

# CATARRH THIRTY YEARS.

## A Remarkable Experience of a Prominent Statesman.

### CONGRESSMAN MEEKISON GIVES PE-RU-NA A HIGH ENDORSEMENT.



CONGRESSMAN MEEKISON OF OHIO.

Hon. David Meekison is well known, not only in his own State, but throughout America. He began his political career by serving four consecutive terms as Mayor of the town in which he lives, during which time he became widely known as the founder of the Meekison Bank of Napoleon, Ohio. He was elected to the Fifty-fifth Congress by a very large majority, and is the acknowledged leader of his party in his section of the State.

Only one flaw marred the otherwise complete success of this rising statesman. Catarrh with its insidious approach and tenacious grasp, was his only unconquered foe. For thirty years he waged unsuccessful warfare against this personal enemy. At last Pe-ru-na came to the rescue, and he dictated the following letter to Dr. Hartman:

"I have used several bottles of Pe-ru-na and feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be able to fully eradicate the disease of thirty years' standing. Yours truly,  
"David Meekison."

Many people can tolerate slight catarrhal affections. A little hoarseness, a slight cough, a cold in the head, or a trifling derangement of the digestive organs, do not much disturb the average person in his business. But this is not true of the public speaker or stage artist. His voice must always be clear,

lungs perfect, digestion unobstructed. Hence the popularity of Pe-ru-na among the leading actors and actresses of this country. They have come to regard Pe-ru-na as an indispensable to their success. Their profession is so exacting that it requires perfect health in every particular. They regard Pe-ru-na as their friend and safeguard. Many letters are received from this class of people.

Miss Carrie Thomas, in speaking of Pe-ru-na, says: "I have used Pe-ru-na with splendid results. Would not be without it. No money would I hire me to have a settled cold or chronic cough, or hoarseness. Catarrh is the most dreadful thing that could happen to one of my profession. Pe-ru-na is my shield and protector against this most undesirable disease."—Carrie Thomas.

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 be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.



PROFIT IN CHICKORY.

A New Industry That Has Obtained a Fair Start in Several Western States.

Chickory is grown quite extensively as a substitute or adulteration of coffee. The root, which resembles somewhat a beet, is the part used, although the leaves have a value for cattle food. It is essentially a cool climate crop, but is cultivated in nearly every country in Europe. The industry in this country has obtained a good start and is confined very largely to sections of Michigan, Illinois, Wisconsin and Nebraska. Maurice G. Kains, in a bulletin of the United States department of agriculture, gives the average yield per acre at six to ten tons, the average



CHICKORY ROOTS AND LEAVES.

price as six to eight dollars, and the cost of growing from \$30 to \$45 per acre. With intelligent management, a fair season and an average yield and price, the profit is somewhat more than from growing corn or wheat.

The varieties commonly grown are Brusavick, Magdeburg and Schleische, which are here illustrated. The former two are of the same form, Fig. b, the roots of Magdeburg being somewhat longer, but harder to dig, although more productive. Schleische has a short, blunt, thick root, Fig. a, and is comparatively easy to dig. A deep loam of medium richness and texture is the best soil. In fact, any soil which will allow a good root development is suitable. A light dressing of stable manure is used, but the best practice is to apply manure in excess to the crop which precedes chickory.

Chickory does best when following some cereal crop like wheat, barley or oats. As soon as the cereal is harvested the land should be gangplowed six inches deep. The surface should be harrowed after every rain, or once in two weeks until late fall, when it should be plowed ten inches deep. In spring the surface should be harrowed down fine and kept mellow until planting time. Chickory should be sown at once planting time, when the weather is generally settled. Sown as put in with a garden drill at the rate of two pounds per acre. It should be planted about one-third of an inch deep, in rows 15 to 18 inches apart. The cultivation should be similar to that given beets. Harvesting should begin in October, the later the better before frost. The harvesting is similar to that of beets. The roots are sent to the factory, where they are then carefully washed, cut into pieces of irregular shape about half an inch in diameter and roasted.—Orange Judd Farmer.

Regularly to this Dispensary. That young man who consented to have a portion of his blood let out to save his employer, set a remarkable example of heroism. The incident shows what power there is in good blood. There is only one natural way to get good blood, and that is from the stomach. If the stomach needs assistance, try Hostetter's Stomach Bitters. This wonderful medicine cures dyspepsia, indigestion, constipation, and makes rich red blood.

There are no harmless sins.—Ran's Horn.

## "Mrs. Pinkham Saved me from an Operation."



Hospitals in our great cities are sad places to visit. Three-fourths of the patients lying on snow-white beds are women and girls.

Why should this be the case? Because they have neglected themselves. Every one of these patients in the hospital beds had plenty of warning in that bearing-down feeling, pain at the left or right of the womb, nervous exhaustion, pain in the small of the back. All of these things are indications of an unhealthy condition of the ovaries or womb.

