

"Contracted a Severe Cold"

"Which settled on my lungs, causing a bad cough."



MISS LAURETTA KRIDLER.

The habit of taking tonics and specifics for coughs and colds is gradually giving way to a better form of treatment.

It has been a common saying, when persons have taken cold, that they "will knock it out" with some more or less powerful drug or stimulant, and the poor system has had to undergo for many years the strain of this "knock-out" process.

There is a much more rational way to cure a cold than by working up the system to fever heat, making the head swim round and round and upsetting the organs of digestion. We think this is clearly revealed in the following letter, and, after you have read the letter, we should like to explain more about it:

Watson Farm, Pa., Nov. 25, 1903.
Dear Sir: I feel that it is no more than right to give praise when it is due, and I certainly want to praise Ozonumol.

Last winter I contracted a severe cold, which settled on my lungs, causing a bad cough. My lungs were sore and inflamed, and nothing seemed to aid them except Ozonumol. I could not sleep at night for coughing, and I also noticed a falling off in appetite and flesh. I liked the taste of Ozonumol very much and found that it gave me quick relief. It eased the coughing, made me sleep much better, increased my appetite and, in fact, had a favorable effect in every way.

Very truly yours,
Miss Laurretta Kridler.

We are not putting out Ozonumol as a "cure all" for every ill that flesh is heir to; nor are we offering it as a secret nostrum filled with all the mystic powers of harmful

drugs. We are simply offering it to the public as the best emulsion of cod liver oil in the market to-day. And this certainly means a great deal in coughs and colds, as well as other conditions where the vitality of the system is lowered.

Ozonumol combines cod liver oil, hypophosphites, glycerine and guaiacol in the best possible form for the palate and stomach. It is the only emulsion containing guaiacol, and it is made from a process perfected by ourselves and used only by ourselves. The ingredients of Ozonumol speak for themselves in coughs and colds and all affections of throat and lungs.

Ozonumol cures a cold not only by giving relief to the inflamed membranes, but also by enriching the blood and raising the standard of health. It is useless to "knock out" a cold and leave the system more weakened than it was before the attack. What Ozonumol does is to cure the cold and strengthen the system at the same time, and we will leave it to any rational human being whether this is not the best way to treat such conditions as are found in cases of coughs, colds and all affections of the throat and lungs.

Druggists sell Ozonumol at 50 cents and \$1.

Free Sample Bottle

If you desire a small bottle of Ozonumol in stock, you can easily order it for you, or if you desire a small sample to see what it is like, you can obtain the same by mentioning the name of this paper in which you read this advertisement and sending your name and address to the OZONUMOL CO., 98 Pine St., New York City.

Normannaheimen CONTESTS ON SKIS AND SKATES

GREAT ANNUAL WINTER CARNIVAL AT HOLENENKOLLEN.

Experts Participate in Contests for Winter Sport Honors—Winners of the Chief Events—Carnival Brings Out a Brilliant Assemblage of Nobles and Army Officers.

Holenenkolle's annual winter carnival is now at its height, and the attendance of spectators was as large and brilliant as ever, and included Crown Prince Gustaf and Prince Gustaf Adolf with suites, officers of the Swedish army, and distinguished journalists and sportsmen from foreign countries.

The skating races, open to the world, began at Frogner ice rink Feb. 6. Peter Sinnerud of Hamar was awarded the gold medal and Sigurd Mathiesen the silver medal, both of them easily defeating Rudolf Gunderson, who carried off the first honors at the international races at Davos, Switzerland.

In the 500-meter race the results were as follows: Sinnerud, 46 1-5 seconds; Gunderson, 46 3-5; Mathiesen, 48 1-5; R. Rohne, 49; Olaf Steen, 49 1-5.

In the 1,600-meter contest Sinnerud's time was 2:34 4-5; Mathiesen, 2:35 3-5; Gunderson, 2:35 4-5; Rohne, 2:39.

Sinnerud also won the 5,000-meter race in 9:26 2-5; Mathiesen's time was 9:28 1-5; Olaf Hansen, 9:31 1-5; Olaf Steen, 9:36; and Gunderson, 9:38 4-5.

The 10,000-meter race was also won by Sinnerud in 19:15 1-5; Mathiesen's time was 19:31; Gunderson, 19:47 2-5; Olaf Hansen, 19:54 3-5; and Rohne, 19:58 3-5.

