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"I had Catarrh of the Kidneys and Bladder. I Am Very Thankful For Peruna. I Feel Well, My tongue is clear, I have no bitter taste in my mouth. I am glad to say I do not need Peruna any longer, I am perfectly well. I have Peruna in the house all the time. When I have a cold or when I do not feel well I take Peruna. We were all sick with the grip last winter. We took Peruna and it helped us. Peruna is the best medicine for grip or colds."

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**Business vs. Idleness.**  
The importunities and perplexities of business are softness and luxury compared with the incessant cravings of vacancy and the unsatisfactory expedients of idleness.—Doctor Johnson.

**A Human Churn**

WHEN the food reaches the stomach it is subjected to a peculiar churning movement by the muscular walls of the stomach. (See Dr. Pierce's Medical Adviser, page 45). In the liver, kidneys and skin, the blood is purified of its waste materials—these organs act as human filters, leaving the blood pure and clear—unless liver, digestive tract and kidneys are clogged.

**Dr. Pierce's Golden Medical Discovery**

is a stomach, liver and kidney tonic—by assisting the stomach to assimilate, the liver to filter, the kidneys to act—the poisons are removed, the red blood corpuscles are increased and one feels light, fresh and active instead of logy, dull and heavy. The "Discovery" stimulates the stomach, increases action of heart and arteries and is a most satisfactory alternative in blood-taint of any character. The refreshing influence of this extract of native medicinal plants has been favorably known for over forty years. Everywhere some neighbor can tell you of the good it has done.

Sold by all medicine dealers in liquid or tablet form; or send 50 one-cent stamps to Dr. V. M. PIERCE, Buffalo, N. Y., a trial box will be mailed you.

**TRADE PROSPECTS ARE ENCOURAGING**

Improvement in business since depression reached low tide several months ago has been gradual. Confidence has been restored and unless all signs fail, the country is scheduled for a boom almost unparalleled.

In order to overcome the depression that attacks a person in poor health it is necessary that particular attention be paid to the Stomach, Liver and Bowels. These organs are the controlling power in all matters pertaining to health and there is nothing will make you feel "so blue" and discouraged as to be without appetite—to be subject to spells of headache, indigestion, dyspepsia and biliousness—or to have constipated bowels.

Nature never intended anyone to be in such a condition and the only way to improve matters is to give necessary aid promptly. This suggests a trial of Hostetter's Stomach Bitters, because it has an established reputation as a tonic and appetizer, and will be found very helpful in any Stomach, Liver or Bowel ailment. It is well known as a real "first aid," and for over 60 years has held a permanent place in thousands of homes. You will make no mistake in purchasing a bottle today, but be careful to see that the Private Stamp over the neck is unbroken. This is your protection against imitations.

**Enlarged Tonsils and Adenoids.**

Before operating to remove adenoids and tonsils the health of the child should always be built up. If there is an existing cold this must be treated and cured. If the teeth are decayed they must be filled. Treating the teeth and the practicing of deep breathing exercises will be all that is needed to cure tonsil disease if it is strictly local, and not the expression of a systematic condition or some recent infection.

**SOUR, ACID STOMACHS, GASES OR INDIGESTION**

Each "Pape's Diapiesin" Digests 3000 grains food, ending all stomach misery in five minutes.

Time it. In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapiesin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world and besides it is harmless. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapiesin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest and most harmless stomach doctor in the world.

**Greatest Poets.**

Homer, Lucretius, Dante, Shakespeare, Goethe, Milton, Shelley, Byron, Tennyson, Browning. Perhaps others might be added. It is largely a matter of taste and temperament—although there is but little room for argument about the first six names.

**Dr. Pierce's Pellets,** small, sugar-coated, easy to take and candy, regulate and invigorate stomach, liver and bowels. Do not gripe.

