

March, April, May

There is a best time for doing everything—that is, a time when a thing can be done to the best advantage, most easily and most effectively. Now is the best time for purifying your blood. Why? Because your system is now trying to purify it—you know this by the pimples and other eruptions that have come on your face and body.

Hood's Sarsaparilla and Pills

Are the medicines to take—they do the work thoroughly and agreeably and never fail to do it.

Hood's are the medicines you have always heard recommended.

"I cannot recommend Hood's Sarsaparilla too highly as a spring medicine. When we take it in the spring we all feel better through the summer." Mrs. S. H. NEAL, McCray, Pa.

Hood's Sarsaparilla promises to cure and keeps the promise.

HOW MEN MAY LIVE LONG.

Goldwin Smith Tells the Secret of His Youthfulness and Vigor.

Goldwin Smith, the famous historian, educator, journalist and essayist, who is the literary life of Canada, has brought out a good deal of comment on the problem of old age, with mental and physical soundness, by his own opinion of the influences which have helped him celebrate his eightieth birthday in good health and able to do brilliant and valuable work in his chosen field of labor.

Professor Smith thinks that he owes much to his freedom from hard tasks, in school or otherwise, when a boy. He was a sickly child and his chance of even average length of days seemed poor. But he was allowed much freedom in boyhood, to roam the fields and play instead of sticking closely to books or taxing his mind severely. It is hardly necessary to say that Goldwin Smith was still a young lad, however, when he began to work zealously in school, and at Eton and in the university he was a brilliant student. Another point he makes much of is his lifelong habit of working in the early morning rather than late at night, and getting sleep in the hours of darkness, nature's time for rest. He also testifies to his constant care as to outdoor exercise and his moderation in eating and drinking.—Cleveland leader.

After Much Discussion.

Judge Acheson was trying a \$75,000amage suit in the United States circuit court at Pittsburg, the defendant suing the Southern Oil company. A witness was asked what effect the hooting of a well with nitroglycerin would have at a depth of 1,500 feet. Defendant's lawyer objected to the question and then followed a long argument between counsel. The court finally ruled that the question was admissible and directed the witness to answer. This was the reply after all the debate: "I don't know; I've never been down to investigate."



Many women are denied the happiness of children through derangement of the generative organs. Mrs. Beyer advises women to use Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered with stomach complaint for years. I got so bad that I could not carry my children but five months, then would have a miscarriage. The last time I became pregnant, my husband got me to take Lydia E. Pinkham's Vegetable Compound. After taking the first bottle I was relieved of the sickness of stomach, and began to feel better in every way. I continued its use and was enabled to carry my baby to maturity. I now have a nice baby girl, and can work better than I ever could before. I am like a new woman."—Mrs. FRANK BEYER, 23 S. Second St., Meriden, Conn. —\$5000 forfeit if original of above letter proving genuineness cannot be produced.

FREE MEDICAL ADVICE TO WOMAN.

Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands.



To Make Meat Tender. It must have been a conscience-stricken boarding house-keeper who was the other day granted a patent



for a machine to render meat tender. Doubtless she had tired of hearing the complaints and the pointless jokes of her boarders concerning her steaks, and probably she had lost her star boarder, who, having broken all his front teeth in efforts to masticate the meat set before him, left her in sheer despair to join for all time the patrons of the dairy lunch rooms, where hot soups are procurable, and do not necessitate the use of the molars. At any rate, such a patent was granted, and the accompanying picture shows not only its extreme simplicity, but also seems to indicate that it can and will do its work well. Toothed wheels, carried in a handle, are run backward and forth over the toughest meat until it has been brought to such a state that it can readily be mistaken for the most tender and the most toothsome venison.

Cheese Souffle.

Put two level teaspoonfuls of butter in a frying pan and stir in a heaping tablespoonful of flour. Gradually add half a cupful of milk, and boil one minute. Then add a seasoning of half a teaspoonful of salt and one-tenth of a teaspoonful of cayenne. Stir in one cupful of soft-grated cheese and the yolks of three eggs, well beaten. Pour into a bowl and set away to cool. When cold, add the whites of three eggs, whipped to a light froth. Turn into a buttered baking dish, or into individual custard cups. Bake from ten to twelve minutes, and serve hot.

Corn Dumplings.

Make a nice light biscuit dough and form it into small, thin rounds, just large enough to hold a heaping teaspoonful of corn, seasoned to taste; add a lump of butter and form into round dumplings. Corn previously cooked on the ear is easier to use than fresh, unless the latter is well drained, as the milk of the corn makes the closing of the dumplings difficult. Steam for about twenty minutes and serve as a garnish to stewed chicken.

Good Layer Cake.

Cream a pint of powdered sugar with a cup of butter, add the well-beaten yolks of nine eggs and beat steadily for five minutes. Stir in a teaspoonful of baking soda, dissolved in a tablespoonful of boiling water, add the grated rind of an orange and the strained juice of two lemons. Last of all, fold in lightly two cups of flour or enough to make a good batter. Bake in four layer tins.

