



A Beautiful Young Society Woman's Letter.

ST. PAUL, MISS.,
221 Wabasha St.,
Dr. Hartman, Columbus, O.,
Dear Sir:

"I took Peruna last summer when I was all run down, and had a headache and backache, and no ambition for anything. I now feel as well as I ever did in all my life, and all thanks is due to your excellent Peruna."—Bess F. Healy.

The symptoms of summer catarrh are quite unlike in different cases, but the most common ones are general lassitude, played-out, tired-out, used-up, run-down feelings, combined with more or less heavy, stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost.

Skin eruptions, sallow complexion, biliousness, coated tongue, fitful, irregular sleep, help to complete the picture which is so common at this season.

Peruna so exactly meets all these conditions that the demand is so great for this remedy at this season of the year that it is nearly impossible to supply it.

If you don't 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.

PRAIRIE CAVERN IN OKLAHOMA.

Interesting Hole Where Such Freaks of Nature Wouldn't Be Suspected.

At a spot eleven miles south of this place in the level prairie upland is an opening about forty feet in diameter and sixty in depth, says the Oklahoma State Capitol. By clinging to its rocky and precipitous walls a person may descend to the bottom and there find the openings to two caves, one leading westward and the other to the east. For years this cave has been known as Rock Prairie cave. It is one of the most striking natural curiosities in the Chickasaw nation. The caves are of unknown length and through one rushes a subterranean stream of great depth in places and icy coldness. Exploring parties have ventured into these labyrinths for hundreds of yards, but the danger of becoming lost has prevented a thorough examination of the underground passages.

The cave leading westward is easiest of access and contains a number of spacious chambers. The room is about 70 feet square and 50 feet from the floor to the ceiling. The floor is obstructed with huge boulders. The darkness and stillness are intense. Picnic parties sometimes go there, and, with a large boulder for a table, eat their luncheons in the glare of torches that cast uncanny shadows along the massive walls.

Timid persons hesitate in venturing into the depths of the eastern cave. The passage starts downward at an angle that compels the explorer to crawl and slip and slide for nearly 100 feet before reaching a spot where a person may stand upright and walk safely. From the darkness echoes the sound of rushing water, which later is found to be a stream which runs from 8 to 30 feet in width and from 6 inches to many feet in depth. Men have waded in the stream until the water reached their chins and then gone in a boat to points where they were unable to touch bottom with the longest oars. A farmer carried his boat into the cave several years ago to follow the stream to the end. At a depth estimated to be 300 feet below the surface of the ground is a natural bridge formed by a huge stone that fell across the stream. The water plunges underneath this bridge like a mill race. A boat can be pulled over the bridge, however, and launched on the other side. About 100 feet below the bridge the stream widens into a broad, deep pool, with a high, vaulted roof. Beautiful stalagmites and stalactites adorn this chamber. Two hundred feet below this pool the passage is difficult. It is claimed that this cave has been explored for a mile.

The stream is believed to find its outlet at a spring about three miles from the entrance to the cave. The spring is of great size and volume and flows with remarkable swiftness. In the rainy season the spring boils and gushes as if choked with a flood of water that pours from its mouth. The stream in Rock Prairie cave rises when there is a heavy rainfall in the surrounding country and the increased flow of both springs and stream at such times is taken as evidence that they are connected.

Bees and Red Clover.
Select strains of Italian bees work under certain circumstances on the blossoms of common red clover, particularly of the second crop, the corollas of the latter being shorter than those of the first crop, at least in most cases. Carniolan bees also work on these blossoms. Had the same care been bestowed upon the Carniolan race in the way of selection of breeding material during the past forty years that has been given to the Italian race no doubt select strains might now exist which would work to a greater extent on red clover than the best bred Italians.

The longest tongued honeybees, however, are the Cyprian race, and these work the most freely on red clover under such conditions as any bees will work on this plant. All honeybees whenever seen working on blossoms are distributing pollen, of course, and effecting the pollination of the pistils. Yet the main pollinators of red clover are still wild bees, especially those of the genus bombus, the common bumblebee.

