

# BACKACHE.



Backache is a forerunner and one of the most common symptoms of kidney trouble and womb displacement.

## READ MISS BOLLMAN'S EXPERIENCE.

"Some time ago I was in a very weak condition, my work made me nervous and my back ached frightfully all the time, and I had terrible headaches.

"My mother got a bottle of **Lydia E. Pinkham's Vegetable Compound** for me, and it seemed to strengthen my back and help me at once, and I did not get so tired as before. I continued to take it, and it brought health and strength to me, and I want to thank you for the good it has done me."—MISS KATE BOLLMAN, 142nd St. & Wales Ave., New York City. —\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Lydia E. Pinkham's Vegetable Compound cures because it is the greatest known remedy for kidney and womb troubles.

Every woman who is puzzled about her condition should write to Mrs. Pinkham at Lynn, Mass., and tell her all.

**Wisdom of Experience.**  
Singleton—The woman I marry must be an ideal housekeeper.  
Wederly (with a sigh)—Take my tip, old man, and freeze on to a practical one.

# ABSOLUTE SECURITY.

## Genuine Carter's Little Liver Pills.

Must Bear Signature of *Brentford*  
See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.  
**CARTER'S LITTLE LIVER PILLS.**  
FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION.

CURE SICK HEADACHE.

**Real Summer Girl.**  
"Say, old man, what is a summer girl?"  
"A summer girl is a rack to stretch shirt waists on; inside is a receptacle for lobster salad and ice cream, while outside is an attachment for diamond rings."—Life.

20 MILLION BOTTLES SOLD EVERY YEAR.

**CONQUERS PAIN**

Happiness is the absence of pain, and millions have been made happy through being cured by **St. Jacobs Oil of RHEUMATISM, NEURALGIA, TOOTHACHE, HEADACHE, LAMENESS, SCALDS, BURNS, SPRAINS, BRUISES** and all pains for which an external remedy can be applied. It never fails to cure. Thousands who have been declared incurable at baths and in hospitals have thrown away their crutches, being cured after using **St. Jacobs Oil**. Directions in eleven languages accompany every bottle.



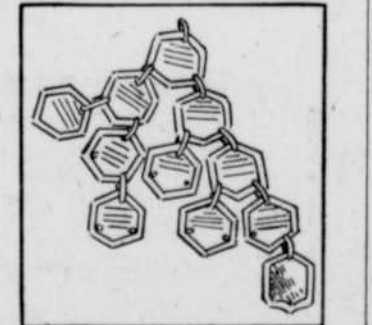
**Whooping Cough.**—A physician named Leureaux announces that he has discovered the serum of whooping cough, which is injected under the skin in the abdominal region. The first effects are apparent about forty-eight hours after the inoculation. The serum produces early cessation of the coughing fits and a great diminution of the normal period of illness. If the injection is made immediately on the manifestation of the usual symptoms, the malady can be cured in eight or ten days. The usual course is from six to eight weeks.

**Gout.**—This distressing complaint does not arise, as is popularly supposed, from high-living, but is fully as common in the beer drinker as in the champagne, and besides it is more likely to occur among the poorer classes, on account of their surroundings. Treatment is as follows: Soak the toe in hot water night and morning and apply an ointment of ichthyol one ounce, lanoline three ounces. Every three hours take a teaspoonful in a wine glass full of water of the following: Iodide of potash, one-half ounce; wine of colchicum seed, one-half ounce; fluid extract of stillingia, one ounce; compound syrup of sarsaparilla, six ounces. At meals take a five-grain tablet of citrate of lithia in a glass of water.

**Gluttony.**—We all eat more than we require. In a most primitive state of society meals were more irregular and the amount of food tailed more with the efforts expended in obtaining it. Now we eat because it is a meal time. Too many of us eat not by rule but to repletion, while probably all of us eat again before we are really hungry. Day after day a little more is taken than is used and this excess disturbs the liver, teases the stomach or leads to torpor, or sometimes is put by in the form of fat. Thus we never have opportunity of striking a proper balance between intake and output unless we follow the wise maxim of the church and fast once a week—not merely abstain from the mere toothsome delicacies but fasting honestly even to emptiness and discomfort.

### GENEALOGICAL CHAIN RECORD.

Any one who has ever made the attempt to trace their family record knows that there is a curious fascination about it, and it is with considerable pleasure that each link is discovered which connects the present with time long past, especially if it be found that some ancestor held a prominent position in affairs, either as a statesman, soldier or business man. Numerous devices have been thought out for the convenient recording of the names and history of these ancestors, the chief difficulty being that in bringing all branches of an ancient family down to the present, the branches are so numerous that it is



hard to join them all to the one head in a form easily traceable. Pattie Williams Gee, of New York City, has designed a system of links and tablets which is practically limitless as to length and number of names which may be recorded; an illustration of the idea being presented herewith. In tracing a direct line the tablets are connected one to the next by small rings or links, the branches being indicated by additional records attached at intervals around the tablet. One tablet of individual shape is provided to make prominent the owner's name, and each record contains a space for the main facts of the person's history. If desired, a card system can be used in addition, a number on each tablet referring to a corresponding card, where a complete history in detail can be recorded.

A moral coward is a man who stops to beg the world's pardon every time he sets his foot over the edge of the narrow path.

