

PERUNA EDITORIAL NO. 2.

Dr. Hartman has claimed for many years that Peruna is an EXCELLENT CATARRH REMEDY. Some of the doctor's critics have disputed the doctor's claim as to the efficacy of Peruna.

Since the ingredients of Peruna are no longer a secret, what do the medical authorities say concerning the remedies of which Peruna is composed? Take, for instance, the ingredient HYDRASTIS CANADENSIS, OR GOLDEN SEAL. The United States Dispensatory says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes, chronic rhinitis (nasal catarrh), atonic dyspepsia (catarrh of the stomach), chronic intestinal catarrh, catarrhal jaundice (catarrh of the liver), and in diseased mucous membranes of the pelvic organs. It is also recommended for the treatment of various forms of diseases peculiar to women.

Another ingredient of Peruna, CORYDALIS FORMOSA, is classed in the United States Dispensatory as a tonic.

CEDRON SEEDS is another ingredient of Peruna, an excellent drug that has been very largely overlooked by the medical profession for the past fifty years. THE SEEDS ARE TO BE FOUND IN VERY FEW DRUG STORES. The United States Dispensatory says of the action of cedron that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a SUBSTITUTE FOR QUININE.

OIL OF COPAIBA, another ingredient of Peruna, is classed by the United States Dispensatory as a mild stimulant and diuretic. It acts on the stomach and intestinal tract. It acts as a stimulant on the genito-urinary membranes. Useful in chronic cystitis, chronic dysentery and diarrhea, and some chronic diseases of the liver and kidneys.

Our Peruna Tablet Is Peruna With Fluid Removed.

These opinions as to the ingredients of Peruna are held by all writers on the subject, including Bartholow and Scudder.

OF HYDRASTIS, BARTHOLOW SAYS it is applicable to stomatitis

(catarrh of the mucous surfaces of the mouth), follicular pharyngitis (catarrh of the pharynx), chronic coryza (catarrh of the head). This writer classifies hydrastis as a stomachic tonic, useful in atonic dyspepsia (chronic gastric catarrh), catarrh of the duodenum, catarrh of the gall duct, catarrh of the intestines, catarrh of the kidneys (chronic Bright's disease), catarrh of the bladder, and catarrh of other pelvic organs.

BARTHOLOW REGARDS COPAIBA as an excellent remedy for chronic catarrh of the bladder, chronic bronchitis (catarrh of the bronchial tubes).

BARTHOLOW STATES THAT CUBER, an ingredient of Peruna, promotes the appetite and digestion, increases the circulation of the blood. Useful in chronic nasal catarrh, follicular pharyngitis (catarrh of the pharynx), increasing the tonicity of the mucous membranes of the throat. It also relieves hoarseness. Useful in atonic dyspepsia (catarrh of the stomach), and in chronic catarrh of the colon and rectum, catarrh of the bladder, prostaticorrhea, and chronic bronchial affections.

MILLSAUGH, MEDICINAL PLANTS, one of the most authoritative works on medicinal herbs in the English language, in commenting upon COLLINSONIA CANADENSIS, says that it acts on the pneumogastric and vaso motor nerves. It increases the secretions of the mucous membranes in general. In the mountains of Virginia, Kentucky, Tennessee and Carolina, collinsonia canadensis is considered a panacea for many disorders, including headache, colic, cramp, dropsy and indigestion. DR. SCUDDER regards it highly as a remedy in chronic diseases of the lungs, heart disease and asthma.

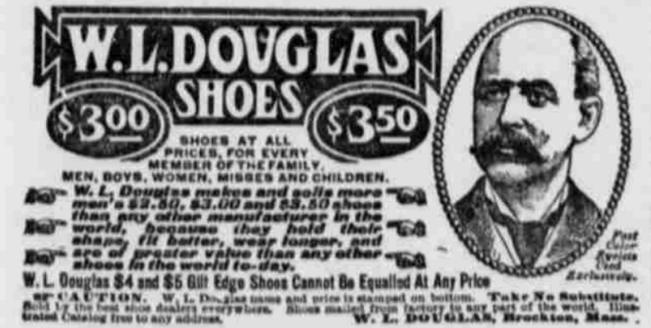
These citations ought to be sufficient to show to any candid mind that Peruna is a catarrh remedy. Surely, such herbal remedies, that command the enthusiastic confidence of the highest authorities obtainable, brought together in proper combination, ought to make a catarrh remedy of the highest efficacy.