Chocolate Wafers.

One cupful of brown sugar, one cupful of granulated sugar, one cupful of butter, one egg, one cupful of grated chocolate, one teaspoonful of vanilla extract and sifted flour to make stiff—about one and a half cupfuls. Roll very thin, cut with a little square cutter, and bake very quickly. They should only be in the oven a few minutes.

Potatoes and Cheese.

Boil enough potatoes in salted water to measure a pint when peeled and cut into dice. Make a white sauce of a tablespoonful of butter and one of flour blended with a cup of hot milk; put the potatoes in a pretty baking dish, add a half cup of grated cheese and the sauce. Cover with cracker crumbs moistened with a spoonful of melted butter and bake until brown.

Short Suggestions.

To scale fish easily, dip them in boiling water.

Boiled cabbage is much sweeter when the water is changed in boiling.

In baking bread or rolls put a sauce pan of boiling water into the oven. The steam will keep the crust smooth and tender.

Much of the heavy cake and bread is the result of the oven doors being banged in closing. It should be closed as gently as possible.

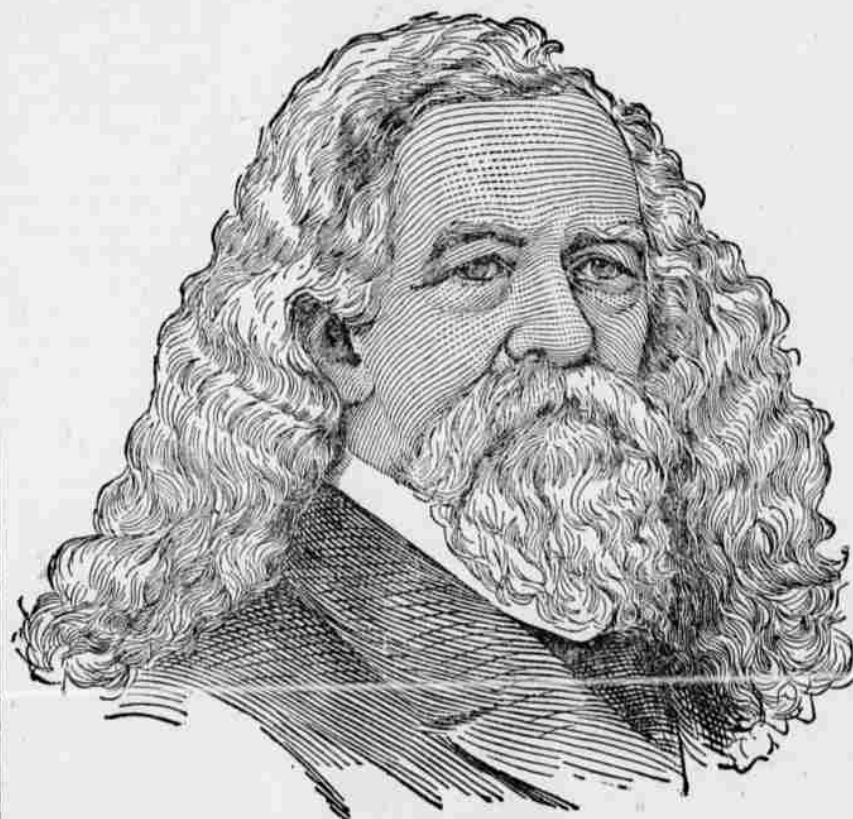
Before beginning to seed raisins cover them with hot water and let them stand fifteen minutes. The seeds can then be removed easily.

Boiling liquids, jellies or fruits may be turned into glass without breaking the vessel if you press the bowl of a spoon on the bottom while filling.

Glass which has grown dull can be restored to a fairly bright condition by washing with diluted hydrochloric acid and afterward rubbing with moistened chalk or whiting.

A COMRADE OF GENERAL GRANT

Says: "I DO NOT BELIEVE PE-RU-NA HAS A SUPERIOR FOR CATARRH."



BENJAMIN F. HAWKES.

Benjamin F. Hawkes, of Washington, D. C., is One of the Three Living Comrades of Gen. Grant in His Cadet Days at West Point.

In a recent letter from 611 G street, S. W. Washington, D. C., this venerable gentleman says of Peruna:

"I have tried Peruna after having tried in vain other remedies for catarrh, and I can say without reservation that I never felt a symptom of relief until I had given Peruna the simple trial that its advocates advise. I do not believe it has a superior, either as a remedy for catarrh or as a tonic for the depressed and exhausted condition which is one of the effects of the disease."—Benjamin F. Hawkes.

Isaac Brock, a citizen of McLennan county, Texas, has lived for 114 years. In speaking of his good health and extreme old age, Mr. Brock says:

"Peruna exactly meets all my requirements. It protects me from the evil effects of sudden changes; it keeps me in good appetite; it gives me strength; it keeps my blood in good circulation. I have come to rely upon it almost entirely for the many little things for which I need medicine."

"When epidemics of la grippe first began to make their appearance in this country I was a sufferer from this disease."