What a terrifying thought! These poor souls are lying there on those hospital beds awaiting a fearful operation. Do not drag along at home or in your place of employment until you are obliged to go to the hospital and submit to an examination and possible operation. Build up the female system, cure the derangement which have signified themselves by danger signals, and remember that Lydia E. Pinkham's Vegetable Compound has saved thousands of women from the hospital. Read the letter here published with the full consent of the writer, and see how she escaped the knife by a faithful reliance on Mrs. Pinkham's advice and the consistent treatment of her medicines.

Mrs. Knapp tells of her Great Gratitude.

"DEAR MRS. PINKHAM—I have received much benefit from using your Vegetable Compound and Sanative Wash. After my child was born, blood poison set in, which left me with granulated inflammation of the womb and congested ovaries. I had suffered from suppressed and painful menstruation from a girl. The doctors told me the ovaries would have to be removed. I took treatment two years to escape an operation, but still remained in miserable health in both body and mind, expecting to part with my reason with each coming month. After using one bottle of the Compound, I became entirely rid of the trouble in my head. I continued to use your remedies until cured. The last nine months have been passed in perfect good health. This, I know, I owe entirely to Lydia E. Pinkham's Vegetable Compound. My gratitude is great indeed to the one to whom so many women owe their health and happiness."—MRS. F. M. KNAPP, 1528 Kinlock Avenue, Milwaukee, Wis.

**\$5000 REWARD** Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have decided to pay to any person who will show that the above testimonial is not a forgery, a reward of \$5000. The reward will be paid in full immediately upon the receipt of satisfactory evidence. Write to Lydia E. Pinkham's Vegetable Compound, Lowell, Mass.

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February 12th and each Tuesday thereafter, small and including April 24th, Special Low Rate Colonist Tickets will be sold by the Southern Pacific Company's "Ocean and Sunset" Routes to all points in California. The rate will be From Chicago \$30.00, from St. Louis, Memphis and New Orleans \$27.50, from Omaha, Kansas City, etc., \$25.00. Corresponding low rates from all other points east and north.

For particulars and detailed information pertaining to the Southern Pacific Company's routes, and these special rates to California, call upon or address W. G. Menzies, G. W. A., R. F. Co., 233 Clark St., Chicago, Ill. W. H. Connor, C. A., R. F. Co., Chamber of Commerce Bldg., Cincinnati, Ohio. G. G. Herring, G. A., R. F. Co., 711 Park Bldg., Pittsburgh, Pa. L. E. Towles, G. A., R. F. Co., 421 Olive St., St. Louis, Mo. C. C. Cary, C. A., R. F. Co., 208 Steidley Bldg., Kansas City, Mo.

Home-Grown Luster—"Then you don't bank much on ancestral pride?" "No; it where and be somebody than to start from somewhere and be nobody."—Indianapolis Journal.

It is a Good Thing. Everyone should be glad to say a good word for an article that deserves it, which accounts for the universal endorsement of the Sterling Remedy Co., makers of the famous Castoria. Within five years the sale of Castoria has grown from a small box until last year it reached the enormous sale of over 6,000,000 boxes. This is a measure of the steady increasing demand for the right kind of certain purgative. All druggists report an enormous demand for Castoria that is steadily increasing. They are put up in convenient form and the price is 10c, 25c, and 50c a box. A 50c box is enough for one month's treatment. Anyone who has the slightest liver or bowel trouble is urged to give them a trial.

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# CASTORIA

## For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

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A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep. NOT NARCOTIC.

Exact Copy of Wrapper.

Where the thieves were. The wife of a well-known and very popular member of the house of representatives was telling a story on him the other day, which was much appreciated. The gentleman came in rather late the other night after a convivial time. He was tired and sleepy, and severely struck the bed before he was in a profound slumber. Toward morning the good wife, alarmed by unusual noises, and immediately visions of plunder and violence disturbed her imagination. She shook her spouse with vigor and cried: "Jim, wake up; wake up!" He gave an extra start and again, screaming: "Jim! I must get up; there are thieves in the house!" "Arousing himself for a moment, he said: 'Oh, no, my dear, there are no thieves in the house; they are all in the senate.'"

Use CERTAIN COUGH CURE. WHEN WRITING TO ADVERTISERS please state that you saw the Advertiser in this paper.

### The Shortest Route to Texas.

One reason why travelers to Texas go via Memphis and the Cotton Belt Route is that the Cotton Belt is from twenty-five to fifty miles shorter than other routes. This saving in distance makes a corresponding saving in time.

Cotton Belt takes only Pullman Sleepers at night, Pullman Day Cars during the day and Five Chair Cars both day and night. Write and tell us where you are going and when you will leave, and we will tell you the exact cost of a ticket and send you a complete schedule for the trip. We will also send you an interesting little book, "A Trip to Texas."

W. J. HARR, I. P. A., Memphis, Tenn. E. G. HARR, I. P. A., St. Louis, Mo. J. E. HARR, I. P. A., Chicago, Ill. J. E. HARR, I. P. A., St. Paul, Minn.

