

NOVEMBER AILMENTS

THEIR PREVENTION AND CURE

November is the month of falling temperatures. Over all the temperate regions the hot weather has passed and the first rigors of winter have appeared. As the great bulk of civilized nations is located in the temperate zones, the effect of changing seasons is a question of the highest importance. When the weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, sultry days, the human body must adjust itself to this changed condition or perish.

The perspiration incident to warm weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration. Most of the poisonous materials retained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overloaded with the poisonous excretory materials. This has a tendency to inflame the kidneys, producing functional diseases of the kidneys and sometimes Bright's disease.

Peruna acts upon the skin by stimulating the excretory glands and ducts, thus preventing the detention of poisonous materials which should pass out. Peruna invigorates the kidneys and encourages them to fulfill their function in spite of the chills and discouragements of cold weather.

Peruna is a combination of well tried harmless remedies that have stood the test of time. Many of these remedies have been used by doctors and by the people in Europe and America for a hundred years.

Peruna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantiated over and over by many thousands of homes.

Southling Her.
Miss Jellers—I'll never speak to her again! She told a friend of mine that I was an old cat.

A Long-Legged Deer.
A huge, finely mounted antlered head hung just above the sideboard in the dining room. This trophy of some huntsman's skill was fastened so firmly to the wall that the glancing neck seemed to be coming right out through the plaster. Robert, who was seeing this decoration for the first time, eyed it with lively curiosity and very evident uneasiness. It looked almost too life-like for comfort.

Finally the boy, asking to be excused, slipped from his chair, tiptoed into the next room, and then, flushing with embarrassment, returned to his place at the table.

"What's the trouble, Robert?" asked his host.

"I wanted to see," explained candid Robert, sheepishly, "if that animal's legs were really as long as that, or if he were standing on something in another room."

HOW TO TEACH CHILDREN.

Here Are Some Suggestions by a Writer on Education.

A writer in an American educational journal offers some interesting suggestions for teaching children, says the Dundee Advertiser. It is useless, he suggests, to instruct children by using technical terms or even terms that would be descriptive to a grown-up. The point is illustrated by an ingenious parallel. Instead of telling a child to "sit up straight" it would be better to tell him to "sit up tall." In the same way if a child shouts too loudly in singing, he should be told to "listen" after taking "a long smell," and if he realizes what is meant and does it, this will set the muscles of the waist and check the flow of breath, while the child will be unconscious to its action.

"Such suggestion as the following do far more good than scientific terms in procuring the right tone-production from the child. Do not sing in a growling tone. Do not sing in a scolding tone." "A fish horn tone sounds terribly descriptive, but we imagine its vividness would be lost on an English child. Sing with a pleasant face. Sing with a smile. Sing like the sweetest bird you ever heard. Sing a kindly tone. Sing a sweet, loving tone. Make your lips sing to you. Whisper aloud, as though you wanted some friend in the furthest corner of the room to hear you." It is to be hoped that after all this there would be no danger of the children learning to sing in a maudlin tone.

For American Citizens.
When the visitor approached the diplomatic gallery of the Senate chamber the door-keeper informed him, says a writer in the Philadelphia Public Ledger, that the gallery was reserved for foreign representatives.

"It is, hey?" said the visitor. "Well, I want to tell you right now that this is a free country and this is the Senate of the United States, and I demand admission in the name of American citizenship."

"Oh!" said the doorkeeper. "Why didn't you say at first that you were an American citizen? Just step round to the second door from here. That gallery is reserved for American citizens."

With chest puffed up, the stranger betook himself to the door indicated, and was at once admitted to the public gallery.

Advertising Pays.
It was a surprise to the summer boarder to learn that one of the group of graduates from the seminary, to the "farewell exercises" of which she had listened the year before, was married and settled in a home of her own.

"I remember her," said the summer boarder, when the name was mentioned, "but she did not strike me as being as attractive as most of the other girls."

