FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

As a Spring Tonic to Get the System in Good Shape.

John Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

PE-RU-NA

Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.
The Peruna Medicine Company,
Columbus, Ohio:

Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.

"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction.

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape." Yours truly,
JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim.

The digestion must be good, the circulation perfect, sleep regular and enough of it.

If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially trying.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vocation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore athletes are especially friendly toward Peruna.
Peruna never fails them.

ASKS HEARING ON RATE BILL

Shippers' President Desires to Add to Evidence Already Submitted.

SENATORS WOULD CLOSE CASE

Members of the Committee are Desirious of Ending the Inquiry in Order to Devote Their Time to a Study of the Testimony.

Washington special: The shippers of the country do not propose to permit the senate committee on interstate commerce to formulate any measure for presentation to the senate which shall stultify the wish of the people for an equitable adjustment of the railroad rate question.

Senator Elkins, chairman of the committee has determined to bring the hearings to a close with the termination of the testimony of the railroad officials and attorneys, believing the country to be so saturated with their views it might forget the injustice suffered by shippers. He has been talking informally with members of the committee as to the advisability of calling the executive meeting of the committee, when will be discussed the question of stopping the hearings and determining formally upon the provisions of the measure to be presented to the senate.

Shippers Demand Hearing.

Now the shippers have stepped in, and Senator Elkins is fearful that his well laid plans are in danger. F. P. Bacon of Milwaukee, president of the shippers' national organization, has written the chairman of the committee asking an opportunity to present further testimony on the question of rate discrimination and rebates. He stated he expected to bring a number of prominent shippers from various parts of the country to furnish evidence to that given at the hearings last spring.

Without regard, apparently, for the universal denial that there shall be effective legislation, some of the committeemen are impatient over the intimation that the demands of the shippers may prolong the hearing, and they are raising all kinds of objections the strongest of which are that the shippers have made out a formidable case, and that if more people testify it will not be possible to study the evidence properly because of the quantity.

It is expected that in order to prevent criticism, Bacon may be given a chance to appear, but this will be only in case he can show he had additional evidence of importance to presene.

Injunction Foe to Rebates.

George R. Peck, general counsel of the Chicago, Milwaukee & St. Paul railroad, was again before the senate committee. He declared that the most effective instrument against rebates was the injunction, that the latter was better than a criminal proceeding, because it was speedy and summary.

Private car lines, he said, were not common carriers, but were necessary to carry on the commerce in perishable articles.

Mr. Peck made several references to the Esch-Townsend act in answering questions of Senator Cullom, and the latter remared that he did not think the committee was disposed to hold to the Esch-Townsend bill, and that the measure at most may be used as a basis for discussion.

Hugh L. Bond, second vice-president and general attorney of the Baltimore & Ohio railroad, criticised the Esch-Townsend bill, saying it would result in endless litigation and require at least two or three supreme court decisions to determine what it meant. He declared it would be unwise to depart from a law which was eighteen years old and had been construed over and over again, and which business and railroad men understood.

SHOT BY HIS STENOGRAPHER

Albany, N. Y., Man Wounded by Young Woman in Office.

Albany, N. Y., special: Frank Havens, secretary of the local board of underwriters, was probably mortally wounded by his stenographer, Julie Cravers, aged 23 years. It is claimed that the shooting, which took plage in his office, was accidental, Miss Cravers in a spirit of fun pointing the revolver at Haven's head and commanding him to throw up his hands. She is under arrest. Havens is 38 years old and married.

Was Zach Chandler's Friend.

Detroit, Mich., dispatch: Allan Sheldon, a well-known capitalist of Detroit, and former business partner of Zachariah Chandler, died after an illness of several weeks. He was 73 years of age. He is survived by a widow and one son, who married a daughter of Senator R. A. Alger.

Alleges Insurance Rebating.

New York dispatch: Henry H. Knowles, former supervisor of agencies in the Equitable Life Assurance society, has charged Gage E. Tarbell, second vice president, with rebating on Chicago policies.

