My Hair is Extra Long

Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

"My hair used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair."—MRS. J. H. FIFER, Colorado Springs, Colo.

Made by J. C. Ayer Co., Lowell, Mass.
Also manufacturers of
Ayer's SARSAPARILLA. PILLS. CHERRY PECTORAL.

Not Excluding American Students.

The authorities of the University of Berlin say that statements published abroad to the effect that the stringent regulations concerning the admission of students are designed to exclude many Americans altogether are untrue. Any graduate of an American college who presents a passport and the diploma of bachelor of arts or any other equivalent degree will be admitted without any questions. It is true that the diplomats of some of the smallest institutions bearing the name of colleges are omitted from the list of those recognized. The new regulations are directed against Russians not having sufficient means of support or who are academically unqualified.

White Animals Can't Smell.

"Pure white animals," said a pet stock dealer, "have no sense of smell. Hence they are continually eating things that disagree with them, and in eight cases out of ten poison themselves and die. Pure white pigs should never be allowed to run loose in the fields and woods. For, without the protection of a sense of smell, such pigs, when they get out, eat all sorts of poisonous roots and berries and die off rapidly. In Africa the white rhinoceros poisons itself by eating the euphorbia, and pure white sheep are difficult to rear because they are continually munching shrubs and grasses that don't agree with them."

School for Smiling.

"You would be surprised," said a teacher, "could you but know how large a part the smile plays in real life. In these days it is the woman who smiles!

"Once upon a time it was the woman who frowned; and there were periods, in the Jane Eyre days, when to wear an imperious expression was the real thing. But that was long ago. In these days it is the girl with a laugh.

"Even queens laugh. In the latest picture of Queen Amelia of Portugal that royal lady wears a smile so deep that it will not come off, while Queen Alexandra has been caught by the camera smiling.

"There is a distinct art in smiling. The eyes must smile and the whole face must light up."

An Evidence of Value.

"I suppose you can remember when a lot of this land could have been bought for a song?"

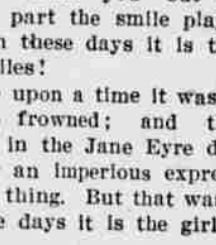
"Yes," answered Farmer Corntossel. "But after seein' how much my daughter's singin' lessons cost that doesn't seem so cheap."—Washington Star.

Not Quite Clear.

Hyker—Smiley claims to have been driven to drink by a woman.

Pyker—So? Did she refuse him or marry him?

LUMBAGO AND SCIATICA



ST. JACOBS OIL

Penetrates to the Spot Right on the dot.

Price 25c and 50c

Tomato Jelly.

Tomato jelly makes a dainty salad, but care must be taken not to use too much gelatine, or the salad will lose its flavor. Peel and stew the tomatoes. Soften an ounce of gelatin in half a cupful of cold water, add to a quart of hot tomato pulp and stir until dissolved. Add a teaspoonful of salt, a tablespoonful of onion juice and a teaspoonful of paprika. Strain through a fine sieve and pour into a mold to harden. A pretty method is to mold it in tiny brick forms; small oblong paper boxes may be used if preferred. When firm turn out, dot with mayonnaise and serve on lettuce.

Hot Plates.

In cold weather the viands on the table cool so quickly that the family is often forced to eat lukewarm vegetables, which are unpalatable at any time and particularly so on cold days. In order that they may lose their heat as little as possible after being taken from the hot covered dishes the plates should be warmed before being put at each plate. They should not be warmed in the oven or they will crack, but if put on the mantel above the range for a while when the meal is being prepared they will warm sufficiently for the purpose.

Apple Jam.

Peel and weigh sour apples. To six pounds of fruit allow three lemons, peeled and cut up, and six pounds of brown sugar. Chop the apples very fine. Make a sirup of the sugar and a little water, and put in the apples, the lemons and a few pieces of ginger root. Boil until the apples look clear, then put into glasses. This is excellent, and will keep for years without sealing.

Steamed Bread Pudding.

