

The Song of the Hair

There are four verses. Verse 1. Ayer's Hair Vigor makes the hair grow. Verse 2. Ayer's Hair Vigor stops falling hair. Verse 3. Ayer's Hair Vigor cures dandruff. Verse 4. Ayer's Hair Vigor always restores color to gray hair. The chorus is sung by millions.

"Before using Ayer's Hair Vigor I had very thin and very poor hair. But I continued to use the Vigor until my hair greatly improved in every way. I have used it off and on for the past ten years."—Mrs. M. DUNN, Newark, N. J.

Made by J. C. Ayer & Co., Lowell, Mass.
Also manufacturers of
Ayer's
SARSAPILLA
PILLS
CHERRY PECTORAL.

From Bad to Worse.

The Lady—Well, Marie, have you found the ornament for my hair yet?
The Maid—Yes, ma'am. But I've mislaid your hair, and now I can't find that.

Helen Keller With a Rose.

(Picture in January, 1905 Century.)

Others may see the; I behold thee not; Yet most I think thee, beautiful blossom, mine:

For I, who walk in shade, like Prosperpine—

Things once too briefly looked on, long forgot—

Seem by some tender miracle divine,

When breathing thee, apart,

To hold the rapturous summer warm within my heart.

We understand each other, thou and I!

Thy velvet petals laid against my cheek,

Thou feelest all the voiceless things I speak,

And to my yearning makest mute reply:

Yet a more special good of thee I seek,

For God who made—oh, kind!—

Beauty for one and all, gave fragrance for the blind!

—Florence Earle Coates in July Century

Might Have Saved Money.

De Grippe—Great heaven! There's going to be a collision and we'll all be killed.

Tightwad—Just my luck. I went and bought a round-trip ticket!—Cleveland Leader.



MISS GENEVIVE MAY

CATARH OF STOMACH CURED BY PE-RU-NA

Miss Genevive May, 1317 S. Meridian St., Indianapolis, Ind., Member Second High School Alumni Ass'n, writes:

"Peruna is the finest regulator of a disordered stomach I have ever found. It certainly deserves high praise, for it is skillfully prepared.

"I was in a terrible condition from a neglected case of catarrh of the stomach. My food had long ceased to be of any good and only distressed me after eating. I was nauseated, had heartburn and headaches, and felt run down completely. But in two weeks after I took Peruna I was a changed person. A few bottles of the medicine made a great change, and in three months my stomach was cleared of catarrh, and my entire system in a better condition."—Genevive May.

Write Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio, for free medical advice. All correspondence held strictly confidential.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION



Baked Fish.

An old-fashioned way of baking fish au gratin has never been improved upon. Skin the fish, starting at the head and drawing towards the tail, cut off the head and take out the backbone. This leaves two large pieces of fish. Prepare a sauce by lightly browning a minced slice of onion in two tablespoonfuls of butter. When the butter bubbles, stir in two tablespoonfuls of flour and add stock or water to make a creamy compound. Season, and add the juice of half a lemon and half a tablespoonful of minced parsley. Lay the fish on a buttered baking tin and pour the sauce over it. Sprinkle thickly with breadcrumbs, put bits of butter over, and bake in a quick oven for about twenty-five minutes. Tomato sauce is recommended with this.

Strawberry Shortcake.

Make the dough as usual. Instead of rolling out and placing on flat tins to bake, roll and then cut out with a large-size biscuit cutter or coffee cup, placing one on another and buttering between as you would the large cakes. When done, have the berries lightly crushed and sugared, pull apart the little cakes, laying the lower halves on a platter, butter and cover with the strawberries, then put on the top parts. Lay some of the finest berries on the tops of the cakes, and sprinkle with sugar. Whipped cream poured over just before serving makes a handsome addition to looks and taste.

French Lettuce.

Have your lettuce crisp and cool; cut it fine; don't chop; for a dish of lettuce enough for six people, boil hard four eggs, and cut them up fine, whites and yolks together; then make a dressing of melted butter the size of an egg, three teaspoonfuls of French white mustard, a couple of teaspoonfuls of sugar; mix thoroughly, and if you like, add a little olive oil; pour into this a half teaspoon of white wine vinegar, and stir into the eggs; mix lettuce and dressing together, garnish top with slices of hard-boiled egg, and the lettuce is ready to eat.—What to Eat.

