

circle, is used. Get K C to-day! 25 ounces for 25c. If it isn't all that we claim, your grocer refunds your money. Send for "Book of Presents."

JAQUES MFG. CO. Chicago.

of the

Many horses are made vicious from Foundation of Mark Twain's Fortune cruel treatment

Food for Thought.

not taken up too much of your valuable time."

fair damsel. "The time you have tak- broached by the humorist. en up has been of no value to me whatever, I assure you."

a heavy mantle of thought .- Chicago for an apple to devour." Journal.

The Choice of the People.

When things began to go too "fast and loose" in New York, the people rose up in their wrath, got together and elected a district attorney who makes life miserable for wrongdoers. Jerome flaunted the banner of no political party; he was the people's choice.

Pillsbury's Vitos is the first choice of all people who relish good things for breakfast. It's dainty, delicious and nourishing.

Anxlety.

Tramp (outside the gate)-Does your dog bite?

Mrs, Weptonwish (on the porch)-Yes, he does, and-O, please don't come in! We are so particular about what we feed him on!-Somerville Journal.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Reckless Courage.

"I talked real sassy to the hotal telegraph operator."

"My goodness! You didn't dare?" "Yes, I did." "Geel I'd like to have a picture of a

man doing that." 'What would you call it?'

"'Ajax Defying the Lightning!"--Cleveland Leader.

days he did not enjoy the exceptional prosperity which came later in his ca-"I trust, Miss Cutting" remarked reer. It is commonly the lot of genius young Borem, as he rose to depart to suffer neglect at first and experiafter a prolonged stay, "that I have ence did not affect his abiding good nature. In a conversation with William Dean Howells on one occasion the "Not at all, Mr. Borem," replied the subject of literature vicissitudes was

"My difficulties taught me some thrift," he observed. "But I never Then he went forth into the night, knew whether it was wiser to spend and wandered homeward, wrapped in my last nickel for a cigar to smoke or

"I am astounded." observed Mr. Howells, "that a person of so little onion, six cloves, a little grated herbs, decision should meet with so much a good plece of butter, a wineglass of worldly success."

Mark Twain nodded very gravely. "Indecision about spending money," he said, "is worthy of cultivation. er. Turn all round quickly until the When I couldn't decide what to buy liquid is two-thirds soaked up by the with my last nickel I kept it, and so became rich."

Were Two Sorebeads.

A well-known clergyman was telling phasize the disagreeable attitude of The remains of sponge cake, macathe parable. After describing the re- (well beaten). Have ready a good supturn of the wayward son, he spoke of drop in dessertspoonfuls of the mixone who, in the midst of festivities, the occasion.

"Can any one in the class," he asked, 'tell me who this was?"

A small boy who had been listening sympathetically to the story, put up his hand

"I know," he said, beamingly, "it Chronicle.

empire is in Montreal. It turns sut 5,000 barrels of flour a day.



Scotch Short-Bread.

Ingredients: Twelve ounces of flour, three ounces of sugar, half-pound of fresh butter. Sift and dry the flour, add the sugar and mix well. Melt the butter and stir it slowly into the flour with a wooden spoon. Knead it into a lump and turn it out on to a lightly floured board. Work with the hands into a nice cake one inch thick, pressing the edges into shape with a fork. Prick it lightly over with a skewer and slip it on to a baking tin. Bake in a moderate oven for an hour. Sprinkle it over with sugar and cut into squares.

Cut the kernels from a dozen ears of green corn. Peel and mince two onions and fry them brown in three tablespoonfuls of butter in a deep saucepan. Now put in the corn, four broken pilot biscuits, add a half dozen parboiled and sliced potatoes. Season with pepper, salt, and a tablespoonful of minced parsley, and cover with a quart of boiling water. Let all cook gently for three-quarters of an hour, then stir in slowly a cupful of boiling milk, thickened with a tablespoonful of flour rubbed into one of butter. Turn at once into a heated tureen.

Bachelor's Hash.

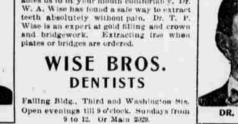
out fat or skin, salt and pepper them and dust on very little flour; put them into a frying-pan, add one finely sliced any kind of wine that is not sweet, a glass of water or gravy and half a glass of different sauces mixed togethmeat and pour what remains of it on

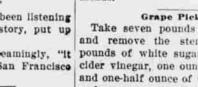
Take half a pound of good mincehis Sunday school class the story of meat and mix thoroughly with two the prodigal son, and wishing to em- ounces of cake or biscult crumbs. the elder brother on that occasion, he roons, etc., will serve excellently. Add laid special stress on this phase of the juice of half a lemon and two eggs joicing of the household over the re- ply of clarified fat, and, when boiling, ture. Fry for eight minutes, drain failed to share in the jubilant spirit of thoroughly, dish on a fancy doily and sprinkle with sugar and chopped almonds.