One cup of New Orleans molasses, one cup of raisins, one cup of hot water, one cup of flour, two cups of fine-rolled bread crumbs, one teaspoonful of baking soda, one tablespoonful of butter, one egg; spice to taste. Steam for two hours, then dry in the oven for a half-hour. Serve with a hard sauce or with a brandy liquid sauce.

Sour Milk Pancakes.

Beat one cup of sour milk for five minutes, add an egg and beat again. Add a cup of flour and a half-cup of Indian meal, a pinch of salt, a tablespoonful of molasses and, last of all, two-thirds of a teaspoonful of soda, dissolved in a little hot water. Have the griddle smoking hot and cook the cakes to a pretty brown.

Fruit Salad.

Peel and separate into lobes four oranges and cut each lobe in half. Blanch a cup of English walnut meats; take the seeds from three dozen Malaga grapes. Mix these ingredients together, set in the ice for an hour or until very cold, put into salad bowl lined with crisp lettuce leaves, cover with mayonnaise dressing and serve.

Johnny Cake.

Two cups of sweet and two cups of sour milk; four cups of meal and two cups of flour; a little soda (about a teaspoonful) and a little salt, and all the molasses that you want (which should be about three tablespoonfuls). This recipe was given verbatim—except the portions in parentheses—by a colored mammy.

Oyster Salad.

To one can of oysters, one-half a small head of cabbage, finely chopped, and eight crackers rolled fine, add this dressing: Beaten yolks of three eggs, two tablespoonfuls of sugar, one of butter, one teaspoonful each of salt and mustard, and two-thirds cupful of vinegar. Cook until thickened, stirring constantly.

Tomato Butter.

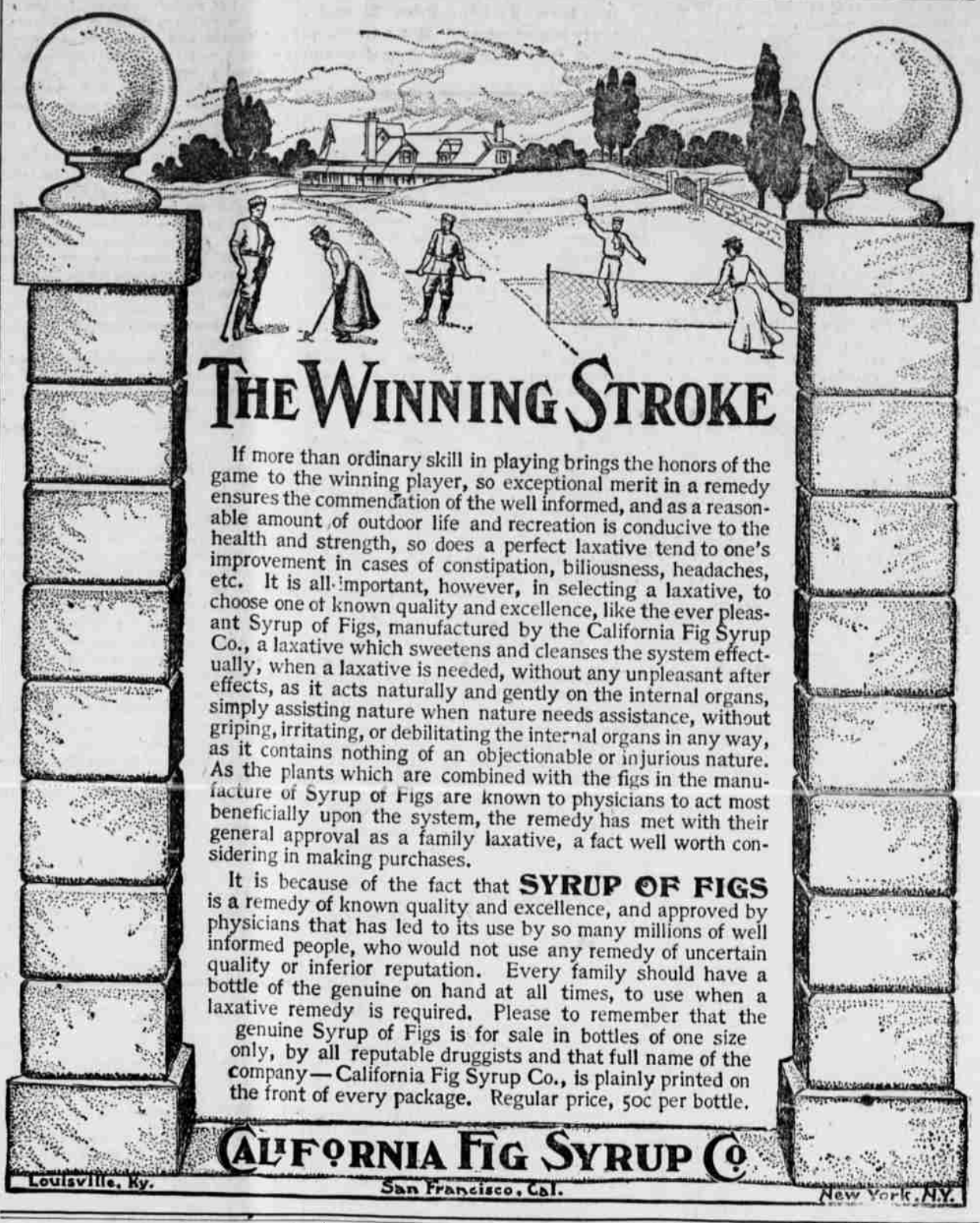
For twenty pounds of peeled tomatoes use four pounds of pared and quartered sour apples, eight pounds of sugar, juice of four lemons, and one tablespoonful powdered ginger. Cook the tomatoes and apples together an hour, then add the other ingredients and cook slowly till thick. Bottle and seal.

