## Blood Humors

Commonly cause pimples, boils, hives, eczema or salt rheum, or some other form of eruption; but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without causing any breaking out.

Hood's Sarsaparilla expels them, renovates, strengthens and tones the whole system. This is the testimony of thousands annually.

Accept no substitute, but insist on having

**Hood's Sarsaparilla**

In usual liquid form or in chocolated tablets known as **Sarsatabs.** 100 doses $1.


It is stated that at least 20,000 square miles in Liberia are covered with dense rubber-tree forests.

**One to Follow.**

"I'll give you a good two-foot rule if you want it," said the painter.

"Hand it over," rejoined the carpenter.

"Don't wear tight shoes," said the painter, with a large, open-face grin.

**The Artist's Brush.**

"Mr. De Jones said I was a perfect picture," said the first dear girl.

"Yes," rejoined dear girl No. 2. "He asked me if your maid wasn't a professional painter."

What is said to be the largest telegraph circuit in the world is that between London and Teheran, the capital of Persia. It is 4,000 miles long and is divided into twelve sections.

Within the last four years France has recorded 26,000 suicides, while in Italy the number has been only 8,000.


Syrup of Figs and Elixir of Senna acts gently yet promptly on the bowels, cleanses the system effectually, assists one in overcoming habitual constipation permanently. To get its beneficial effects buy the genuine.

Manufactured by the CALIFORNIA FIG SYRUP CO.

SOLD BY LEADING DRUGGISTS - 50¢ per BOTTLE

HOWARD E. BURTON.—Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1; Gold, Silver, 75c; Gold, 50c; Zinc or Copper, $1. Cyanide tests. Mailing envelopes and full price list sent on application. Control and Umpire work solicited. Reference: Carbonate National Bank.

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Waltz, Two Step, Three Step, etc. Dance completely taught and guaranteed in four lessons. Prof. Wal. Willson, 12 Selling-Hirsch Bldg., Portland, Oregon

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Ferry's Seeds are the best known and the most reliable seeds grown. Every package has behind it the reputation of a house whose business standards are the highest in the trade.

Ferry's 1908 Seed Annual will be mailed FREE to all applicants. It contains colored plates, many engravings, and full descriptions, prices and directions for planting over 1300 varieties of Vegetable and Flower Seeds. Invaluable to all. Send for it.

D. M. FERRY & CO., Detroit, Mich.

THE MEN WHO KNOW THE SUPERIOR QUALITIES OF TOWER'S FISH BRAND SLICKERS, SUITS AND HATS are the men who have put them to the hardest tests in the roughest weather. Get the original Tower's Fish Brand made since 1836. CATALOG FREE FOR THE ASKING. A. J. TOWER CO. BOSTON, U.S.A. TOWER CANADIAN CO. LIMITED, TORONTO, CAN.





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**Sauce for Different Meats.**

Corned beef, mustard.
Roast pork, apple sauce.
Roast lamb, mint sauce.
Roast duck, orange salad.
Frizzled beef, horseradish.
Roast chicken, bread sauce.
Roast mutton, currant jelly.
Lobster cutlet, sauce tartare.
Roast goose, tart apple sauce.
Port croquettes, tomato sauce.
Roast ptarmigan, bread sauce.
Fried chicken, cream gravy, corn fritters.
Pork sausage, tart apple sauce or fried apples.
Roast turkey, chestnut dressing, cranberry jelly.
Roast venison, black currant jelly or grape jelly.
Veal sausage, tomato sauce grated Parmesian cheese.
Roast canvasback duck, apple bread, black currant jelly.
Cold boiled tongue, sauce tartare or olives stuffed with peppers.
Roast quail, currant jelly, celery sauce.
Sweetbread cutlet, sauce bechamel.
Reedbirds, fried hominy, white celery.
With roast beef, grated horseradish
With roast veal, tomato or horseradish sauce.

**Farina Jelly.**

Boil one pint of new milk; while boiling sprinkle in slowly one-eighth pound of farina; continue the boiling for an hour (use double boiler); season with one-half teacup of sugar with a saltspoonful of salt mixed through it. When done remove from fire; add, as soon as it cools somewhat, one-half teaspoonful of vanilla, drop by drop, beating well to mix it in. Turn into a wet mold. Set on ice when cool. Serve with whipped cream sweetened and flavored with vanilla; or with any kind of preserve or sweet jelly and cream; or with fruit juice.

