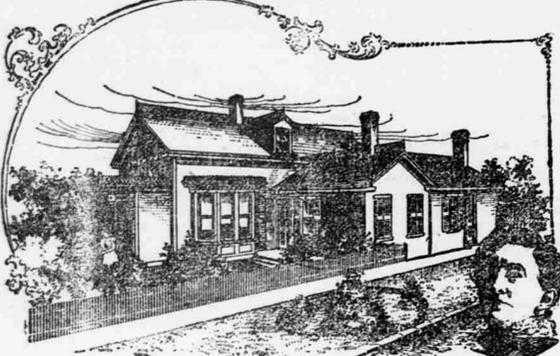


LIZZIE M. BREWER,

Well Known for Deeds of Kindness and Philanthropy,

AN ARDENT ADVOCATE OF PE-RU-NA.



The Home of Mrs. Lizzie M. Brewer at Westerly, R. I.

In a letter to Dr. Hartman, concerning the merits of Pe-ru-na, Mrs. Brewer writes, among other things:

"Dear Dr. Hartman—I find Pe-ru-na a sure cure for all catarrhal affections so common in this part of the country. It cures a cold at once. There is no cough medicine that can do all equal Pe-ru-na. As for a gripe, there is no other remedy that can do all equal Pe-ru-na. I notice in medical journals, and from the testimony of my neighbors, that the doctors seem quite unsuccessful in treating a gripe, especially in removing the after-effects of a gripe. From personal observation in many cases I know that Pe-ru-na is a sure specific for these cases. I am among the sick a great deal in our city and have supplied many invalids with Pe-ru-na, simply because I am enthusiastic

in my faith as to its results. I have never known it to fail to quickly and permanently remove that demoralized state of the human system which follows a gripe.

"In all cases of extreme weakness I use Pe-ru-na with perfect confidence of a good result. In cases of weakness peculiar to my sex, I am sure that no other remedy can approach in good results the action of Pe-ru-na. It meets all the bad symptoms to which females are subject. The irregularities and nervousness, the debility and miscarriages which afflict more or less the women from girlhood to change of life, are one and all met and overcome by this excellent remedy. I wish every young lady in our city could read your book, 'Health and Beauty.'"

"Mrs. Lizzie M. Brewer."

Ask any druggist for a free Pe-ru-na Almanac for the year 1890.

SYRUP OF FIGS

NEVER IMITATED IN QUALITY.

THE EXCELLENCE OF SYRUP OF FIGS is due not only to the originality and simplicity of the combination, but also to the care and skill with which it is manufactured by scientific processes known to the CALIFORNIA FIG SYRUP Co. only, and we wish to impress upon all the importance of purchasing the true and original remedy. As the genuine Syrup of Figs is manufactured by the CALIFORNIA FIG SYRUP Co. only, a knowledge of that fact will assist one in avoiding the worthless imitations manufactured by other parties. The high standing of the CALIFORNIA FIG SYRUP Co. with the medical profession, and the satisfaction which the genuine Syrup of Figs has given to millions of families, makes the name of the Company a guaranty of the excellence of its remedy. It is far in advance of all other laxatives, as it acts on the kidneys, liver and bowels without irritating or weakening them, and it does not gripe nor nauseate. In order to get its beneficial effects, please remember the name of the Company—

CALIFORNIA FIG SYRUP CO.
SAN FRANCISCO, CAL.
LOUISVILLE, KY. NEW YORK, N. Y.

Wheat! Wheat! Wheat!

Nothing but wheat as far as the eye could reach on either side—what you might call a sea of wheat—was what a lecturer, speaking of Western Canada, said while referring to that country.

For particulars as to routes, railway fares, etc., apply to N. Bartholomew, 9th Street, Des Moines, Iowa, Agent for the Government of Canada.

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156 Ledger Building, New York City.

Wonderful.

"There is positively the dumbest man I ever saw. Why, that fellow doesn't know anything!"

"And yet he is chief assistant in his wife's intelligence office."

WOMAN AT HOME

MISTRESS AND MAID.

