

ALL HAIL PE-RU-NA.

A Case of
STOMACH CATARRH.



Miss Mary O'Brien, 308 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 grateful ones who have been benefited by your discovery I say, All hail to Peruna."

Mr. H. J. Henneman, Oakland, Neb., writes:

"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 hereafter."

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 take, a splendid appetizer and a great tonic."

A Unique City.

In one respect, Quito, the capital of Ecuador, is the most unique city in the world. It is situated in both the northern and southern hemispheres—if we accept the equator as the real dividing line—a distinction claimed by no other place of importance on the globe.

At Quito the sun rises and sets at 6 o'clock the year round. You may forget to wind your watch while you are visiting the Ecuadorian capital, but you need not hunt up a regulator; set it when the sun rises or sets, and you will be sure to be right. Old Sol makes no mistakes.

The seasons, as far as names are concerned, change almost instantly; but, as the temperature is remarkably even, these curious points are seldom thought of by the people who make Quito their home.

Our Locked Up Forces.

It is the locked up forces within that lie 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.

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PIANOS & ORGANS—Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Ramaker Co., Portland, Oregon.

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P. N. U. No. 26-06

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Kitchen Pump.

I feel sure that many farmers would be astonished if they could really know just how much valuable time and how many 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 year. 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 pail of water, and which she and all the girls who have worked in our kitchen have enjoyed very much. The pump as is usual sits at the sink, a little distance from the range, and probably 18 inches higher than the reservoir. 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 funnel shaped at the other end, that would just slip over the spout of the pump. I would not suggest the pipe be over 1 1/2 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 handful of mushrooms; a stalk of celery; six Chinese potatoes; a bowl of rice; a small dish of Chinese sauce. Scrape the meat from the bones of the chicken and cut it into strips an inch long; slice the onion; soak the mushrooms ten minutes in water and cut off the stems; cut the celery into inch-lengths; wash and slice the Chinese potatoes. Fry the chicken in fat in a frying pan until done; add the sliced onions and cook for five minutes, add the mushrooms and enough Chinese sauce to make the ingredients brown. Pour in water and stew for a few minutes, put in celery, then the potatoes. Stew for a few minutes, then thicken with flour and water. Boil up once and serve with boiled rice.

Fish Chops.

Make one pint of farce sauce, omitting the tomato and adding one-half pint more milk, using three tablespoonfuls flour; when smooth remove from fire, beat in one egg, one tablespoonful each of minced chives and parsley, one tablespoonful lemon juice and one pint baked cooked fish; spread on plate to cool; then form into cutlets, crumb and dip into beaten egg and crumb again; fry a delicate brown; serve on napkin, and garnish with pimientos cut into slices.

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 cupful of milk, adding the beaten yolk of one egg, two tablespoonfuls of butter, a teaspoonful of lemon juice, the cooked yolks 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 Ice 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. Stir occasionally until cold, and put it into the freezer. Care should be taken 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 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 minutes.
Boiled (pared)—Twenty-five to forty five 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 matter of reflection and refraction do not differ from the normal eyes in larger animals.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all drug stores and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address: Allen S. Olmsted, Le Roy, N. Y.

Few Thoughts.

Fred (after six months' absence)—Are you married yet, old man?
Joe—Not me.

Fred—But I thought you were going to marry that wealthy young widow?

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

Unappreciated Ambition.

"My hair," remarked the middle-aged man, sadly, "is the most ambitious thing about me, it seems."
"What's the answer?" queried his friend.
"It is always coming out on top," explained the party of the first part.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nervine Restorer. Send for FREE 24 trial bottle and literature. Dr. R. H. Kline, Ltd., 931 Arch St., Phila., 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, suavely.

"And what are they?"

"Peaches and 'dears.'"

Mothers will find Mrs. 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."

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of SASSAPARILLA PILLS. CHERRY PECTORAL.

CASTORIA

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

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher
The Kind You Have Always Bought

In Use For Over 30 Years

THE CASTORIA COMPANY, 27 MURRAY STREET, NEW YORK CITY.

Your Tongue is Coated!

LOOK inside your watch cover and see!

That's bad business, 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 capacity.

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 Exercise!

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

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 Bone.

No purging from CASCARETS, 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 Shooting.

The thin little Ten Cent Box, carried in your Vest Pocket constantly, is sure protection against the results of

- 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."

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We want to send to our friends a beautiful French-designed, GOLD-PLATED BONBON BOX, hard-enamelled 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.