ALL HAIL PE-RU-NA.



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Miss Mary O'Brien, 306 Myrtle Ave., Brooklyn, N. Y., writes: "Peruna cured me in five weeks of catarrh of the stomach, after suffering for four years and doctoring without effect. In common with other grate-

ful ones who have been benefitted by your discovery I say, All hail to

Mr. H. J. Henneman, Oakland, Neb., "I waited before writing to you about my sickness, catarrh of the stomach,

which I had over a year ago. "There were people who told me it would not stay cured, but I am sure that I am cured, for I do not feel any more ill effects, have a good appetite and am getting fat.

"So I am, and will say to all, I am cured for good. "I thank you for your kindness.

"Peruna will be our house medicine Catarrh of the stomach is also known

in common parlance as dyspepsia, gastritis and indigestion. No medicine will be of any permanent benefit except it removes the catarrh.

A Great Tonic.

Mr. Austin M. Small, Astoria, Ore., writes: "During the hot weather of the past summer I lost my appetite. I tried Peruna, and found it pleasant to

A Unique City.

world. It is situated in both the north ern and southern hemispheres-if we place of importance on the globe.

get to wind your watch while you are utes, put in celery, then the potatoes. need not hunt up a regulator; set it with floured water. Boil up once and when the sun rises or sets, and you will be sure to be right. Old Sol makes uc

The seasons, as far as names are concerned, change almost instantly; but, ting the tomato and adding one-half as the temperature is remarkably even, pint more milk, using three tablespoon-Lese curious points are seldom thought fuls flour; when smooth remove from of by the people who make Quito their

Our Lucacu Up Forces.

It is the locked up forces within that He deep in our natures, not those that are on the surface, that test our mettle. It is within everybody's power to call out these hidden forces, to be somebody and to do something worth while in the world, and the man who does not do it is violating his sacred birthright.-Success Magazine,

LAND SCRIP SALE

Approved Land Scrip for surveyed, unsurveyed, timbered or prairie government land. H. M. HAMILTON, Fortland Hotel, Portland, Oregon

GASOLENE ENGINES 3 to 4 horsenower fully warranted, \$125. All sizes and sy les at lowest prices. Write for catalog.

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P. N. U.

No. 26-06

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Kitchen Pump

just how much valuable time and how larger animals. nany weary steps might be saved by a little thought and planning and with so little expense. I feel this especially true of the work of the good housewife who has so many little tasks to do over and over again 365 days in the vear. I illustrate herewith a little device I arranged some years ago when my wife's health was delicate, and it was with difficulty she could lift even a small pall of water, and which she and all the girls who have worked ku our kitchen have enjoyed very much. ing to The pump as is usual sits at the sink, a little distance from the range, and probably 18 inches higher than the reservolr. I thought why not let the water run into the reservoir, instead of into a pail and have to wait each time for the pump to cease dripping? So I had a small conductor pipe made the desired length with a slight turn



at the lower end, and a very slanting tunnel shaped at the other end, that would just slip over the spout of the pump. I would not suggest the pipe be over 11/2 inches in diameter. Ours when not in use slips in behind the range and is not in the way, or in sight and is always on hand and a great convenience.-L. W. Oviatt in Farm Progress.

Chop Suey.

One-half chicken; one large onion; a randful of mushrooms; a stalk of celery; six Chinese potatoes; a bowl of take, a splendid appetizer and a great rice; a small dish of Chinese sauce. Scrape the meat from the bones of the cilicken and cut it into strips an inch long; slice the onlon; soak the mush-In one respect, Quito, the capital of rooms ten minutes in water and cut Ecuador, is the most unique city in the oil the stems; cut the celery into inchlengths; wash and slice the Chinese potatoes. Fry the chicken in fat in a accept the equator as the real dividing frying pan until done; add the sliced line-a distinction claimed by no other onlons and cook for five minutes, add the mushrooms and enough Chinese At Quito the sun rises and sets at e sauce to make the ingredients brown. o'clock the year round. You may for Pour in water and stew fon a few minvisiting the Ecuadorian capital, but you Stew for a few minutes, then thicken serve with boiled rice.

