

Yes. 100,000 times each day. Does it send out good blood or bad blood ? You know, for good blood is good health; bad blood, bad health. And you know precisely what to take for bad blood-Ayer's Sarsaparilla. Doctors have endorsed it for 60 years.

One frequent cause of had blood is a sluggish The rest of the produces construction. Presenting between are these absorbed into the blood tend of being removed from the body dail matrice bisented. Keep the burels open the Ayer's Pills, hver pills. All vegetable,



#### Ready for Him.

Last summer a well-known professor with his family went to a small seaside resort on the New Jersey coast and boarded with a farmer. This year he wrote to the farmer, and in his letter he said; "There are several matters I should like changed if I board at your house again. We do not like your servant Jane and we think a pigsty so near the house is not annitary.

The farmer replied, "Jane is went and we ain't had no hogs since you went last August."

#### A Cantas Secret.

"You can always tell the people who are unhappy from the look of their faces," said the tired woman, "but if you look or ; into the court of a morning you never can tell which dog it is that has cried all night and kept you awake."-New York Press.

#### Possible Explanation.

Traveler-Why is it that Manila, under American occupation, is cleaner and more wholesome than many of your American cities-New York, for example? Native-Uncle Sam has thoroughly as

similated Manila. He hasn't assimilated New York yet.

#### Nome Good In It.

"Gracious," exclaimed the first country boarder, "see how muddy that water is the cows are drinking. Why, it is postively thick."

"Yes," replied the other, "perhaps the milk won't be so thin for a couple of days now."-Philadelphia Press.





Detachable Handle, Every housewife is confronted with the problem of what to do with cups on which the handles have been brok

n. She dislikes to liscard them entirely, yet they are undestrable and un sightly. A very simde means of mending such partly broken crockery has been invented by a Washington man.

It consists of a detuchable bandle CLAMPS ON CUP. that can be clamped

on any place of crockery desired. The handle is composed of a spring band, which is attached to the clamp. The latter is slipped over the edge of the cup and the clamp fastened. When the cup is finally broken beyond repair, the clamp can be readily removed and attached to another having a broken handle. A hulf-dozen of these detachable handles would be a welcome addi tion to every household, being used as required.

#### Pickled Watermelon Hind.

Remove thick paring from watermelon rind and cut out all of the pink portion; then cut in pieces of uniform size, cook in bolling water to cover until soft and drain. There should be seven pounds of rind. Put in a preserving kettle, add three cupfuls of vinegar, 314 pounds of brown sugar, one onnce of stick chnamon broken in pieces and half an ounce of whole cloves. Bring slowly to the bolling point, let simmer two and one-half hours, pack in jars, add the strup to fill the jars to overflowing and adjust the covers .--- Woman's Home Compan-

#### Tomato Teast.

ton.

Cut the crusts from a loaf of bread and slice. Tonst it lightly, and as each slice is tonsted dip it in boiling milk salted. Put in layers in a pudding dish, sprinkling each layer with salt and bits of butter and pouring over it four or five spoonfuls of well-seasoned tomato sauce. When the dish is full of the toast pour over and around it an abundance of tomato sauce, cover and set to the oven for ten minutes o until steaming bot all through

#### As to Iced Tes.

Every time you sit down to the table this hot weather there is more or less discussion upon the subject of iced tes, unless all are agreed that it is the only drink for summer. The fact is that it ts purely a personal matter, and while some thrive on leed tea, it is as so much polson to others. It should not be forced upon those who prefer some thing warm in the stomach, although hot water might serve the same pur-DOM:

#### Baked Apples.

Peel and core tart, juley apples. Arrange in a baking pan and fill the holes left by the cores with a little chopped apple mixed with a few chopped raisins and flavored with lemon juice and abundantly sweetened. Pour a halfcup of sweetened water about the apples and bake for forty minutes in a good oven. Eat cold with cream and sugar or with the sauce from around them.