Fried Celery.

Wash and scrape the desired number of celery stalks; then cut into pieces four inches long. Cook until tender in salted water. When done remove from the water, drain, and spread to dry in a cool place. When the stalks have become firm dip them into a batter made of one cupful of flour sifted three times, a half teaspoonful of baking powder in it, and wet up with a beaten egg and whatever milk may be required. Fry a golden brown in hot lard.

Roasted Oyster Crackers.

Put two tablespoonfuls of butter in a bowl with half a pint of boiling water. When the butter is melted put in a pint and a half of oyster crackers, stirring them well, that all may get a slight coating of the butter and water. Spread the crackers in a shallow pan and put in a hot oven for ten or twelve minutes. They should be brown and glossy at the end of that time. Serve in a deep dish, with oyster soup.

Harvard Snaps.

Mix together one cupful of granulated sugar, one of molasses, one-half cup of butter, a third of a cupful of lard and two eggs; then add a teaspoonful of salt, two teaspoonfuls of ginger, one teaspoonful of cloves, a teaspoonful of soda dissolved in one-half cupful of hot water, and flour enough to roll out well. Cut into rounds and place in floured tins to bake in a moderate oven.

Home-Made Baking Powder.

Mix one part of bicarbonate of soda to two parts of cream of tartar. Add a teaspoonful of flour to each pint of this mixture. Sift all together six times. Keep this mixture in a close glass jar, never opening it except when some of the powder is to be taken out for use.

Baked Spring Chicken.

Split the chicken down the back, put in a dripping pan without water, and set inside the stove. When half done take out, season with salt, pepper and butter, return to the stove to brown. Boil the liver and gizzard, chop and put in the gravy, to which add butter and a little cracker dust.

Green Pea Soup.

For six persons there will be required one pint of peas, one pint and a half of soup stock, one pint of cream, or milk, two tablespoonfuls of butter, one tablespoonful of minced onion, two tablespoonfuls of flour, two level tablespoonfuls of salt, and one-fourth of a teaspoonful of white pepper.

THE BEST TONIC

When the system gets debilitated and in a run-down condition it needs a tonic and there has never been one discovered that is the equal of S. S. S. It is especially adapted for a systemic remedy, because it contains no strong minerals to derange the stomach and digestion, and affect the liver and bowels. It is made entirely of roots, herbs and barks selected for their purifying and healing qualities, and possesses just the properties that are needed to restore to the body strong robust health. When the blood becomes impure and clogged with waste matters and poisons

the body does not receive sufficient nourishment and suffers from debility, weakness, sleeplessness, nervousness, loss of appetite, bad digestion and many other disagreeable symptoms of a disordered blood circulation. I have used your S. S. S. and found it to be an excellent tonic to build up the general health and give tone and strength to the system. I have used other things highly recommended, but S. S. S. did me more good than everything else combined. As to its tonic properties it gives a splendid appetite, refreshing sleep, and the system undergoes a general building up under its invigorating influence. 543 Woodland Ave., Warren, O. Mrs. KATZ BACK.

and if it is not corrected some form of malignant fever or other dangerous disorder will follow. S. S. S. builds up the broken down constitution, clears the blood of all poisons and impurities and makes it strong and healthy. The nerves are restored to a calm restful state, refreshing sleep is had again, the appetite returns and the whole system is toned up by this great remedy. S. S. S. is a blood purifier and tonic and acts promptly in this run-down depleted condition of the system. Book on the blood and medical advice furnished by our physicians, without charge.

Fly-Leaf Memoranda.

Every now and then you will find in some periodical an item relating to the subject of a book in which you are interested. It is a good plan to enter on the fly-leaf a reference to this passage, so that you may find it again when needed. Such notes, neatly written in pencil, do no harm, and will often save you much time. You may in the same way make notes of the numbers of pages in which you have been specially interested. A correspondent writes to us asking whether we recommend "marking books." To this extent we certainly do, provided the book is not so fine an edition that it should be kept as spotless as can be. Besides, very light pencil notes can be removed in a moment without harm to any page. But the marking of books that extends to disfiguring them will never be done by any one who realizes how long a good book may continue to delight new readers, and to bring them help in right living and thinking.—St. Nicholas.

