

We Trust Doctors

If you are suffering from impure blood, thin blood, debility, nervousness, exhaustion, you should begin at once with Ayer's Sarsaparilla, the Sarsaparilla you have known all your life. Your doctor knows it, too. Ask him about it.

You must look well after the condition of your liver and bowels. Unless there is daily action of the bowels, poisonous products are absorbed, causing headache, biliousness, nausea, dyspepsia, and thus preventing the Sarsaparilla from doing its best work. Ayer's Pills are liver pills. Act gently, all vegetable. The dose is only one pill at bedtime.

Made by J. C. Ayer & Co., Lowell, Mass.
Also manufacturers of
Ayer's
HAIR VIGOR.
ACQUE CURE.
CHERRY PECTORAL.

Kentucky's Girl Blacksmith.
Miss Clara Medlin, of Pilot Oak, Ky., bears the distinction of being the only female blacksmith on record, says a St. Louis Globe-Democrat special.
Miss Medlin is a comely young woman with a wealth of dark-brown hair and a pair of bewitching brown eyes. She can shoe a horse or weld a tire as quickly as any smith, and as for neatness, no other smith will dare compete with her.
She is also an expert carriage painter. This is really her specialty, she having painted over seventy buggies the last season.
Notwithstanding all of this, Miss Medlin has not neglected to educate herself in housekeeping and cooking.

The Present Rate Law.
The duties of the present Interstate Commerce commission are to correct all discriminations in railroad rates. If it finds that an unjust rate is in effect, the railroad is notified. If it declines to change it, the commission can bring suit in court and if the court decides in favor of the commissioners' findings, the railroad must obey, or its officers may be brought up for contempt of court and summarily dealt with.

How It Ended.
I shot an arrow into the air;
It fell to earth—I knew not where—
Until a neighbor set up a howl
Because it killed a favorite fowl.



MISS
MILDRED
KELLER.

RESTORED TO HEALTH
THANKS TO PE-RU-NA

Friends Were Alarmed—
Advised Change of Climate

Miss Mildred Keller, 718 19th street, N. W., Washington, D. C., writes: "I can safely recommend Peruna for catarrh. I had it for years and it would respond to no kind of treatment, or if it did it was only temporary, and on the slightest provocation the trouble would come back.

"I was in such a state that my friends were alarmed about me, and I was advised to leave this climate. Then I tried Peruna, and to my great joy found it helped me from the first dose I took, and a few bottles cured me.

"It built up my constitution, I regained my appetite, and I feel that I am perfectly well and strong."—Mildred Keller.

We have on file many thousand testimonials like the above. We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is receiving.

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



Beef and Poached Eggs.
Cut some fillet steak into small rounds, brush over with salad oil and grill until done. Fry some little rounds of mashed potatoes, and place a piece of steak on top of each. Then poach some eggs, trim them round nicely and place on top of the steak. Place a little horseradish and butter on top of the egg, or a little plain butter if preferred, make a thick brown sauce, chop up the remainder of the cuttings from the eggs and put in it. Pour round each little mound, and serve.

Breakfast Stew of Beef.
Cut thin slices of cold roast beef, and lay them in a tin saucepan set in a pot of boiling water. Cover them with a gravy made of three tablespoonfuls of melted butter, one of catsup, a teaspoonful of vinegar, a little salt and pepper, a spoonful of currant jelly, a teaspoonful of made mustard, and some warm water. Cover tightly and steam for half an hour, keeping the water in the outer vessel on a hard boil. If the meat is underdone this is particularly nice.

Creamed Potatoes with Cheese.
Peel about five ordinary sized potatoes and cut into small cubes. Crisp in cold water, drain and boil until tender. Drain off the water, sprinkle over them a little salt and pepper, add a generous half cup of milk, a tablespoonful of butter and cover with grated cheese. Brown quickly in the oven and serve at once.

Banana Cream.
Remove the skins of half a dozen bananas, cut in halves and set to cook in a double boiler with a cupful of milk. When tender, mash through a strainer; add two tablespoonfuls of gelatine dissolved in a little milk, one-half cupful of sugar and any desired flavoring. Turn into a mould and set away to harden. Serve with whipped cream.