"Um-m!" said her informant. "Well, I guess 'twas her graduating essay that carried her off so quick, maybe. Her subject was, 'How to Keep House on Six Dollars a Week,' and it fetched most every young fellow in town, they tell me. By what I hear, all she had to do was to sit at home and pick and choose."

Linguistic Judge.
At the Shoreditch county court, England, recently, Judge Smyly heard a case in French, corrected a Yiddish interpreter and translated an Italian evidence. The same day he chatted fluently with a German.



THE HOUSEHOLD

Ironing Board.

An exceedingly convenient method of attaching an ironing board to the kitchen table is shown in the accompanying illustration. Housewives insist that an ironing board is the proper thing to use when ironing, being far superior to a table. Its particular forms adapts it to the purpose, while the surface of a table is too large for the purpose. As shown here, the ironing board is normally hidden beneath the leaves of the table, one end being hinged to the edge. One leaf of the table is also hinged to the one next in position. After throwing back the table leaf the ironing board can also be swung over to one side and is instantly ready for service. In this way the necessity of supporting the ironing board on two chairs is obviated. At the same time the balance of the table can be used for holding the unfinished clothes. Upon the completion of the ironing the board is again folded across the table supports and the leaf lowered to its normal position.

Value of Stewed Fruit.

Stewed fruit of any description is far more beneficial than the majority of fresh ones, and the despoiled prunes will agree with the woman who has dyspepsia, as well as the one with a strong, healthy stomach. They may be eaten, too, as a rule, either before a meal or as a dessert with equally good results for the complexion and health. Stewed apples, pears or any of the smaller fruits are also a benefit, if not too sweet. Taking figs in such quantities, especially before retiring, does not agree with the average person, as the habit is supposed to, for the concentrated sweetness is really bad, if the stomach is sour or there is a surplus of acid in the blood. Then, too, the tiny seeds in them are difficult for any but strong stomachs to really digest and assimilate.

Raisin Pickle.

Two pounds of large California raisins, stemmed but not seeded; two large cupsful of brown sugar, three pints of apple vinegar, three dozen medium-sized cucumber pickles, one stick of cinnamon, one tablespoonful of mace, one tablespoonful of celery seed, two tablespoonfuls of white mustard seed, one level teaspoonful of ground black pepper, half vinegar, sugar and spices for ten minutes, add the raisins and let them boil until clear and plump. Cut the cucumbers in cubes about the size of raisins and add them to the ingredients in the kettle. Boil all together for ten minutes. When cold the pickle is ready for the table.

Plum Pie.

This fruit must be cooked before it is put into the pie. Take about two cupsful of plums and sweeten with one heaping cupful of sugar, simmer on the fire until tender. Line the plate with crust, and put in the fruit with a little of the juice. Sift flour over the top and on the edges of the paste, which should have been wet with a little water, and put on the upper crust, pinching together the edges; bake in a quick oven about twenty minutes.

How to Cure a Cold.

If you come home at night chilled and feel that you have taken cold, get into bed and then drink a cup of hot water, not warm water, in which you have placed the juice of a lemon and a large teaspoonful of pure glycerin, with three or four lumps of sugar. This will generally cure a cold at the beginning, inducing perspiration.

Broiled Eggplant.

The egg plant is sliced and drained. Then spread the slices on a dish, season with pepper and baste with a salad oil; sprinkle with dried bread crumbs and broil.

Egg Tests.

A good egg will sink in water. Stale eggs are glassy and smooth of shell. A fresh egg has a lime-like surface to its shell. The boiled eggs which adhere to the shell are fresh laid. Thin shells are caused by a lack of gravel, etc., among the hens laying eggs. After an egg has been laid a day or more the shell comes off easily when boiled.

Short Suggestions.

To remove the smell of onions or fish from the frying pan put a little vinegar in it directly after using and put over the fire a few minutes. Then wash again in soapy water.

His Visits to the Earl.

