

UNITED STATES SENATOR
FROM SOUTH CAROLINA
PRAISES PE-RU-NA



Ex-Senator M. C. Butler.

Dyspepsia is often caused by Catarrh of the Stomach—Peruna Relieves Catarrh of the Stomach and is Therefore a Remedy for Dyspepsia.

Hon. M. C. Butler, Ex-U. S. Senator from South Carolina for two terms, in a letter from Washington, D. C., writes to the Peruna Medicine Co., as follows:

"I can recommend Peruna for dyspepsia and stomach trouble. I have been using your medicine for a short period and I feel very much relieved. It is indeed a wonderful medicine, besides a good tonic."

CATARRH of the stomach is the correct name for most cases of dyspepsia. In order to cure catarrh of the stomach the catarrh must be eradicated. Only an internal catarrh remedy, such as Peruna, is available. Peruna exactly meets the indications.

Sure of One Thing.

Teacher (at night school)—What do you know of Budapest?
Shaggy Haired Pupils—Budapest is a disease that attacks cattle. It is invariably fatal.

CASTORIA
For Infants and Children.

The Kind You Have Always Bought
Bears the Signature of *Chas. H. Fletcher*

Mrs. Bingo—Oh, dear! do you think that death ends all? Bingo—All but the estate. The lawyers end that.—Judge.

Don't Get Wet!

TOWER'S SLICKERS will keep you dry as nothing else will, because they are the product of the best materials and seventy years' experience in manufacturing.



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depends on how honestly it is made

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To Corn Beef.

Into a large kettle put a large cup of coarse salt, a half cup of brown sugar and a gallon of water. Bring to a boil, then add a level teaspoonful of saltpetre. When the liquid comes to a boil skim off any froth that arises, and dip the beef (this should be in solid pieces) into the boiling mixture just long enough to close the blood cells. Lay the meat on platters to cool, let the brine get perfectly cold, then lay the meat in a vessel and pour the brine over it. In a day or two it is ready to use. Be careful not to set the beef and brine away until both are really cold, or they will sour. Be sure also to have the meat entirely covered with the brine. After the meat is boiled, serve hot or cold.

Currants in Cakes.

When currants fall to the bottom of cakes you may be quite sure that the difficulty is due to not having the oven sufficiently hot when the cake is first put in. A great many faults are due to want of care in this respect. Before mixing your cake, see that the oven is in good condition for baking. After you put the cake in do not open the oven door for twenty minutes; by that time the cake will have so far set that the currants will not fall to the bottom.

Stuffed Potatoes.

Cut portions across from the tops of hot, well-baked potatoes. Scoop out with a teaspoon all the interior, put into a hot bowl, add butter, hot milk and seasoning of salt and pepper, as directed for mashed potatoes. Refill the skins, lightly piling up the mixture quite a little above the opening in a fluffy mass. Brush the top lightly with butter and place back in the oven until well browned on top. Serve standing.

Vegetable Soup Without Meat.

Into two quarts of cold water put one small cup, each, of finely chopped potatoes, carrots, onions, cabbage and turnips. Simmer for two hours, adding salt and pepper to taste, then add one pint of tomatoes, one tablespoonful of raw rice and a good-sized piece of butter. Cook one and a half or two hours longer. Add water as needed so that when done there will be three or four quarts of soup.

Baked Beans.

Wash the beans in several waters, drain and put them into a gallon bean pot. Add a quarter of a teaspoonful of saleratus and a piece of salt pork. Fill the crock with cold water and set aside over night. Put into the oven just as they are and bake, adding more water as it is needed. Bake for at least six hours and as much longer as desired.

Apple Custard Pie.

Take some good tart apples, stew till soft, and mash till you have three-quarters of a pint. Take four eggs and one pint of milk, a strip of lemon peel, a pinch of salt, and sugar to taste. Beat all together, line a pie-dish with good, thin, short paste, fill the apple custard, and bake in a steady oven till the custard is set and the pastry done.

Cream Pie.

