

GRATEFUL, HAPPY WOMEN



Miss Muriel Armitage.

THANK PE-RU-NA FOR THEIR RECOVERY AFTER YEARS OF SUFFERING.

Miss Muriel Armitage, 36 Greenwood Ave., Detroit, Mich., District Organizer of the Royal Templars of Temperance, in a recent letter, says:

"I think that a woman naturally shrinks from making her troubles public, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me.

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse, who advised me to try Peruna, and promised good results if I would persist and take it regularly. I thought this was the least I could do and procured a bottle. I knew as soon as I began taking it that it was affecting me differently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy woman to-day."

—Miss Muriel Armitage.

Peruna cures catarrh of the pelvic organs with the same surety as it cures catarrh of the head. Peruna has become renowned as a positive cure for female ailments simply because the ailments are mostly due to catarrh. Catarrh is the cause of the trouble. Peruna cures the catarrh. The symptoms disappear.

Female Weakness is Pelvic Catarrh.

Always Half Sick are the Women Who Have Pelvic Catarrh.

Catarrh of any organ, if allowed to progress, will affect the whole body. Catarrh without nervousness is very rare, but pelvic catarrh and nervousness go hand in hand.

What is so distressing a sight as a poor half-sick, nervous woman, suffering from the many almost unbearable symptoms of pelvic catarrh? She does not consider herself ill enough to go to bed, but she is far from being able to do her work without the

greatest exhaustion. This is a very common sight and is almost always due to pelvic catarrh.

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured.

Peruna cures catarrh permanently. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should be taken to effect a cure.

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.

EASY TO KEEP HOUSE.

No Problem at All in the Jungles of the West Indies.

The negro housewife in the West Indian jungle finds housekeeping very easy. Fruit and vegetables grow wild all about the hut, and the river abounds with fish.

On wash day all she has to do is to pick a few of the berries of the soapberry tree, take her clothes to the river, and use berries as she would use ordinary soap. Even her cooking pots grow on the trees, the calabash cut in halves being used for this purpose. Calabashes are used also for bowls, basins and jugs for carrying water from the river, while the small ones make excellent cups.

In the afternoon, when she is ready for her cup of tea, the negro picks half a dozen leaves from the lime bush growing at her door, boils them, squeezes the juice from a sugarcane for sweetening, and the coccoanut supplies the milk. Thus she has a delicious cup of tea without depending on the grocer for it.

She makes the mats for her floor out of the dried leaves of the banana, plaited and sewn together, as the old country people in this country make their rag mats.

LOOKING INTO THE FUTURE.

Recent Benedict's Declaration as to His Infant Son.

A man—we'll call him Brown—was last year receiving congratulations because of the fact that he had at last succeeded in finding a member of the opposite sex who was willing to cook and make his bed for him for the consideration of a wifely title.

Brown was last week being congratulated because of the arrival of a son and heir.

Now, Brown, by the way, was thirty-nine years of age when he married, and consequently was well qualified to give his opinions as to the state of matrimonial affiliation.

"When do you think is the proper time for a man to marry?" he was asked one day this week.

Brown looked wise. "Twenty-one," he replied. "Look at all the years of happiness I've missed. Great Scott! if that son of mine does not get married when he is twenty-one I'll horse-whip him."

In such channels run the thoughts of newly made parents!

How to Do Without Servants.

It behooves all house mothers to meet the question of how to do without servants. And in order to keep up the standard of mental, spiritual and physical excellence in women, they must be willing to consider that it would be better to live on plainer food, to have fewer ornaments to dust in their homes, to wear less elaborate gowns, and to have more time to read with their children, to walk out under the beneficent skies of this fair land and to reflect on those things that are so abundantly set before the citizens of the twentieth century; that will make for an elevation of class, an entire leveling of conditions that depend on the grade of mind that meets them.—Florence Jackson Stoddard, in Sunset Magazine.

Bacteria Are Hardy.