"I had several long sieges with the

grip. At first I did not know that Peruna was a remedy for this disease. When I heard that la grippe was epidemic catarrh, I tried Peruna for la grippe, and found it to be just the thing."—Isaac Brock.

Pe-ru-na Used in the Family for Years

Mrs. E. West, 137 Main street, Menasha, Wis., writes: "We have used Peruna in our family for a number of years and when I say that it is a fine medicine for catarrh and colds, I know what I am talking about. I have taken it every spring and fall for four years and I find it keeps me robust, strong, with splendid appetite, and free from any illness. A few years ago it cured me of catarrh of the stomach, which the doctors had pronounced incurable. I am very much pleased with Peruna. I am 87 years old."—Mrs. E. West.

In old age the mucous membranes become thickened and partly lose their function.

This leads to partial loss of hearing, smell and taste, as well as digestive disturbances.

Peruna corrects all this by its specific operation on all the mucous membranes of the body.

One bottle will convince anyone. Once used and Peruna becomes a lifelong stand-by with old and young.

Mrs. F. E. Little, Tolona, Ill., writes: "I can recommend Peruna as

Deserted in Summer.

The villages near the north Italian lakes are in summer inhabited almost entirely by women, who till the fields, which do not yield much. The men go to Switzerland and bring back their earnings in winter.

80 Bu. Macaroni Wheat Per Acre.

Introduced by the U. S. Dept. of Agr. It is a tremendous cropper, yielding in good land 80 bu. per acre, and on dry, arid lands, such as are found in Mont., Idaho, the Dakotas, Colo., etc., it will yield from 40 to 60 bu. This Wheat any Speltz and Hanna Barley and Bromus Inermis and Billion Dollar Grass, makes it possible to grow and fatten hogs and cattle wherever soil is found.

JUST SEND 10 CENTS AND THIS NOTICE to The John A. Sauer Seed Co., La. Crosse, Wis., and they will send you free a sample of this Wheat and other farm seeds, together with their great catalog, alone worth \$100.00 to any wide awake farmer. [P. C. L.]

Valuable Life-Saving Service.

So effective is the life-saving service of the United States that from disasters to 246 documented vessels on the coast during the year, having 3,862 persons on board, only twenty lives were lost, and of the \$9,000,000 worth of property put in jeopardy, but a little more than \$1,000,000 was lost.

Beware of Ointments for Catarrh That Contain Mercury.

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

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

Alpine flowers and plants are so quickly becoming extinct that strong measures are to be taken in the future for their preservation.

Perrin's Pile Specific

The INTERNAL REMEDY
No Case Exists it Will Not Cure

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

Milk and Water.

Boston leads the big cities of the country in the use of milk, the daily average being 1.171 pints per capita. She likewise leads in water consumption but this does not imply that there is any mixing of the two.—Boston Advertiser.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children's teething season.

Arrangements have been made for telephonic communication between various towns of Lancashire and France. French legislative sanction is awaited.



Big Risks

Loss of Time, Loss of Money,
Loss of Place, Loss of Comfort,
all follow in the train of not using

St. Jacobs Oil

For Rheumatism,
Neuralgia, Lumbago,
Sciatica, Sprains

It has cured thousands. Will
cure you. Price 25c. and 50c.

119 HORSE POWER WITH TWO HORSES

Can be gotten with Swenson's Malleable Stamp Pulley; every casting warranted, flaw or no flaw. Write for catalog.
South Bend Steel Plows, 14-inch, \$8.00. South Bend Chilled Plows, 14-inch, \$7.50.

REIERSON MACHINERY CO.

FERRY'S SEEDS

MEET ALL NEEDS

Experience has established it as a fact. Sold by all dealers. You sow—they grow. 1904 Seed Annual postpaid free to all applicants.

D. M. FERRY & CO.
DETROIT, MICH.

W. L. DOUGLAS \$3.50 & \$3 SHOES

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world.

They are just as good as those that cost you \$4 to \$5—the only difference is the price.

Sold Everywhere. Look for name and price on bottom.

Douglas uses Corona Leather, which is everywhere conceded to be the finest Patent Leather yet produced. Fast Color Eyelets used. Shoes by mail, 25c. extra. Write for Catalog. W. L. Douglas, Brockton, Mass.



P. N. U. No. 10—1904.

When writing to advertisers please mention this paper.

PRUSSIAN STOCK FOOD

the Greatest Conditioner and Stock Fattener known.

HORSES do more work on less feed. COWS give more and richer milk. HOGS grow and fatten quicker if given this food.

MAKES PIGS GROW. GOOD FOR STUNTED CALVES.

I have been feeding Prussian Stock Food to my thoroughbred wine. It gives them an appetite and makes the pigs grow. I also tried it on stunted calves with satisfactory results.—F. W. GROOME, Elgin, Neb.

FREE: 68-page Hand Book. Prussian Remedy Co., St. Paul, Minn.

PORTLAND SEED CO., Portland, Or., Coast Agents