally passed. The House abandoning its amendments to reduce the amount to be given to the Pennsylvania and Baltimore and Ohio Railroads from \$1,500,000 each, as fixed in the Senate bill, to \$1,000,000 each, as fixed by the House. The Fowler currency bill was debated in a desultory way.

The advisability and legality of the appointment by the President of Senators as members of commissions formed the subject of considerable discussion in the Senate Thursday. The sundry civil bill was under consideration, and Mr. Hale, having in mind the amendment authorizing the appointment of an international monetary commission, started the debate by calling attention to the fact that the Senate had reproached the policy of appointment of Senators on commissions, and on one occasion had refused to confirm two Senators nominated by the President for such service. The bill was passed after a number of amendments had been added to it. Mr. Burrows, chairman of the committee on privileges and elections, filed an additional protest against the admission of Reed Smoot as a Senator from Utah. The Senate voted to executive session at 1:40 p. m., and devoted the remainder of the day to the Panama canal treaty. The House, after filibustering by the Democrats and repeated roll calls and waits while a quorum was being secured, unseated James T. Butler of Missouri and seated George C. B. Wagoner in his place.

**In the National Capital.** Opponents to the Alaskan treaty say it will not be ratified.

Senator Hanna has introduced a bill to pay bounties and pensions to ex-slaves.

What is known as the Philippine extension bill was signed by the President and is now a law.

Senate passed Knox bill to facilitate prosecution of cases begun under Sherman anti-trust law.

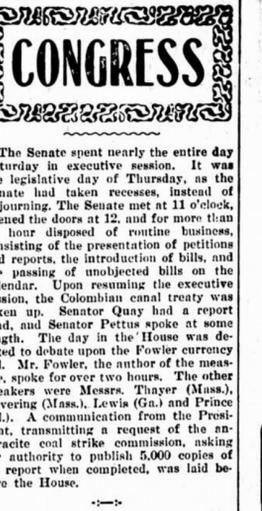
A. N. Beaupre, appointed to diplomatic service from Illinois, succeeds Charles B. Hart as minister to Colombia.

Secretary Root says that the aggregate of persons in the United States available for military duty is 10,553,336.

The President has signed the bill appropriating \$1,500,000 for the construction of a new building for the Department of Agriculture in Washington.

During debate in the Senate on polygamy it was asserted that the Mormon Church exercises immense political power in the territories that seek statehood.

Fourth Assistant Postmaster General Bristow of Kansas is shortly to retire from his position in the Postoffice Department and be made a member of the Daves commission to treat with the five civilized tribes.



Miss Rose Peterson, Secretary Parkdale Tennis Club, Chicago, from experience advises all young girls who have pains and sickness peculiar to their sex, to rely on Lydia E. Pinkham's Vegetable Compound.

How many beautiful young girls develop into worn, listless and hopeless women, simply because sufficient attention has not been paid to their physical development. No woman is exempt from physical weakness and periodic pain, and young girls just budding into womanhood should be carefully guided physically as well as morally.

If you know of any young lady who is sick, and needs motherly advice, ask her to write to Mrs. Pinkham at Lynn, Mass., who will give her advice free, from a source of knowledge which is unequalled in the country. Do not hesitate about stating details which one may not like to talk about, and which are essential for a full understanding of the case.

**Miss Hannah E. Mershon, Collingwood, N. J., says:** "I thought I would write and tell you that, by following your kind advice, I feel like a new person. I was always thin and delicate, and so weak that I could hardly do anything. Menstruation was irregular. I tried a bottle of your Vegetable Compound and began to feel better right away. I continued its use, and am now well and strong, and menstruate regularly. I cannot say enough for what your medicine did for me."

**How Mrs. Pinkham Helped Fannie Kumpf.** "Dear Mrs. PINKHAM:—I feel it is my duty to write and tell you of the benefit I have derived from your advice and the use of Lydia E. Pinkham's Vegetable Compound. The pains in my back and womb have all left me, and my menstrual trouble is corrected. I am very thankful for the good advice you gave me, and I shall recommend your medicine to all who suffer from female weakness."—Miss FANNIE KUMPF, 1922 Chester St., Little Rock, Ark. (Dec. 16, 1900).

**Lydia E. Pinkham's Vegetable Compound will cure any woman in the land who suffers from womb troubles, inflammation of the ovaries, kidney troubles, nervous excitability, nervous prostration, and all forms of woman's special ills.**

**Proof Positive.** A missionary in charge of a small church on the Indian reservation at Onondaga held Tuesday evening services for his people, at which subjects upon which he lectured were not strictly religious. One evening, when the little building was well filled with braves and their squaws, he described the solar system, and told them that the earth revolved about the sun and also turned over once in every twenty-four hours. Early the next morning the priest was awakened by a knock. He opened the door to find a big Indian wrapped in a blanket standing on the porch.

"Why, Obaga?" he exclaimed. "Is anything the matter?"

"Missionary lied," granted the Indian. "I lied? What do you mean?"

"Missionary say world turn over every night. Injun go home, set up stick, put apple on stick. If world turn over, apple fall off. This morning apple on stick. Missionary lied. Huh," and with this parting gift he strode down the path, unheeding the priest's calls.

Vinegar is mentioned in the Egyptian records as a medicine in the tenth century B. C.

**Capsicum Vaseline**

Put Up in Collapsible Tubes.

A Substitute for and Superior to Mustard or any other plaster, and will not blister the most delicate skin. The pain allays, and cures quickly. This article is wonderful. It will stop the toothache at once, and relieve headache and sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach, and all rheumatic, neuritic and gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household. Many people say "It is the best of all your preparations."

Price 15 cents, at all druggists, or other dealers, or by sending this amount to us in postage stamps, we will send you a tube by mail.

No article should be accepted by the public unless the same carries our label, as otherwise it is not genuine.

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**I BUY BRAINS.** Agents Wanted for "The New York Evening Daily." Easy to get subscriptions. I get \$25000 in 15 minutes. Easy to get. Latest magazine, fiction, etc. Joseph Howard, Jr., the most famous man in the world. I have a list of 100,000 names in New York. "Howard's Column" also in world's most famous paper. "Howard's Column" also in world's most famous paper. "Howard's Column" also in world's most famous paper. "Howard's Column" also in world's most famous paper.

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Area under crop in 1908—1,987,880 Acres.

Yield in 1908—117,938,754 Bushels.

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Send for Atlas and other literature to Superintendant of Immigration, Ottawa, Canada, or to E. T. Holmes, 315 Jackson St., St. Paul, Minn.; W. V. W. Rogers, Watertown, South Dakota, the authorized Government Agents who will supply you with certificate giving you reduced railway rates, etc.

**210 Kinds for 16c.** It is a fact that Bulmer's seeds are found in more countries and on more farms than any other in America. There is a large selection of seeds and a climate giving a season and adequate season of growth. Homesteads of 160 Acres Free. The only charge being \$50 entry. Close to Churches, Schools, etc. Railway to all settled districts.

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**What Luck!** LIBBY LUNCHEONS made ready in a few moments. The "What Luck" Sandwich, Beef, Pork and Beans, Veal Loaf, Potated Chicken, and lots of good things to eat.

Keep in the house for emergencies—for suppers, for sandwiches—for any time when you want something good and want it quick. You simply turn a key and the lib is open. An appetizing libby is ready in an instant.

Libby, McNeill & Libby Chicago, Ill., U. S. A.

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