**Horse Chestnut Tree in Bottle.**

Horse chestnuts can be grown in a bottle of water. Use a bottle with a neck wide enough to hold the chestnut, adding water to just touch the nut and stand it in a window. Roots will form, followed by a stem and leaves. If the water is constantly supplied the tree can grow for years in the bottle.

**Wonderful Cuban Caves.**

The wonderful caves of Bellamar, Cuba, to the east of Havana, attract the attention of the ambitious tourist. They are on a plateau as level as a table top, which presents no signs of the existence of such caves. After descending into the earth, however, a picture unfolds itself. Then come many passages, and at last the great "Gothic temple," 250 feet long and 80 feet wide.

**Invented in 1889.**

The knitting frame was invented in 1889 by William Lee, a graduate of Cambridge university and a native of Woodborough, near Nottingham, England. So perfect was the invention in every detail that to this day the essential features of the machine continue in use for the class of work to which Lee applied it.

**Fireproof Wood.**

To make wood fireproof, slack a small quantity of fresh lime and add water until it has the consistency of cream; stir well and add one pound of alum, 12 ounces of commercial potash and about one pound of salt. Stir again and apply while hot. Two or three coats will keep wood fireproof for many months.

**Fast on the Wing.**

Homing pigeons in calm weather can travel at a speed of 1,200 yards a minute. With a brisk wind prevailing and blowing in the direction of its flight, a pigeon has been known to make 1,900 yards a minute.

**Steamed Dried Beef.**

Here is an unusual recipe, but a very good one. Prepare a spiced vinegar as for fruit pickles, only less highly seasoned. Cut very, very thin slices of dried beef in narrow strips, diamond or any fancy shape, and cut with scissars. Steam the beef in the vinegar for one hour. Serve hot with toasted wafers.

**Stuffed Celery.**

Wash tender celery hearts and put them into cold water to become crisp. Mash fresh cream cheese, then add chopped nuts and chopped olives to taste. Stuff the celery just before serving and serve with toasted crackers.

**For Removing Machine Grease.**

To remove machine grease from delicate fabrics use cold water, am monia and soap. This will not cause the color to run.

**BEST OF SANDWICHES**

**SOME NEW IDEAS EVOLVED BY CLEVER COOKS.**

Improvements in the Popular Tit-Bit Known as the "Club" Have Been Made—Oysters Used in Place of Chicken.

Tea rooms in the big city shopping districts are serving some new varieties of the always popular club sandwich. While the principal ingredients remain the same each style of club sandwich differs from its fellows in some detail which makes it distinctive.

What is known as a French club sandwich is served with a toasted English muffin substituted for the usual slices of toasted bread. It is set down before one garnished with a few sprays of parsley pressed deep into the yielding surface of the half muffin which tops the substantial filling of chicken, bacon, mayonnaise, lettuce and sliced tomato. Watercress is used in similar fashion, the spray of green in either case being embedded in the toasted muffin so firmly that it seems to be a little flower holder. Two halves of crumpet are used for a similar sandwich and filled with the same combination, making a sandwich still more hearty.

Where toasted bread is used variety is given to the club sandwich by reason of some other meat or fish being substituted for the usual foundation layer of breast of chicken. Thinly sliced duck is delicious with the bacon and other ingredients, and turkey is also another good substitute. Strips of rare beef, either cold or freshly cut from a hot roast and moistened with horseradish may also be used, and strips of rare steak are equally appropriate.

An oyster club sandwich has for its distinctive feature two or three large fried oysters. These are laid on the under slice of toast, sprinkled with lemon juice and then topped with two strips of bacon, two lettuce leaves, a spoonful of mayonnaise and then the second slice of toast.

For those who do not care for fried oysters the oyster club sandwich comes in still a different form, the oysters being poached in their own liquor until the shells curl, when they are drained of moisture and used for the foundation of the sandwich. If preferred oyster club sandwiches may be served with Russian dressing instead of mayonnaise, as the addition of the tomato flavor in the chili sauce is particularly agreeable with oysters, either fried or poached.