The chief interest, however, was in the ski contests. First came the distance run of 15 kilometers from Frogner north to Singene, then down in Skjau valley east to Skjers water, up the hill Kamphaug and then back over hill and dale to Frogner. Per Andreassen of Trysil Sport club was first in class one, his time being 1:43:03; and Halvard Hansen was second. In class No. 2, Per Bakken of Trysil was first in 1:44:52, and Otto Ronningen of the same club was second.

The fifty-kilometer run (about thirty-five miles) was won by Trysil members in brilliant style, the first four places going to this club. Per Bakken covered the distance in 4:56, and Per Andreassen, who was bothered with ice, was second.

Then came the crowning event—the thrilling jumping contests. Unfortunately the reports for the finals, except for the juniors, have not reached this office. In this class Leif Berg of "Spring" secured first place, with jumps of 27 and 28 meters (88 feet), and Olaf O. Tonnun of Beitstaden was second, with jumps of 26 1/2 and 24 meters.

Eighteen of the best leapers in Norway were entered in class No. 1. There were many splendid jumps. The favorite, Jorgen B. Schive, fell and lost his chance. Harald Smith did unusually well and was universally picked as the winner of the championship medal, with Andreas Ulbye Steenberg, Gudbranden and Birger Lillioe were, however, considered dangerous. Class No. 2 produced some fine jumping over the formidable bar in Holmenkollen. Per Bakken, who won honors in the long-distance runs, did splendid work, and was considered sure of the first prize, barring accidents in the finals. Johan Bakken, Thorvald Hansen, Karl Hansen and Peter Hol appeared to be likely candidates for the other honors.

CROWN PRINCESS LEAVES
In a Tiff with the Crown Prince—The Reason.

Crown Princess Victoria of Sweden and Norway left Stockholm for Italy just two days before the celebration of the seventy-fifth birthday of Oscar II., and every gossiping tongue immediately started to wag. It was officially given out that the crown princess was ill, but the gossip would not accept this excuse, and, prying into the private affairs of the royal household, came to the conclusion that Crown Prince Gustaf and his consort had indulged in a royal tiff some days before the announcement of the crown princess, the crown prince gave a reception with a concert at the castle, to which a certain

member of the moneyed aristocracy and his handsome and attractive wife were invited. The crown princess was asked for reasons. Her satisfactory were given her, so she investigated on her own behalf. A stormy scene between the crown princess and her husband followed, and she declared that she at once would go to Italy.

King Oscar interfered, but in vain. The crown princess was firm in her determination, packed her trunks and hurried away from Stockholm.

CONVIVIALITY WAS EXPENSIVE
Aalesund Fire Caused by Carelessness at Drinking Bout.

Evidence given during the investigation as to the cause of the disastrous fire in Aalesund tends to show that a drinking bout at the factory in which the fire started was directly responsible. Of the 150 men who were there, whether there will be any criminal proceedings has not yet been decided.

The city has been divided into nine districts for the systematic distribution of food and clothing. Temporary barracks and dining houses have been erected. The fishing concerns have established temporary warehouses and will start their fleets in the best manner possible. The banks and insurance companies have opened quarters and are in a position to handle considerable business. A beginning in the work of rebuilding has been made. It is expected that regulations for fire-proof construction will be adopted ere long.

The relief measures were as complete as they were prompt and generous. The Germans were particularly resourceful and active and covered many of the buildings of which the first story was of stone, with roofs so that they were habitable. Of the people who deserve recognition for their energetic work in relieving distressed Adjutant von Grumme and his wife obtain the greatest praise. Von Grumme was sent as personal representative of the German emperor and worked with marvellous energy and signal ability.

The contributions from Minneapolis are especially mentioned for promptness and generous proportions. The least that one woman lost her life in the flames. The bones of a woman believed to be those of Anna Heen, 75 years of age, were found in the ruins of a house on Liehaugen. She returned to the house to get some valuables.

Minneapolis Tidende's relief fund now reaches \$1,707.88. Sverre lodge, Sons of Norway, at South Stillwater, contributed \$51.25.

NOBLES TOO STRONG
Swedish Illklegd Member Would Abrogate Their Rights.

Dr. Holmgren has caused a sensation in the Swedish nobility by a resolution to restrict the privileges of the nobility, which he declares has outlived its time and purpose and rights. To restore it is useless and to maintain it is a burden which has disturbed the rights of the people is unwise. He calls attention to the fact that the sons of the nobles have monopolized all the desirable commissions in the crack regiments the no more worthy of promotion than other officers.