**Cheese and Tomato Omelet.**

Beat six eggs very light and pour them into a buttered omelet pan and cook until set, sprinkling with salt and pepper. When ready to fold, lay on the omelet slices of tomato and sprinkle these thickly with cheese. Fold the omelet upon them, transfer to a hot dish and pour over and around the omelet a white sauce into which two tablespoonfuls of grated cheese have been stirred. Serve immediately.

**Currant Bread.**

Scald a pint of milk and beat into it a teaspoonful each of melted butter and salt. When the mixture is lukewarm add a half yeast cake, dissolved in warm water, and enough flour to make a good batter. Set in a warm place to rise for eight hours, then beat hard, adding a cup of flour. Work in a cup of stemmed currants well dredged with flour, make into a loaf, set to rise until light and bake.

**Waffles.**

Dissolve a half yeast cake in a gill of lukewarm water. Beat four eggs light, add a pint of sweet milk, a tablespoonful of sugar, three tablespoonfuls of melted butter, three cupfuls of flour sifted with a half teaspoonful of salt, and, lastly, the dissolved yeast. Beat long and hard, set in a warm place to rise, and when light bake in greased waffle irons.

**Kidney with Tomato Sauce.**

Cut in small pieces a fresh kidney and fry in hot lard. When almost done add to it a sliced onion, half a cup of tomatoes and a slice of ham. Let all fry together and when done add a spoonful of flour, a piece of red pepper and a spoonful of chopped garlic and parsley. Thin with a little water; season with salt and boil a few minutes.

**Broiling Mushrooms.**

To broil mushrooms put them, after they are cleaned, gill side down in a wire broiler and keep them over the fire for about five minutes. At the end of the time turn them over, put a dot of butter inside each, sprinkle with salt and pepper and cook for five minutes longer. Serve cup side up on toast.

**Rice and Cheese Balls.**

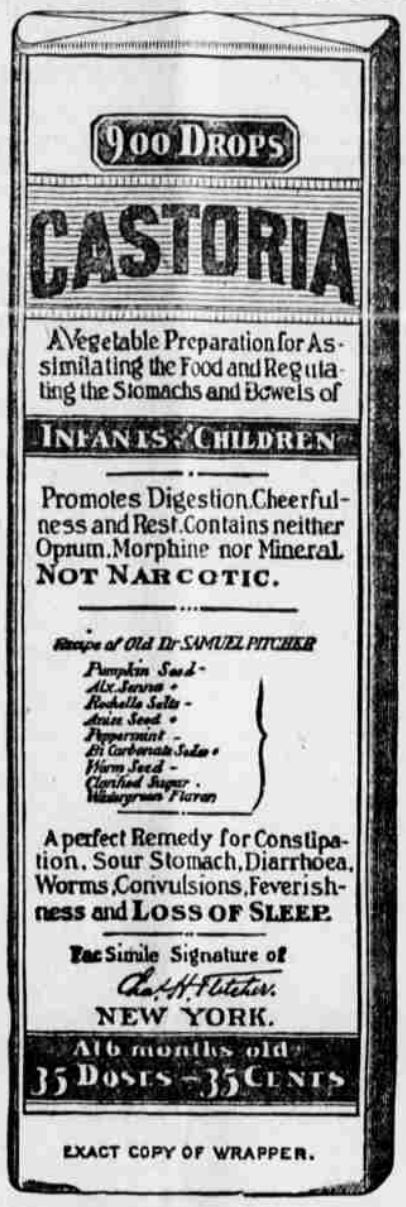
Add half a cupful of hard-grated cheese to a pint of boiled rice, season with salt and a dash of cayenne. Add a well-beaten egg and moisten with cream sauce. Form into small balls, egg and bread crumb them and fry in deep fat.

**Improving Apple Jelly.**

Apple jelly is apt to be very flat and tasteless unless combined with some stronger flavoring. This may be varied to suit different tastes in the family by using in one lot lemon juice, in another pineapple an dia a third quinces.


# Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: *First*—The indisputable evidence that it is harmless: *Second*—That it not only allays stomach pains and quiets the nerves, but assimilates the food: *Third*—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—*Hall's Journal of Health.*




EXACT COPY OF WRAPPER.

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

Dr. B. Halstead Scott, of Chicago, Ills., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."

Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."

Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."

Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."

Dr. Wm. J. McCrann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."

Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."

Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartiest recommendation of Castoria."

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Bears the Signature of
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**The Kind You Have Always Bought**

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**Jane Could Cook.**

"I never understood why Milly failed to land a husband. She was very graceful at the billiard table and the queen of the bridge whist table."

"Oh, but she couldn't equal her plain sister Jane."

"Jane? Why, what were Jane's accomplishments?"

"Why, she was queen of the kitchen table."