Rockefeller's Quartet Is Out.

New York special: John D. Rockefeller, Jr., has discharged the quartet which has sung for his Bible class for the last four years and a suit for broken contract may be the result.

Protesting Against Rate Reduction.

Atlanta, Ga.—The recent proposition of J. Pope Brown, Chairman of the Georgia Railroad commission, to reduce the passenger rate in Georgia from three to two cents per mile was protested against by the Brotherhood of Locomotive Engineers, the Order of Railway Conductors, and unions of the blacksmiths, machinists and telegraphers, boilermakers, railway trainmen, carpenters and joiners, clerks and car men. These organizations employed an attorney especially to represent them, who urged that such a reduction would work against the prosperity of the state and lead to a reduction in the number of railroad employes, as well as of their wages. The Travelers' Protective Association also protested that a reduction, as proposed, would result in fewer trains and poorer service.

For Rent or Sale, Two Ranches of 3,000 Acres Each.

Located in Custer county on South Loup river; consists of 500 acres good corn land, 60 alfalfa, 320 meadow and the balance in pasture; good improvements. Inquire of Victor H. Coffman, Omaha, Neb.

Would Use Harvard Observatory.

Dr. Otto Klotz, astronomer of the government of the dominion of Canada, is in Boston arranging with the Harvard observatory for a station to perfect his series of longitude observations made in the interest of the dominion government.

In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

Party May Visit Australia.

Governor General Northcote of the commonwealth of Australia, it is said, will invite Secretary of War Taft and party to visit Australia during the party's visit to the Philippines.

If you don't get the biggest and best it's your own fault. Defiance Starch is for sale everywhere and there is positively nothing to equal it in quality or quantity.

A peculiar method of charging cloth with electricity in order to furnish heat to the wearer, has been invented by a French engineer.

Dealers say that as soon as a customer tries Defiance Starch it is impossible to sell them any other cold water starch. It can be used cold or boiled.

No fewer than 1,086,670 copies of the Scripture were circulated in China last year, the actual sales being over a million copies.

A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education, and what she has to say may be absolutely relied upon.

Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes:

"I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use.

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bloat after eating and frequently become nauseated. I had an acrid discharge and pains down through my limbs so I could hardly walk. It was as bad a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhœa, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles.

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles.

The needless suffering of women from diseases peculiar to their sex is terrible to see. The money which they pay to doctors who do not help them is an enormous waste. The pain is cured and the money is saved by Lydia E. Pinkham's Vegetable Compound. Experience has proved this.

It is well for women who are ill to write Mrs Pinkham, at Lynn, Mass. In her great experience, which covers many years, she has probably had to deal with dozens of cases just like yours. Her advice is free and confidential.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

Man's Vanity Supreme.

When a man is vain his vanity passeth that of women. He loses all control over himself.

W. N. U., CHICAGO, No. 18, 1905.

When Answering Advertisements, Kindly Mention This Paper.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But

LION COFFEE

is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.)
(Save your Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

REAL ESTATE.

FOR SALE—Farm Lands—California—Improved and unimproved. From 5 to 5,000 acres on easy terms. Abundance of water. Can grow crops the year around. No snow or ice. A family can be supported in luxury on 10 acres. Level roads, churches, schools, stores, within easy distance of Pacific Coast beaches. For particulars apply to Thos. J. Hampton Co., 110 S. Broadway, Los Angeles, Cal.

Canadian Land Will Make You Rich. Good climate, good water, close to timber and railroad, good land. Crop last year averaged 40 bushels of wheat per acre, sold for $1 a bushel, makes $40 per acre. We will sell this land for $10 per acre. **MANITOBA LAND & INVESTMENT CO.,** 645 Main St., Winnipeg, Man., and 414 E. Main St., Bloomington, Ill.

