

Another Prominent Physician Uses and Endorses Per-ur-na.

D. R. LEWELLYN JORDAN, Medical Examiner of the U. S. Treasury Department, graduate of Columbia College, and who annually reports at West Point, has the following to say of Per-ur-na:

"Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change and I now consider myself a well man after months of suffering. Fellow sufferers, Per-ur-na will cure you."

A constantly increasing number of physicians prescribe Per-ur-na in their practice. It has proven itself so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their patients.

Per-ur-na occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half of the people of the United States.

Robert R. Roberts, M. D., Washington, D. C., writes:

"Through my own experience as well as that of many of my friends and acquaintances who have been cured, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients."

Robert R. Roberts, M. D., Washington, D. C., writes:

"I have seen cases of catarrh disappear. Then catarrh is permanently cured. If you do not derive prompt and satisfactory results from the use of Per-ur-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, Ohio.



Dr. Llewellyn Jordan, Medical Examiner United States Treasury.

The Three

One walked the ways of other men And subtly bent his head and will To please the world, and heedless of Putting his conscience to rest And thus The world's curse was laid on him, Hating him great.

One sought in ways of solitude With good, and kept his spirit free In solitude, and with his mind And he, so beautiful his days, Went to his grave.

And one smelt the jostling crew In much temptation standing by The world's way with bold unbowed, The world's way with unbowed, "So thou our guide."

—M. Montgomery.

MRS. BRIDGERS' SUNDAY DINNER

BY J. C. PLYMER & COMPANY

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"You look kind or pale to me," said Mr. Pitchee, with an affection of deep interest, "quind't had much of a breakfast."

"Splendid," replied Tom Bridger; "I'm afraid I'll have dyspepsia if Lydia gives me such good meals."

Mr. Pitchee smiled satirically and went wagging his head. It was the cherished tradition of Baysport that Tom Bridger had made a great mistake in marrying Lydia Norris. A year or two had passed since she had come to Baysport to be the wife of a rich man, and she had gone with him to make in the world, needed a help-mate, not a pretty doll, so said the good women of Baysport and Lydia Norris certainly had no experience in housekeeping. She had even outraged Baysport ideas by choosing to go to Baltimore for her schooling instead of to the small school house in Baysport, where her betters had been content to learn. She might know music, perhaps, French, and drawing, but she couldn't cook, and a woman who couldn't even make a corn dodger was pre-eminently unfit to be a man along in the world.

"It's about time to put a reef in this kidding Lydia about her cooking," muttered Tom, looking after Mrs. Bridger. "The dinner that day, at the Bridger home certainly gave weight to the alarm Mr. Pitchee had manifested as to her health. It was a hot and spicy dinner. A piece of mutton wasn't cooked at all, and the potatoes were in a state of hard crisp.

"It's the horrid stove," sobbed Mrs. Bridger. "It won't cook right."

"It's a new stove," replied her husband, "and you'd better shake it loose, and Lydia, I'm going to have company for dinner Sunday."

Mrs. Bridger gazed at her husband in stony horror.

"I'm going to have Mr. and Mrs. Pitchee, Miss Grimes and Miss Clinty Paul," continued Mr. Bridger.

"You're never in earnest, Tom," quavered his wife.

"The bark Twilight is in the bay, and I've asked Captain Benson to come ashore and have dinner and—"

"Tom," sobbed Mrs. Bridger, "why do you do that?"

"—he said he'd bring with him a French nobleman who's a passenger on the bark from Martinique," finished Mr. Bridger.

"Tom," cried Mrs. Bridger, tragically, "you'll kill me. You know I can't cook."

"To-day's only Tuesday, by Sunday you'll know how," rejoined Mr. Bridger, optimistically.

The natives were delivered personally by Mr. Bridger, who did not fail to dwell upon the probable preference of the French nobleman. The proposed event caused much commotion.

"I'll go, but I'll take a bite before I go," announced Mrs. Pitchee. "I know Lyddy Bridger can't cook anything fit to eat."

"I want to see the nobleman," said Mrs. Bridger, and she was romantic to get some sense out of a cook book.