Prof. Dewar has recently submitted living bacteria to the temperature of liquid hydrogen, about 250 degrees Centigrade, and about as near absolute zero as we can get, and after an immersion for ten hours there was no appreciable effect on the vitality of the organism.

Landlord's Share.

The Turkish bey landlord in Macedonia gets half the farmer's produce. Every village supports a number of Turkish policemen, who are really parasites, the average household paying them \$6.25 out of an income of \$50—not for protection, but for a precarious immunity from outrages.

Drawing.

An artist draws a picture, an equine draws a dray; the man who marries draws a blank sometimes, we've heard them say; a thirsty man draws water; a blossom draws the bee. If I can only draw my pay that's good enough for me.—Chicago News.

A Valuable Food.

Superior to any other vegetable food—even the cereals—as sources of protein are dried beans and peas. They rank among the most economical of all foods and compare favorably with most meats in point of nutrition.

"JUST RUN ACROSS"

Some People Are Lucky.

Some people make an intelligent study of food and get on the right track (pure food) others are lucky enough to stumble upon the right way out of the difficulty just as a Phila. young woman did.

She says: "I had suffered terribly from nervous indigestion, everything seemed to disagree with me and I was on the point of starvation when one day, I happened to run across a demonstration of Postum Food Coffee at one of the big stores here.

"I took a sample home and a sample of Grape-Nuts as well and there tried them again and found they agreed with me perfectly. For months I made them my main diet and as the result I am restored to my former perfect health and can eat everything I want to.

"When I spoke to my physician about Grape-Nuts he said 'It is a most excellent food.' Name given by Postum Co., Battle Creek, Mich.

There's a reason. Look for the famous little book, "The Road to Wellville," in every package of both Postum and Grape-Nuts.

Fair Play in Business.

It is of vast importance to the future manhood of this country that scorn of unfairness should be universal. Above all, let it be applied strenuously to unfairness in business. We are a commercial people. Our boys must go into commerce. Our professions are so mingled with commerce that it is often hard to distinguish if they be professions. If we are to wink at unscrupulousness in commerce then we are doomed to become a race of tricksters and manhood is dead within us.—McClure's Magazine.

Mercantile Fleets.

Compared with the year 1901, the German, English, Dutch, French, Italian, Austro-Hungarian and Greek flags show an increase, especially the two latter; the Norwegian, Russian and Spanish flags show a decrease. Non-European flags are seldom seen at Hamburg. In 1902 only one American ship, of 2,147 tons; one Brazilian ship, of 121 tons, and one Argentine ship, of 1,068 tons, entered the harbor.



FIRST KIDNEY PILL MADE. THE ORIGINAL DISCOVERY. THE ONLY GENUINE.

WHAT SICK KIDNEYS CAUSE.

KIDNEY COMPLAINTS.—Diabetes, Bright's Disease, Inflammation of the Kidneys, Dropsy (swelling of the limbs or body), incessant pains in the back or loins.

BLADDER TROUBLE.—Inflammation of the bladder, urine, passage of urine, too much or too little urine.

URIC ACID TROUBLES.—Rheumatism, Gravel, Gout, Gall Stones, Lumbago.

NERVE TROUBLES.—Neuralgia, Sciatica, Nervous Collapse, Sleeplessness, Melancholia.

Many other disorders are caused directly or indirectly by faulty kidney action, and can be reached and cured by Doan's Kidney Pills. This remedy has cured every complaint recorded above, and over 50,000 testimonials prove its surprising merit.

50 cents per box, of all dealers, or mailed on receipt of price, by addressing Foster-Milburn Co., Buffalo, N. Y.

Wm. H. NICHOLSON, the well-known jeweler of West Main Street, Wytheville, Va., says: "Some four years ago an attack of grip settled in my back, and I have suffered off and on ever since with a dull, heavy aching across the small of my back, always more severe in the morning. It was difficult for me to stoop or straighten, and if I sat down for any length of time it was hard for me to arise. I took two boxes of Doan's Kidney Pills, and up to date there has been no recurrence of the trouble."