## BORAX IS NATURE'S MINE OF PURITY FOR DAIRY UTENSILS

Borax is first, a cleanser that removes dirt and grease with surprising ease; second, it is a sweetener that makes fragrant any surface that has grown musty or stale from neglect; third, it is an antiseptic or destroyer of germs. It prevents the development of bacteria or mouldy growths. With all this it is perfectly free from harm in its resulting effects.

The farm churn is kept free from that stale odor if it is washed with borax in the following proportions—one tablespoonful of borax to a quart of water.

The dairy room has nothing about it but the pleasant aroma of fresh milk and cream and sweet butter if it is kept clean with borax. There will be no soapy smell and no lurking hint of something gone wrong.

The cream crocks take on an extra freshness when washed with borax and water in the following proportions—one tablespoonful of borax to a quart of water. This preserves the fresh flavor of the cream.

The farm cream separator can be kept thoroughly sweet and clean by a wash of borax and water in the following proportions—one tablespoonful of borax to a quart of water.

Be sure that you get pure borax. To be sure, you must get "20 Mule Team Borax" If you are unable to get "20 Mule Team" brand send us your dealer's name and we will arrange to supply you.

**The Villain!**

"You wish to employ one of our detectives to watch your husband?"

"I do."

"May I ask what has aroused your suspicion of him?"

"He sent me a bunch of violets and a box of candy from town yesterday."
—Kansas City Times.

If all the tenement dwellers in the lower east side of New York City should be in the streets surrounding their homes at one time they would be so crowded as hardly to be able to move.


PILES CURED IN 6 TO 14 DAYS.
PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.


Louis Hieb, formerly of Camden, N. J., is now in charge of the Y. M. C. A. work in Colombo, Island of Ceylon.

Statistics show that 140,000 children in Belgium—more than 13 per cent of the population—are without any education.


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.


**Consolation.**

Mrs. Upsome—It's too bad that Prince Wilhelm isn't coming to Chicago.

Mrs. Highmus—Why do you mention it? He's only the second son of a crown prince, anyway.—Chicago Tribune.


# SKIN DISEASES
## HUMORS IN THE BLOOD

When the blood is pure, fresh and healthy, the skin will be soft, smooth and free from blemishes, but when some acid humor takes root in the circulation its presence is manifested by a skin eruption or disease. These humors get into the blood, generally because of an inactive or sluggish condition of the members of the body whose duty it is to collect and carry off the waste and refuse matter of the system. This unhealthy matter is left to sour and ferment and soon the circulation becomes charged with the acid poison. The blood begins to throw off the humors and acids through the pores and glands of the skin, producing Eczema, Acne, Tetter, Psoriasis, Salt Rheum and skin eruptions of various kinds. Eczema appears, usually with a slight redness of the skin followed by pustules from which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It is generally on the back, breast, face, arms and legs, though other parts of the body may be affected. In Tetter the skin dries, cracks and bleeds; the acid in the blood dries up the natural oils of the skin, which are intended to keep it soft and pliant, causing a dry, feverish condition and giving it a hard, leathery appearance. Acne makes its appearance on the face in the form of pimples and black heads, while Psoriasis comes in scaly patches on different parts of the body. One of the worst forms of skin trouble is Salt Rheum; its favorite point of attack is the scalp, sometimes causing baldness. Poison Oak and Ivy are also disagreeable types of skin disease. The humor producing the trouble lies dormant in the blood through the Winter to break out and torment the sufferer with the return of Spring. The best treatment for all skin diseases is S. S. S. It neutralizes the acids and removes the humors so that the skin instead of being irritated and diseased, is nourished by a supply of fresh, healthy blood. External applications of salves, washes, lotions, etc., while they soothe the itching caused by skin affections, can never cure the trouble because they do not reach the blood. S. S. S. goes down into the circulation and forces out every particle of foreign matter and restores the blood to its normal, pure condition, thereby permanently curing every form of skin affection. Book on Skin Diseases and any medical advice desired sent free to all who write. S. S. S. is for sale at all first class drug stores.

I suffered with Eczema for forty years and could find nothing to cure me until I tried S. S. S. I suffered intensely with the itching and burning; pustules would form from which there flowed a sticky fluid; crusts would come on the skin and when scratched off the skin was left as raw as a piece of beef. I suffered agony in the long years I was afflicted, but when I used S. S. S. I found a perfect cure. There has never been any return of the trouble.
C. H. EVANS,
Stockman, Neb.

**S.S.S.**
PURELY VEGETABE

THE SWIFT SPECIFIC CO., ATLANTA, GA.