MISTRESSES stand in need of reform as well as maids, and the time has come when housewives must realize that the relations between them and their servants cannot be those of slave and his owner. Moreover, the sooner it is realized by every mistress that all the cardinal virtues are not to be found in a single individual, the sooner will she establish the domestic peace of her household. Even were it possible to find young women so richly endowed by nature, that no fault could be found with them, they would be worth more than a few pounds per annum to any family. Directly we produce servants with angelic tempers and an abnormal love for work, who never want rest or holidays, or a watchful eye over them, then may we rest assured that wages will go up by leaps and bounds, and truly they will be worth whatever they demand. But until the millennium comes we have no hope of finding domestics of this type, and meanwhile our best chance of securing better service is to realize that, as the mistress is the pivot of the whole domestic machinery, she ought to come much nearer to perfection than those she governs, says the Lady's Pictorial. And the best mistresses are those who do not look for perfection in servants, and yet strive to bring them by easy stages to that ideal state. What is more and of the utmost importance is that mistresses should not blind themselves to the fact that their maids are of like passions with themselves. They need to be considered in little matters sometimes. Their work is monotonous, their hours long, their duties many, and their temptations often very great. All these things are frequently forgotten by those who employ them, with the result that domestics resent being treated as machines, and rebellion ensues. There is, however, a wide distinction between showing consideration to employes and pampering them. There is no need whatever to treat one's servants as if they were distinguished guests; but, on the other hand, it is a fatal policy to show them less consideration than one's dogs, and to act towards them on the principle that as much value as possible is to be got out of them for the lowest possible remuneration.

Influenced the Czar.

The International peace movement has many prominent people as warm supporters and promoters. One of the most active is Mrs. Luttner, who before her marriage was the Countess Klinski.

NEW WATCH POCKET.

watch face has been cut, is conveniently seen and can be readily reached by the right hand. The flap of the pocket is padded with soft material, so there is practically no danger of breaking the watch. The watch is slipped into the pocket from the side and buttons secure it from falling out. As in the case of the wrist watches which were much worn several years ago, the face is always in plain sight, and the time of day may be seen by the wearer at a glance.

Uncompanionable Wives.

When you come to think of it, says Dorothy Dix, in the New Orleans Picayune, the situation is like this: For the great majority of women, their sole chance of happiness is bound up in their husbands and homes. If their homes are unpleasant; if, after the first fervor of love in the honeymoon passes, they fall to be companions and chums with their husbands, they have laid up for them a future of desolate wretchedness.

FRAU BERTHA VON LUTTNER.

sky. She is a voluminous writer on the subject. She has written articles on international disarmament for most of the large papers of Germany and Austria. It was after reading her book, "Down with Arms," that the Czar of Russia resolved to issue his universal peace manifesto.

When Tots Toe In.

The little tots who are inclined to "toe in" when they begin to walk can have this fault quickly rectified if attended to in time, says the Philadelphia Times. The mother or nurse should rub (at least twice a day) the outer side of the little legs with a firm upward stroke. Hold the little foot in your hand in the correct position. Recollect, do not rub down, and not on the inner side of the leg. The object is to nourish and strengthen the outer muscles, which are proportionately weak. Begin below the ankle, and rub to the knee, slowly and quietly, but not too lightly. This treatment faithfully persevered in will soon correct the trouble.

ABOUT THE BABY.

To Break Up a Cold.

It is much more difficult to break up a baby's cold than an older person's. Oiling the throat and chest with some penetrating oil every night and laying a warm flannel over it should be done as soon as a cold is visible. A few drops of pure olive oil should be given if there are any signs of a cough. It is wise to oil the bridge of the nose and over the eyebrows to loosen a cold in the head. Always be careful to keep a baby sufficiently warm. It is safer to have a hot water bag or jug at the feet. If the cold grows more severe give a hot bath in a warm room. Oil thoroughly the entire body and wrap in flannels and blankets.

The Feminine Observer.

Sickness is a great leveler. It reduces us, one and all, to the estate of little children.

A tea cozy is a dainty gift for the woman who entertains her friends at afternoon tea.

The church-going woman has her monogram in raised silver on her prayer book and hymnal.

The "born cook," like the genuine workman, turns out a good job with the materials at hand.

How popular a game is ball, be it the pigskin, the wee white ball, that played to the rhythm of a waltz or the voice of "the bald-headed tyrant from No Man's Land!"

True Co-operation.

The unselfishness which brings a wife into true co-operation, the love which makes sacrifice a joy, are essential to the success of the woman who means to prove that fortune is not all that makes a man rich. She has to rise above the plane of duty well done, she has to aspire beyond making the best of things, and become creative. She has to produce light and courage, and give to the faded new brightness, and gild the worn and marred, and lend to all they possess the magic of her smile.

Benefits of College Training.