H. B. MCCARVER of 201 Cherry Street, Portland, Oregon, Inspector of freight cars for the Transcontinental Company, says: "I used Doan's Kidney Pills for backache and other symptoms of kidney trouble which had annoyed me for months. I think a cold was responsible for the whole trouble. It seemed to settle in my kidneys. Doan's Kidney Pills rooted it out. It is several months since I used them, and up to date there has been no recurrence of the trouble."

Mrs. GEORGE WALLACE, Jr., of Elmira, N. Y., wife of George Wallace, broker, of West Water Street, and living at 607 Baldwin Street, says: "In March, 1897, I was cured of kidney and bladder trouble by Doan's Kidney Pills. My physician said at that time that my life could be saved only by an operation. Night after night I had been kept awake for hours at a time with terrible pain in my back, and the secretions from the kidneys were in as bad a state as possible. I suffered with hemorrhages frequently and was in a weak state. Four boxes of Doan's Kidney Pills cured me, and I now gladly endorse the remedy, because during the time which has since elapsed, nearly seven years, I have never had the slightest sign of a return of the trouble."

DOAN'S KIDNEY PILLS.

Latest Explosive.

The latest in explosives, according to Metal Industry, is powdered aluminum mixed with nitrate of ammonia and put upon the market under the name of "ammonal." This explosive is said to be one of the surest and safest known, as it can not be exploded by friction or blow, while otherwise containing all requisites of an explosive.

STATE OF OHIO, CITY OF COLUMBUS.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & CO., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 5th day of December, A. D. 1902.

A. W. GLEASON, Notary Public, Toledo, Ohio.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free.

F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c.

Hall's Family Pills are the best.

Deadly Serpents.

Recent statistics show that serpents kill more persons in India than in any other country. During 1901 the number of victims was 22,810, and it estimated that almost, if not quite, as many were killed in 1902.

Piso's Cure cannot be too highly spoken of as a scorch cure.—J. W. O'BRIEN, 322 Third Ave., N., Minneapolis, Minn., Jan. 6, 1902.

No man is free who hasn't got himself well in hand.

Those Who Have Tried It

will use no other. Defiance Cold Water Starch has no equal in quantity or quality—16 oz. for 10 cents. Other brands contain only 12 oz.

A man seldom sees a perfect man without the aid of the mirror.

Wether Gray's Sweet Powders for Children. Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Constipation, Feverishness, Bad Stomach, Feeding Disorders, move and regulate the Bowels and Destroy Worms. Over 30,000 testimonials. At all Druggists, 25c. Sample FREE. Address A. S. Olmsted, LeRoy, N.Y.

Many poor actors are well posted—thanks to the bill stickers.

Inclut on Getting It.

Some grocers say they don't keep Defiance Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. pkg. Defiance Starch for same money.

The silent watches of the night must be those we forget to wind up.

The milkman generally makes us take water.

WINCHESTER

RIFLE & PISTOL CARTRIDGES.

"It's the shots that hit that count." Winchester Rifle and Pistol Cartridges in all calibers hit, that is, they shoot accurately and strike a good, hard, penetrating blow. This is the kind of cartridges you will get, if you insist on having the time-tried Winchester make.

ALL DEALERS SELL WINCHESTER MAKE OF CARTRIDGES.

PILES

NO MONEY TILL CURED. 25 YEARS ESTABLISHED.

We send FREE and postpaid a 200 page treatise on Piles, Fistula and Diseases of the Rectum, also 100 page treatise on Diseases of Women. Of the thousands cured by our mild method, none paid a cent till cured—we furnish their names on application.

DRS. THORNTON & MINOR, 1011 Oak St., Kansas City, Mo.

Wagg—"I had a queer dream last night. I dreamed I traded an automobile for a horse." Wagg—"A night-mare, eh?"

Why it is the Best. Because made by an entirely different process, Defiance Starch is unlike any other, better and one-third more for 10 cents.

Sillicus—"Why are women so fond of champagne?" Cynicus—"Oh, simply because it costs more than anything else."

RED CROSS BALL BLUE. Should be in every home. Ask your grocer for it. Large 2 oz. package only 5 cents.