#### Humors All

are impure matters which the skin, liver. kidneys and other organs cannot take care of without help. Pimples, boils, eczems and other erup-

tions, loss of appetite, that tired feeling. billous turns, fits of indigestion, dull headaches and many other troubles are due to them. They are removed by

### Hood's Sarsaparilla

In usual liquid form or in chocolated tabletsknown as Saraataba. 100 doses \$1.

#### Next.

"Btep up and take your medicine!" "Twas Uncle Sam that spoke it. And now the tobacco trust will please Put that in its pipe and smoke it.

#### Mothers will find Mrs. Winslow's Southin Syrup the best remedy to use for their childre during the teething period. othins

#### Choice of 'ferma.

"Is Mr. Bliggins a good golf player?" "No," answered Miss Cheyenne, " happened to be sufficiently near to hear language when he made a bad stroke kle. He may be an expert player, but he is not a good one."-Washington Star.

FITS R. Vites' Dance and all Nervius Diseases for the second property of the State of the State in the State of the State State of the State of the State institute Dr. M. H. Kitne, id., 981 arch St., Phila., Pa

#### Its Outer Approach.

"The way to a man's heart is through his stomach

"Yes, my dear, but his teeth have some thing to do with it. A girl friend of mine lost a promising young man by giv-..... ing him a cut of chorry ple of her own making. She had left the seeds in it."

#### Shake Into Your Shoes

Allen's Fost Fast A powder. It makes tight or new shoes fost easy. It is a certain cure for wearing, callous shut hot, thred, sching feet. Sold by all Druggiess. Fries Zie. Trial park-age mailed FRSE. Address Allen S. Climsted, Lelloy, New York.

#### Privileged.

Japan was asked if it considered the presence of American craft in the Pacific bj-ctionable.

"Not altogether," it responded, pleas antly ; "we accord you freedom to run all the boats necessary between San Fran-cisco and Oakland."

With a grateful heart Uncle Sam realised that the threatened trouble was no to eventuate.-Philadelphia edger.

# Habitual

Constipation May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial taxative remedy. Surupide is and Divir of Denna which enables one to form regular habits dially so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the notur al functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. Toget its beneficial effects, always

buy the genuine Syrup Figs Eliver Senna

CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS



#### FOOD FOR CAMPERS.

Provisions Which Will Be Found Suitable for Outings.

The inexperienced camper is always perplexed as to what to carry in the way of food applies, says the New York Tribune. It is all-important that those selected should not only be able to bear transportation well but should possess some keeping qualities and be of an appetizing nature. Preserves and similar articles which must be carried in glass jars are not to be recommended except in small quantities owing to the extreme care needed in packing and the danger of breakage. Cucumber and similar pickles are for this reason preferable to chow-chow, and liquid catchups. Fresh, thickskinned fruits, such as bananas, oranges and figs, are better than preserves or the more perishable fruits. In the way of drinks, raspberry shrub is superior to root beer and such beverages, because it is made in concentrated form and a few quart bottles will go a long way, as only a table spoonful or so is used to every glass of ice water. Lemonade, of course, can be made whenever needed if lemons are carried. Sweet chocolates, raising and nuts are always desirable additions to the outfit. Baked beans and cabbage saind are familiar old standbys, because they will keep rather well and can be packed in jugs. An onlos buried in a dish of beans before bak-

improve them If the cabbage for salad is put through a ment chopper the chopping will be hastened and the salad improved.

ing is thought by some housewives to

A boiled ham will have a more savory flavor if, after boiling, it is sprinkled with bread crumbs and a tablespoonful or two of sugar, according to the size of the ham, and baked twenty minutes. Care should be taken to boil it or, more correctly, simmer it long enough, at least five or six hours, according to size, adding to the water a few spoonfuls of molasses. If the ham is quite salty it should be soaked fully twenty-four hours before cook-

Potted meats are always welcome when one is camping. When chicken is potted a cup of minced ham is sometimes added to enhance the flavor-one cup to every quart of chicken. Veal and tongue are often put up together, half and half, in layers. Veal and ham may be used in the same way.