LAND—4 to 6 miles out. Will sell 40 to 80 per acre; improved, $20 to $35. Clay loam, timber, meadow, soft water, trout. Money can be hired on long time. Easy payments, part price. Village homes with 40 acres each near town. Churches, graded school, fruits and good roads. 40 to 80 acre farms. Healthy, thrifty and pleasant location. Save this, once only. **G. C. CAMFIELD, Cadott, Wisconsin.**

FOR SALE—Fine ranch in Central Nebraska. 1,280 acres, 150 cultivated, 20 timber, small fruit bearing orchard, balance pasture and meadow. Choice stream, 3 miles from new town. House, barn, corrals, chicken coop. Price $15 an. Liberal terms arranged. **GEORGE MARKLE, Erina, Nebraska.**

OLD VIRGINIA FARMS. Good land. Low prices. Mild climate. Send for our free catalogue of the largest list of farms for sale in Virginia. Now is the time to get bargains in cheap homes. Land in the State of Virginia is advancing. Mr. Casselman is a former resident of North Dakota. Let us hear from you. **CASSELMAN & CO., Richmond, Virginia.**

READ THIS and cry because you didn't see it sooner. Do you want a home? I still have many bargains in land that will double its value in 3 years. Terms made to suit purchaser. Part cash, balance 1-6. Can locate you anywhere in the United States. Highest price paid for mortgages and life policies. Good wheat and alfalfa land, $5 an acre, in Kansas. **D. R. Dunlap, Westbrook, Atchison Co., Mo.**

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. **CONSUMPTION**

"ITT" DR. WILSON'S "ITT"

the new radical cure for **KIDNEY, LIVER and STOMACH TROUBLES**

Will positively cure **KIDNEY, LIVER and STOMACH TROUBLES, RHEUMATISM, HEADACHE, DROPSY, BRIGHTS DISEASE, PAIN IN YOUR BACK, CONSTIPATION.** If you are suffering from these troubles and have found no relief and want to be cured, cut out this ad. and send to us and we will send you one week's treatment free of charge, which will give you more relief than anything you have ever tried. Thousands are willing to testify to the great merits of **"ITT."** Do not throw this aside but cut out and send to us at once and we will send medicine by return mail.

DR. W. R. WILSON CO., Hoopeston, Ill.

FARMS IN WESTERN CANADA FREE

THE FARMERS on the **Free Homestead Lands** of **Western Canada** Carry the banner for yields of wheat and other grains for **1904.**

100,000 FARMERS

receive $55,000,000 as a result of their Wheat Crop alone.

The returns from Oats, Barley and other grains, as well as cattle and horses, add considerably to this.

Secure a Free Homestead at once, or purchase from some reliable dealer while lands are selling at present low prices.

Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agents—C. J. Broughton, Room 430 Quincy Bldg., Chicago, Ill.; W. H. Rogers, Third floor, Traction Terminal Bldg., Indianapolis, Ind.; T. O. Currie, Room 12, B. Callahan Block, Milwaukee, Wis. Please say where you saw this advertisement.

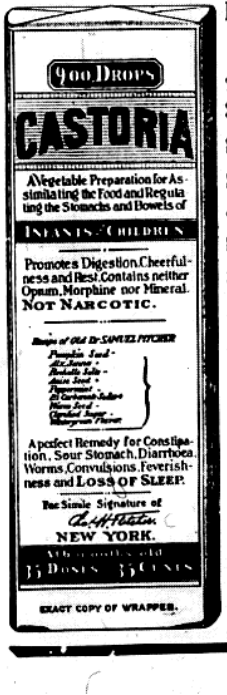
If afflicted with sore eyes, use **Thompson's Eye Water**

FARMS For Sale on crop payments. J. RULDALL, Sioux City, Iowa.

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 Diarrhœa 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, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."

Dr. Gustave A. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."

Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children."

Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."

Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E. Eshlidson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."

Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. Its long life, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation! What can a physician add? Leave it to the mothers."

Dr. Albert J. Weston, of Cleveland, O., says: "I have used your Castoria in my practice for the past eighteen years with the utmost success."

Dr. Edwin F. Pardee, of New York City, says: "For several years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results."

Dr. N. H. Biser, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY ST., NEW YORK CITY.