### Me Reasons for Marrying.

Postcards having been sent out to married men with the inquiry, "Why did you marry?" a large number of replies came to hand, from which the following were selected:  
"That's what I have been trying for eleven years to find out."—X.  
"Married to get even with her mother, but never have."—W.  
"Because Sarah told me that five other young men had proposed to her."—C.  
"The fier thought eight years' courtin' w' almost long enough."—B.  
"Please don't stir me up."—J.  
"Because I thought she was one among a busand; now I sometimes think she's a thousand among one."—E.  
"Because I did not have the experience I havnow."—G.  
"That's the same question my friends askme."—C. H.  
"Because I had more money than I knew what to do with. Now I have more to dohan I have money with."—B. D.  
"I wanted a companion of the opposite sex. P.S.—She is still opposite."—A.  
"Because it is just my luck."—P. J.  
"I yearned for company. We now have it all be time."—Karl.  
"Have exhausted all the figures in the arithmet; to figure out an answer to your question; between multiplication and division, in the family, and distraction, in addition, the answer is hard to arrive at."—Old Man.  
"I married to get the best wife in the world."—Samon.  
"Because I asked her if she'd have me. She said she would. She's got me."—Blivins.

### Guide books Are Barred.

A guide book is generally regarded as harmless. Not so in Turkey, as a German traveler has learned to his grief. Officials found in his trunk "a guide through Turkey" and confiscated it. The next morning the book was returned to the German, but with more than a hundred pages torn out. The traveler went to the censor's office to complain of this inexplicable treatment of his book. But the censor explained to him with irresistible logic that an accurate description of Constantinople could not be suffered, since a knowledge of the locality was calculated to facilitate an attempt on the sultan's life.

### A Plebian Taint.

"No, her father made her break the engagement."  
"What was the trouble?"  
"The old man discovered that one of the young fellow's ancestors had been a store waiter in a rolling mill, or something."—Cleveland Plain Dealer.

### No Man's Slave.

"There's a girl who would rather remain single than be the slave of any man."  
"But isn't she afraid of being lonesome?"  
"Oh, no. She is too busy on her great book, 'How to Manage a Husband.'"—Detroit Free Press.

### Food Value of Mushrooms.

Mushrooms generally consist of 90 per cent water, but the remaining 10 per cent is more nutritious than bread.

# PROMINENT PHYSICIANS USE AND ENDORSE PE-RU-NA.



C. B. CHAMBERLIN, M. D. OF WASHINGTON, D. C.

C. B. Chamberlin, M. D., writes from 14th and P Sts., Washington, D. C.:  
"Many cases have come under my observation, where **Peruna** has benefited and cured. Therefore, I cheerfully recommend it for catarrh and a general tonic."—C. B. CHAMBERLIN, M. D.

**Medical Examiner U. S. Treasury.**  
Dr. Llewellyn Jordan, Medical Examiner of U. S. Treasury Department, graduate of Columbia College, and who served three years at West Point, has the following to say of **Peruna**:

"runa will cure you."—Dr. Llewellyn Jordan.  
Geo. C. Havener, M. D., of Anacostia, D. C., writes:  
The **Peruna** Medicine Co., Columbus, Ohio:



Dr. L. Jordan.

"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, and after months of suffering. Fellow sufferers, **Pe-**

had occasion to frequently prescribe your valuable medicine, and have found its use beneficial, especially in cases of catarrh."—George C. Havener, M. D.  
If you do not receive 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.

**None Open Now.**  
Weary Wiggles—Lady, can't yer help a poor feller w'at de coal strike has knocked out of his livin'?  
Mrs. Lindart—Here, take this quarter; and so you're a miner, eh?  
Weary Wiggles—No, ma'am. I make a speciality o' fallin' down open coal holes an' suin' fur damages.—Philadelphia Press.

**One Barrel Not Enough.**  
Irate Customer—Look here, you said this gun would shoot 100 yards. I've tried it and it only carries fifty.  
Isaac—Well, but mine friend, there are two barrels!—Glasgow Times.  
**Settlers on Public Lands.**  
Twenty-one million acres of the public lands of the United States are yearly taken up by settlers.

## THE CHILDREN ENJOY

Life out of doors and out of the games which they play and the enjoyment which they receive and the efforts which they make, comes the greater part of that healthful development which is so essential to their happiness when grown. When a laxative is needed the remedy which is given to them to cleanse and sweeten and strengthen the internal organs on which it acts, should be such as physicians would sanction, because its component parts are known to be wholesome and the remedy itself free from every objectionable quality. The one remedy which physicians and parents, well-informed, approve and recommend and which the little ones enjoy, because of its pleasant flavor, its gentle action and its beneficial effects, is—**Syrup of Figs**—and for the same reason it is the only laxative which should be used by fathers and mothers.

**Syrup of Figs** is the only remedy which acts gently, pleasantly and naturally without griping, irritating, or nauseating and which cleanses the system effectually, without producing that constipated habit which results from the use of the old-time cathartics and modern imitations, and against which the children should be so carefully guarded. If you would have them grow to manhood and womanhood, strong, healthy and happy, do not give them medicines, when medicines are not needed, and when nature needs assistance in the way of a laxative, give them only the simple, pleasant and gentle—**Syrup of Figs**.

Its quality is due not only to the excellence of the combination of the laxative principles of plants with pleasant aromatic syrups and juices, but also to our original method of manufacture and as you value the health of the little ones, do not accept any of the substitutes which unscrupulous dealers sometimes offer to increase their profits. The genuine article may be bought anywhere of all reliable druggists at fifty cents per bottle. Please to remember, the full name of the Company—**CALIFORNIA FIG SYRUP CO.**—is printed on the front of every package. In order to get its beneficial effects it is always necessary to buy the genuine only.