Sardine club sandwich is made of large boned sardines sprinkled with lemon juice and arranged as usual and finely cut lobster, either hot or cold, offers still another variety.

The egg club sandwich is usually served with a basis of an egg fried on both sides, and seasoned well with salt, pepper and paprika before the other materials for the sandwich are added. Hard-boiled eggs, sliced or chopped, result in a sandwich less rich. In both cases the eggs should be served hot.

**Economy Helps.**

In most households greater economy of time and energy can be practiced by cooking larger amounts of food at one time, and this means a saving in the fuel bills as well.

Enough mayonnaise dressing for all the salads you will make in a week can be made on one day. It is just as easy to cook a kettleful of potatoes that will last two days as it is to prepare only enough for the midday meal.

There is hardly a vegetable one can think of that cannot be cooked in large quantities to advantage and that will not lend itself readily to warming over in a variety of ways. And on those days when the oven is being used for baked dishes in which the vegetables play an important part, double portions of puddings should be baked.

What is not required that day can be served a few days later, steamed over the vegetable pot, and it will be just as appetizing, if not more so, as if freshly made.

**Fruit Cream.**

Cook the juice of three lemons and three oranges with two cupsful of sugar, set aside to cool. Soften two tablespoonfuls of gelatin with milk, then heat over hot water until dissolved. Whip two cupsful of cream, add the fruit juice and gelatin, stir until well blended, then pile high in a deep dish or mold if preferred.

**The Submarine.**

To get a submarine ready for diving water is admitted into the "ballast" tanks. To keep the vessel on an even keel water is taken into the "trimming tanks." By means of these tanks the vessel is made to sink or rise, and to preserve the right position.

**And There Are Others.**

The only actress who is willing to admit that she does not know all about acting is she who has been at it all her life.—Margaret Nyblom.

**Optimistic Thought.**

If you mean to profit learn to please.

**For \$59 A complete modern disc Grafonola**

with an outfit of 12 records (24 pieces) —cash or at the same cash price on \$5 monthly payments, No extras. All subject to your approval. Send for one now.



It's the "Favorite"—the first Grafonola ever offered at its price or anywhere near it. We believe it is the best that can be constructed and sold at the price, or near it—the first instrument of the enclosed type offered at anything like its price, and capable of all the tonal quality of the \$200 Instruments.

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No other instrument has built up for itself the tremendous vogue of the "Favorite." A guarantee slip goes with every instrument.

The Whole outfit subject to three days' approval and your money back if you do not find the "Favorite" all that we claim for it.

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All The Makes And All The Records All The Time. Mail Orders Given Special Attention

**A POTATO ROMANCE**

"If I were a farmer boy, or a boy without capital, and wanted an early competency, I'd start right out growing Potatoes," said Henry Schroeder, the Potato king of the Red River Valley, whose story in the John A. Salzer Seed Co.'s Catalogue reads stranger than a romance.



That advice of Mr. Schroeder's, the self-made Potato king, comes from a warm heart, a level head, an active hand, and above all, a successful Potato grower!

Do You Know, Mr. Farmer, there is more money in five acres of Potatoes year in and year out than in anything you can grow on your farm, and the growing of Potatoes now, with present machinery, etc., is easy. It's regular Fourth of July fun!

Salzer's Creations in Seed Corn put Wisconsin on the Corn Map with its astonishing yields!

Headquarters for Oats, Barley, Clovers. For 10c in Postage We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass, Teosinte, the Silo Filler, etc., etc.

Or Send 12c And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 720 La Crosse, Wis., twenty cents and receive both above collections and their big catalog.

**Skunks Enemies of Caterpillars.**

A new field of usefulness has been found for the much-ridiculed skunk in the fact that it is a vigorous enemy of the full-grown range caterpillars. Birds are of no service whatever in destroying these large caterpillars, but skunks devour quantities of them, and this is another reason why these little creatures should receive more consideration than they now do.