Cocoanut Lady Fingers.
Beat very thoroughly together a cupful of sugar and half a cupful of butter, add two eggs, previously beaten; stir in a cupful of sweet milk and a cupful of flour, a teaspoonful of cream of tartar, one-half teaspoonful of soda, and one of vanilla. Cut in lengths, roll in sugar, and bake in a quick oven. Dust with powdered sugar.

Potato Puffs.
Take two cupfuls cold, mashed potatoes, and stir into them two tablespoonfuls of melted butter, and beat to a white cream before adding anything else; then add two eggs, beaten very light; a teaspoonful of cream or milk, and salt to taste. Beat all together in a deep dish and bake in a quick oven until nicely browned.

Virginia Corn-Bread.
Break in a crock three eggs, beat, add a pint or more of milk, a heaping teaspoonful of yeast-powder, salt to taste, and sift in enough cornmeal to make a batter like nut cake. Have a biscuit pan warming with a generous tablespoonful of lard. Pour in the batter and the grease will work through in baking.

Canned Corn and Tomatoes.
Boil the corn on the cob for twenty minutes and cut off while hot. Scald the skin from the tomatoes and rub them to a pulp. To every quart of the corn add two quarts of the tomato pulp. Season to taste. Boil all hard for a minute, fill jars to overflowing with the mixture and seal immediately.

Graham Wafers.
Mix together one and one-half cups of graham flour and half a cup of white sugar. Rub into this two teaspoonfuls of butter and add a little salt. Mix with enough milk to make a soft dough. Turn this upon a floured pastry board and roll very thin. Cut into rounds and bake.

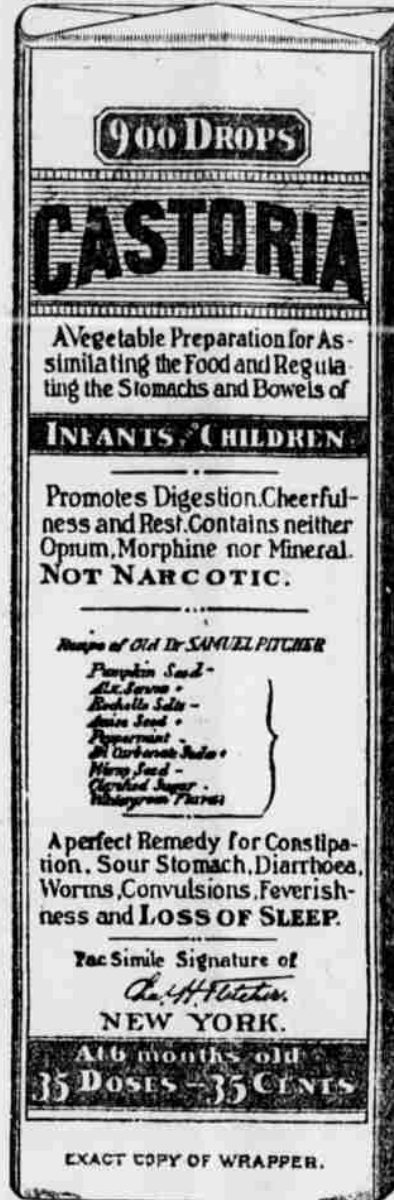
Dried Apple Pie.
Fill open crust of pastry with this mixture: One pint of dried apples stewed soft; rub through a colander and add a piece of butter the size of an egg, one and one-half cupfuls of sugar, one teaspoonful each of mace and cinnamon, one-half of a grated nutmeg, and bake.

Polly's Pudding.
Put a layer of sponge cake crumbs in a dish; then a layer of jam; then another layer of cake crumbs; then one of sweetened cocoanut, and another layer of cake crumbs. This pudding is steamed, and should be eaten with a custard sauce.

Baron's Pudding.
One and one-half cupfuls of bread crumbs, one pint of milk, one-half of a cupful of suet, one-half of a pound of seeded raisins, three eggs beaten stiff, two teaspoonfuls of smooth cornstarch. Boil in mould.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.



