

HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh



FIRST STAGE OF CATARRH

A Serious Mistake Which Thousands are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

Don't Neglect It.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching

cold he should at once begin the use of Peru-na according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peru-na was taken every time one has a cold or cough, chronic catarrh would be practically an unknown case.

Miss Elizabeth Uber, No. 57 Bassett street, Albany, N. Y., writes: "I have always dreaded untimely weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system which it would take weeks to drive away. I am thankful to say that since I have taken PERU-NA I do not have any reason to dread this anymore. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERU-NA, and it throws out any hint of sickness from my system."—Miss Elizabeth Uber.

Mrs. M. J. Brink, No. 23 Michigan avenue, St. Joseph, Mo., writes: "This past winter during the wet and cold weather I caught a sudden and severe cold which developed a catarrhal condition through my entire system, and so affected my general health that I was completely broken down, and became nervous and hysterical and unfit to service my home. My physician prescribed for me, but somehow his medicine did me no good. Reading of PERU-NA I decided to try it. After I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.

Sybil A. Hadley, 28 Main street, Huntington, Ind., writes: "Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies did not help me and cough remedies nauseated me. Reading an advertisement of what PERU-NA could do, I decided to try a bottle and you can imagine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sybil A. Hadley.

Miss Sarah McGahan, No. 127 34 street, Albany, N. Y., writes: "A few months ago I suffered with a severe attack of influenza, which nothing seemed to relieve. My hearing became bad, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERU-NA and within two weeks I was perfectly well."—Sarah McGahan.

If you do not derive prompt and satisfactory results from the use of Peru-na, write at once to Dr. Hartman, giving a full statement of your case, and he will give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



STARVATION DIETS

Boiled Rope, Seaweed, Raw Boots and Barnacles Have Saved Lives.

The hardest fare that six strong men and a boy of 15 ever kept alive on was the daily menu of the Windover's survivors, who were cast upon the Irish coast near Killybeg a few weeks ago. They lived for sixteen days on stewed rope-yarn, without a crumb of anything else to help digest it, except water; and, though it made them ill, they kept alive on it and did not waste away very much.

The Windover was a bark carrying salt between Spain and the States, with an English crew, and she was dismasted and abandoned about a thousand miles out on the Atlantic. Three of the crew were killed by falling mast, and two others were washed overboard; but the other seven took to the whaleboat and set out for Britain. Being in too much of a hurry they took too little food, but three large butts of water, besides the tank the boat already held. The result was they ate up the provisions in four days, but had water enough for a month, and after starving two days more, they tried boiling lengths of tarred hemp rope into a pulp and swallowing it. They had a bag of paraffine wax, and though it made them very ill at first, they eventually contrived to live on the boiled hemp, the tar, boiled to a jelly, adding to the nourishment of the rope. They landed in comparatively good health.

Two men who went to a small island off the Irish coast a little while ago kept themselves going for ten days on a diet almost worse. They landed in a boat, which was smashed by a wave on their trying to relaunch her, and they were left on the bare, rocky island, which has only a slight scalp of coarse turf, without food. Fortunately there is a spring on the island, but nothing in the way of food but gulls, which they could not catch, and nothing to make a fire with as a distress signal. There are not even any shellfish, as there is no beach, and the pair had to subsist for the ten days on cold, raw seaweed washed up by the tide. For two days they starved, but after that they tackled the seaweed, making three meals a day of it, until rescued. When taken off they were a good deal emaciated, but no ill effects resulted. The same thing happened off the same coast five years ago, when four fishermen were imprisoned on an inlet by the loss of their boat. They lived on "kelp" grass for six days.

A diet of boots is one of the commonest of last-resource foods; and, though it is hard for a well-fed person to imagine that any one could masticate and digest shoe leather, a pair of raw sea-boots will keep a man alive for a fortnight, if he has a little water. Captain Maholy, of the foundered steamer Gwalior, and his second officer created a record last year by living for seventeen days on boot leather and a pint of water per day each.

Of course, no teeth can tear cowhide boots; they have to be cut up and shredded with a knife, and the shreds chewed and swallowed. Boiling, even when possible, does no good at all, but takes from the boots what nourishment they contain. A few ounces of leather, being so hard to digest, stays the stomach for fifteen or twenty hours.

