# RHEUMATISM ROBS LIFE of PLEASURE

Rheumatism does more than any other disease to rob life of pleasure and comfort. It is so painful and far-reaching in its effects on the system that those afflicted with it find themselves utterly unable to enjoy bodily comfort or any of the pleasures of life. Some are bound hand and foot and suffer constantly with excruciating pains, swollen, stiff joints and muscles, and often distorted, crooked limbs, while others have intervals of freedom, during which they live in constant fear and dread of the next attack, when, at the least exposure to damp weather, or slight irregularity of any kind, the disease will return.

I had been troubled with Rheumatism for two years, had been under the treatment of physicians and tried everything recommended to me, but all to no avail. My knee and elbow joints were so stiff that I could not use them. I was unable to do my household work, and was truly in a pitiable condition. S. S. S. cured me after using it for awhile, and I unhesitatingly give it the credit it so much deserves.
Sta. A., E. Liverpool, O. MRS. M. A. DECKER.

The cause of Rheumatism is a sour, acid condition of the blood, produced by food lying undigested in the stomach, poor bowel action, weak kidneys and a general sluggish condition of the system. External applications, such as liniments, oils, plasters, etc., do not reach the cause and can only give temporary relief. The blood must be cleansed and purified before a cure can be had. S. S. S. attacks the disease in the right way—it neutralizes the poison and filters out every particle of it from the blood, stimulates the sluggish organs and clears the system of all foreign matter. It cures the disease permanently and safely because it contains no harmful minerals to derange the stomach and digestion. Book on Rheumatism and any advice you wish, without charge.

**SSS**

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


## FUN WITH SHADOW VERBS.

**An Amusing Game for the Entertainment of Children.**

To play the game of shadow verbs a white sheet is fastened tightly across a doorway and a large lamp set behind it, says the Detroit Free Press. The children separate into two parties, one outside the sheet, while the others remain seated, facing the suspended sheet. The outside party chooses a verb, which the others are to guess and perform.

When their decision is made they call to the leader of the inside party and say: "The verb we have chosen rhymes with 'rake,'" or whatever it may rhyme with. The leader then joins her followers and consults with them what the first guess shall be. Bake would rhyme with rake, and if it is decided to act thus, several of the party step before the lamp, which casts their shadows on the sheet, and, without speaking, go through the motions making and baking bread. If the guess is right—that is, "to bake" was the verb chosen—the spectators clap their hands. If wrong, they cry, "No, no!"

When they hear the "No, no!" the actors retire and arrange what to do next. Make, quake, take, wake, are all acted in turn until the clap of approval announces that they have been successful in guessing the verb. Then the actors take the steps vacated by the spectators, who in their turn become shadows and act the verbs chosen by the other party.

The names of British celebrities are being given by the London county council to municipal steamboats plying on the Thames. Thirty have been so named, Shakspeare, Marlowe, Pepys, Fitz Allwin (first mayor of London), Carlyle, and Caxton being among those remembered. This was the idea of John Burns, the labor member of Parliament, and it has met with general approval from press and public.

If you were to ride a donkey what fruit would you resemble? Ans.—A pair.

**The Aesthetic Young Man.**

He was an aesthetic young man from the city. The floor manager introduced him to a divine young creature in blue, and they stood in the set waiting for the prompter's call.

"What a charming assembly," remarked the young man from the city, gazing around upon the array of beautiful faces and costumes. "There is something so captivating, so etherealizing, in these gatherings of culture and refinement, that I am always charmed when I can mingle with such a joyous throng. Do you not pronounce this a fashionable and intellectual soiree—a superior gathering of beauty and gentility?"

"It's the boss," replied the gentle creature in blue, as she arranged the fastening of a neat little glove.

The young man from the city had to be assisted out of the hall.

**Dog-Matic.**

The young person who stood before a picture of the head of a Spanish lady at the London Art Club exhibition read the number slowly, "One hundred and ninety-one"—and Punch overheard the rest.

"One hundred and ninety-one," she repeated, then referred to her catalogue. "'Tete Espagnole,' or however you pronounce it, what's that?"

"Why, spaniel's head, of course," explained her companion, with the assurance of a man who hoped he knew enough of French for that. "Must be numbered wrong."

**No Hurry About It.**

The Sunday school class had just finished singing "I Want to Be an Angel, and with the Angels Stand." The teacher, observing that one little fellow had not contributed his voice to help swell the sacred refrain, said: "Johnny, don't you want to be an angel?"

"Yes, ma'am," answered Johnny, "but not just now. I'd rather be a baseball pitcher a good deal first."

A fickle memory is bad; a fickle course of conduct is worse; but a fickle heart and purposes, worst of all.—C. Simmons.

**Mock Turtle Soup.**

Stew a shank of veal weighing five to six pounds in a large earthen jar, with two cow heels, two onions stuck with one clove each, one bunch of herbs, three blades of mace, a few peppercorns, a little salt and a glass of sherry, for about six hours in four quarts of water. Allow this to cool in the jar, and when quite cold remove the fat from the top, strain the soup, cut the meat into small squares, and put all back except the onions and herbs into a stewpan, with about eighteen small forcemeat balls and the juice of a lemon. If liked, a little mushroom catsup may be added.

