

Does Your Heart Beat

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 bad blood is sluggish liver. This produces constipation. Pungent substances are then absorbed into the blood, instead of being removed from the body daily as nature intended. Keep the bowels open with Ayer's Pills, liver pills. All vegetable.

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Ayer's
HAIR VIGOR,
AUGER CURE,
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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 sanitary." The farmer replied, "Jane is west and we ain't had no hogs since you went last August."

A Canine Secret.
"You can always tell the people who are unhappy from the look of their faces," said the tired woman, "but if you look over 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 our American cities—New York, for example?
Native—Uncle Sam has thoroughly assimilated Manila. He hasn't assimilated New York yet.

Some Good In It.
"Gracious," exclaimed the first country boarder, "see how muddy that water is the cows are drinking. Why, it is positively thick."
"Yes," replied the other, "perhaps the milk won't be so thin for a couple of days now."—Philadelphia Press.

Mica Axle Grease

lengthens the life of the wagon—saves horsepower, time and temper. Best lubricant in the world—contains powdered mica which forms a smooth, hard coating on axle, and reduces friction.

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IRRIGATED LAND IN WASHINGTON
The Wenatchee Valley Irrigated Apple 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 Bldg., Seattle

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HOUSEHOLD TALKS

Detachable Handle.
Every housewife is confronted with the problem of what to do with cups on which the handles have been broken. She dislikes to discard them entirely, yet they are undesirable and unsightly. A very simple means of mending such partly broken crockery has been invented by a Washington man. It consists of a detachable handle that can be clamped on any piece 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 half-dozen of these detachable handles would be a welcome addition to every household, being used as required.

Pickled Watermelon Rind.
Remove thick rind from watermelon rind and cut out all of the pink portion; then cut in pieces of uniform size, cook in boiling water to cover until soft and drain. There should be seven pounds of rind. Put in a preserving kettle, add three cupsful of vinegar, 3 1/2 pounds of brown sugar, one ounce of stick cinnamon broken in pieces and half an ounce of whole cloves. Bring slowly to the boiling point, let simmer two and one-half hours, pack in jars, add the syrup to fill the jars to overflowing and adjust the covers.—Woman's Home Companion.

Tomato Toast.
Cut the crusts from a loaf of bread and slice. Toast it lightly, and as each slice is toasted 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 in the oven for ten minutes or until steaming hot all through.

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

Baked Apples.
Peel and core tart, juicy 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 half-cup 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.

A Mexican Stew.
Stew the desired meat, adding salt to taste. When this is done, set at the side of the stove. Toast 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. Boil for a few minutes, thicken with a little flour and serve. Stewed tomatoes may also be added, if liked.

Cabbage Pasticcio.
Wash a cabbage, cut it up and boil in a earthen pot. Put a little white wine vinegar in a saucepan, bring it to the boil, add, gradually, two well-beaten eggs, three-quarters of a pint of clotted cream, and a little butter. Mix well, and, while boiling, 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 pepper 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 cookies and you will find it will give them a delicate and delicious flavor. Dried orange or lemon peel will do the same.

All Humors

Are impure matters which the skin, liver, kidneys and other organs cannot take care of without help.
Pimples, boils, eczema and other eruptions, loss of appetite, that tired feeling, bilious 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 chocolate tablets known as Sarsatabs. 100 doses \$1.

Next.
"Step up and take your medicine!" "Was Uncle Sam that spoke it. And now the tobacco trust will please put that in its pipe and smoke it."
Mothers will find Mrs. Weston's Soothing Syrup the best remedy to use for their children during the teething period.

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

Its Outer Approach.
"The way to a man's heart is through his stomach."
"Yes, my dear, but his teeth have something to do with it. A girl friend of mine once lost a promising young man by giving him a cut of cherry pie of her own making. She had left the seeds in it."
Shake into Your Shoes
Allen's Foot-Powder. A powder. It makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Sold by all Druggists. Price 25c. Trial packages mailed FREE. Address Allen S. Gilman, 123 Broadway, New York.

Privileged.
Japan was asked if it considered the presence of American craft in the Pacific objectionable.
"Not altogether," it responded, pleasantly; "we accord you freedom to run all the boats necessary between San Francisco and Oakland."
With a grateful heart Uncle Sam realized that the threatened trouble was not so eventful.—Philadelphia Ledger.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily 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 natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per Bottle.

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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 supplies, 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, thick-skinned fruits, such as bananas, oranges and figs, are better than preserves of 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, raisins and nuts are always desirable additions to the outfit. Baked beans and cabbage salad are familiar old stand-bys, because they will keep rather well and can be packed in jugs. An onion buried in a dish of beans before baking is thought by some housewives to improve them.

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

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 cooking.

Potted meats are always welcome when one is camping. When chicken is added a cup of minced ham is sometimes potted 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 heroic 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 forgotten.

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 decisive of Lawrence's triumphs was that of Golden Rock. The French, advancing on Trichinopoly, determined to drive the English, who held the Rock, to the city. The Rock was defended by a weak force of sepoy. 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 sepoy men, stood little apparent chance against a vastly superior force of a triumphant enemy. 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 assault by a handful of grenadiers, 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.

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 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 middle 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 ulcer, 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 removing the sore with caustic plasters or surgeon's knife make a lasting cure. If every particle of the diseased flesh were taken away another sore would come, because the trouble is in the blood, and the BLOOD CANNOT BE CUT AWAY. The cure must come by a thorough cleansing 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.

I was afflicted with a sore on my face of four years' standing. It was a small pimple at first but it gradually grew larger and worse in every way until I became alarmed about it and consulted several physicians. They all treated me but the sore continued to grow worse. I saw S. S. S. advertised and commenced its use and after 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.

S. S. S.

PURELY VEGETABLE
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.
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