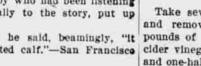
Take seven pounds of ripe grapes and remove the stems; take three pounds of white sugar, one quart of was the fatted calf."-San Francisco cider vinegar, one ounce of cinnamon and one-half ounce of cloves. Boil this and pour over the fruit for two mornand all in preserving kettle; heat so as to simmer for a few minutes. Then put it in glass or earthen jars, tie up

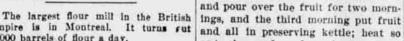


DR. T. P. WISE.









Corn Chowder. Mark Twain says that in his earlier

Cut some slices of cold meat withthe dish.

tests. land birds. Mincement Fritters.

Grape Pickles. securely, and keep in a cool place.



DR. W. A. WISE

ville Courier-Journal.

"How so?"

C

ANNOYING-DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symp-toms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the cars, headaches and pains harm. in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be ab-

the unhealthy secretions to be ab-sorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circu-lates through the body the foul mat-ter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the chronic Dyspepsia, or Catarrh of the transl. It ches fast the Vilness No. 209 Edgar St. Evansville, Ind.

stomach. It also affects the Kidneys, No. 209 Edgar St. Evansville, Inc. Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time, But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Ca-tarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the dis-



charges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter

and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy-non-injurious to the sys-tem and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used cups of flour, one tablespoon of mixed with S. S. S. THE SWIFT SPECIFIC CO., ATLANTA, GA. Spices.

Cucumber Pickles.

Wash and fill two quart can with freshly picked cucumbers of any desired size. Add to them two heaping tablespoonfuls dry mustard; two heaping tablespoonfuls salt, and fill can with good cold cider vinegar. It doesn't matter whether you have an airtight top or not; a cork with cloth tied over or put in crock. If you like more mustard or salt it will do no

Plain Vanilla Cream.

To make a nice, plain vanilla cream, large enough for dinner for a small family, take one quart of fresh cream, sweeten it with two cupfuls of powdered sugar, and add two teaspoonfuls of extract of vaniila. Stir this mixture rather gently with a patent eggbeater, or with a small cream whip, till the sugar is quite dissolved, then put it into the freezer and freeze it.

Mock Olives.

Make a pickle of vinegar, mustard seed and a little salt; heat it boiling hot and pour over green plums before they begin to ripen; let them remain in one night; then drain off the vinegar, heat it again and pour over the plums. Plums may be gathered before the stone is formed and pickled in the same way.

Wurtemburg Soup.

Boll any stale bread to a jelly with water, add a little chopped onion and celery. When the bread is near'y transparent add enough milk to make it look creamy, a small piece of butter and pepper and salt. Scatter a little Parmesan cheese over the soup and serve hot with fried bread,

Molasses Layer Cake.

Two tablespoons shortening, onehalf cup of brown sugar, one-half cup molasses one teaspoon soda dissolved in three-quarters cup buttermilk, two

Start the New Year Right!

TART the new year with a clean mind and a clean body! Most people are very neat

D and clean in their outward appearance, but how about the inside? Are you clean inside?

And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and your full share of capacity for work and enjoyment.

The holidays are over and everybody's had a good time-perhaps a little too much of a good time. Over-eating and overdrinking have been the rule ever since Thanksgiving Day.

Many people get little exercise in winter and breathe much stuffy, over-heated inside air.

At the same time they eat too much rich and indigestible food, while fresh fruit and fresh vegetables are scarce in the market. So stomach and bowels are liable to be over-taxed.

Clog up, stretch and paralyze the large Intestine by over-stuffing it with undigested food, so it can not carry off the useless refuse, and it "backs up" the sewage, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment.

That's what must happen. Isn't it plain as day?

What's the result?

Nearly everybody "gains in flesh" in the winter time, but it's pussy fat-not healthy flesh and muscle. The liver gets inactive; the bile doesn't "work off"; the eyes get yellow; the skin gets dead like putty and pale like dough, with boils, pimples, blackheads, liver-spots to break the monotony.

Dizziness, headaches, blurred vision, foul breath, sleeplesaness and a temper like a wild cat make such persons very

pleasant company to themselves and others. * * 1

But, you say-"I'll take a course of Spring medicine to clean me out next April."

Not considering your duty to yourself and family, isn't it certain that to leave the body full of poison all winter, and then suddenly attempt to force out all impurities by one violent attack is dangerous, absurd and unreasonable?

Keep clean inside all the time. That's the simple solution.

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If you can not dist, or keep your mechanism going by proper exercise, the selfevident alternative is to take Cascarets. the sweet, fragrant, harmless little vegetable tablets, that "act like exercise" on your bowels, and gently but powerfully clean out and disinfect the whole digestive canal.

A Cascaret every night before going to bed will "work while you sleep" and make you "feel fine in the morning."

If you have been neglecting yourself for some time, take a Cascaret night and morning and break up the "constipated habit" without acquiring a "cathartic habit."

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Cascarets are sold by all druggists, 10c. 25c and 50c. The 10c size trial box is a neat fit for the vest pocket or lady's purse. Be sure to get the genuine, with the "long-tailed C" on the box and the letters "CCC" on each tablet. They are never sold in bulk.

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IF FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed GULD-PLATED BONSON 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 dainty trinket is loaded. 711 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.