**Stewed Beef Kidney.**

Cut some nice fresh beef kidney into small slices, avoiding the white part or root, which is tough and indigestible; then put one-quarter pound of butter into a stewpan upon the fire, and, when very hot, but not brown, put in the pieces of kidney, stirring them round with a wooden spoon three minutes over a brisk fire; then add, for each half-pound of kidney, half a tablespoonful of flour, a saltspoonful of salt, and pepper to taste; stir in a gill of water; let simmer for five minutes and serve.

**Nice Supper Dish.**

Three hard-boiled eggs, one tablespoonful of cream, one dessertspoonful of Worcester sauce, one dessertspoonful of vinegar, one dessertspoonful of anchovy sauce, salt and pepper to taste, six slices beetroot. Cut the eggs carefully in half; pound the yolks, add the cream. Mix all the other ingredients together and fill the half-cups of eggs. Place each on a slice of beetroot and garnish with curled leaves of lettuce or endive.

**Canned Peas.**

Shell the peas and lay in cold salted water for fifteen minutes. Drain and put on the fire in salted water and boil until tender, but not broken. Drain carefully, returning the liquid to the fire. Pack the peas in heated fruit jars, being sure that the tops and rubbers are in good condition. Bring the liquid to a hard boil, fill the cans to overflowing with this and seal immediately. String beans can be put up in the same way.

**Prune Pudding.**

Take one-half pound beef suet, one pound stale bread, two tablespoonfuls of flour, one-half pound best prunes, one-quarter pound sugar, three eggs. Chop the suet very fine and crumble the bread; also chop the prunes; mix all the dry ingredients well together; then add the eggs well beaten, and, if necessary, one gill of milk. Boil in a buttered mold for three hours; serve hot with sweet sauce.

**Graham Gems.**

Heat a pint of milk until warm, but not hot. Pour it gradually upon three unbeaten eggs, whipping this hard as you do so. Now beat in a tablespoonful of melted butter and a teaspoonful of sugar and add gradually a cup and a half of graham flour. Beat hard for five minutes. Turn into heated gem pans and bake in a very hot oven. Serve as soon as baked.

**Rice and Strawberry Mold.**

Boil three ounces of rice in a pint of milk with a little sugar and flavor with vanilla essence. When the rice is cooked add the yolk of one egg, well beaten, a few strawberries, and pour into a fancy mold. When cold turn out and garnish with strawberries. Failing fresh fruit, strawberry jam provides a satisfactory substitute.

**Cheese Cake.**

Rub a pint of cottage cheese to a paste with three tablespoonfuls of cream and two teaspoonfuls of melted butter. Now stir in gradually four beaten eggs, three-quarters of a cup of sugar and the grated rind and juice of a large lemon. Pour into an open crust and bake.

**Lemon Wafers.**

Cream one cupful of butter with two cupfuls of granulated sugar. Add three eggs beaten light and stir in enough lemon juice to flavor delicately. Add sufficient flour to make a dough that can be rolled out. Roll as thin as possible, cut into rounds and bake.

**Chocolate Cake Filling.**

Grate a half-cake of vanilla chocolate and wet it to a paste with three tablespoonfuls of milk, beat in an egg that has been whipped light with a cup of powdered sugar and boil, stirring steadily, until thick. Flavor with vanilla to taste.

**To Remove Labels.**

When it is difficult to remove a label from a bottle soak it very thoroughly in water, then hold it for a minute over the gas flame, and the steam thus generated will loosen the label so that it can be stripped off without any further trouble.

**Railroads and Progress.**

In his testimony before the senate committee on interstate commerce at Washington, on May 4, Prof. Hugo R. Meyer, of Chicago university, an expert on railroad management, made this statement:

"Let us look at what might have happened if we had heeded the protests of the farmers of New York and Ohio and Pennsylvania (in the seventies when grain from the West began pouring to the Atlantic seaboard) and acted upon the doctrine which the Interstate Commerce commission has enunciated time and again, that no man may be deprived of the advantages accruing to him by virtue of his geographical position. We could not have west of the Mississippi a population of millions of people who are prosperous and are great consumers. We never should have seen the years when we built 10,000 and 12,000 miles of railway for there would have been no farmers west of the Mississippi river who could have used the land that would have been opened up by the building of those railways. And if we had not seen the years when we could build 10,000 and 12,000 miles of railway in a year, we should not have today east of the Mississippi a steel and iron producing center which is at once the marvel and the despair of Europe, because we could not have built up a steel and iron industry if there had been no market for its product.

"We could not have in New England a great boot and shoe industry; we could not have in New England a great cotton milling industry; we could not have spread throughout New York and Pennsylvania and Ohio manufacturing industries of the most diversified kinds, because those industries would have no market among the farmers west of the Mississippi river.

