

## The Home of the Wave Circle



is the home where good cooking is loved, where the family enjoy the finest of biscuits, doughnuts, cakes, and pies and other good things every day. The baking is always delicious and wholesome because

**K C Baking Powder**  
—the baking powder of the wave 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.

### Professional Jealousy.

"Mr. Dustin Stax says he isn't going to endow any more libraries."  
"But I thought he was devoted to literature. He has written books himself."

"That's the trouble. The people let the dust lie on his books and stand in line to get 'Mazie's Wowing' and 'When True Love Was in Bloom' and works of that character."—Washington Star.

### Controlling Nature.

Everybody knows that of late years natural forces have been wonderfully subjected to man's need. We are dazzled by the spectacular achievements in steam and electricity, but are likely to forget the less noisy but no less marvelous conquest of animal and plant life. Horses are swifter, cattle heavier, cows give more milk and sheep have finer fleeces than in days gone by. In plants the transformation is even more marked. People now living can remember when the number of edible fruits and vegetables was far less than at present and even those that could be grown were vastly inferior to what we now have. For example, our parents knew nothing of the tomato, except as a curious ornament in the garden. Sweet corn was hardly better than the commonest field sort. All oranges had seeds. Celery was little known and poor in quality. In the flower bed the magnificent pansy has replaced the insignificant heart's ease from which it was developed, and the sweet pea in all its dainty splendor traces its origin to the common garden vegetable.

This progress has been made in spite of the great tendency manifested in all plants and animals to go back to the original type. It is indeed a battle to keep strains pure and up to the standard they have already attained, let alone any improvement. The practical results are accomplished by men operating largely for love of the work, like Luther Burbank, in California, and Eckford in England, as well as by the great seed merchants, D. M. Ferry & Co., of Detroit, Mich., who are not only eternally vigilant to hold what ground has been gained, but have a corps of trained specialists, backed by ample means, to conduct new experiments. The results of their experiences can be found in their 1906 Seed Annual, which they will send free to all applicants.

The largest flour mill in the British empire is in Montreal. It turns out 5,000 barrels of flour a day.

## CATARRH 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 symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains 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 absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, 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 Catarrh 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 discharges 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 tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. I put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

**GEO. D. CARR,**  
No. 209 Edgar St. Evansville, Ind.

**S.S.S.**  
PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.



"Are you Hungary?" "Yes, Slam."  
"Well, come along; I'll fix it."  
Downtown—How did Binkers, the architect, become so poor? Uptown—He built a house for himself.

Dressmaker—And would you have leg of mutton sleeves, madam? Customer—Most certainly not. I am a vegetarian!—Punch.

Teacher—Can you tell me the difference between "like" and "love"? Small Boy—Yes, ma'am. I like my father and mother, but I love pie.

Conductor—Why don't you get up and give that lady a seat? Passenger—She might say, "Thank you," and I have a weak heart.—Pittsburg Dispatch.

Ethel—And are you sure you love me, George? George—Sure? Ask my boss. He says if I don't stop this dreaming all day long he'll discharge me.—Puck.

"Yes, old man, we're fixing to go to housekeeping; what has been your experience with servant girls?" "Hush! Come over here where my wife can't hear."—Houston Post.

"Papa," said Ruth after her first day at school, "I don't want to go to school until I learn more, for to-day the teacher asked me ever so many things I didn't know."

Nell—Oh, my! Here's a telegram from Jack of the football team. Bell—What does it say? Nell—it says: "Nose broken. How do you prefer it set—Greek or Roman?"

Fond Wife—You'll think of me sometimes while you are away, dear? Fond Hubby—Not likely. Didn't the doctor say I was to go away for my health and avoid all worry?—Scraps.

Cholly Callow—At any rate the fortune-teller said I had the make-up of a gentleman about me. Miss Snapper—About you? Then why in the world don't you put the make-up on?—Chicago News.

"Wonderful thing—this education," said the old man. "In what way?" "In this way: John knows just enough Latin, an' Greek, an' French to know nothin' at all about makin' a livin'!"—Atlanta Constitution.