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

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."
Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."
Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."
Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."
Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."
Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."
Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."
Dr. J. A. Boardman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."
Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."
Dr. Howard James, of New York City, says: "It is with great pleasure that I desire to testify to the medicinal virtue of your Castoria. I have used it with marked benefit in the case of my own daughter, and have obtained excellent results from its administration to other children in my practice."

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.

One of Many.
Mifkins—Has Skinner any capital?
Bifkins—No. Nevertheless he gives employment to a number of men.
Mifkins—What do they do?
Bifkins—Try to collect money due his creditors.

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

John Waterworth, the oldest engineer in the world, has just died at Preston, England, at the age of 85 years. He began driving in 1846, and drove an engine 2,000,000 miles in his thirty-seven years of service without a single accident.

Beware of Ointments for Catarrh that Contain Mercury.
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.

As the Optimist Sees It.
There had been a sudden and violent change in the weather. The mercury had gone down below the zero mark. Blue-nosed and shivering, the boarders at Mrs. Hashcroft's gathered round the breakfast table and proceeded to criticize the climate.

"You ought not to find fault with the cold weather," observed the philosophical boarder. "It's good for the crops."

"That's the old story," retorted the argumentative boarder. "When it rains a week at a stretch we're told we mustn't complain. It's 'good for the crops.' When there comes a snow three feet deep we must bear it meekly. It's 'good for the crops.' But I'd like to know what crop a cold wave like this is good for!"

"The ice crop," the philosophical boarder replied, calmly buttering a biscuit.

He Had Been There.
Singleton—Are you superstitious?
Wedderly—About some things, yes.
Singleton—For example?
Wedderly—Well, when I see a woman wearing a new bonnet it's a sure sign that her husband has been divorced from a goodly portion of his hard-earned wealth.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free 62 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Getting Ready to Root.
Mrs. Neighbors—What's that awful racket upstairs?
It sounds like a wild Indian had broken loose.

Mrs. Bleachers—Oh, that's my husband. He's rehearsing his baseball vocabulary.

When the eyes are weak, sleep all that is possible.

His Bad Break.
She—I had an uncle who was killed by electricity.
He—How awfully shocking! Trolley car or electric chair?

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

Unusual Land Deal.
The regents of Kansas university have purchased fifty-one acres adjoining the campus on the west. The terms are a little peculiar in that no fixed price was established. The seller, an elderly person, is to receive an annuity of \$600 during her life. The first payment was made by a popular subscription contributed by the citizens of Lawrence. The legislature will be asked to make provision for future payments.

SKIN DISEASES SPEAK FOR THE BLOOD

Skin Diseases speak for the blood and tell of the acid-laden, poisonous condition of that vital fluid, and of its effort to throw off and rid the system of the poisons and waste matters that have accumulated in it. Eczema, Tetter, Acne, Salt Rheum, Psoriasis, Boils and diseases of this type are all caused by a weakened and polluted blood circulation, and though they may have lain dormant in the system during the cold weather, at the coming of Spring and Summer, when the blood is reacting and making extra efforts to expel all morbid and poisonous matter, they make their appearance. External remedies cannot cure; they soothe and give temporary relief, but often clog the pores and glands, and the poison causing the trouble is thus shut up in the system to break out afresh later on. S. S. S., a purely vegetable blood remedy, cures all skin diseases by going down into the circulation, driving out all poisons and waste matters, strengthening the blood, leaving the skin soft and smooth, and building up the entire system by its tonic effect. S. S. S. cures Nettle Rash, Poison Oak and all skin diseases that enter the system through the pores and glands, as well as those that have their origin in the blood. Book on Skin Diseases and any advice wished, without charge.

SSS
In 1896 I experienced at times patches on the inside of my hands that itched and burned, causing much discomfort. I was convinced I was afflicted with a type of Eczema. I consulted several physicians, and used several external applications, receiving but slight temporary relief. I decided to try S. S. S., and soon I found myself entirely cured. Station A., Kansas City, Mo. W. P. BRUSH.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send post paid at 10c a package. Write for free booklet how to dye, bleach and mix colors. MONROE DRUG CO., Unionville, Missouri.