JUBILEE PERFORMANCE
Bjornson's Drama Presented Before Distinguished People.

Bjornson's famous drama, "En Fallit" is about to have its thirty-fifth jubilee performance. It was written in 1874, partly in Rome and partly in the Tyrol, and has been performed in every civilized country. Over 200 presentations have been given in Germany alone.

The performance at the National theater Feb. 9 was witnessed by Mr. and Mrs. Bjornson, members of the royal family and a large audience of distinguished people. The performance was enthusiastically applauded and the author was well pleased.

The Sultan Receives.
Baron Beck-Finnsenvoy for the united kingdom to the sublime port, has been received with high honor by the sultan. In who presented two magnificent bear-skins as gifts from King Oscar. The officers of the warship "Elliada" were decorated by the sultan.

Children Increase.
Christiania birth records for the year 1903 show a total of 7,193 of which 3,655 were boys and 3,538 were girls, 50 more than the total for 1902. There was a decrease in the number of illegitimates but the figures are high enough to be deplored. However, over half were born in institutions sought by women from all over the country.

Oppression by the Bear.
Nothing is too petty for Governor General Bobrikoff in irritating the Finnish people. His latest act of petty tyranny is a prohibition against any observance of the one hundredth anniversary of the birth

"Accept This Letter from a Grateful Girl."

PAIN'S CELERY COMPOUND

Lifted Awful Fear of Sudden Death from Her Mind, Cured Her Heart Weakness, Sinking Spells, Neuralgia—Troubles Common to a Million Women.

You will realize, as you read Mrs. Arnold's letter that the worst of all her sufferings was the grim foreboding of sudden death.

Every tired, worried, overstrained woman knows these morbid fancies and fears, which are the direct result of run-down nerve system and lack of nerve vitality—neither more nor less.

Paine's Celery Compound restored her nerves to strength and, in turn, the Nerves at once restored to her mind the brighter outlook, and to her heart the healthy action that Mrs. Arnold acknowledges with so much gratitude.

Mrs. Arnold Suffered from Heart Disease, Palpitation, Sinking Feelings, Neuralgia, Morbid Brooding.

HER LETTER.

180 CROWN STREET, NEW HAVEN, Connecticut, December 2, 1903.

"Please accept this letter from a grateful girl. Paine's Celery Compound has lifted from my mind the fear that haunted me for years—the foreboding of sudden death by heart disease. Several members of the family on my mother's side have been taken off without a minute's warning."

"I had palpitation of the heart every time I tried to do active work, and I could not go upstairs without the awful sinking feeling—as if in another second I would be dead."

"Doctors bled me several times, and another doctor told me that my trouble was neuralgia of the nerves of the heart, which were breaking down. I did not have the courage to abandon doctors, but without saying anything I took the advice of a friend, who sent me a book about Paine's Celery Compound in which there was a letter from a lady whose case was almost exactly like mine."

"I took the Celery Compound regularly, and it is two months now since my husband and I agreed that it was a complete cure."

"I can almost run upstairs now, which I did not dare to try for years. I have no more sinking spells or palpitation, and my heart beats as sound and regularly as my husband's."

"MRS. E. CHURCHILL ARNOLD."



MRS. E. CHURCHILL ARNOLD, 186 Crown St., New Haven, Conn. From her heart she sends her acknowledgment for Perfect Health and Happy Confidence—Restored by Paine's Celery Compound.

EVERY ONE OF MRS. ARNOLD'S SYMPTOMS

and, as its real cause—Weakness of the Inner Nerves, and the resultant weakness of the various organs of the body, all of which depend directly on Nerve Force.

Paine's Celery Compound Cured the Real Cause.

Discouraged Women Find Blessed Health and Strength in Paine's Celery Compound.

The strains that fall to woman's lot can be met only by strong and healthy nerves. Her nerves are more delicate than a man's—they feel the strain of life's affairs more keenly.

Practically all of the troubles peculiar to women are due in the beginning to overstrained

and weakened nerves. Paine's Celery Compound nourishes and restores the nerves and makes them strong enough to stand the strain. And, through the nerves (the only scientific cause), it stops and cures the diseases that afflict so many women.

To discouraged women it gives back blessed health and joy of life. It positively cures Heart Trouble, Palpitation, Neuralgia, Indigestion, Dizziness, Weakness and Insomnia. It restores lost strength. It purifies the blood and is a certain cure for bad or muddy complexion, in a word, Paine's Celery Compound gives New Life to women who are ailing and despondent.