**The Medicine of Life.**

A faithful friend is the medicine of life.—Ecclesiasticus.

**SPHON'S COLT DISTEMPER**

**10 CENT "CASCARETS" IF BILIOUS OR COSTIVE**

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

**Dressy Collegians.**

Patience—"An automobile repair course has been added to the curriculum of an Iowa agricultural college." Patrice—"Now, in speaking of college topics, don't forget the overalls."—Yonkers Statesman.

**To Clean Copper.**

Copper articles that have become discolored can be made to look new again by rubbing them with lemon dipped in salt and afterward rinsing in clear hot water and polishing with a soft cloth.

**You Can Get Allen's Foot-Ease FREE.**

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot, swollen, itching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

**With Provisos.**

"Well, we'll tell you, George, frankly. You can marry on \$500 a year, yes. Provided you have saved your last year's salary, and likewise provided you can get your next year's salary in advance."

**The Real Thing.**

An aim in life is the only fortune worth the finding, says Stevenson; and it is not to be found in foreign lands, but in the heart itself.

**YOUR OWN DRUGGIST WILL TELL YOU**

Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—Just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

**Sincerity.**

I should say sincerity, a deep, great, genuine sincerity, is the first characteristic of all men in any way heroic.—Carlyle.

**Human Doormats.**

Some men could be sized up in two words: Human doormats.—Florida Times-Union.

**Keep Up the Fight.**

This alone is thy concern, to fight manfully, and never, however manifold thy wounds, to lay down thine arms, or to take to flight.—Lorenzo Scupoli.

**P. N. U. No. 9, 1915**

When writing to advertisers, please mention this paper.

**Helping Kidneys By Clearing Blood**

I cannot call riches better than the baggage of virtue; the Roman word is better, impedimenta; for as the baggage is to an army, so is riches to virtue; it cannot be spared nor left behind, but it hindereth the march; yea, and the care of it sometimes loseth or disturbeth the victory; of great riches there is no real use, except it be in the distribution; the rest is but conceit.—Bacon.

**A Function Greatly Assisted By a Well-Known Remedy.**



Most readers will be interested to more clearly understand why analysis of urine is so important. In the use of S. S. S. to purify the blood, its action is a stimulant to the myriad of fine blood vessels that make up the connective tissues of the kidneys. All the blood from all over the body must pass through the kidneys. They act as testers and assayers. And according to what they allow to pass out in the urine, both as to quantity and material, the health of the kidneys and the quality of the blood is determined. The catalytic energy forced by S. S. S. is shown in the urine. It is also demonstrated in the skin. And as the blood continues to sweep through the kidneys the dominating nature of S. S. S. acting as it does through all the avenues of elimination, shows a marked decrease of disease manifestations as demonstrated by urine analysis. This assistance is a great relief to the kidneys. The body wastes are more evenly distributed to the excretories; their elimination is stimulated by the tonic action afforded the liver, lungs, skin and kidneys. Thus, in cases of rheumatism, cystitis, chronic sore throat, huskiness of voice, bronchitis, asthma and the myriad of other reflex indications of weak kidney action, first purify your blood with S. S. S., so it will enable the tissues to rebuild the cellular strength and regain the normal health.

S. S. S. is prepared by The Swift Specific Co., 527 Swift Bldg., Atlanta, Ga., and if you have any deep-seated or obstinate blood trouble, write to their Medical Dept. for free advice.

**COLT DISTEMPER**

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPHON'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPHON'S at 10 cents and \$1 a bottle; \$5 and \$10 a dozen. SPHON MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

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Color more goods faster and brighter colors than any other dye. Every package guaranteed to color Silk, Wool, Cotton and Mixed Dyes at one boiling. 10 cents package. Write for free booklet "How to Dye and Mix Colors," calendar, blotters, etc. MONROE DRUG COMPANY, Department Z, Quincy, Illinois