TE WASHINGTON NEWS AND

## CONGRESSIONAL PROCEEDINGS

 BEAUTIFUL WOMEN Wip Empuss

iI coasider Peruna an infallible remedy for catarrhal diseases. For several years I have boos al
troubled with influegna, especially dering our rainy season. I used to catch cold so oasilly that it
was afrall to be out when the weather was the least bit inclement, or in the ovening alr. But stace I have used Peruna I have nothing whatever the matter with mo.
iI am in perfect heafth, and find that Peruna acts as a tonl, and seems to throw all sickness and divamse out of the body, I go anywhere now and in all kinds of weather, semrow havio an fison
constiviton and enfoy Ifo becauso I enjoy perfect health."
LENORE ALLEN.

| Mise Metto Douglases, 138 Thomas Aro., mphis, Toan., writes "From my early womanhood I have | for a book of tostim Peruna has made. |
| :---: | :---: |
| cot tronbled with occasional honderchen. | Peruna Makes Clean, Healthy |
|  | Mucous Membranes - Ca- |
| Ch Idio I moon found that my gonerai | tarrhal Diseases Disappear |
|  | Permanently. |
| hat entirely disappearod, and I | The mucous membrane is to the innic |
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| , mattie douglass. |  |
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SEAFARING MEN



## BAl() DONT ETOP TOBAQCO <br>  (III)