This is our claim, and we are able to substantiate this claim by ample quotations from the HIGHEST MEDICAL AUTHORITIES IN THE WORLD.



FERRY'S SEEDS
For fresh, pure, and reliable, Ferry's seeds are in a class by themselves. Farmers have confidence in them because they know they can be relied upon. Don't experiment with cheap seeds—your surety lies in buying seeds sent out by a conscientious and trust-worthy house.
Ferry's Seed Annual for 1910 is 10¢. Address: B. M. Ferry & Co., Grand Rapids, Mich.

IT'S FREE "SEND FOR IT NOW"
The Best Fruit Tree and Berry Plant Catalog in the Northwest
J. J. BUTZER
192 Front St., Portland, Oregon
SAVE THE CARTON TOPS
and Soap Wrappers from
"20 Mule Team Borax"
Products and exchange them for
VALUABLE PREMIUMS FREE
An illustrated catalogue of 1500 articles given away FREE. Address: PACIFIC OCEAN BORAX CO., OAKLAND, CAL.



W.L. DOUGLAS SHOES
\$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY.
MEN, BOYS, WOMEN, MISSES AND CHILDREN.
W. L. Douglas makes and sells more men's \$3.00, \$3.50 and \$5.00 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world today.
W. L. Douglas \$4 and \$5 Bill Edge Shoes Cannot Be Equalled At Any Price.
CAUTION: W. L. Douglas name and style is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address.
W. L. DOUGLAS, Brockton, Mass.



Improve Your Baking
KC Baking Powder will do it! Get a can. Try it for your favorite cake. If it doesn't raise better, more evenly, higher, —if it isn't daintier, more delicate in flavor, —we return your money. Everybody agrees KC has no equal.
KC BAKING POWDER
Pure, Wholesome, Economical.

SUN-WORSHIP AMONG THE INDIANS.



INDIAN SUN-WORSHIP.

Among the remnant of the Blackfoot Indians, who once ranged over the territory of Montana and Wyoming, on the east side of the Rockies and between the Yellowstone and Missouri rivers, and who were one of the most ferocious tribes that the white race has encountered on the continent, the worship of the sun still survives. Among the Blackfeet, as among the more settled and civilized Indians, sun worship was the central part of their religion. They believed themselves to be the children of the great luminary, and it was the custom of mothers to hold up their children to be blessed by the beams of the rising sun. Our illustration depicting such a scene is by the "cowboy artist," Charles M. Russell, and is reproduced from the Illustrated London News.

CHARACTER IN OLD SHOES.

Cobbler Studies as He Peps and Develops Unique "Ology."

"Ologists" have for years been telling people's dispositions by the bumps on their heads, the lines on their hands, the contour of their faces, their handwriting and a dozen or more other methods. Now a new "ology" has come into the field, called "shoecology"; and by it the cobbler to whom you take your shoes can tell whether you are "square" or "crooked," level-headed or rattle brained, shiftless or painstaking, fickle-minded or stubborn and so on ad infinitum, says the Columbus Dispatch.

Columbus has one "shoecologist." He is David Cassidy, a cobbler who also owns a small shoe store. Just as a man's handwriting or his eyes or the way he wears his clothing betray some characteristic part of his nature, so does the way he wears his shoes out also tell its story.

Why it is so, even to a certain extent, Mr. Cassidy doesn't pretend to explain. The shape of the foot has something to do with the way the shoe wears out; the way a man walks has a great deal more. But why the honest man walks one way and the dishonest man walks another, or why the heels of changeable men are inclined one way and the heels of stubborn men inclined the other, is a question yet to be solved. The man who wears his sole off across the toe will steal," said Mr. Cassidy.

