

Let Well Enough Alone.
There's graft and evil everywhere,
And yet, and yet, my brother,
This world is good—I would not care
Just now to try another!
—Butte Inter-Mountain.

Been Round Some.
His manuscript was worn and torn
From constant declination.
"They can't deny," he said, "to my
Works a big circulation!"
—Cleveland Leader.

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"Book of
Presents"

Do you know the secret of the Wave Circle? Wonderful! Don't delay another day!

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Chicago



A Friend in Need—

THAT thin, little, 10-cent Box of Cascarets.
When carried constantly in your Vest Pocket, or in "my Lady's" Purse it will ward off ninety per cent of Life's ordinary ills.
Eat one of the six candy tablets contained in that "Vest Pocket Box" whenever you suspect you need one.
It can't hurt you, and is sure insurance against serious sickness.

Want of Exercise, Indoor Employment, weaken the Bowel Muscles, just as they weaken Arm and Leg Muscles.

The Muscles lose tone, tension, strength, to force the food onward.

And the longer they stay in that state the weaker they become, because the less exercise they get through the slow passage of food.

Cascarets contain the only combination of drugs that acts on the Muscles of the Bowels and Intestines, just as Cold Water, or Exercise, act on a Lazy man.

They act like Exercise.

When you have Heartburn, Colic, Coated Tongue, Suspected Breath, Acid-rising-in-throat, Gas-belching, or an incipient Cold, take a Cascaret.

Remember, all these are not merely Discomforts, but indications of a serious Cause.

Nip them in the bud—eat a Candy Cascaret. Cascarets don't purge, nor punish the stomach like "Bile-driving" "Physics."

They act like Exercise on the Bowel-Muscles that propel Food, and that squeeze the natural Digestive Juices of the body into Food.

Cascarets ward off, or cure, the following diseases:

Constipation Bad Breath
Biliousness Diabetes

Indigestion Headache
Dyspepsia Diarrhea
Torpid Liver Flatulence
Appendicitis Hives
Rheumatism Jaundice
Catarrh Nausea
Colic Vertigo
Scrophula Pimples
Womanly Troubles
Worms Itchings
Piles Eczema
Ulcers Dysentery

In such cases a little Cascaret in time is worth fifty dollars worth of Treatment later on, to say nothing of the suffering, discomfort, loss of Business Energy, and loss of Social Sunshine it saves.

A coming Headache can be warded off in short order, by a single Cascaret, and the cause removed.

Heartburn, Gas-belching, Acid-risings in the throat, and Colicky feeling are sure signs of bowel trouble from food-poisons, and should be dealt with promptly.

One Cascaret will stop the coming trouble, and move on the Bowel load, if taken at the first signs.

Don't fail to carry the Vest Pocket Box of Cascarets with you constantly.

All Drugists sell them—over ten million boxes a year.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."



HOUSEHOLD TALKS

Apple Plum Pudding.
Arrange in a deep earthen baking dish suitable for serving as many apples, cored and pared, as it will hold. Fill the core cavities with a mixture of equal parts of boiled chestnuts, stoned dates, seeded raisins and walnuts, all chopped fine and moistened with lemon juice and sweetened to taste. Melt sugar and butter in hot water in the proportion of one tablespoonful of sugar and one-half teaspoonful of butter for each apple, and one cup hot water for five apples. Pour this over the apples and baste frequently, adding more water if needed. There should be just a little rich thick syrup at the last. Serve hot with this cream or cold with whipped cream.

Nut Bars.
Peanuts, almonds, English walnuts or pecans may be used for this candy. Prepare the nuts by removing the inner covering and chopping them. Then grease the bottom and sides of a broad, shallow tin pan with fresh butter, and put the nuts into it, spreading them evenly. Put one pound of granulated sugar, with half a teaspoonful of water and a pinch of cream of tartar, into a kettle and boil until thick, but not too brittle. Pour the syrup over the nuts and set aside to cool. When slightly stiff mark off into wide bars with a sharp knife and let stand several days, when it will become soft and delicious.

Glaze Small Fruits.
Divide peeled oranges into lobes and run two of the lobes on a small stick. On another of these thin skewers impale five Malaga grapes. Boil to a syrup a pound of granulated sugar and a gill of cold water and do not stir while cooking. Try often by dropping a little in cold water and when it is brittle add a tablespoonful of lemon juice, remove from the fire, set in an outer pan of scalding water and dip the fruit-covered sticks into the syrup, turning them over and over, then laying on waxed paper to dry.

Baked Eggs.
Put in a frying pan and melt one generous tablespoonful of butter; stir into it one teaspoonful of flour until smooth and frothy, taking care not to brown. Then draw the pan back and add, gradually, one cupful of cold milk, half a teaspoonful of salt and a dash of pepper. Let the sauce boil up once, then pour into a deep earthen pie plate. Into this drop eight eggs. Place the dish in a moderate oven, and, when the eggs are just set, serve immediately in the same dish. Garnish with parsley.

Mincee Veal and Eggs.
Take some remnants of roast or braised veal, trim off all browned parts, and mince it very finely. Fry a finely chopped onion to a light brown in some butter; add a large pinch of flour, a little stock, and the minced veal, with chopped parsley, pepper, salt and nutmeg to taste. Mix well and let the mincee gradually get hot; lastly add a few drops of lemon juice. Serve with sippets of bread fried in butter, and the poached eggs on top.