Exact Definitions.

Young Hopeful—Father, what is a "traitor in politics?" This paper says Congressman Jawweary is one.

Veteran Politician—A traitor is a man who leaves our party and goes over to the other one.

Young Hopeful—Well, then, what is a man who leaves the other party and comes over to ours?

Veteran Politician—A convert, my son.—Boston Transcript.

Quite Proficient.

Jack—Your friend Miss Trushery is always using slang phrases, isn't she?

Edyth—Yes, indeed. She is quite familiar with the English language.

At "About 30"

When one knows the age of a woman one knows the woman. The very fact that she permits you to know her age exposes her character. She no longer masquerades. She has lost a certain uncertainty, an evanescent delicacy, that was an irresistible charm. Women, like philosophy, are divided into two classes, the knowable and the unknowable. Also, like philosophy, it is the unknowable woman who is the speculable. Therefore to get her at her highest capacity she must be unmarried and about 30.

The married woman presents certain inescapable telltale data. She has children, and those children have apparent ages, two facts which go far in determining her annals. If she is unmarried and is not "about 30" she is under 30, again a definite fact. Being "about 30" is indefinite. She may be more or less. No one hazards a guess. There is a delightful vagueness in being "about 30." It has nothing to do with dates, and many of us who from our youth up have felt no attachment for dates can forgive the unattached their confessed indifference.

Natural Sequence.

Mrs. Jolliboy (to sick husband)—The doctor has arrived.

Jolliboy—Then you had better telephone for the undertaker, my dear.

Mrs. Jolliboy—Why, Tom, what do you mean?

Jolliboy—Well, coming events cast their shadows before them, you know.

A sunny temper glids the edges of life's blackest cloud.—Guthrie.

The first step to knowledge is to know that we are ignorant.—Cecil.

If a bride should by chance see a coffin as she starts off on her wedding tour she should order the driver of the carriage to turn back and start over again.

Fixing Railroad Rates.

Making railroad rates is like playing a game of checkers or chess. Communities to be benefited, producers, manufacturers or shippers to be aided, represent the pieces used. Every possible move is studied for its effect on the general result by skilled traffic managers. A false move in the making of freight rates may mean the ruin of a city, of a great manufacturing interest, of an agricultural community. Railroads strive to build up all these so that each may have an equal chance in the sharp competition of business. So sensitive to this rivalry are the railroads that in order to build up business along their lines they frequently allow the shipper to practically dictate rates. Rate making has been a matter of development; of mutual concessions for mutual benefit. That is why the railroads of the United States have voluntarily made freight rates so much lower in this country than they are on the government-owned and operated railways of Europe and Australia that they are now the lowest transportation rates in the world.

Female Enthusiast.

Each evening now my good wife Fondly greets me at the door; And this query she propoundeth: "Say, John, what's the score?"

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

Until a plumber can come, a leak can be temporarily stopped with a mixture of yellow soap, whiting, and a very little water.

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

Small farms are the rule in Japan, and every foot of land is put to use. The farmer who has more than ten acres is considered a monopolist.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, itching feet. It makes new or tight shoes easy. A certain cure for corns, growing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

A machine is being perfected in a Birmingham shop that is to turn out from 90,000 to 100,000 finished wire nails an hour.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Good humor is the health of the soul; sadness is its poison.—Stanislaus.

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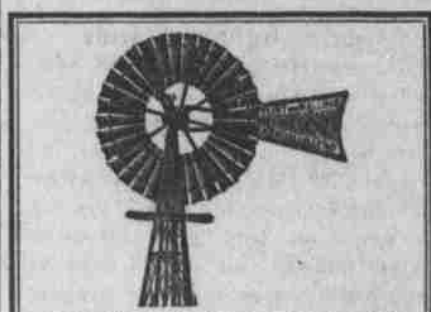
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