A contemporary says: "American girls go to college now by thousands and tens of thousands as unconcernedly as they used to go to the grammar schools. It is now expected that a girl shall go to college if she wants to, quite as much as boys, and some parents in moderate circumstances act upon the principle that it is rather more necessary for girls to be well educated to

Most Nourishing Foods.

Butter and bacon are declared by a medical writer to be the most nourishing of all foods.

The Enormous Gold Product of 1898.

From South Africa, the Klondike and Australia gold is being shipped in large quantities. This year's output will nearly double that of any previous twelve months. The sale of Hostetter's Stomach Bitters is also increasing very fast. This famous remedy will cure dyspepsia, indigestion, constipation, nervousness and weakness.

Experienced.

Lawyer—Are you a married man?
Witness—No, but I was run over by a trolley car once.

The Shortest Way.

The shortest way out of an attack of neuralgia is to use St. Jacobs Oil, which affords not only a sure relief, but a prompt cure. It soothes, subdues and ends the suffering.

The wives of Siamese noblemen cut their hair so that it sticks straight up from their heads. The average length of it is about 1½ inches.

In Winter Use Allen's Foot-Ease.

A powder to be shaken into the shoes. During winter your feet feel uncomfortable, nervous, and often cold and damp. If you have perspiring, smarting feet or tight shoes, try Allen's Foot-Ease. It warms and rests the feet and makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and is a certain cure for chilblains and frost bites. Try it to-day. Sold by all druggists and shoe stores for 25c. Trial package mailed FREE. Address Allen E. Olmsted, Le Roy, N. Y.

All earthly delights are sweeter in expectation than in enjoyment, but all spiritual pleasures more in fruition than in expectation.—Fetham.

Gates' Mexico Tours.

First tour leaves Chicago Jan. 17; second tour leaves Chicago Feb. 11, 1890. Price of ticket includes all traveling expenses for thirty days. These tours are made by special trains of palace cars, including dining cars. For descriptive books and rates write to Chas. H. Gates, Toledo, Ohio.

More hearts pine away in secret anguish for unkindness from those who should be their comforters, than for any other calamity in life.—Young.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

During the last twenty-five years the number of college students in the country in proportion to population has increased over 400 per cent.

There is economy in using Diamond "C" Soap in the laundry in preference to other kinds.

A cannon ball fired from one of the great Krupp or Armstrong guns travels 2,587 feet per second.

900 DROPS

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Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS—CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHEER

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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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PISO'S CURE FOR GIRLS WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

CONSUMPTION

From Head to Foot.

For all aches, from head to foot, St. Jacobs Oil has curative qualities to reach the pains and aches of the human family, and to relieve and cure them promptly.

There would have been no "grenadiers" at Bunker Hill except for Spain, since the "hand grenade" and the "grenadier" both get their names from the city of Grenada.

Piso's Cure for Consumption is our only medicine for coughs and colds.—Mrs. C. Beltz, 439 8th ave., Denver, Col., Nov. 8, 1895.

An elephant is possessed of such a delicate sense of smell that it can scent a human being at a distance of a thousand yards.

It's just as easy to buy Diamond "C" Soap as inferior kinds. Your grocer sells it.

There are said to be fewer suicides among miners than among any other class of workmen.

Those nuisances, rheumatism and the gout, are relieved by Allen's Sulphur Soap. HITS Hair and Winter Dye. 25 cents a bottle.

A docile disposition will, with application, surmount every difficulty.—Manilius.

The Old Reliable Pile Remedy is still the favorite—never fails to relieve. 50c per bottle for one month's treatment. Geo. E. HARTMAN, Waterbury, Vt.

Observe your enemies, for they first find out your faults.—Antisthenes.

Mrs. Winslow's SOOTHING SYRUP for Children settling, soothes the gums, reduces inflammation, cures pain, cures wind colic. 25 cents a bottle.

If a man makes a fool of himself over a woman she is usually satisfied.

WANTED—Cases of bad health that R. P. HALL'S will not benefit. Send 5 cents to R. P. HALL, Chemical Co., New York, for 19 samples and 1,000 testimonials.

The superior man is slow in his words and earnest in his conduct.—Confucius.

Rheumatism

Is caused by acid in the blood. Hood's Sarsaparilla neutralizes this acid and cures the aches and pains. Do not suffer any longer when a remedy is at hand. Take the great medicine which has cured so many others, and you may confidently expect it will give you the relief you so much desire.

Hood's Sarsaparilla

America's Greatest Medicine for Rheumatism.

Prepared by C. I. Hood & Co., Lowell, Mass.

Hood's Pills cure sick headaches. 25 cents.

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