

U. S. DISPENSATORY

Contains the Principal Ingredients Contained in Pe-ru-na.

...we claim too much for Peruna
...we claim it to be an effective
...for chronic catarrh? Have we
...proof that Peruna is in reality
...a cathartic remedy? Let us see
...of the United States Dispensatory
...of the principal ingredients of
...Peruna.
...for instance, the ingredient of
...Peru, is classified in the United
...States Dispensatory as a tonic. So also
...is classified as a stomachic and as
...a cathartic for the mucous membranes.
...Cathartic is another ingredient
...Peruna, an excellent drug that has
...been very largely overlooked by the
...medical profession for the past fifty
...years. The seeds are to be found in
...few drug stores. The United
...States Dispensatory says of the action
...of cathartics that it is used as a bitter
...and in the treatment of dysentery,
...in intermittent diseases as a substitute
...for quinine,
...of opium, another ingredient of
...Peruna is classified by the United States
...Dispensatory as a mild stimulant and
...purgative. It acts on the stomach and
...small intestine. It acts as a stimulant
...of the genito-urinary membranes,
...and in chronic cystitis, chronic dys-
...entery and diarrhoea, and some chronic
...diseases of the liver and kidneys.
...Send us for a free book of testi-
...monials of what the people think of
...Peruna as a cathartic remedy. The best
...evidence is the testimony of those who
...have tried it.

Reciprocity.
Yellow citizens," exclaimed the rising
...citizen. "I am not ashamed to say that
...my start in life by selling news-
...papers."
"You oughtn't to be ashamed, either,"
...said a man in the audience. "The
...papers gave you your start in poli-
...tics."

HARDSHIPS OF ARMY LIFE.

Thousands of Veterans With Kid-
...ney Troubles.
The experience of David W. Martin,
...retired merchant of Bolivar, Mo., is
...just like thousands of others. Mr.
...Martin says: "I think I have had
...kidney disease ever since the war.
...During an engagement my horse fell
...on me, straining my back and in-
...flaming the kidneys. I have been told I
...have a floating kidney. I had intense
...pain in the back, headaches and dizzy
...spins and the action of the bladder was
...irregular. About three years ago I
...took Doan's Kidney Pills, and found
...a great relief that I continued, and
...in a comparatively short time was
...freely rid of kidney trouble."
Sold by all dealers. 50 cents a box.
...J. C. Milburn Co., Buffalo, N. Y.

CATARRH BLOOD AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and
...throat, but as the symptoms of ringing noises in the ears, mucus dropping back
...of the throat, continual hawking and spitting, etc., would seem to indi-
...cate it is a blood disease in which the entire circulation and the greater
...part of the system are involved. Catarrh is due to the presence of an excess
...of uric acid in the blood. The Liver, Kidneys and Bowels frequently be-
...come torpid and dull in their action and instead of carrying off the refuse
...waste of the body, leave it to sour and form uric acid in the system.
...This is taken up by the blood and through its circulation distributed to all
...parts of the system. These impurities in the blood irritate and inflame
...the different membranes and tissues of the body, and the contracting
...action of cold will start the secretions and other disgusting and disagreeable
...symptoms of Catarrh. As the blood goes to all parts of the body the cat-
...arrhial poison affects all parts of the system. The head has a tight, full
...feeling, nose continually stopped up, pains above the eyes, slight fever
...and goes, the stomach is upset and the entire system disordered and
...is affected by this disease. It is a waste of
...time to try to cure Catarrh with sprays,
...washes, inhalations, etc. Such treatment
...cannot reach the blood, and can, therefore,
...bring more than temporarily relieve
...the discomfort of the trouble. To cure
...Catarrh permanently the blood must be
...thoroughly purified and the system cleansed
...of poisons, and at the same time
...strengthened and built up. Nothing equals
...S. S. S. for this purpose. It attacks the
...source of the trouble, goes down to the very
...heart of the trouble and makes a complete
...cure. S. S. S. removes every
...particle of the catarrhial poison from the
...making this vital stream pure, fresh
...and healthy. Then the inflamed mem-
...branes begin to heal, the head is loosened
...and the hawking and spitting cease,
...vision is built up and vigorous health
...is restored and digestion and acts as a
...stimulant for the system.