#### Father of the Indian Army.

In regard to a recently proposed memorial to Lord Clive, the popular hero of India, it has been suggested that justice should be done by recalling the services of Clive's great predecessor, Gen. Stringer Lawrence, who by his herole campaign against the French in the East, became the real founder of English supremacy in India. Lawrence had no brilliant essayist to publish his deeds, as Clive had in Macaulay. A monument to the great soldier stands in Westminster, but his service to his country is almost forgot-

ten. When General Lawrence, then a major, was sent to India in 1748, he found the army at his command to consist of a few companies of British soldiers and a small force of natives, hastily recruited and armed with old matchlocks. With this inadequate material as a nucleus, he built an army which performed the splendid victories by which England became undisputed mistress of India.

The most brilliant and decisi

# OLD SORES FED AND KEPT OPEN BY IMPURITIES IN THE BLOOD

Whenever a sore refuses to heal it is because the blood is not pure and Whenever a sore refuses to heat it is because the blood is not pure and healthy, as it should be, but is infected with poisonous germs or some old blood taint which has corrupted and polluted the circulation. Those most usually afflicted with old sores are persons who have reached or passed mid-dle life. The vitality of the blood and strength of the system have naturally begun to decline, and the poisonous germs which have accumulated because of a sluggish and inactive condition of the system, or some hereditary taint which has hitherto been held in check, now force an outlet on the face, arms, legs or other part of the body. The place grows red and angry, festers and eats into the surrounding tissue until it becomes a chronic and stubborn ulser, fed and kept open by the impurities with which the blood is saturated. Nothing is more trying and disagreeable than a stubborn, non-healing sore, The very fact that it resists ordinary remedies and treatments is good reason for suspicion; the same germ-producing cancerous ulcers is back of every old sore, and especially is this true if the trouble is an inherited one. Washes, salves, nor indeed anything else, applied directly to the sore, can do any permanent good ; neither will remov-ing the sore with caustic plasters or the

I was sflicted with a sore on my face of four years' standing. It was a small pimple at first but its gradually grew larger and worso in every way until I became alarmed shout it and consulted several physicians. They all treated me but the sore continued alarmed about it and consulted several physicians. They all treated me but the sore continued to grow worse. I saw S. S. S. ad-vertised and commenced its use and siter taking it a while I was completely cured. My blood is now pure and healthy from the effect of S. S. S., and there has not been any sign of the sore since S. S. S. cured it. THOS. OWEN. West Union, Ohio.



taken away another sore would come, be-cause the trouble is in the blood, and the BLOOD GANNOT BE CUT AWAY. The cure must come by a thorough cleans-ing of the blood. In S. S. S. will be found a remedy for sores and ulcers of every kind. It is an unequalled blood purifier—one that goes directly into the circulation and promptly cleanses it of all poisons and taints. It gets down to the very bottom of the trouble and forces out every trace of impurity and makes a complete and lasting cure. S. S. S. changes the quality of the blood so that instead of feeding the diseased parts with impurities, it nourishes the irritated, inflamed flesh with healthy blood.

surgeon's knife make a lasting cure.

every particle of the diseased flesh were

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Then the sore begins to heal, new flesh is formed, all pain and inflammation leaves, the place scabs over, and when S. S. S. has purified the blood the sore is permanently cured. S. S. S. is for sale at all first class drug stores. Write for our special book on sores and ulcers and any other medical advice you desire. We make no charge for the book or advice.

#### THE SWIFT SPECIFIC CO., ATLANTA, GA.

Sirteen cents a way is now good pay Sir Thomas Lipton has invaded Paria for unskilled labor in Japan. Ten years He has opened a store in the Place de Sir Thomas Lipton has invaded Paris. ago it was 6 cents. l'Opera.



The Kind You Have Always Bought has borne the signa-ture of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children-Experience against Experiment.

Mat is CASTORIA Castoria is a harmless substitute for Castor Oil, Pare-goric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic, It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.