"Haven't you ever thought of going to work?" asked the farmer's wife of Sauntering Sam. "Yes'm," replied the veteran tramp; "I thought of it once—but I was deeleeryus at de time."—Cleveland Plain Dealer.

Meeks—My wife called me up on the phone six times to-day. Weeks—What for? Meeks—The last five times were for the purpose of calling me down because I didn't answer the first time she called me up.—Philadelphia Inquirer.

"Have you 'The Art of Making Up?' asked the lady of the clerk in the book store. "I don't think I have, ma'am," replied the young man. "I quarreled with my wife a week ago, and I can't get her to say a word to me."—Yonkers Statesman.

"See here!" snapped the landlord, who had responded to the tenant's hurry call for a plumber. "I thought you said the water in your cellar was two feet deep. It's only a few inches." "Well, that's as deep as my two feet," retorted the tenant, "and that's too much."

"I don't see what a man wants with two wives!" snorted Mrs. Enpeck, as she threw down a paper containing an account of the Snoot case. "I don't either," said Mr. Enpeck fervently. It must have been the way he said it that made Mrs. Enpeck so mad.—Louisville Courier-Journal.

"There are great things in store for you," said the fortune-teller to the young man; "but there will be many obstacles to overcome. There is a woman continually crossing your path, a large woman with dark hair and eyes. She will dog your footsteps untruly." "Yes—I know who that is." "Ah, you have seen her?" "Yes; she's my washwoman."—Milwaukee Sentinel.

It was the wedding day, and the unfortunate bridegroom was making his exit with the usual accompaniment of rice and old boots. He snatched his hat from a peg, seized an umbrella from the hall stand, and was going out of the door, when the bride's father called after him: "You've taken my umbrella, Henry. Bring it back at once. I've six daughters, but only one good umbrella."

"Doctor," said the patient, "I believe there's something wrong with my stomach." "Not a bit of it," replied the doctor. "God made your stomach, and He knows how to make stomachs. There's something wrong with the stuff you put into it, maybe, and with the way you stuff it in and stamp it down; but your stomach is all right." And immediately the patient discharged him.

Careful of Mother's Health.  
"Harry, did you not hear your mother calling you?"  
"Course I did."  
"Then why don't you go to her?"  
"She's nervous. If I should go too quick she'd drop dead," and Harry went on with his playing as if nothing disturbed his mind.—Albany, N. Y., Journal.

The man who pays the bills looks terribly unlike the white-robed fairy with a wand, in the story books.

### TRAINED NURSES IN TURKEY.

It Was Difficult at First to Get Any Girls for the Work.

Dr. Thomas Speer Carrington, the founder of the first training school for nurses in Marsovan, Turkey, who is about to return to found another school in Constantinople, tells an interesting story of the first girl to take up the work of nursing, says the New York Times. She was the pioneer, and it was through her example that other girls came and the work, a great innovation in the far east, was made possible.

Lusaper was the girl's name, and she was a young Armenian, belonging to a wealthy family. Nurses were needed in the hospital, native women would be invaluable, and Dr. Carrington urged Lusaper to enter the hospital. The objections offered by the girl's family were much the same as those made by the families of American girls when they first took up business life.

In Lusaper's case the first objection was that the work was menial, therefore degrading, and a girl doing anything of the kind would not find a husband, a disgrace and a calamity for a girl in Turkey.

Lusaper having passed much time around the hospital reading to and assisting the patients in various ways, concluded to give herself to the work. But even then she was not to be depended upon. On every visit home pressure was brought to bear upon her, and she would return with her resolution shaken, and it was only by appealing to her sense of helpfulness to her suffering fellow country women that she was persuaded to keep on. Now she has been graduated, and no better nurses are graduated from western training schools of long standing.

An interesting feature of Lusaper's case was that after she had begun the hospital work and was earning a good salary her family lost a good part of their money and for a time she was their chief support, as so many girls on this side of the water have been in different ways.

It is five years since the training school in Marsovan was started, and the results have shown the wisdom of the step. Only girls who have been educated and speak English are admitted to the training school. These are conscientious and trustworthy and disprove the general opinion that the eastern woman is helpless and frivolous. Since the school opened more girls have applied for admittance than could be accommodated and the work has only been limited by the money and accommodations. Girls have been sent from other hospitals—there are four under American supervision in Turkey—and from the girls' schools where a trained nurse in attendance is invaluable.