"You know I can't cook!"

CROUP

is one of the dangers of childhood. It must be cured quickly and permanently. Shiloh's Consumption Cure, the Lung Tonic, is pleasant to take and cures thoroughly. Your money back, if it doesn't.

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Mapi-Flake

is satisfying and at the same time delicious and healthful.

John Stuart Mill's Advice.

Two or three times a week command you: Keep yourselves in the full air of the world and play your part in the world's affairs. Always study rather than be passive. Do not be so irresponsible as to expect more from life in the world than life in the world is capable of giving.—John Stuart Mill.

Important to Mothers.

Woman's monthly health is the basis of a safe and easy remedy for infants and children, and see that it.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists sell this medicine. Get the name on the wrapper. Beware of cheap imitations. It is the only medicine that will cure a cold in one day.

St. Jacobs Soreness and Stiffness

From cold, hard labor or exercise. Relieves rheumatism and the soreness disappears.

Handy Man in Demand.

A recent number of the Cape Mercury contained this advertisement: "Wanted for German West Africa a man to look after one horse, two cows and three pigs. One who can impart the necessary information to the natives and the piano to children preferred."

Mushrooms Coming Food.

Talking about eating recalls a vein of chatter that the famous special correspondent, J. A. MacMahon, once fell into at a dinner party. He insisted that the time would come on this earth when the mushroom would be the life-sustaining vegetable throughout the world. The fact that it can be raised in the dark and underground commands it to the agriculturalists several hundred years ago, when for every available square foot of the earth's surface will be covered with human dwellings. The most nutritious regions, uninhabitable to mankind, would harbor the flocks of sheep and droves of cattle that the government would raise for food for the millions. Caves would be dug and modern methods discovered for raising mushrooms with the same certainty as cabbages or corn. A new crop every morning would mean 265 crops yearly. Cattle would have the same idea about eye-water. The "cellars" put in tempting, but completely put aside.

WINTER TOURIST TICKETS

Are now on sale at very low rates via the Louisville and Nashville R. R. from St. Louis, Evansville, Louisville and other points on the Western River. Tickets are on sale to various points in the South, Southeast and Cuba. For illustrated booklets on Florida, Cuba or New Orleans, time tables and rates, address G. S. Bowen, General Pass. Agent, Louisville, Ky.

Death-Trap Bedrooms.

Dr. Thayer, a medical town oculist at Bolton, England, calls small bedrooms death traps, and the council is seeking powerful powers to prescribe a minimum cubic space for bedrooms.

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WHY WE GROW OLD.

Sickness is Result of Ignorance and Wrong Thinking.

We grow old because we do not know enough to keep young, just as we become sick and diseased because we do not know enough to keep well. Says Orion Sweet Marden in Success: "Sickness is a result of ignorance and wrong thinking. The days will come when a man will wish no more harbor than the sea, and he will wish to see his hands into a field. No man can be sick if he always has right thoughts and takes ordinary care of his body. If he will think on these things he can maintain his youth far beyond the usual period."

If you would "the young when old" adopt the suicidal motto: "I record none but hours of sunshine." Never mind the dark or shadowed hours. Forget the gloom, the unhappy days. Remember only the days of rich experiences, let the others drop into oblivion.

It is said that "long lives are great hopes." If you keep your hope bright in spite of discouragements, and meet all difficulties with cheerful face, it will be very difficult for age to treat its furrows on your brow. There is longevity in cheerfulness.

GOOD LOOKS AND CONCEIT.

Vanity Largely a Matter of Sense of the Man's Apollo is generally a comely specimen of flesh and blood, with a blooming cheek and bright eye, who to a credit to his toilet. Women admit a more refined type, or a type in which a tinge of aestheticism is combined with intense nervous strength; such a combination may take their fancy. However, the good-looking are vain or not, in proportion as they are dowered with the saving salt of humor.

So with the women. The pretty dolls may be vain; the nobler and more interesting beauties are probably less so than their plainer sisters; for the simple reason that their physical charms are undoubted, and have been tacitly acknowledged ever since they can remember to rise from their bed, and their attention is preoccupied with other things.—London Chronicle.