"And while the progress of this country, while the development of the agricultural West of this country, did mean the impairment of the agricultural value east of the Mississippi river that ran up into hundreds of millions of dollars, it meant incidentally the building up of great manufacturing industries that added to the value of this land by thousands of millions of dollars. And, gentlemen, those things were not foreseen in the seventies. The statesmen and the publicmen of this country did not see what part the agricultural development of the West was going to play in the industrial development of the East. And you may read the decisions of the Interstate Commerce commission from the first to the last, and what is one of the greatest characteristics of those decisions? The continued inability to see the question in this large way.

"The Interstate Commerce commission never can see anything more than that the farm land of some farmer is decreasing in value, or that some man who has a flour mill with a production of 50 barrels a day is being crowded out. It never can see that the destruction or impairment of farm values in this place means the building up of farm values in that place, and that that shifting of values is a necessary incident to the industrial and manufacturing development of this country. And if we shall give to the Interstate Commerce commission power to regulate rates, we shall no longer have our rates regulated on the statesmanlike basis on which they have been regulated in the past by railway men, who really have been great statesmen, who really have been great builders of empires, who have had an imagination that rivals the imagination of the greatest poet and of the greatest inventor, and who have operated with a courage and daring that rivals the courage and daring of the greatest military general. But we shall have our rates regulated by a body of civil servants, bureaucrats, whose besetting sin the world over is that they never can grasp a situation in a large way and with the grasp of the statesman; that they never can see the fact that they are confronted with a small evil; except by the creation of evils and abuses which are infinitely greater than the one that is to be corrected."

**The Best Governed Town.**

Judge J. W. Whitten, chief of the law division of the general land office in Washington, has completed a trip of 5,000 miles through Alaska, covering four months. In an address the other night on his tour the judge declared that, while Dawson, which is under Canadian rule, is, in his opinion, one of the best governed towns in the world, all places of business there closing from early Saturday evening until sunrise Monday morning, on the other hand, at Nome, the first American city across the boundary, the saloons and gambling houses are running in full blast on Sunday, and, though he was told that the place possessed a church, he saw no evidence of it.

**Criminals Better Formed.**

Dr. J. Marty, a French criminologist, has recently made an examination of 4,000 delinquent soldiers of the French army, and has found that in height, weight, breast measure, muscular power and general condition they averaged much better than the well-behaved soldiers. Dr. Marty does not imply that criminals are by nature better physically than non-criminals, but suggests that the condition of criminal families is so much more wretched than respectable ones that only the uncommonly strong survive.


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What is that that has neither flesh nor blood, yet has four fingers and a thumb? Ans.—A glove.

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Rooms will be charged for at the rate of $2.00, $2.50 and $3.00 for one person, the highest-priced room in the hotel being $3.50, which includes a bath room.

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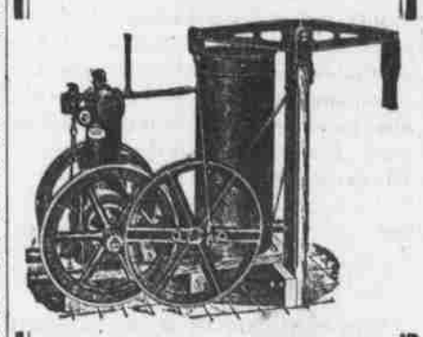

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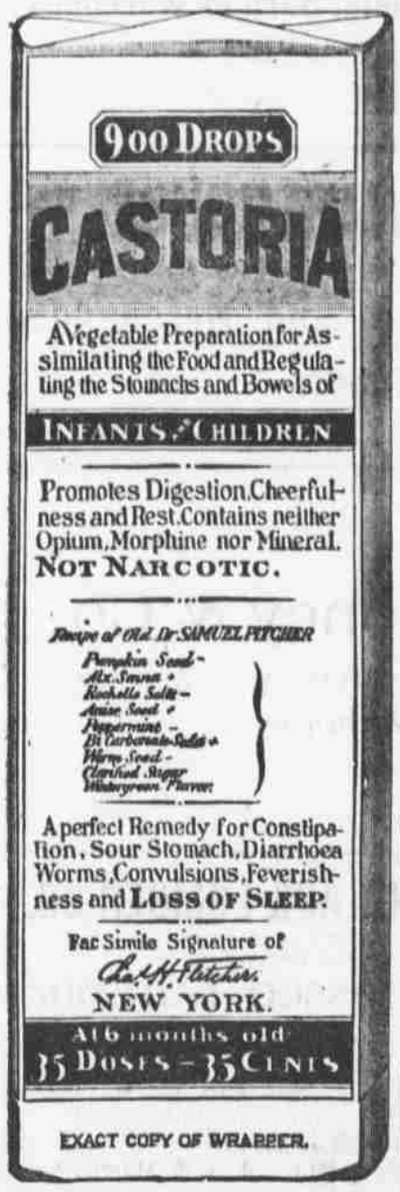


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