Chocolate Custard.
Melt over the fire two ounces of Baker's chocolate with a little water and add a cupful of sugar. Boil two minutes and pour into a quart of boiling milk. Add one tablespoonful of corn-starch dissolved in a little cold water, with a teaspoonful of vanilla, and add yolks of four well beaten eggs. Beat the whites stiff with a spoonful of powdered sugar; put the custard in cups and pile the whites on top.

To Cool the Oven.
If when you are baking anything the oven gets too hot, put in a basin of cold water instead of leaving the door open. This cools the oven, and the steam rising from the water prevents the contents burning. When cooking in a gas oven a basin or tin of water should always be kept in the oven.

Ham Salad.
Cut fine pieces of boiled ham. Make a dressing as follows: To one-half cup of melted butter add two well beaten eggs, one-half pint of vinegar, celery, salt, pepper and salt to taste, dessert-spoonful of sugar and one teaspoonful of mustard. Mix smooth and boil until it thickens to the consistency of cream and pour on the ham.

For Frying.
Fat is the right heat for frying when it has entirely ceased bubbling and a faint blue smoke rises. To test it throw in a small piece of bread, and if this turns brown at once the fat is ready.

SKIN DISEASES

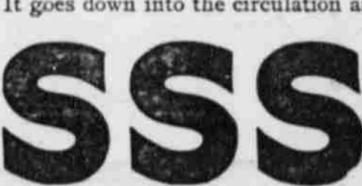
ACNE, TETTER, ECZEMA, PSORIASIS, SALT RHEUM.

There is nothing more distressing than an itching, burning skin disease, and upon the return of warm weather those who are afflicted with skin troubles find the symptoms appearing and know that they will be tormented through the hot summer months. The blood is heated with humors and acrid matter, and as they are forced to the surface the skin seems to be on fire. The treatment of skin diseases with external applications is all wrong, because they do not reach the trouble which is in the blood. The most such treatment can be expected to do is, allay the itching and burning and cover up the trouble for awhile, but as soon as it is left off the disease returns.

All food taken into the body contains, in some form, the elements necessary to sustain the different parts. One portion is used for the making of blood, another for muscle, one for bone, still another for fat, and so on. After these different properties are extracted from the food there still remains a portion that is useless, or waste matter, which is intended to be disposed of through the natural channels of bodily waste, the Liver, Kidneys and Bowels. At this season of the year, however, these organs become torpid, dull and sluggish, and fail to perform this duty, and these accumulations remain in the system and are absorbed by the blood to ferment and sour, producing burning acids and acrid humors. The blood cannot properly nourish the system while in this impure condition, and begins to throw off these acids through the pores and glands of the skin, producing Acne, Eczema, Tetter, Psoriasis, Salt Rheum and skin diseases of every description.

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, arms, legs and face, though other parts of the body may be afflicted. In **TETTER** the skin dries, cracks and bleeds, and is often very painful. The acid in the blood dries up the natural oils of the skin, causing a dry, feverish, hardened condition and giving it a leathery appearance. **ACNE** makes its appearance on the face in the form of pimples and black-heads, and is particularly disagreeable because of its unsightly appearance, while **PSORIASIS**, a scaly disease, comes in patches on different parts of the body. One of the worst forms of skin disease is **SALT RHEUM**. It discharges a watery fluid, forming sores and producing intense itching. The head and face are the parts usually affected, and sometimes the hair falls out and a mass of sores forms on the scalp.

These and all skin diseases are due to the same cause—burning acids and humors in the blood, and until this vital fluid is cleansed and made pure they will continue. The best treatment for all skin diseases is S. S. S., a remedy that is purely vegetable, being made entirely from roots, herbs and barks, and acts directly on the blood with a cleansing, healing effect. It neutralizes the acids and purifies the blood so that the skin, instead of being blistered and burned by the fiery fluids, is nourished by a supply of cooling, healthy blood. It goes down into the circulation and forces out every particle of waste or foreign matter,



builds up the blood and cures all skin diseases promptly and permanently. S. S. S. does not leave the least particle of the poison for future outbreaks, but entirely rids the blood of the cause for all skin diseases. S. S. S. tones up the system and regulates the Liver, Kidneys and Bowels so that they will carry off the natural waste and refuse matter through the proper channels, instead of leaving it to be absorbed by the general health. Write for our treatise on skin diseases and any medical advice you wish. We make no charge for either.

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Couldn't See It.
Poe—There is that exquisite creature, Miss Penelope, over there. Unlock for me the door of hope by introducing me to that mixture of woman and angel. Practical Friend—Can't do it, my boy; don't know the combination.—Baltimore American.

Proof of His Availability.
Traveler—I must get to the railway station as soon as possible. Which of you has the fastest horse. Cabman (pulling a paper from his pocket)—Here, read this! Three years ago I was fined four marks for fast driving.—Luzser Gesellschaft.

Mother will find Mr. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

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Unto the government we bow And lend a reverent ear. I'd rather lend it cash, I vow, And be a financier, Washington Star.

\$100 Reward, \$100.
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by druggists. The Hall's Family Pills are the best.

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