WOMEN SUFFER NO MORE.

Philadelphia, Pa., Sept. 25, 1903.—I had sick headaches and was so run down that I often felt that life was not worth living. I had awful pains in my head and could not sleep any length of time. A friend told me about Paine's Celery Compound. I thought I would try it, and I had not taken half of the first bottle before I obtained relief, and began to get well. I continued to take your invaluable remedy, and it was not long before I was cured.

of Reinsberg, the great Finnish poet, which came yesterday, Feb. 25.

All Swedish subjects are being driven from Finland. No excuses are accepted nor are any delays tolerated, without giving any time to dispose of property or to arrange their affairs the Swedes are compelled to leave the country, at once on threats of imprisonment.

Another Scandinavian Line.

The Scandia steamship line across the Atlantic is to be revived. It will run from Helsingborg to New York via Gothenburg and Christiania. The first sailing will be from the other side on April 1, after which there will be fortnightly sailings from both sides.

Women Advocates.

The measure admitting women to the practice of law in all the Norwegian courts is now in the hands of the government for its approval. The Lagting after a short debate passed the act by a vote of 19 to 16. It will probably become a law.

Saved From Fire.

Mjoen's sanatorium for consumptives at Greffen, near Christiania, was totally destroyed by fire Feb. 4. Several of the patients were confined to their beds and were rescued from death at the last moment, with great difficulty. The clubhouse and outbuildings were also destroyed.

Iceland Has a Minister.

Minister Albert has been relieved of his

I feel that I would not be alive to-day but for Paine's Celery Compound.

MISS CLARA FOWLER, 1206 N 11th St.

Des Moines, Iowa, Sept. 2, 1903.—Paine's Celery Compound is a blessing to suffering women. I have been a constant sufferer from various ailments until I was induced to try Paine's Celery Compound. I am glad to say that it has done more for me than any other medicine I ever used.

MRS. H. A. CARTER, 1217 Maple St.

"Trace every disease or pain to the TRUE CAUSE. Pain is only the sign or symptom. It is idle to treat the pain itself. The only true cure for suffering is the cure that CURES THE TRUE CAUSE—Weakness of the INNER Nerves."

—Professor Edward E. Phelps, M. D., LL.D., of Dartmouth College, Famous Discoverer of Paine's Celery Compound.

not a serious crime in Sweden and the army from the king down gets strong criticism from the press.

Preparing for Russia.

It is proposed to transfer several regiments of Swedish cavalry to Norrland as a defense against attempts of Russia to enter Swedish territory. The advance of the Muscovites consists of Cossacks and they should be opposed by cavalry.

Reduced Rates to New York and Return via the Baltimore and Ohio Railroad.

Account of spring meeting Merchants' association at New York, tickets will be sold from Chicago at one and one-third fare for the round trip, on certificate plan. Dates of sale, Feb. 27, 28, 29 and March 1. Certificates for return tickets will be honored within 30 days. Stop-over in both directions allowed at Washington, D. C., Baltimore and Philadelphia, not to exceed ten days at each place. For further information address R. C. Heane, N. W. T. F. A., St. Paul, Minn. City Ticket Office 244 Clark Street, Chicago.

Via Soo Line, \$25.00 to Portland, Seattle, Tacoma, New Westminster, Vancouver, Victoria, Nanaimo and other North Pacific Coast points. Tickets on sale every day in March and April. Ticket office, 119 Third Street S., Minneapolis.

NECK BROKEN

And Was Reset After Sufferer Had Walked to Her Work.

KANSAS CITY JOURNAL.

While attempting to wash dye stains from her neck last Monday morning, Miss Hattie Bergner of 2012 Holmes street, 19 years of age, dislocated two of the bones of the second cervical vertebrae. While the dislocation in the sense as inflicted by the hanger's noise, and is in nearly all cases fatal, Miss Bergner still lives and the physicians say she will recover. Medical books record a few instances where persons have survived the injury of a "broken neck," but the instances are rare. So far as a number of physicians who were seen here yesterday can recall, it is the first case of the kind to have occurred in Kansas City. The operation of setting a dislocation of the upper section of the vertebrae is delicate in the extreme and one which physicians are seldom called upon to handle.