Make one pint of farci sauce, omitfire, beat in one egg, one tablespoonful each of minced chives and parsley, one ablespoonful lemon juice and one pint cool; then form into cutlets, crumb and dip into beaten egg and crumb again:

Sardine Croquettes.

After drawing all oil off, fill a cup with sardines from which skin and bones have been removed; cook half a cupful of grated, stale bread in half a capful of milk, adding the beaten yolk of one egg, two tablespoonfuls of buter, a teaspoonful of lemon juice, the cooked volks of three eggs (sifted), and a dash of paprika with the sardine puree; mix thoroughly, shape into ovals, dip in beaten egg and sifted crumbs, and fry in deep fat. .

Ginger lee Cream. Make a custard of one pint of cream, and put four eggs into it. Cut up into small pieces two ounces of preserved ginger, add sufficient ground ginger to flavor well, and syrup or sugar to taste. an hour ago. They can't be worn out Stir occasionally until cold, and put yet, sir." it into the freezer. Care should be taken to use fresh and good ground ginger,

stir in a tablespoonful of oil, then a teaspoonful of vinegar alternately until the sauce is of a right consistency; then add the chopped shallot, or chopped parsley, if preferred.

Potato Time-Table.

Baked-Thirty to forty-five minutes. Steamed-Twenty to forty minutes. Boiled (in skins)-Twenty to thirty

Boiled (pared)-Twenty-five to forty Day." re minutes.

Well softened potatoes are cooked.

The Mole Has Eyes.

The majority of people believe that the mole is even "blinder" than the proverbial bat, but the naturalists know that such is not the case. Sir John Lubbock and Carl Hess, the latter a noted German naturalist, by careful investigation proved that the mole has eyes which are as perfect as those of a horse or an elephant. They are very small optics, to be sure (only one millimeter in diameter), but in the I feel sure that many farmers would matter of reflection and refraction do be astonished if they could really know not differ from the normal eyes in

To Break in New Shoes.

Few Thoughts.

Fred (after six months' absence)-Are you married yet, old man?

Joe-Not me. Fred-But I thought you were gomarry that wealthy young

Joe-I thought so, too, but I discovered that she was also a thinker.

AVegetable Preparation for As-

similating the Food and Regula-

ting the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion.Cheerful-

ness and Rest.Contains neither

Opium, Morphine nor Mineral.

sape of Old Dr.SUMUEL PITCHER

A perfect Remedy for Constipa-

tion. Sour Stomach. Diarrhoea

Worms, Convulsions, Feverish-

ness and Loss of SLEEP.

Fac Simile Signature of

de Hitcher.

NEW YORK.

At 6 months old

EXACT COPY OF WRAPPER.

NOT NARCOTIC.

mpkin Seed-

Unappreciated Ambition.

"My hair," remarked the middleaged man, sadly, "is the most ambitious thing about me, it seems." "What's the answer?" queried his

"It is always coming out on top," explained the party of the first part.

FITS 8t. Vitus' Dance and all Nervous Diseases Nerve Restorer, Send for FREE \$2 trial bottle and treatise, Dr. R. H. Klin , Ld. 931 Arch 8t., Pulla, Pa

Special Terms !

"And have you any special terms for summer girls when they come in a party?" asked the pretty brunette in the mountain hotel.

"Yes, indeed," responded the clerk,

"And what are they?" " 'Peaches' and 'dears.' "

Mothers will find Mr., Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

That Youngster Again.

"Come, dear," said his mother, pointing to the silvery crescent in the sky, "and look at it. It's the same old moon."
"'Tain't nuther," he said, still sulking.
"This one's broke!"

My Hair Ran Away

Don't have a falling out with your hair. It might leave you! Then what? That would mean thin, scraggly, uneven, rough hair. Keep your hair at home! Fasten it tightly to your scalp! You can easily do it with Ayer's Hair Vigor. It is something more than a simple hair dressing. It is a hair medicine, a hair tonic, a hair food.

The best kind of a testimonial— "Sold for over sixty years."

lede by J. C. Ayer Co., Lowell, Mass. 9 SARSAPARILLA.



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Hitchers.

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,

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.