Write us a statement of your case and our physicians will
...advise you literature about Catarrh, and give you special medical advice
...at no charge. S. S. S. is for sale at all first class drug stores.
THE SWIFT SPECIFIC CO., ATLANTA, GA.

MUSCULAR AILMENTS



The Old Monk-Cure will
straighten out a contracted
muscle in a jiffy.

ST. JACOBS OIL

Don't play possum with pain,
but tend promptly to business.

Price 25c and 50c

Free Catalogue and Premiums.
Everyone interested in seeds, plants,
etc., should have a copy of the Port-
land Seed company's 1907 catalogue,
which is free for the asking, by men-
tioning this paper and addressing them
at Portland, Oregon. Tells all about
their splendid premiums.

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

In Legal Form.
"If I thought you were going to play
me false, Marie," said the ardent young
lawyer, "by the great horn spoon I'd hold
you with a writ of Habeas corpus!"
"That will not be necessary," smiled
Miss Marie. "I'm not going to run
away."

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Sim-
ilarly named remedies sometimes deceive.
The first and original Gold Tablet is a WHITE
PACKAGE with black and red lettering, and
bears the signature of E. W. GROVE, D.D.

Not Well Taken.
"If the Senator will pardon me for in-
terrupting him," blantly spoke one of the
other Senators, "he is not sticking to his
text."
"My text!" thundered the very states-
man. "This is not a sermon, sir! This
is a roar!"
Whereat he continued his roaring.—
Chicago Tribune.

Change of Method.
"Investigations don't seem to be held
in the spirit of courtesy and forbearance
that once prevailed," remarked the old
time statesman.
"No," answered Senator Sorghum, "the
situation is becoming difficult. People now
hold investigations because they really
want to find something out, instead of
merely for the sake of soothing their
minds."—Washington Star.

FITS
Dr. Wm. Vance and all Nervous Diseases
permanently cured by Dr. Kane's Great
Nerve Remedy, send for FREE TRIAL BOTTLE and
treatise, Dr. B. H. Kane, Ltd., 111 Arch St., Phila., Pa.

Helped Make Him Good.
"During our courtship," said Mrs.
Weeds, "poor John declared he would
die for me and he did."
"Indeed!" exclaimed the surprised
friend.
"Yes," continued the fair widow. "I
did the cooking myself and he died of
indigestion."

Trouble for Nothing.
To smuggle a human skeleton into
Canada from Detroit a medical student
dressed it in female attire and,
seating it by his side in a buggy, crossed
over the boundary line. After he
got safely into his house he learned
that there is no custom duty on skele-
tons.

1847-1907.
Sixty years ago Alcock's Plasters were
first introduced to the public. They are to-
day the world's standard plasters.
This invention has been one of the
greatest blessings imaginable and affords
the quickest, cheapest and best means of
healing and relief for certain ailments,
that has ever been discovered.

Not the New England Variety.
"Oh, they're real swell people," said
the Chicago man. "An old 'Mayflower'
family," I believe."
"You mean their ancestors came over
in the Mayflower?" asked the visitor
from the east.
"Oh, no, I mean they made their
money in 'Mayflower Hams.' Oldest
brand o' hams in this section."—Cath-
olic Standard and Times

THE HOUSEHOLD

Orange Marmalade.
Do not peel the oranges, but slice
two dozen of them and take out the
seeds. Slice and seed two large un-
peeled lemons. Do this work with a
sharp knife, as the slices must be very
thin. Save all the juice and measure it,
adding enough water to make three
quarts of liquid. Put fruit and liquid
into a stone crock, cover and set in the
cellar all night. In the morning turn
into a preserving kettle and bring
slowly to a gentle boil. Simmer until
the fruit-juice is very tender. Now allow
a pound of sugar for each pint of
liquid and add this to the fruit. Boil
again until the rind looks clear and is
very tender. Take from the fire and
when cool turn into jelly glasses.

Corn Pudding.
Drain the liquor from a can of corn,
chop the corn very fine, add to it a
quart of salted water and simmer at
the side of the range for an hour. Rub
through a colander, return to the fire,
add a teaspoonful of sugar and when
this melts stir in a tablespoonful of
butter rubbed to a paste with a table-
spoonful of flour. Stir until smooth,
then add slowly to a pint of scalding
milk into which a pinch of baking soda
has been stirred. When near the boiling
point remove from the fire and pour
gradually, beating all the time, upon
two well-whipped eggs. Season and
serve immediately.