Make a puff paste crust, and line a pie-plate with this, then pour in a mixture made of a tablespoonful of butter and a half cup of sugar, creamed, two well-beaten eggs, two cups of milk, a little vanilla and two tablespoonfuls of flour—all well-mixed. Grate a little nutmeg on top of the pie and bake.

Coffee Custard.

Allow a rich boiled custard to cool until a little more than blood warm, then beat into it a pint of clear, black coffee. Whip until thick and creamy, fill glasses with the mixture, put a spoonful of whipped cream on each and set in the ice-chest until very cold.

Ironing Hints.

When ironing lace lay a clean piece of muslin over it. Heavy lace, such as crochet, Irish or Russian, should not be ironed at all, but pinned on to a flat surface until dry, pulling it gently with the fingers if it seems stiff after drying.

Short Suggestions.

A gas stove can be kept nice and clean by wiping each time after using, and once a week washing with turpentine.

Lemons will remain good for months if placed in a tight jar and covered with water. The jar should be kept in a cool place and the water changed every two or three days.

In wall coverings for the kitchen and bathroom paper with an oil finish is now preferred to the familiar varnish. It looks better and withstands the effect of moisture just as well.

RHEUMATISM

ALMOST AS COMMON IN SUMMER AS IN WINTER.

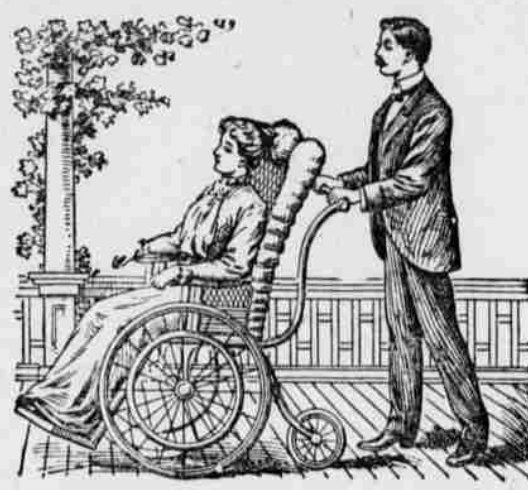
While the damp, cold, changing weather of Winter intensifies the pains and other disagreeable symptoms of Rheumatism, it is by no means a winter disease exclusively. Through the long months of Summer its wandering pains and twitching nerves are felt by those in whose blood the uric acid, which produces the disease, has accumulated.

Rheumatism is a disease that involves the entire system. Its primary cause results from the failure of the eliminative organs, the Liver, Kidneys and Bowels, to carry out of the system the urea, or natural refuse matter. This coming in contact with the different acids of the body forms uric acid which is taken up and absorbed by the blood. This acid causes fermentation of the blood, making it sour and unfit for properly nourishing the body, and as this vital stream goes to every nook and corner of the body, the poison is distributed to all parts. The nervous system weakens from lack of rich, pure blood, the skin becomes feverish and swollen, the stomach and digestion are affected, the appetite fails and a general diseased condition of the entire system is the result.

Not only is Rheumatism the most painful of all diseases, with its swollen, stiff joints, throbbing muscles and stinging nerves, but it is a formidable and dangerous trouble. If the uric acid is allowed to remain in the blood, and the disease becomes chronic, chalky deposits form at the joints, and they are rendered immovable and stiff, and the patient left a helpless cripple for life. Every day the poison remains in the system the disease gets a firmer hold. The best time to get rid of Rheumatism is in warm weather; because then the blood takes on new life and the skin is more active and can better assist in the elimination of the poisons. With the proper remedy to force the acid out of the blood, and at the same time build up and strengthen the Liver, Kidneys, Bowels and other organs of the body, Rheumatism can be permanently cured. External applications relieve the pain and temporarily reduce the inflammation, and for this reason are desirable, but they cannot have any effect on the disease. The blood is poisoned and the blood must be treated before a cure can be effected.