Cheese Straws.

Sift prepared flour and add to it two ounces of grated parmesan cheese, moisten with the yolk of an egg and enough milk to make a dough that can be rolled out. Roll out very thin and cut into slender straws with a sharp knife. Bake to a light brown.

Grape Fruit Much Liked.

Grape fruit is used very much now as a first course instead of oysters, or as a salad course, with a little preparation, and is, of course, used very often as a fruit course at breakfast. Wherever one's taste may place this delicious fruit it is welcome.



THE WINNING STROKE

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all-important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating, or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

CALIFORNIA FIG SYRUP CO.
Louisville, Ky. San Francisco, Cal. New York, N.Y.

Wrong Time of Year.

Passenger—I suppose you know, Sam, that your bosses are cutting a melon. Doesn't it make your mouth water?

Pullman Porter—No, suh. I done los' my interest in melons fur dis yeah. Hit would be diff'unt, o' co'se, if dey wuz cahvin' a 'possum, suh.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Phila., Pa.

A Surfeited Cynic.

"Remember," said the melodramatic man, "there are things in this life that money cannot buy."

"Yes," answered the impecunious person, wearily, "but I had enough of them long ago. What I want now is a change."—Washington Star.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.
WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.

Hall's Family Pills are the best.

Cruel Thrust.

The Bard—Such a stupid, absent-minded janitor. I gave him one of my poems to mail and instead of dropping it in the mail box on the corner he dropped it in the waste-paper box.

Miss Tabasco—But why do you call him stupid?

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO QUININE Tablets Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c

Worth Investigating.

Sapleigh—A little learning is a dangerous thing, they say.

Miss Caustique—Well, why don't you get a little and find out for yourself?

A Great Outside Remedy.

Most pains are of local origin—a "crick" in the back, a twinge of rheumatism a soreness all over arising from a cold—are all cured by outside applications. The quickest, safest, and most certain method is Allcock's Plaster, known the world over as a universal remedy for pain. They never fail, they act promptly they are clean and cheap. You can go right ahead with your work while the healing process goes on. Sixty years' use has given them a great reputation

Butler's Flag.

Feb. 21, 1866, General Benjamin F. Butler presented to congress the first genuine American flag, made of American materials by American labor, ever constructed in this country. Prior to that time all American government flags had been made of English bunting. Since then all our official flags have been the product exclusively of American material and labor. There were twenty-six stars in the flag at that time.

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LIKE ALL TOWER'S WATERPROOF CLOTHING.
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