The Beating of the Heart.
A person who has lived seventy years has passed through his heart about 675,920 tons of blood, the whole of the blood in the body passing through the heart in about thirty-two beats. The heart beats on an average seventy times a minute, or 26,792,000 times in the course of a year, so that the heart of an ordinary man, 80 years of age, has beaten 3,000,000,000 times. The heart beats ten strokes a minute less when one is lying down than when one is in an upright position.

Personal Observation.
"Do you think that riches bring happiness?" said the philosopher.
"Beyond a doubt," answered Senator Borghum. "I can point out a number of members of the legislature who have been made happy by my money."—Washington Star.

A woman's idea of a convenient house is one that has three closets in each room.

Methodist University is Planned.
Bishop McCabe, of the Methodist Episcopal church, has solicited the aid of Pierpont Morgan in the erection of the proposed American university at Washington. It is said that Mr. Morgan views the project with favor.

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He—Indeed? I suppose you threw it at a dog?

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Modern Warfare.
Bess—What would you do if you were in my shoes?
Tess—Well, I think it would be me to go to the shoemaker and have them cut down to my size.

Alfalfa Seed from Russia.
G. S. Mann, of Portland, Oregon, has received from the Russian government a quantity of the famous Turkestan alfalfa seed, and expects to import more, as the farmers and stockmen of Oregon and the Northwest become acquainted with the great productiveness and splendid food value of this alfalfa. Those interested should address Mr. Mann at his Portland store, 188 Front Street.

A Possible Obstacle.
Clara—Of course you will be at church Easter morning?
Alice—Yes, unless the cook wants to go.—Detroit Free Press.

Best Time for Literary Work.
The best time for literary work, according to Tolstoi, is between the hours of 9 a. m. and 3 p. m.

DISAGREEABLE REFLECTIONS

The mirror never flatters; it tells the truth, no matter how much it may hurt the pride or how humiliating and disagreeable the reflections. A red, rough skin is fatal to beauty, and blackheads, blotches and pimples are ruinous to the complexion, and no wonder such desperate efforts are made to hide these blemishes, and cover over the defects, and some never stop to consider the danger in skin foods, face lotions, soaps, salves and powders, but apply them vigorously and often without regard to consequences, and many complexions are ruined by the chemicals and poisons contained in these cosmetics.

Skin diseases are due to internal causes, to humors and poisons in the blood, and to attempt a cure by external treatment is an endless, hopeless task. Some simple wash or ointment is often beneficial when the skin is much inflamed or itches, but you can't depend upon local remedies for permanent relief, for the blood is continually throwing off impurities which irritate and clog the glands and pores of the skin, and as long as the blood remains unhealthy, just so long will the eruptions last. To effectually and permanently cure skin troubles the blood must be purified and the system thoroughly cleansed and built up, and S. S. S., the well known blood purifier and tonic, is acknowledged superior to all other remedies for this purpose. It is the only guaranteed strictly vegetable blood remedy. It never deranges the system or impairs the digestion like Potash and Arsenic and drugs of this character, but aids in the digestion and assimilation of food and improves the appetite. Being a blood purifier and tonic combined, the humors and poisons are counteracted and the blood made rich and pure, and at the same time the general health and system is rapidly built up and good health is established, and this, after all, is the secret of a smooth, soft skin and beautiful complexion.

SSS
If you have any skin trouble send for our free book, "The Skin and Its Diseases." No charge for medical advice. Write us about your case.
THE SWIFT SPECIFIC CO., ATLANTA, GA.

Gartersville, Ga., E. R. No. 2.
I suffered for a number of years with a severe Nettle-rash. About twelve years ago I started using S. S. S., and after taking three bottles I felt myself cured and have since taken a bottle occasionally, and had little or no trouble along that line. My general health has been a better since. I recommend S. S. S. as a good blood medicine and all round tonic. Yours truly,
Mrs. M. I. FITTARD.

Some two years ago I suffered a great deal, caused on account of bad blood. Small rash or pimples broke out over my body and kept getting worse day by day for ever a year. Seeing S. S. S. advertised in the papers and having heard also it had cured several people in this city, concluded to give it a fair trial. After using the medicine for some time, taking in all six bottles, I was entirely cured.
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