Souffle Potatoes.
The cook who will not take great
care in her preparation of souffle pota-
toes should not undertake to make
them. Pare and slice raw potatoes
very thin over a bowl of ice-cold water,
so that the slices will drop into the
water before they have time to discolor.
After all are cut, drain and dry in a
towel. Fry in deep hot lard, skim
out, lay in a colander for half a minute,
drop again into hot fat, when the
slices will swell or puff up; skim out
and serve hot.

Chocolate eclairs.
Melt a half pound of butter in a pint
of boiling water and stir in gradually
three-quarters of a pound of flour. Stir
until the flour ceases to stick to the
sides of the pan. Take from the fire
and when cool whip in one at a time
eight eggs, well beaten. Set on the ice
for an hour, then pour into greased
eclair tins and bake to a golden brown.
When cold cut a slit in the side of each
puff and fill with a cream filling. Ice
the top of the eclairs with chocolate
icing.

Baked Spaghetti.
Boil a half package of spaghetti for
half an hour in salted water. When
tender and well done, drain; put in a
buttered baking dish a layer of spaghetti,
sprinkle with dried bread crumbs,
cheese, grated, and bits of butter, put
in more spaghetti, and proceed like
this until the dish is full, having the
top layer of crumbs. Pour in enough
milk to fill all interstices, and bake to
a good brown.

Celery and Nut Salad.
Shell and blanch a cupful of English
walnut meats and set in a cold place
until dry and crisp. Cut into bits of
uniform size enough crisp celery to
make a cupful. Mix the celery and nut
meats together and stir into them
enough mayonnaise to moisten well.
Put into a chilled bowl lined with let-
tuce leaves, pour mayonnaise dressing
over it and set in the icebox until
wanted.

Frosting for Cake.
Excellent frosting for cake is made
with milk instead of eggs. Allow four
tablespoonfuls of milk to a cupful of
sugar, and cook until the strup spins a
thread or forms a soft ball between
the fingers when dropped in cold water.
Then beat the strup until it is thick and
white. Maple sugar is delicious used
in this way, or chocolate may be used,
with granulated or light brown sugar.

Vegetarian Mince Pie.
Wash, core and chop twelve apples,
add one cup of water, a little cinnamon
and nutmeg, grated rind of a lemon,
one cup of sweet elder, one cup of
sugar, butter size of an egg, one cup of
seeded raisins; cook till tender, let it
cool, then fill the pies and bake till the
crust is brown.

Corn Sponge Cake.
Sift together two cups of corn meal,
one cup of flour and one level teaspoon
each of salt and soda. Beat three eggs
with one level tablespoon of sugar;
add the egg mixture to the flour; pour
in two cups of sour milk and mix well.
Bake in one loaf.

Thin Sugar Cookies.
Mix four, slightly rounding table-
spoons of sugar with three table-
spoons of melted butter, two table-
spoons of milk, one egg, two level tea-
spoons of baking powder and flour enough to
roll out very thin. Cut in shape and bake.

Rheumatism

Is one of the constitutional diseases. It
manifests itself in local aches and pains,—
inflamed joints and stiff muscles,—but it
cannot be cured by local applications.

It requires constitutional treatment, and
the best is a course of the great blood puri-
fying and tonic medicine

Hood's Sarsaparilla
which neutralizes the acidity of the blood
and builds up the whole system.
In usual liquid form or in chocolate
tablets known as Sarsatabs, 100 doses \$1.

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Louisville, Colorado. Specimens please: Acid,
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Copper, etc. Cyanide tests. Making envelopes and
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trated Bank.

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BERKSHIRE SWINE, (Registered)
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In the Upper Snake Valley, Idaho, where
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sects will eat the cotton, which is a hard
valley in the world. Please, if possible, also visit
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ens to New York state pure-bred country of vast re-
sources. Ashton started Jan. 1, 1906, a second
brother. Write for part catalog.
C. C. MOORE REAL ESTATE COMPANY
St. Anthony and Ashton, Idaho.

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mention this paper.**



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