Some men seem to be too busy to make friends.

Mrs. Winslow's Sore Throat Syrup. For children teething, softens the gums, reduces inflammation, always relieves, cures whooping cough, croup, sore throat.

It's an ill wind that blows an umbrella inside out.

When Your Grocer Says he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

You can't cultivate your voice and cultivate friends, too.

More Flexible and Lasting. won't shake out or blow out, by using Defiance starch you obtain better results than possible with any other brand and one-third more for same money.

The milkman generally makes us take water.

The FREE Homestead

LANDS OF

Western Canada

Are the STAR ATTRACTIONS for 1904.

Millions of acres of magnificent Grain and Grazing lands to be had as a Free gift or by purchase from Railway Companies, Land Corporations, etc.

THE GREAT ATTRACTIONS. Good Crops, delightful climate, splendid school system, perfect social conditions, exceptional railway advantages, and wealth and affluence acquired easily.

The population of Western Canada increased 12,000 by immigration during the past year, over 50,000 being Americans.

Write to nearest authorized Canadian Government Agent for Canadian Atlas and other information—see address Superintending Immigration, Ottawa—J. S. Crawford, No. 125 W. Ninth Street, Kansas City, Mo.

FREE TO WOMEN!

To prove the soothing and cleansing power of Paxtine Toilet. Antiseptic we will mail a large trial package with book of instructions absolutely free. This is not a toy sample, but a large package enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ailments, curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh as a mouth wash and to remove tartar and whiten the teeth. Send today, a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed.

THE E. PAXTIN CO., Boston, Mass., 114 Columbus Ave.

W. N. U., KANSAS CITY, MO., 49, 1903

Every housewife gloats, ever finely starched linen and white goods. Conceit is justifiable after using Defiance Starch. It gives a stiff, glossy whiteness to the clothes and does not rot them. It is absolutely pure. It is the most economical, because it goes farthest, does more, and costs less than others. To be had of all grocers at 16 oz. for 10c.

THE DEFIANCE STARCH CO., OMAHA, NEB.

BROMO-SELTZER

CURES ALL Headaches

10 CENTS--EVERYWHERE

A Gift Worth Giving and A Present Worth Having

The best holiday gifts are useful gifts, and none so useful as the New and Enlarged Edition of WEBSTER'S INTERNATIONAL DICTIONARY of English, Biography, Geography, Fiction, Etc. Useful, Reliable, Attractive, Lasting. The New Edition Has 25,000 New Words. New Gazetteer of the World. New Biographical Dictionary. 600 Pages. 600 Illustrations. Rich Bindings.

Why Not Give Some One This Useful Present? FREE—A Test in Pronunciation. Instructive and entertaining for the whole family. Illustrated pamphlet also free.

G. & C. MERRIAM CO., Publishers, Springfield, Mass., U. S. A.

Refreshed with Thompson's Eye Water

BEGGS' CHERRY COUGH SYRUP

cures coughs and colds.

PISO'S CURE FOR CONSUMPTION

Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

The Secret of Pope Leo's Long Life

The great secret of his 93 years, his power and capacity, is diet. He ate for the good of his body. He let his mind tell him when to stop. He ate little, but he ate enough and it was of the best quality. He was born a physical weakling, had been inclined to sickness all his life and yet he toiled more hours, weighted with greater responsibilities, than any other living man. His diet consisted largely of vegetables, fruits and cereals. Follow this splendid example of rational self-control.

DR. PRICE'S WHEAT FLAKE CEREAL FOOD

is health-promoting, life-sustaining. Served hot or cold.

Palatable—Nutritious—Easy of Digestion and Ready to Eat

My signature on every package.

Dr. J. C. Price

For sale by all grocers.

Dr. Price, the creator of Dr. Price's Cream Baking Powder and Delicious Flavoring Extracts.

A cook book containing 78 excellent receipts for using the Food mailed free to any address.

Prepared by PRICE CEREAL FOOD CO., 34 Cass Street, CHICAGO, ILLINOIS.