The best known and most useful of starvation diets for wrecked or cast-away people, however, is that of barnacles, and if anything of the kind happens to you they will probably be your staple food. Barnacles are long, tough, half shellfish, half vegetable creatures, that grow on the undersides of vessels. Three Englishmen and a crew of Lascars who had been forced to abandon the sailing vessel North Star a few months ago kept themselves going for over a week on barnacles and only two of the crew died. The worst of them is that they give one internal cramps and cause an insufferable thirst; but they do nourish the frame. You have to reach under the vessel's side and pull them off, taking care not to leave the best half of them sticking to the planks. Only a starving person could possibly eat them. Many a castaway crew, however, has found them better than nothing.—Answers.

No Significance in Names.

Many familiar objects have names that are misfits. You must not think that turkeys first came from Turkey, for they are natives of America. Nor that Irish potatoes came from Ireland, for they are American. And the Turkish bath originated in Russia. Nor must you think camels' hair brushes are made from the hair of the hump-backed quadruped. They are mostly made of the bushy hair from the tails of animals. German silver not only is not silver, but it was invented in China centuries ago, and it is an alloy of some of the inferior metals. Porpoise hide is not made from porpoises at all. Cork legs are not made of cork, and they do not come from Cork. The willow tree usually furnishes material for them. Cleopatra's Needle, that wonderful obelisk of Egypt, was made a thousand years before Cleopatra was born; and really had nothing to do with her. Irish stew is an English dish. Prussian blue, the beautiful color, is not a special product of Prussia, but of England.

Had Man with a Blue Eye.

"My observation has been that most of the bad men of the border were blue-eyed. A man with a soft blue eye will always be selected by a bully as a victim in preference to those snapping black, brown or cold gray eyes. On the average men possess about the same amount of courage, and when the blue-eyed man has been imposed upon sufficiently he resents it; one combat precipitates another, till he gets a reputation up to which he feels he must live. There is your fighting man."—Everybody's Magazine.

High Authority.

A rebellious husband was objecting to doing certain work about the house, and he quoted Scripture to his wife, showing that the household duties should properly be assigned to the woman. The good wife replied by reading to her astonished like 2 Kings 21:13: "I will wipe out Jerusalem as a man wipes a dish, wiping it and turning it upside down." That husband has wiped the dishes ever since.

The Difference.

"The idea of calling a flask of whiskey a 'life preserver'."

"What's the matter with that?"

"Well, usually it's the cork in it that makes the life preserver effective, but your flask's no good until you take the cork out."

Self-Sacrifice.

"Why, Jimmie, you're smoking one of papa's cigars!"

"Sure! I heard ma tell him he'd kill himself smokin' so many, so I'm tryin' to save his life."—New York Journal.

Stock Stories.

He was very quiet during the first course, and everyone forgot that he was there. As dessert was being served, however, the host told a story. When he had finished and the laughing had ceased, the little son exclaimed delightedly, "Now, papa, tell the other one."—Harper's Magazine.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."

D. P. Jolly, Avoca, N. Y.

No matter how hard you cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take. It's too risky to wait until you have consumption. If you are coughing today, get a bottle of Cherry Pectoral at once.

Three sizes: 25c, 50c, \$1. All druggists.

Consult your doctor. If he says take it, there is no danger. If he says not to take it, then don't take it. He knows. Leave it with him. Write the editor.

J. C. Ayer & Co., Lowell, Mass.

Right He Was.

A member of a Sunday school was one day asking some children questions on Bible knowledge. So far as he had gone the children did very well, but when he asked:

"Where does the word 'holiness' first occur in the Bible?" the children could not answer for a minute or so, till a sharp urchin stood up and said:

"Please, sir, on the cover."

How the Fall Has Fallen.

Patience—I understand Mr. and Mrs. Styles are just going away now for their vacation.

Patience—Yes; they remind one of Adam and Eve when they were leaving the garden of Eden, don't they?

"What an idea!"

"Well, you see, they too, are going away for the fall."—Yonkers Statesman.

Infantile Virtue.

"Yes," said the angel child, "I gave all my toys to those poor children, 'cause they wanted 'em so bad."

"How sweet of the dear!" I must buy her a doll for Christmas," said auntie, when she heard of it. And the angel child heard and smiled serenely.

"I thought so," said she.

Didn't Wait to Hear.

Hewitt—Gruett says that you are afraid of him.

Jewett—Afraid of him? Why, it was only yesterday that I called him everything that I could think of.

Jewett—What did he say?

Hewitt—I came away from the telephone as soon as I said all I had to say.—Philadelphia Inquirer.

Mother will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

A Gentle Hint.