There is a well known English bishop who writes a very bad hand. This bad hand caused a sad error to happen some years ago. A young clergyman had written to the bishop to inquire about a vacant curacy, and the reply that the young man got informed him that the salary was small and the work difficult. But there was one mitigating circumstance. The incumbent, among his other duties, would visit the earl every morning and spend two hours there. The curate would have rejected the post but for the daily visit to the earl. That attracted him. There would, no doubt, be told himself, be many fashionable dinners to which he would naturally be invited. He would make many friends among the rich and powerful. These friends would be able to help him in his career. The earl, perhaps, had daughters. One of them—who knows?—stranger things had happened. And so the curate accepted the difficult and poorly paid curacy to discover on his first visit to the town that he had misread the bishop's letter and that his daily two hours' visit was not to the earl, but to the jail.

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A Lofty Death.

Asama is a volcano in Japan. A young man of that country grew despondent the other day and threw himself into the crater, leaving this letter: "Suffering a feeling of despair impels me to throw myself into the crater of vehement Asama, thus winning a splendid death and ascending the mountain's smoke to a lofty life above the sky."

A Well Known Remedy.

One of the oldest and most favored known remedies in the world today is Brandret's Pills—a blood purifier and laxative. Being purely vegetable they can be used by old or young with perfect safety and while other remedies require increased doses and finally cease acting altogether, with Brandret's Pills the same dose always has the same effect, no matter how long they are taken. One or two pills taken each night for a while is the best thing known for any one troubled with constipation, indigestion, dyspepsia or any trouble arising from an impure state of the blood.

Brandret's Pills have been in use for over a century and are sold in every drug and medicine store, plain or sugar-coated.

Snatcher.

"Mr. Jeekill," said the man with the heavy gold watch chain, "this is my friend, Col. Bunker. He is Senator Lotsum's right hand man." "Delighted to meet you, Col. Bunker," said the other. "By the way—Senator Lotsum happens to be left handed, you know."—Chicago Tribune.

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

A Very Lucky Thing.

"There does seem to be something in the belief about the luck attached to my left hind foot," remarked the rabbit.

"Yes?" asked the robin.

"Yes. At any rate, I'm sure if I hadn't had mine with me this morning I wouldn't have got away from that dog."—Philadelphia Press.

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RHEUMATISM CAN NOT BE RUBBED AWAY

It is perfectly natural to rub the spot that hurts, and when the muscles, nerves, joints and bones are throbbing and twitching with the pains of Rheumatism the sufferer is apt to turn to the liniment bottle, or some other external application, in an effort to get relief from the disease, by producing counter-irritation on the flesh. Such treatment will quiet the pain temporarily, but can have no direct curative effect on the real disease because it does not reach the blood, where the cause is located. Rheumatism is more than skin deep—it is rooted and grounded in the blood and can only be reached by constitutional treatment—IT CANNOT BE RUBBED AWAY. Rheumatism is due to an excess of uric acid in the blood, brought about by the accumulation in the system of refuse matter which the natural avenues of bodily waste, the Bowels and Kidneys, have failed to carry off. This refuse matter, coming in contact with the different acids of the body, forms uric acid which is absorbed into the blood and distributed to all parts of the body, and Rheumatism gets possession of the system. The aches and pains are only symptoms, and though they may be scattered or relieved for a time by surface treatment, they will reappear at the first exposure to cold or dampness, or after an attack of indigestion or other irregularity. Rheumatism can never be permanently cured while the circulation remains saturated with irritating, pain-producing uric acid poison. The disease will shift from muscle to muscle or joint to joint, settling on the nerves, causing inflammation and swelling and such terrible pains that the nervous system is often shattered, the health undermined, and perhaps the patient becomes deformed and crippled for life. S. S. S. thoroughly cleanses the blood and renovates the circulation by neutralizing the acids and expelling all foreign matter from the system. It warms and invigorates the blood so that instead of a weak, sour stream, constantly depositing acid and corrosive matter in the muscles, nerves, joints and bones, the body is fed and nourished by rich, health-sustaining blood which completely and permanently cures Rheumatism. S. S. S. is composed of both purifying and tonic properties—just what is needed in every case of Rheumatism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

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