Miss Bergner is employed at the Model Steam Dye Works, owned by Joseph Meyer at 109 West Ninth street. At the time the accident occurred Miss Bergner did not realize its seriousness and went on down town to her work. Her neck began to pain her greatly by the time she arrived home town and she asked to be allowed to go home. Dr. S. H. Ragan, who lives near Miss Bergner's home, was called and to his surprise found one section of the vertebrae extended over the other, leaving a lump on the girl's neck similar to that left by the dislocation of the elbow of wrist. The girl was sent immediately to the German hospital, where the operation was performed shortly afterward.

The operation required but a short time, but the doctors, three of them old practitioners, admit they were under a strain while it was in progress. How the spinal cord escaped injury when the dislocation took place is remarkable,

but to put the bones back in their place without injuring the cord was almost as dangerous.

Dr. S. H. Ragan, Dr. Howard Hill, Dr. F. von Quast and Dr. Edward L. Stewart, house surgeon at German hospital, performed the operation. Miss Bergner was placed under the influence of an anesthetic, so as to relax every muscle of the body. One of the doctors took hold of the head and another the body. While they pulled so as to extend the vertebrae slightly a third pushed the two dislocated bones into place. The bones went together with a snap. A surgeon felt the pulse and found it to be beating normally. The neck was then placed in a cast, made of stiff cardboard, resting on the shoulders and fitting tightly under the chin, keeping the neck perfectly rigid. This will have to remain on the neck for perhaps three weeks or more, until the bones have grown back together in their normal position.

Miss Bergner has lived four days since the operation and the surgeons say she is doing remarkably well and will recover.

Low Rates to New York for Merchants' Association Spring Meeting
via Lake Shore & Michigan Southern.

Tickets will be sold from Chicago to New York and return Feb. 27, 28, 29 and March 1, at one and one-third fare for the return trip on the certificate plan. Return limit 30 days. Tickets good going on all trains including the 20th Century Limited and the Lake Shore Limited. For information concerning train service, sleeping car reservations, etc., address W. B. Hunter, N. W. T. F. A., 129 Endicott Arcade, St. Paul, or C. F. Daly, Chief A. C. F. A., Chicago.

Backache

The ordinary every-day life of most of our women is a ceaseless treadmill of work. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system all unstrung. One day she is wretched and utterly miserable; in a day or two she is better and laughs at her fears, thinking there is nothing much the matter after all; but before night the deadly backache reappears, the limbs tremble, the lips twitch—it seems as though all the imps of Satan were clutching her vitals; she "goes to pieces" and is flat on her back.

No woman ought to arrive at this terrible state of misery, because these symptoms are a sure indication of womb diseases, and backache is merely a symptom of more serious trouble. Women should remember that an almost infallible cure for all female ills, such as irregularity of periods, which cause weak stomach, sick headache, etc., displacements and inflammation of the womb, or any of the multitudes of illnesses which beset the female organism may be found in

Lydia E. Pinkham's Vegetable Compound.

When a medicine has been successful in more than a million cases, why should you say, "I do not believe it would help me"?

Will not the volumes of letters from women who have been made strong by Lydia E. Pinkham's Vegetable Compound convince others of the virtues of this great medicine?

Surely you cannot wish to remain weak and sick and discouraged, exhausted with each day's work. If you have some derangement of the feminine organism try Lydia E. Pinkham's Vegetable Compound. It will surely help you.

GET ADVICE AND HELP FREE.

If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. She will hold your letter in strict confidence. She can surely help you, for no person in America can speak from a wider experience in treating female ills. Address is Lynn, Mass.; her advice is free and helpful.

MISS PEARL ACKERS.

"DEAR MRS. PINKHAM:—About two years ago I consulted a physician about my health, which had become so wretched that I was no longer able to be about. I had severe backache, bearing-down pains, pains across the abdomen, was very nervous and irritable, and this trouble grew worse each month.

"The physician prescribed for me, but I soon discovered he was unable to help me, and I then decided to try Lydia E. Pinkham's Vegetable Compound, and soon found that it was doing me good. My appetite was returning, the pains disappearing, and the general benefits were well marked.

"You cannot realize how pleased I was, and after taking the medicine for only three months, I found I was completely cured of my trouble, and have been well and hearty ever since and no more fear of the monthly period, as it now passes without pain to me. Yours very truly,

"MISS PEARL ACKERS, 327 North Sumner St., Nashville, Tenn."

\$5000 FORFEIT if we cannot forthwith produce the original letter and signature of above testimonial, which will prove its absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.