"Breverin, de collector, am berry fine to-day. Nine suspender buttons! Now, if de congregation will kindly put a pair ov pants in de plate next Sunday, de church will be berry grateful."

One Explanation.

Judge—Winters are not so cold as they used to be.

Fudge—Oh, yes, they are. Only now chronic liars have such a variety of things, like auto, records, etc., to lie about, that they can't devote so much attention to the weather any more.—Baltimore Herald.

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of Infants and Children.

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Do not give to children any other medicine.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

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PRUSSIAN LICE KILLER kills LICE on Poultry.

Just the thing for lice on hogs.

Was it a Year's Charity?

"It's almost impossible, dear, to leave a house for a shorter term than one year, nowadays," he said, "so, to protect myself, I must ask you—"

"Ask me what?" interrupted his bride-to-be.

"To agree not to seek a divorce until the expiration of the first year's lease."—Catholic Standard.

To Break in New Shoes.

Always shake in Allen Foot-Ram, a powder. It cures chafings, damp, sweating, itching, swollen feet, Cures Corns and Bunions. At all druggists and shoe stores. Do not accept any substitute. Sample mailed FREE. Address Allen S. Gimstead, LeRoy, N. Y.

Wouldn't Say.

"You say you saw my Willie half an hour ago?" asked Willie's mother.

"Where did he say he was going?"

"He didn't say, ma'am," replied Tommy Stout.

"Didn't he tell you I had sent him on an errand to the corner grocery?"

"O, yes, ma'am, but he didn't say where he was going."

Legally Safe.

"Ephem, s'pose de good Lawd should come down an' look inter yer eyes an' say, 'Ephem, what had you done wid all dose chickens dat yer hab stole?' What would yer say?"

"Parson, I mought say dat my old 'ooman cooked 'em, but you knows dat a man ain't bound to testify agin his wife."

"THE PROOF OF THE PUDDING LIES IN THE EATING."

The doctors are dumfounded, and the druggists astonished, and the people excited and joyful over the wonderful cures and tremendous sales of the great Remedy, St. Jacobs Oil. Every case of rheumatism—some of many years' standing—has given way to this powerful remedy. Thousands of certificates like the following can be furnished as to its value:

George Schleyer, publisher of the Chilton, Wis., "Volksbote," used St. Jacobs Oil "for almost unbearable pains in the back, which had completely prostrated him." A few applications cured him entirely.

Mrs. Fred Eberle, Bellaire, O., was for a long time severely troubled with rheumatism. St. Jacobs Oil instantly relieved and entirely cured her.

Rev. Dr. B. Pick, of Rochester, N. Y., suffered so intensely from rheumatic pains that he was unable to preach. Several applications from a bottle of St. Jacobs Oil "relieved him."

F. Radder, Cleveland, Ohio, says: "Two applications of St. Jacobs Oil cured me of great and long-continued pain in my foot."

Messrs. C. L. Brundage and Son, druggists, Muskegon, Mich., write: "St. Jacobs Oil has a wonderful sale. We sold eight bottles at retail yesterday. This will give you some idea of how well it is liked in this section."

Mr. Louis Hinkel, of East Posten, Ill., N. Y., says: "I call St. Jacobs Oil the best liniment I ever used. It cured me of rheumatism and pain in the back."

Herman Rittner, Manchester, N. H., writes: "I have tried St. Jacobs Oil, and found it excellent. All those who have purchased it speak of it as 'timely incomparable.'"

Geo. G. Erffle, Palestine, Ill., writes: "I was in bed suffering from a swollen leg. I used St. Jacobs Oil, its effect was wonderful. The following day I attended to my business again."

Dr. Otto Fuls, Reading, O., writes: "The sale of St. Jacobs Oil is constantly increasing; it is praised by everybody, and never fails to give entire satisfaction."

Sad Memories Speak.

"Remember," said the business man, "that in this life you can't get something for nothing."

"Maybe not," answered the Kentuckian, "but some people can come so close to it in a horse trade that it is mighty discouraging."

PISO'S CURE FOR CONSUMPTION

Quite Consistent.

Miss Mainchants—I suppose you've heard of my engagement to Mr. Jenks?

Miss Ascott—Yes, and I confess I was surprised. You told me once that you wouldn't marry him for a million dollars.

Miss Mainchants—I know, dear, but I discovered later that he had two millions.

A Little Misunderstanding.

Young Mother—What will you charge for a photograph of our little boy?

Photographer—Three dollars, madam, but it will be considerably cheaper for a dozen.