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## IRRIGATED LAND IN WASHINGTON

The Wenatchee Valley Irrigated Ap-ple Orchards are paying \$500 to \$1500 per acre this year. Cascade Orchards, one mile from Leavenworth, is now on sale. Get particulars free from H. C. Peters, 622 Alaska Bidg., Seattle



A. P. ARMSTRONG, LL. B., PRINCIPAL Quality is our motto. We educate for success, and send each student to a position when compotent-many more calls for help than we can meet. Individual instruction insures rapid progress. All modern methods of bookkeeping are taught; also rapid calculations, correspondence, commercial law, office work, etc. Chartler is our shorthand-easy, rapid, legible. Beautiful entalogue, business forms and penmanship free.

#### A Mexican Stew.

Stow the desired meat, adding sait to taste. When this is done, set at the side of the stove. Tonst red peppers over the hot coals until the outer skin can be readily removed. Mince the peppers fine, and add them to the gravy of the meat. Boll for a few minutes. thicken with a little flour and serve. Stowed tomatoes may also be added, if liked.

#### Cabbage Pasticeinto.

Wash a cabbage, cut it up and boil in an earthen pot. Put a little white wine vinegar in a saucepan, bring it to the boll, add, gradually, two well-beaten eggs, three-quarters of a pint of clotted cream, and a little butter. Mix well, and, while bolling, add salt and pepper, and pour over the cabbage Serve cold.

#### Dream Cakes.

Slice thin layers of bread cut into small squares. Place a layer of Swiss cheese between squares of bread after sprinkling a little salt and red popper on cheese. Have a little melted butter in chafing dish, and toast the sandwiches a golden brown. Serve with black coffee.

#### Flavoring the Cakes.

Put an orange or a lemon in the jar or box with your newly made sweet cakes or cookles and you will find it will give them a delicate and delicious flavor. Dried orange or lemon peel will do the same.

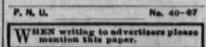


made a life study of the and herbs, and in that by discovered and is giv-to the world his wonder-remediae. 

No Mercury, Poisons or Drugs Used He Cures Without Operatian, or Without the Aid of a Knift Ho guarantees to Oper Catarra, Asthina, Lung Ho guarden and the to Lost Ma

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Lawrence's triumphs was that of Golden Rock. The Freuch, advancing on Trichinopoli, determined to drive the English, who held the Rock, into the city. The Rock was defended by a weak force of sepoys. Lawrence's army was on the plain.

The French made an assault and captured the Rock. Lawrence, with a hastily collected force of not quite a thousand of English and sepay men, stood little apparent chance against a vastly superior force of a triumphant onemy. He hesitated but a moment, however.

"It is better to die advancing than retreating," he declared.

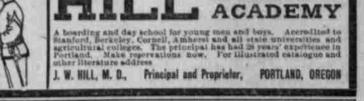
The attack on the Rock was made with such vigor and impetuosity that the astonished and bewildered French were driven out in panic at the very moment they were exulting over victory. A British officer says of this feat of arms:

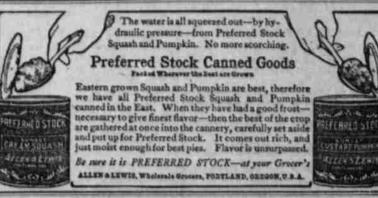
"Nothing finer was ever performed in any part of the world than this as sault, by a handful of grenadlers, upon Golden Rock, held by the enemy who had just captured it, and whose army was formed at the base. It was one of those deeds of heroism which deserve to be recorded in the archives of national history, never to be suffered, as in this case, to fall into oblivion."

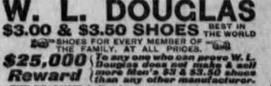
#### Still Another Theory.

"Father," said little Rollo, "what is evolution?"

"Evolution, my son, is a sort of apology which man has invented for displaying so many of the traits of the lower animals."-Washington Star.







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