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er's SANSAPARILLA.

Vaccum and Insulation.

The remarkable hest-insulating effects of a vacuum is strikingly brought out in the claims made for a new sportsmen's bottle. The vessel has doubla walls, being really one bottle with-In another, with a scaled-up intervening space from which the air has been withdrawn. It is asserted that liquids in this bottle can be kept hot fortyeight hours in the coldest weather, and that leed beverages will retain their delicious coolness for weeks in the hottest summer.

Charged Up to Illim.

The proprietor of the celebrated mountain inn was showing the new guest the beautiful surroundings.

"Ah, these cliffs?" said the proprietor, rapturously, "In an electrical storm they are awe-inspiring. The next time a storm rises see that you are standing on the porch of the inn. Why, air, the air is always heavily charged."

"I don't doubt it," laughed the new guest, winking at another late arrival, "and if I don't happen to be standing on the porch I can feel assured that it will be heavily charged anyway-on my bill."

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Attachment for Pans.

So many housewives bave suffered burned fingers while examining the contents of a holling pot that it is



small wonder they are anxious to procure some utensil which would obviate this disagreeable feature of housekeeping. An Onlo Inventor seems to have attained the coveted ptensil in the very simple attachment

LEVER LIFTS COVER. shown in the Illustration. As here shown the cooking pot is provided with a handle of more than the average length. In connection with the handle, in close reach of the user's hand is a small lever. By grasping the latter and forcing it down a connecting rod raises the lid of the pot, the lid being hinged to the edge of the post close to the handle. There is absolutely no danger of hurning the fingers or hand. Another advantage is the fact that any liquid in the pot can also be drained off culckly and with

A Simple Steamed Pudding.

Bift together one cup of entire wheat four, half a cup of white flour, half a teaspoonful of salt, one teaspoonful of sods, one teaspoonful of clunamon, mace and cloves mixed together. Beat one egg. Add half a cup each of molasses and milk and stir into the dry lagredients. Stir in four tablespoonfuls of melted butter and three-fourths of a cup of fruit (currents, sultana raisins, citron, candled peel, chopped figs, dates or prunes), either a variety or a combluntlon of two or more. Steam two and one-balf hours. Serve with hard sauce. The dry ingredients might be sifted into a mixing bowl and the fruit gotten ready beforehand, but the liquid should not be added until time of cook-

Marble Spice Cake.

Cream three-quarters of a cup of butter with two cups of sugar, then divide into equal parts. Into one part put the beaten yolks of four eggs and the stiffened whites into the other half. Into the light part stir three-quarters of a cup of sweet milk and two small cups of flour sifted with a teaspoonful of baking powder. Into the dark part put a teaspoonful of allspice, one-half teaspoonful each of ginger, cloves and nutmeg, one teaspoonful of cinnamon and a teaspoonful of vanilla extract. Stir the two parts lightly together, not enough to blend them, but just enough to give the batter a "marbled" effect. Bake in a loaf tin,

Seasoning Apple Ples.

For the average sized ple take threequarters cup of sugar, a pinch of salt, for apples are always tuproved by sait, two level tablespoonfuls of flour to absorb the juice, and one-half level teaspoonful of cinnamon. Mix all the seasoning together, then sprinkle a part to hug their delusions."-Baltimore of it over the under crust before put- American. ting in any of the apple. Put the ap-In three layers, with seasoning be tween; then moisten in the edges of the crust and press together well. Now cut several g. = 1 gashes in the top crust, for the steam to escape; the Juice will be taken up by the flour and none of the pie will be lost.

Cabbage and Pepper Saind.

Use a crisp, tender white cabbage: remove the wilted leaves, divide into quarters and cut off most of the core. Let stand in cold, salted water for one bour. Drain and alice as fine as possible. Drain it well and pour over a sour cream dressing. Mix two tablespoonfuls of lemon Junce with one cup of sour cream, add a saltspoon of salt and two tablespoons of sweet green peppers minced fine. This dressing may be used on sliced tomatoes or cu-

Plog-Pong Balls.