Young Mother—A dozen! Oh, no, we can't wait so long!—Lippincott's.

Taking No Chances.

"I think," said the first business man, "I'll go home to lunch today. A new cook arrived at our house just after breakfast, and she has the reputation of being a good one."

"Why not wait for your usual six o'clock dinner?"

"She may be gone by that time."

A Desperate Case.

Putz—Keep away. I had got the kleptomaniac.

Pomade—Vat, vat are you dakin for it?

Putz—Everything I can lay mein hands on.—Pennsylvania Punch Bowl.

Japanese Auctions.

A Japanese auction is a solemn affair, writes a reporter for the St. Paul Globe. The public does not call out their bids, but write their names together with the amount they are willing to pay, on a slip of paper and put it in a box. These are looked through and the article awarded to the person who has made the biggest offer.

Even.

"In time, with care, you may recover. Twelve dollars," said the fashionable physician, estimating a receptive palm.

"In time, with care, you may recover \$12," replied the disgruntled patient, as he grabbed his wad and made a breakneck dash for the street.—The Moon.

ALL SIGNS FAIL IN A DRY TIME. THE SIGN OF THE FISH NEVER FAILS IN A WET TIME.

THE FISH as a sign has a history. This is told in an interesting book, which is yours for the asking.

A. J. TOWER CO. BOSTON, MASS. WEATHER CLOTHING. OUR GOODS ARE ON SALE EVERYWHERE.

PILES

"I suffered the tortures of the damned with protruding piles brought on by constipation with which I was afflicted for twenty years. I ran across your CASCARETS in the New York, N. Y., and never found anything to equal them. To-day I am entirely free from piles and feel like a new man."

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To catch cold—you get something for nothing. To cure cold—you get something for nothing. To cure cold—you get something for nothing. To cure cold—you get something for nothing.

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cost more—yield more, sold by all dealers. 1903 Seed Annual postpaid free to all applicants. D. M. Ferry & Co., Detroit, Mich.

Seeds

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Sleeping Volcanoes

A thin, vapory smoke, lazily ascending from its crater may be the only visible sign of life in the sleeping volcano, but within is a raging sea of fire, molten rock and sulphurous gases. Those who make their homes in the peaceful valleys below know the danger and, though frequently warned by the rumblings and quakings, these signs of impending eruptions go unheeded. They are living in false security when the giant awakes with deafening roars and they are lost beneath a downpour of heated rock and scalding ashes. Thousands of blood-poison sufferers are living upon a sleeping volcano and are taking desperate chances, for under the Mercury and Potash treatment the external symptoms of the disease disappear, and the deluded victim is happy in the belief of a complete cure, but the fires of contagion have only been smothered in the system, and as soon as these minerals are left off will blaze up again. Occasional sores break out in the mouth, a red rash appears on the body, and these warning symptoms, if not heeded, are soon followed by fearful eruptions, sores, copper-colored spots, swollen glands, loss of hair and other sickening symptoms. Mercury and Potash not only fail to cure blood poison, but cause Mercurial Rheumatism, necrosis of the bones, offensive ulcers and inflammation of the Stomach and Bowels.

The use of S. S. S. is never followed by any bad results. It cures without the slightest injury to the system. We offer \$1,000.00 for proof that it contains a mineral of any description. S. S. S. is an antidote for contagious blood poison, and the only radical and permanent cure known. It destroys every atom of the virus and purifies and strengthens the blood and builds up the general health.

D. M. SANDERS.

We will mail free our special book on Contagious Blood Poison, which gives all the symptoms of the disease with full directions for home treatment. Medical advice is furnished by our physicians without charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.



MERCURY AND POTASH

Bowling Green, Ky. March 24, 1902.

Gentlemen: For over four years I suffered greatly from a severe case of contagious blood poison. I went to Hot Springs, staying there four months at a big expense. I then consulted physicians, who prescribed Mercury. Nothing did me any good, in fact, the treatment proved more harmful than beneficial. I mentioned my case to a friend, who told me that S. S. S. had certainly cured him. I at once commenced its use, and in six months could find no trace of the disease whatever. This was about two years ago. I continued S. S. S. for some time to make sure of a permanent cure, and I can truthfully say I am entirely well.

The use of S. S. S. is never followed by any bad results. It cures without the slightest injury to the system. We offer \$1,000.00 for proof that it contains a mineral of any description. S. S. S. is an antidote for contagious blood poison, and the only radical and permanent cure known. It destroys every atom of the virus and purifies and strengthens the blood and builds up the general health.

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