### Dr. Bull's Cough Syrup

Cures Hoarseness, Sore Throat, Grippe, Pneumonia and Bronchitis in a few days. Why then risk Consumption? Get Dr. Bull's Cough Syrup. Don't be imposed upon. Refuse the dealer's substitutes. It is not as good as Dr. Bull's. Salvation Oil cures Rheumatism and all Pains. Price, 15 and 25 cents.

### WINCHESTER

FACTORY LOADED SHOTGUN SHELLS

"Now Rival," "Leader," and "Repeater"

Just upon having them, take no others and you will get the best shells that money can buy. ALL DEALERS KEEP THEM.

### Two hundred bushels of potatoes remove eighty pounds of "actual" Potash from the soil.

Unless this quantity is returned to the soil, the following crop will materially decrease.

We have books telling of composition, use and value of fertilizers for various crops. They are sent free.

GERMAN KALI WORKS, 65 Nassau St., New York.

**For 14 Cents** We will send the following two most valuable books: "The Potash Book" and "The Fertilizer Book." Both are full of valuable information and are sent free to anyone who will send us 14 cents in stamps or cash.

**Worth \$1.00** per 100 copies. We will send you a copy of our new book, "The Potash Book," and a copy of our new book, "The Fertilizer Book," if you will send us 14 cents in stamps or cash.

**A Little Fable.** There was once an eminent statesman, who was always ready to take the initiative, or anything else that was not chained down. One day another eminent statesman chanced upon him while he was busily writing. "What are you doing?" asked the second statesman. "Drafting a bill to disfranchise the illiterate," responded the first, "and by the way, I am glad you dropped in. How do you spell illiterate?" "Moral—A night school for reformers would draw well.—Baltimore American.

**Hypnotic Roland (to the Browns' parlor maid)—**"Call me a lunatic, please." "Call me a lunatic, please," Miss Roland, "I'm going your way, Miss Roland." "Moral—A night school for reformers would draw well.—Chicago Journal.

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### MAKING POULTRY PAY.

Learn the Business, Be Willing to Work Hard, and Experience is Sure to Bring Success.

Success and failure with poultry depend upon the poultryman himself. There are good opportunities with poultry and many ways of making a certain amount of money by judicious arrangements and close attention in the keeping of fowls; but for a beginner to suppose that because he is provided with a certain amount of money and can secure a likely-looking place for business success is certain is a mistake that may result in disappointment. Although just at first matters may seem easy, the undertaking may sooner or later end in a very sad awakening to the reality of dead loss. But, provided the business could be made an adjunct to something else which does not pay, then, with acquired knowledge—gotten only by experience—and unremitting attention to even the smallest details, it may be made to add very materially to the annual receipts, and later on may be made an exclusive business. Very great mistakes are often made in attempting too much at first, by keeping too many kinds of fowls, or by best to absolutely decide which of the breeds in the market will be best in the situation selected and keep and breed nothing else. Learn at first, be willing to do any kind of work, and experience will bring success. The poultry business will pay if one will begin with a few and increase every year.—Farm and Fireside.

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Finally Adjusted. "Parson, said the busy man to the insurance agent who had forced his way into his office, "but I am not prepared to talk to you to-day." "Don't let that worry you," replied the insurance agent, "I'll do the talking."—Philadelphia Press.

"Where are you rushing so fast?" "Up to the health office to get vaccinated." "Eh! Been exposed?" "Yep. Telephone girl this morning gave the telephone number by mistake!—Cleveland Plain Dealer.

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A LUXURY WITHIN THE REACH OF ALL!

MY PICTURE goes on every package of

**Lion Coffee**

Make sure that there is a lion head on every package before purchasing.

That tells you that it is genuine, and not a glazed coffee.

If you don't see my head on the package, don't buy it. If not at your grocer's try another store. All leading stores keep it.

**LION COFFEE**

is now the leader of them all, and is used in millions of homes.

In every package of LION COFFEE you will find a fully illustrated and descriptive list. No housekeeper, in fact, no woman, man, boy or girl will fail to find in the list some article which will contribute to their happiness, comfort and convenience, and which they may have by simply cutting out a certain number of Lion Heads from the wrappers of our one pound sealed packages (which is the only form in which this excellent coffee is sold). WOOLSON SPIRIT CO., TOLEDO, OHIO.

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THIS IS THE TABLET

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**HOTBED POULTRY HOUSE.** 2 1/2 feet high in front, with sloping roof, cover with iaxed paper, and have a sliding window in front near the top, as shown. Dig a hole in the ground just the size of the box, as for a hotbed. Fill it with horse manure, cover with dry earth and over this put soft straw, chaff and hayseed from the barnyard. Place the box over this and put the hens and chicks in. Throw an old carpet over all and they are easily cared for. In a home like this it is surprising how fast they will grow. A small door near the bottom may be opened on warm days to let them have a little sun, but they will soon scamper back.—Orange Judd Farmer

**THE TABLET** BEST FOR BOWELS AND LIVER. THEY WORK WHILE YOU SLEEP.

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