S. S. S., a remedy made from roots, herbs and barks, is the best treatment for Rheumatism. It goes into the blood and attacks the disease at its head, and by neutralizing the acid and driving it out, and building up the sour blood so it can supply nourishment and strength to every part of the body, it cures Rheumatism permanently. S. S. S. is the only safe cure for the disease; being purely vegetable, it will not injure the system in the least, as do those medicines which contain Potash or some other mineral ingredient. S. S. S. tones up every part of the body by its fine tonic properties. While cleansing the blood of all poisons it builds up the appetite and digestion, soothes the excited nerves, reduces all inflammation, relieves pain and completely cures Rheumatism in every form—Muscular, Inflammatory, Articular or Sciatic. If you are worried with the nagging pains of Rheumatism, do not wait for it to become chronic, but begin the use of S. S. S. and purge the blood of every particle of the poison. Write for our book on Rheumatism, and ask our physicians for any advice you wish. We make no charge for either.

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.



Last Summer I had a severe attack of Inflammatory Rheumatism in the knees, from which I was unable to leave my room for several months. I was treated by two doctors and also tried different kinds of liniments and medicines which seemed to relieve me from pain for awhile, but at the same time I was not any nearer getting well. One day while reading a paper I saw an advertisement of S. S. S. for Rheumatism. I decided to give it a trial, which I did at once. After I had taken three bottles I felt a great deal better, and I continued to take it regularly until I was entirely cured. I now feel better than I have for years.
CHAS. E. GILDERLEEVE.
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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.

The Watch-Dog in your Vest Pocket

YOU can buy Health Insurance now. Several good "Accident" Companies sell it. Sixty dollars per year will bring you \$25.00 per week, for every week you are Sick. But, your time alone may be worth far more than that. And \$200 per week might not pay for your suffering. That's why "Cascaret" Insurance which prevents Sickness, is worth ten times as much money as other "Health" Insurance. Yet "Cascaret Insurance" will cost you less than Ten Cents a week. That gives you a "Vest Pocket" Box to carry constantly.

"Indigestion" means food eaten but only partially digested.
"Constipation" means food retained in the body undigested too long, till it decays. It then supplies the poisons of decay to the system, in place of the nourishment it might have supplied. Isn't that a tremendous handicap worth insuring against? What does it cost to Cure Constipation or Indigestion, with their train of small and great ills, and to insure against a return of them? Not so very much. One 10 cent box of Cascarets per week, at most, perhaps half that. One candy tablet night and morning, taken regularly for a short time, is warranted to cure the worst case of Constipation or Indigestion that walks the earth. 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. No,—they act like Exercise on the Bowels, instead. They stimulate the Bowel-Muscles to contract and propel the Food naturally past the little valves that mix Digestive Juices with Food. They strengthen these Bowel-Muscles by exercising them.

The time to take a Cascaret is the very minute you suspect you need one.
—When your tongue is coated a little.
—When your breath is not above suspicion.
—When your head feels dull, dizzy, or achy.
—When you have eaten too heartily, or too rapidly.
—When you have drunk more than was good for your digestion.
—When you have a touch of Heartburn, Gas-belching, Acid-rising-in-throat, or a Coming-on-Cold.

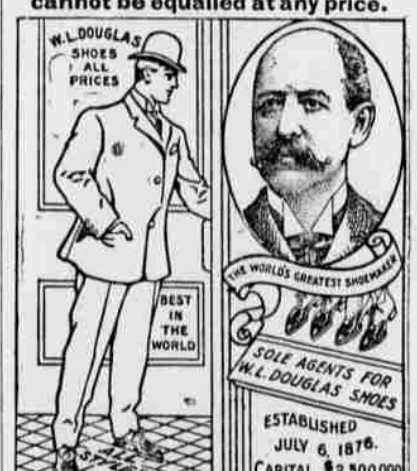
Carry the "Vest Pocket" Box where it belongs, just as you would your Watch, Pocket-knife or Lead-pencil. It costs only 10 cents. At any drug-gist. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed, GOLD-PLATED BUNBON BOX, hand-embossed 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. Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.

It was declared at Edinburgh recently that more fishermen were drowned from the custom of wearing long boots than by all the storms.

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