"But just think of the women's shoes that come in here worn out that way!" said another.

"Well, what of it? Won't women pilfer little things quicker than a man? They take little things where a man wouldn't take the chance, because he knows the value isn't enough to risk the chance of being caught. Look at the shoplifters.

"Now, a man who wears his shoes off evenly across the bottom is a pretty level-headed sort of a chap. He doesn't go off half-cocked and when he says a thing you can pretty generally bank on it." He thought it over before he said it.

"But when the shoe wears out on the outside of the sole look out for that man. He isn't a man of his word. Don't extend any credit to him, because you're liable not to get paid. He's liable to be a pretty slippery customer in a deal."

"How about these shoes?" asked another listener as he held up his for inspection.

"I can't tell anything about the soles, because you've just had them mended. But I can tell by the counter that you're changeable in your nature. You're not as steadfast as you should be. Pull your shoe off," and as it was handed to him he said: "Now if you'll look down on that shoe from the top, or from the back, you'll see that the counter is swung inward. The man who breaks his counter down toward the inside of his foot is changeable in

his nature. It isn't very marked in this shoe, so you're not so bad."

"What about the man who wears his heel off on the outside?"

"Every one does that. It doesn't mean anything in 'shoecology.' But there are men who wear their shoes out squarely on the back of the heel—come down so hard they break the counters down. All I've seen have belonged to successful men."

"Is there any difference between the way fat men and slim men wear out their shoes?"

"Not that I've noticed. They wear them about the same as other people."

In Self-Defense.

It is fortunate that the various theories in regard to the training of the young do not make so very much difference, after all, and that the little individual grows up, somehow, into the man or woman it was intended to be. The Washington Star has a story, told by a well-known instructor who holds to the old-fashioned ideas. He says:

I place little dependence upon moral suasion. Good healthy boys under moral suasion have too easy a time of it. They get out of hand.

There is a friend of mine who is rearing a family of six boys with the help of moral suasion. The mild little chap argued the matter the other night at the club.

"And do you believe," said I, "that moral suasion is better than corporal punishment for big, lusty boys like yours?"

"Yes," said my friend.

"And do you mean to say you have never whipped your boys?" I asked.

"As true as I sit here," answered my friend, earnestly, "I have never struck one of my children except in self-defense."

The British Breed.

British bred animals, whether they be horses, cattle, sheep or even pigs, are superior to all others in quality and stamina. There is some strange and admirable power in our soil which puts a stronger fiber and a more enduring stamp of excellence into the live stock bred in our islands than are found in any other part of the world.—London Times.

A City of Happy Homes.

Dublin took a walk in the cemetery, where he noticed on the tombstones, "Good Husband," "Good Wife," "Good Son."

"It is evidently here that the happiest homes are found," he reflected.—Nos Lotzels.

It Wasn't Much.

Diggs—You evidently don't smoke much.

Riggs—Why do you think I don't.

Diggs—I inferred as much from the cigar you're smoking now.—Illustrated Bits.

Some politicians have long fingers and short memories.

Spring Medicine

The best is Hood's Sarsaparilla. It is the best because it does the most good.

While it makes the blood pure, fresh and lively, it tones the stomach to better digestion, creates an appetite, stimulates the kidneys and liver, gives new brain, nerve and digestive strength.

An unequalled list of cures—40,366 testimonials in two years—proves its merit.

Sarsaparilla—For those who prefer medicine in tablet form, Hood's Sarsaparilla is now put up in choice, steel tablets called Sarsapills, as well as in the usual liquid form. Sarsapills have identically the same curative properties as the liquid form, besides accuracy of dose, convenience, economy,—there being no loss by evaporation, breakage, or leakage. Sold by druggists or sent by mail, C. I. Hood Co., Lowell, Mass.