Two teaspoonfuls melted butter, one cup of sugar, two eggs, two and onehalf cups rolled outs, one teaspoonful baking powder, a plach of salt and me teaspoonful of vanitla. Cream the butter and sugar, beat eggs and add vanilla and salt and mix all together; then add rolled oats and baking powder. Stir well and drop by spoonful into pan, pinching up into shape with fingers. Bake ten minutes lu quite a hot oven. Do not brown too much,

An easy way to clean knives is to use small piece of old Brussels carpet, sprinkled well with either bath brick or emery powder and slightly moistened with menthylated spirit. Double over and rub the knives backward and forward, using the left hand to steady the carpet.

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College Days.

There was once a Yale sophomore who, as many college men do, found bimself in financial straits and pawned all his good clothes. A little before Thanksgiving be got a big check from

When he got home for the holldays the first thing his mother took out of the trunk was an overcoat and on it was pinned the pawnbroker's ticket be had forgotten to remove.

Hastily grabbing the ticket, he said: "Hello! They must have forgotten to take this off at the Smith dance when I jeft it in the cloakroom."

A moment later his mother took out his evening trousers. They also had a ticket on them,

"Why, Reginald," she said, "surely you didn't leave these in the cloak room, too, did you?'-Lippincott's.

FITS St. Vitus' bance and all Nervous Diseases permanently cured by Dr. Kline's Oreal Nervous Restorer, need for FRUE Striat bottle and treatmen Dr. H. H. Kline, id., 201 arch St., Phila, Fa

The London Graphic suggests that the British educational authorities set up phonographs, with a "standard accent" in all the schools of the empire.

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

"King Edward the Shrewd" or "the Wise" is, according to a Paris correspondent, the title a near posterity will give to England's ruler.

No Answer Required. Tommy-Paw !

Mr. Tucker-What's the trouble now, my son?

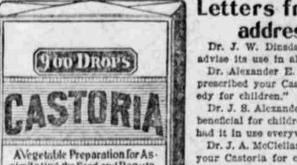
Tommy-Why is it that the magazines don't make their readin' matter as interesting as they do their adv'tising pages?

Seif-Made Theories.

"It is the nature of women to be a delusion to men," growled the old cynic, "Yes," merrily replied the young enthusiast, "and it is the nature of men

Don't Poison Baby.

CORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CON-TAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.



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

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children." Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently

prescribed your Castoria and have found it a reliable and pleasant rem-Dr. J. S. Alexander, of Cmaha, Neb., says: "A medicine so valuable and

beneficial for children as your Castoria is, deserves the highest praise. had it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Casteria for children and always got good results. In fact I use Castoria for my own children."

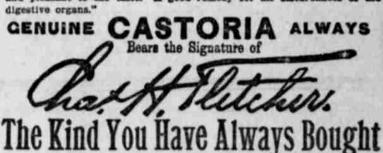
Dr. J. W. Allen, of St. Louis, Mo., says: "I heartly endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it." Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a prac-

titioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boarman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants

Dr. J. J. Mackey, of Brooklyn, N. T., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."



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Irrepressible.

"He would joke at the grave's brink."

"What causes you to believe that?" "Why, he is a boarder and he jokes sbout prunes."-Houston Post.

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"By letting them merely help. I really do the work, you know."

The Practical Result. "The Spendits are certainly a very extravagant couple. What is their in

come?" "They haven't any. It's all outgo."-Baltimore American.

With Apologies.

"Where are you going, my pretty maid?" "I'm going a-skuting, kind sir," she said." "May I skate with you, my pretty maid?" "You're too high a roller, kind sir," she said.

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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 cruption 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 the acid in the blood dries up the natural cits 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 I suffered with Resema for forty form of pimples and black heads, while years and could find nothing to Psoriasis comes in scaly patches on difference me until I tried S. S. S. I ent parts of the body. One of the worst suffered intensely with the item forms of skin trouble is Salt Rheum;

I suffered with Hozema for forty years and could find not hing 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 of the skin was left as raw as a plece 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, Hob.

PURELY VEGETABE

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 discased, 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.

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