Women in Turkey are greatly in need of medical attention and nursing. The youthfulness of the child wives, the large families, lack of proper care in illness, lack of cleanliness, and proper sanitary conditions make them often terrible sufferers. Their seclusion and refusal to be attended by men physicians has made their cases practically hopeless.

Native-trained nurses mean a revolution in the lives of the women. The nurses give not only care in illness, but disseminate knowledge concerning sanitary conditions, which is greatly needed in a land where annually 50 per cent of the children died from improper diet and conditions.

Dr. Carrington's visit to this country was to raise money for the Constantinople Training School. From that city a good school would be able to send nurses to the whole country. The work also provides employment for eastern girls which, now that it is understood, they are glad to undertake. The educated girls have, many of them, become teachers heretofore. In whatever little village they settle after leaving school, they gather the children together and form small centers of civilization, and do much good which, as trained nurses, they will be able to increase.

### Still Smiling.

The visitor in the South was offering his sympathies to the old colored parson.

"It's a shame, uncle," said the visitor, "that the congregation should drop buttons in the plate when you were collecting your salary."

"Dat doan matter, sah," replied the old man with a luminous smile. "Ah kin use dem on dat old pair ob trousers de kernal gib me."

"Well, they dropped nails in the plate also."

"Just what Ah need, sah. Yo see Ah'm guine to build a cohnhouse en Ah'll need de nails to drive in de shingles."

"But the lead nickels. What are you going to do with them, throw them away?"

"No, sah; Ah'm guine to make sinkers foh mah fishing lines. Glory, halley-luyah!"

### Glazed Ham.

To glaze a cold ham first brush over the ham with beaten yolk of egg. Then cover this very thickly with finely powdered bread crumbs, pressed on firmly. Lastly brush over the whole with thick cream and set in a quick oven. This glazing should be brown and will be like a delicious crust.

No sensible man is willing to swear to the fool things he says during courtship, and no sensible woman would wait him to.

A successful man is one who is able to persuade others to accept him at his own valuation.

## 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, and I am almost without any hair."—Mrs. J. H. FIFER, Colorado Springs, Colo.

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

Mrs. Sarah A. Evans, who has been appointed inspector of the meat markets of Portland, is president of the Oregon State Federation of Women's Clubs.

### 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. WEAVER & TRIGG, Wholesale Druggists, Toledo, O. WALKER, KINMAN & 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.

An optimist is a man who runs an account with a light-weight grocer.

### THE OLD-MONK-CURE



**St. Jacobs Oil**

has traveled round the world, and everywhere human

**Aches and Pains**

have welcomed it and blest it for a cure.

Price, 25c. and 50c.



DR. W. A. WISE

We do crown and bridge-work without pain. Our 15 years' experience in plate work enables us to fit your mouth comfortably. Dr. W. A. Wise has found a safe way to extract teeth absolutely without pain. Dr. T. P. Wise is an expert at gold filling and crown and bridge-work. Extracting free when plates or bridges are ordered.

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Falling Bldg., Third and Washington Sts. Open evenings till 9 o'clock. Sundays from 9 to 12. Dr. W. A. Wise.



DR. T. P. WISE

## Start the New Year Right!

START the new year with a clean mind and a clean body!

Most people are very neat 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 over-drinking 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, sleeplessness and a temper like a wild cat make such persons very

### PISO'S CURE FOR CONSUMPTION

Horse racing in Italy is dead since the introduction of automobile speed contests.

Aquatic birds are more numerous than land birds.

### MALLEABLE IRON STUMP PULLERS

Patent, lightest and strongest stump puller on the market. 1 1/2 Horse power on the sweep with two horses. Write for descriptive catalog and prices.

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This wonderful Chinese Doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, barks, leaves and vegetables that are entirely unknown to medical science in this country. Through the use of these harmless remedies this famous doctor knows the action of over 500 different remedies which he successfully uses in different diseases. He guarantees to cure a rheumatism, lung, throat, consumption, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Fall into the net of the city write for blank and circulars. Send stamp. CONSULTATION FREE.

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