Mrs. L. C. Glover, Vice Pres. Milwaukee, Wis., Business Woman's Association, is another one of the million women who have been restored to health by using Lydia E. Pinkham's Vegetable Compound.

"DEAR MR. PINKHAM: I was married for several years and no children blessed my home. The doctor said I had a complication of female troubles and I could not have any children unless I could be cured. He tried to cure me, but after experimenting for several months, my husband became disgusted, and one night when we noticed a testimonial of a woman who had been cured of similar trouble through the use of Lydia E. Pinkham's Vegetable Compound, he went out and bought a bottle for me. I used your medicine for three and one-half months, improving steadily in health. It is now twenty-two months a child came. I can fully express the joy and thankfulness that is in my heart. Our home is a different place now, so we have something to live for, and all the credit is due to Lydia E. Pinkham's Vegetable Compound. Yours very sincerely, Mrs. L. C. Glover, 614 Green St., Milwaukee, Wis." Vice President, Milwaukee Business Women's Association.

Women should not fall to profit by the experience of those who have been cured in their letters, just so certainly will Lydia E. Pinkham's Vegetable Compound cure others who suffer from women's troubles, inflammation of the ovaries, kidney troubles, nervous excitability, and nervous prostration; remember that it is Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sell you anything else in its place.

An Indiana Lady Tells of a Wonderful Cure:

"DEAR MR. PINKHAM: It is a pleasure for me to write and let that your wonderful medicine has done for me. I was sick for three years with change of life, and the physician thought a cancerous growth of the womb. During these three years I suffered untold agony.

"I cannot find words in which to express my bad feelings. I did not expect to ever see any more of my life. I read some of the testimonials recommending your medicine and decided to write to you and give your treatment a trial.

"Before I had taken half a bottle of Lydia E. Pinkham's Vegetable Compound I had taken some of the best medicine I could get, but it did me no good. I was so weak that I could do nothing but sit in my bed. I had a very bad case of the kidney, and I was always light any day."

\$5000 FORFEIT if we cannot forth with produce the original text and signature of the writer, which will be returned to the donor.

OREGON'S COMING EXPOSITION.

In the January number of the Sunset Magazine appears an article by Arthur I. Street entitled "Another 'Go West' period" in this Mr. Street points out clearly the present development and wonderful progress of all the west. The coming exposition at St. Louis demonstrated this and the Great Lewis and Clark Exposition to be held this year at Portland, Oregon, will sell the same story in another way. Elaborate preparations for this exposition have been going forth for the past three years, and construction work is being pushed rapidly. The exposition will open on June 1st and close October 15th. All indications point to this event as one of the notable exhibitions in the world's history. The Pacific coast, and the itinerary of the traveler should include all of the Exposition grounds.—Sunset Magazine for January.

Right, Yet Wrong.

"On the one hand," said the teacher, pointing a long finger at the map on the blackboard, "is the scene of the present conflict in Russia; on the other hand—" Here he paused and looked sternly at a check-headed boy. "On the other hand—" "War!" cried the check-headed boy, helpless with terror.

A young man seldom burns his candle at both ends if he has to pay cash for the candle.

Bad Man

CREMO

MEANS MORE THAN ANY OTHER NAME

BROWN BALM FOR PRESENCE

"Largest Seller in the World."

DO YOU COUGH?

KEMP'S BALM

THE BEST COUGH CURE

Three great cures have again been awarded the Golden Cross Award of the Government of Canada. One of these is Kemp's Balm. Kemp's Balm is the most effective cough cure ever known to man. It is the only one that cures the most stubborn coughs. It is the only one that cures the most stubborn coughs. It is the only one that cures the most stubborn coughs.

YOU TRAVEL-OR WILL

It is today, time to-morrow. There is quality in the quality of your travel. The quality of your travel is the quality of your life. The quality of your life is the quality of your health. The quality of your health is the quality of your happiness. The quality of your happiness is the quality of your success. The quality of your success is the quality of your life.

MEXICAN Mustang Linctus

cures Cuts, Burns, Bruises.

"KATY"

ST. LOUIS, MO.