"PE-RU-NA WORKED SIMPLY MARVELOUS"

Suffered Severely With Headaches—Unable to Work.

Miss Lucy V. McGivney, 452 3rd Ave., Brooklyn, N. Y., writes:

"For many months I suffered severely from headaches and pains in the side and back, sometimes being unable to attend to my daily work.

"I am better, now, thanks to Peruna, and am as active as ever and have no more headaches.

"The way Peruna worked in my case was simply marvelous."

We have in our files many grateful letters from women who have suffered with the symptoms named above. Lack of space prevents our giving more than one testimonial here.

It is impossible to even approximate the great amount of suffering which Peruna has relieved, or the number of women who have been restored to health and strength by its faithful use.

Dropsy CURED Gives Quick Relief.

Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be fairer. Write Dr. H. H. Green's Sons, Specialists, Box B Atlanta, Ga.

THE GREAT WHITE PLAGUE AND VACCINATION are the CAUSE. Send for book 16c., to C. E. Sherwood, Lisbon, Ind.

So. 17-'06.

HICKS' CAPUDINE IMMEDIATELY CURES HEADACHES Breaks up COLDS IN 6 TO 12 HOURS Trial Bottle 10c. At Druggists

A Diplomat, Indeed.

"I wonder how it seems to have written so many books that you can't remember the number?" sighed a pretty girl, a youthful literary aspirant, after meeting John Burroughs, the naturalist, at the Pen and Brush club reception a few days ago.

The gray-bearded sage of Slabsides had just remarked that he couldn't always remember how many books he was the author of, and had told this story:

"I was dining with a lady recently, and when I made that remark, she spoke up, saying:

"'Oh, I know. You have written just thirteen, for I have them all here in my library.'

"'Did I write all these books?' I said. 'Why, it doesn't seem possible.'

"But you see my work has been my play, and it has all been done so gradually that I can scarcely realize how many there are. There will be fourteen in all when the one on which I am now working is finished in June. But, then," he continued, comfortingly, "when you have worked forty years as I have, you will have something to show for your labors." New York Sun.

Bishop McCabe, of the Methodist Episcopal Church, in a public statement declared himself to be opposed to labor unions as now constituted, and said that was also the position of the church.

A BUSY WOMAN.

Can Do the Work of 3 or 4 If Well Fed.

An energetic young woman living just outside of N. Y. writes:

"I am at present doing all the housework of a dairy farm, caring for 2 children, a vegetable and flower garden, a large number of fowls, besides managing an extensive exchange business through the mails and pursuing my regular avocation as a writer for several newspapers and magazines designing fancy work for the latter and all the energy and ability to do this I owe to Grape-Nuts food.

"It was not always so, and a year ago when the shock of my nursing baby's death utterly prostrated me and deranged my stomach and nerves so that I could not assimilate as much as a mouthful of solid food, and was even in worse condition mentally, he would have been a rash prophet who would have predicted that it ever would be so.

"Prior to this great grief I had suffered for years with impaired digestion, insomnia, agonizing cramps in the stomach, pain in the side, constipation, and other bowel derangements, all these were familiar to my daily life. Medicines gave me no relief—nothing did, until a few months ago, at a friend's suggestion, I began the use of Grape-Nuts food, and subsequently gave up coffee entirely and adopted Postum Food Coffee at all my meals.

"To-day I am free from all the troubles I have enumerated. My digestion is simply perfect, I assimilate my food without the least distress, enjoy sweet, restful sleep, and have a buoyant feeling of pleasure in my varied duties. In fact, I am a new woman, entirely made over, and I repeat, I owe it all to Grape-Nuts and Postum Coffee." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

MESSAGE ON INSURANCE

President Roosevelt Urges Congress to Enact a General Law.

Every Effort Should Be Made to Prevent a Repetition of Scandals Developed by the Armstrong Inquiry.

Washington, D. C., Dec. 5.—[Special.] The message to Congress which President Roosevelt sent to the Senate and House today, was read by the clerk and recommended many of the insurance reforms which were fixed in Chicago last February.

The text of the President's message follows:

"To the Senate and House of Representatives:

"I herewith transmit the report of the recommendations, with accompanying papers, of the insurance committee which met in February last at Chicago. The convention was called because of the extraordinary disclosures of wrongful insurance practices recently made by the Armstrong Legislative Committee of the State of New York, the suggestion that it should be called coming to me originally from Governor John A. Johnson, of Minnesota, through Commissioner of Insurance Thomas D. O'Brien, of that State.

"The convention consisted of about 100 Governors, Attorney Generals and Commissioners of Insurance of the States and Territories of the Union. The convention was seeking to secure such uniformity of insurance legislation throughout the States and Territories, and as a prime step toward this purpose decided to endeavor to secure the enactment by the Congress of the United States of a proper insurance code for the District of Columbia, which might serve as a model for the several States.

"Before adjourning the convention appointed a committee of three Attorney-Generals and twelve Commissioners of Insurance of the various States to prepare and have presented to the Congress a bill which should embody the features suggested by the convention.

"The committee recently met in Chicago and in thorough and painstaking fashion sought to prepare a bill which should be at once protective of policy holders and fair and just to insurance companies, and which should prevent the grave evils and abuses of the past. I commend to the attention of the Congress and of the legislatures of the several States the bill which would be more important than to be found.

"The presence of bad in the insurance business is shown in the letter to Superintendent Thomas L. Tucker of the Department of Insurance of the District of Columbia.

"I have carefully [illegible] the cases of the several companies mentioned in this letter, and I am [illegible] that in each case the charges made are true. In one case [illegible] the company [illegible] the [illegible] of the [illegible] and [illegible] the [illegible] of the [illegible] which [illegible] had [illegible] the [illegible] of the [illegible] which [illegible] the [illegible] of the [illegible] which [illegible] the [illegible] of the [illegible] which