Mrs. J. F. Geo. 50 Gould Street, Stoneham, Mass., says: "In 25 years experience I have never known Hood's Sarsaparilla to fail. For spring sickness and as a general blood purifier, it cures scrofula, eczema, has no equal as a general spring medicine. It gives me genuine satisfaction to say this."

Entering Maternal Instinct.
"They look exactly alike, and you dress them exactly alike, Mrs. Highengiggle," said the caller. "How can you tell them apart?"

"That isn't hard to do," answered the mother of the twins. "If I slap Johnny and he wears a blue streak I know it's Dick."

To Break in New Shoes.
Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, itching, swollen feet. Cures corns, ingrowing nails and bunions. All ailments of feet and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen & Gimsted, Le Roy, N. Y.

No Wonder.
Mike—How foine th' polacemin is th' park look!

Pat—An' phoy not? Don't atch wan hov' a nurse?—Judge.



DO YOU KNOW THE WET WEATHER COMFORT AND PROTECTION afforded by a SLICKER?
Clean - Light - Durable
Guaranteed Waterproof
\$3.95
Everywhere

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years.

Then He Was Mad.
"Why don't you give the devil his due?" he snapped.
"I can't, dear," replied his wife.
"You're in such fine health now he may have to wait awhile."—Atlanta Constitution.

There are forty-eight different materials used in the construction of a piano.

P N U No. 12-08

When writing to advertisers please mention this paper.

OLD SORES FED AND KEPT OPEN BY IMPURITIES IN THE BLOOD

Whenever a sore refuses to heal it is because the blood is not pure and healthy, as it should be, but is infected with poisonous germs or some old blood taint which has corrupted and polluted the circulation. Those most usually afflicted with old sores are persons who have reached or passed middle life. The vitality of the blood and strength of the system have naturally begun to decline, and the poisonous germs which have accumulated because of a sluggish and inactive condition of the system, or some hereditary taint which has hitherto been held in check, now force an outlet on the face, arms, legs or other part of the body. The place grows red and angry, festers and eats into the surrounding tissue until it becomes a chronic and stubborn ulcer, fed and kept open by the impurities with which the blood is saturated. Nothing is more trying and disagreeable than a stubborn, non-healing sore. The very fact that it resists ordinary remedies and treatments is good reason for suspicion; the same germ-producing cancerous ulcers is back of every old sore, and especially is this true if the trouble is an inherited one. Washes, salves, nor indeed anything else, applied directly to the sore, can do any permanent good; neither will removing the sore with caustic plasters or the surgeon's knife make a lasting cure. If every particle of the diseased flesh were taken away another sore would come, because the trouble is in the blood, and the BLOOD CANNOT BE CUT AWAY. The cure must come by a thorough cleansing of the blood. In S. S. S. will be found a remedy for sores and ulcers of every kind. It is an unequalled blood purifier—one that goes directly into the circulation and promptly cleanses it of all poisons and taints. It gets down to the very bottom of the trouble and forces out every trace of impurity and makes a complete and lasting cure. S. S. S. changes the quality of the blood so that instead of feeding the diseased parts with impurities, it nourishes the irritated, inflamed flesh with healthy blood.

I was afflicted with a sore on my face of four years' standing. It was a small pimple at first, but it gradually grew larger and worse in every way until I became alarmed about it and consulted several physicians. They all treated me but the sore continued to grow worse. I saw S. S. S. advertised and commenced its use and after taking it a while I was completely cured. My blood is now pure and healthy from the effect of S. S. S., and there has not been any sign of the sore since S. S. S. cured it. THOS. OWEN, West Union, Ohio.

S.S.S.
PURELY VEGETABLE

Then the sore begins to heal, new flesh is formed, all pain and inflammation leaves, the place scabs over, and when S. S. S. has purified the blood the sore is permanently cured. S. S. S. is for sale at all first class drug stores. Write for our special book on sores and ulcers and any other medical advice you desire. We make no charge for the book or advice.

THE SWIFT SPECIFIC CO., ATLANTA, GA.