CASTORIA ALWAYS

Bears the Signature of

The Kind You Have Always Bought

In Use For Over 30 Years

He Had Remembered.

Hiram Bobbs was absent-minded. He naked cooked fish; spread on plate to admitted that himself. Still, even he was occasionally surprised by his own failings. One morning he reached his fry a delicate brown; serve on napkin, office unaccountably late. "Dear me!" and garnish with pimolas cut into he thought. "Where can I have been?"

The answer was not forthcoming. H1ram sat down at his desk and took out his pocket-handkerchief. It was tied tightly in a knot.

"Now," he exclaimed, "what was that for? Oh, yes! Marthy told me to get my shoes soled."

With an air of resignation to the whims of womanhood he put on his hat. closed his desk, and went out to the "soled-while-you-wait" cobblers. He went in and sat down, took off his shoes, and settled back in a chair to read his

"What is it, Mr. Bobbs?" inquired the cobbler.

"What? Oh, er-er-er-why-oh, yes! I want my shoes soled."

"Pardon me, sir," said the cobbler, "but I finished soling them only half

Deafness Cannot Be Cured

can to use fresh and good ground ginger, as otherwise it is apt to impart a moldy kind of flavor.

Tartare Sauce.

Yolks of four eggs, a teaspoonful of mustard, a saltspoonful of salt, two chopped shallots, olive oil, tarragon vinegar, pepper. Break the yolks into a basin with the pepper and mustard; stir in a tablespoonful of oil, then a saltspoonful of the car. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hear ing, and when it is entirely closed, Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hear ing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hear ing, and when it is entirely closed, Deafness is taken out and the salts of the car.

Sold by Druggists, 75c. Hall's Family Pills are the best.

An Owl. "She thought he was very prominent before their marriage."

"Yes, she saw his picture in a newspaper labeled 'A Young Man of the

"And now that they are married?" "She has fond out that he is a young man of the night."

Your Tongue is Coated!

OOK inside your watch cover and That's bad busi-

ness, Bill! What you been Eating? What were you drinking? What kind of Lazy Chair did

you take exercise in? Now don't think it doesn't matter!

Because, it's your Bowels that talk now, every time you open your Mouth.

That doesn't help your Popularity, nor your Earning

Besides, a man with bad Bowels is in a bad way.

And, a Coated Tongue, or a Bad Breath, are sure signs of bad Bowels and poor Digestion.

Go and take a Ten Mile Walk, for Exercisel

'Finest thing in the world for Constipation, Indigestion, or Dyspepsia, Ten Mile

Haven't time? Too Lazy?

Well,-there is another Way. Take Artificial Exercise for your Bowels. That's-CASCARETS.

They rouse the Bowel Muscles, just as a Cold Bath freshens Athletic Muscles. 'Waken them up, Strengthen them so

they Contract and Expand the Bowels and Intestines in a healthy active manner. That's how these muscles work the Food

along, through your thirty feet of Intestines, to its Finish. That's how they squeeze Gastric Juice

into the food, to Digest it. That's how they make the millions of

little Suckers in the Intestines draw the Nutrition out of Food, and transform it into Blood, Brawn, Brain and

No purging from CASCAR. ETS, because there is no flooding of the Bowels with a waste of precious Digestive Juice, as with Salts, Castor Oil,-"Physic," etc. Cascarets act like Exercise,

-harmless, pleasant, simple, convenient, but sure as Shoot-The thin little Ten Cent

Box, carried in your Vest Pocket constantly, is sure protection against the results

- Late Suppers -Cheerful Boozing

- Rapid Eating

- Slow Walking -Easy Chair Athletics -And Lazy Liver.

One tablet taken whenever you suspect you need it will insure you against 90 per

cent of all other ills likely to attack you. Because 90 per cent of these ills begin in the Bowels, or exist through poor Nutrition.

Cascarets don't purge, don't weaken, don't irritate, nor upset your stomach.

Ten Cents, at all Druggists. Be very careful to get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

IF FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed, GOLD-PLATED BONBON BOX, hard-enameled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets, with which this da aty trinket is loaded.

Send to-day, mentioning this paper, Address