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disables like
Lumbago and Sciatica

Nothing reaches the trouble
as quickly as



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Known the world over as

**The Master Cure
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Price, 25c. and 50c.

As It Often Happens.

When our hero did his courting in the golden long ago,
He declared that her small fingers never
real toil should know,
He'd protect those dainty digits; he would
labor like a Turk,
And he'd never, never let her do a thing
that smacked of work.

For some six or seven winters have the
twin been married now,
But throughout them all our hero has
been faithful to his vow.
True, he lets her 'tend the furnace, lets
her carry in the coal,
But no real work. Good gracious! That
would jar his tender soul.
—Louisville Courier-Journal.

Resources of Genius.

The editor looked over the manuscript
submitted by the village poet and frowned.

"Here is one line," he said, "in which
you speak of 'the music of the elder
press.' How would you undertake to imi-
tate the 'music' of a elder press?"

"I should think it might be done with
a juice harp," answered the poet.

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Lowest prices on lanterns and slides.

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Ore. Latest style clothes made to measure cheap.
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PIANOS & ORGANS—Oldest piano house on Pa-
cific coast. Organs and Pianos on easy payments.
Write for list. Let us quote you a price. Allen &
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Toupees and Wigs; best quality; lowest prices;
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Boiled Frosting.

Three cups of granulated sugar two
cups of cold water, one teaspoonful of
cream of tartar. Boil these ingredi-
ents together until stiff enough to make
a ball of the consistency of putty when
dropped into cold water. Turn out up-
on a dish and stir to a cream with a
spoon or wooden spatula. Have ready
the beaten white of an egg and two tea-
spoonfuls of powdered gum arabic dis-
solved in a very little water, and very
thick. When the beating of the sugar
makes it begin to turn white, add the
egg and gum arabic, and stir until
cool. This can be used at once, or will
keep for a month. When wanted, set
the vessel containing it in an outer pan
of hot water, and beat until soft enough
to spread on the cake.

To Save Meat.

Chop fine any bits of meat, chicken,
pork, veal, beef or what not, add and
chop into any cold fried or boiled eggs
which have been left over. When the
whole is chopped fine and thoroughly
mixed add one or two beaten eggs. The
beaten eggs can be dispensed with if
necessary. Add a little sweet milk for
moisture and enough cracker crumbs to
make the mixture easily handled. Season
with salt and pepper. Roll into cro-
quettes and fry in hot lard. If desir-
able the croquettes can be made into
balls and fried to a crisp in half butter
and half lard.

Boston Baked Beans.

Soak a quart of beans in cold water
over night. In the morning soak for
two hours in warm water. Drain, put
into a pot with water enough to cover
them and bring slowly to a boil. When
tender pour off the surplus water and
put the beans into a deep bake dish,
place a piece of deeply-scored salt pork
in the center, pour in a pint of water
in which the beans were boiled, stirring
into this a half-cup of molasses and a
quarter teaspoonful of French mustard.
Cover and bake for at least six hours.

Broiled Squabs.

Pick and draw the squabs and re-
move their heads and feet. Split them
down the backs, wipe out the bodies
with a damp cloth and lay them open
on a gridiron. Broil over a clear fire,
turning when necessary, and watching
carefully that they do not burn. Lay
on slices of buttered toast, put a lump
of butter on each bird, sprinkle with
salt and pepper and serve.

Chili Con Carne.

Seed six red chilies and cover with
boiling water. When tender scrape the
pulp into water. Cut two pounds of
steak into small pieces and fry brown
in butter or dripping, add flour and
brown it. Then pour over it the chili
water, season with garlic and thyme
and simmer until the meat is tender
and the gravy thick.

Whole Wheat Muffins.

Into a quart of whole wheat flour stir
a teaspoonful of salt and two teaspoon-
fuls of baking powder. Into a pint and
a half of rich milk stir three beaten
eggs. Add this mixture to the flour,
stir in a tablespoonful of melted short-
ening and beat very hard for some min-
utes. Turn into greased muffin tins and
bake in a hot oven.

Ways to Keep Bread.

Bread can always be kept well in a
closed tin box. Another good way to
keep it is to sprinkle each loaf with
flour, and then tie them up in paper
bags, which are hung on hooks in the
pantry. When ready to use, brush off
the flour and rub with a soft cloth wet
in cold water, then place in the oven for
five minutes.

Avoid Breakage.

Thin glass is less likely to be broken
by boiling water than glass which is
thicker, since it allows the heat to pass
through it more quickly. A teaspoon
put into a tumbler before pouring in
boiling water will often prevent the
glass from cracking, especially if you
pour the water in very slowly.

Clean Lemons Before Using.

Before grating lemons, it is well to
wash them in a basin of lukewarm
water, for on examination it will be
found that the outside of a lemon is
anything but clean, and if put under a
microscope, it will be discovered to
have tiny black specks on it, which are
the minute eggs of an insect.

Molasses Candy.

Boil together a cupful each of mo-
lasses and brown sugar and a table-
spoonful each of vinegar and butter.
When a drop hardens in cold water
beat in a scant teaspoonful of baking
powder, stir hard and turn into but-
tered pans to harden. As it hardens
cut or break into pieces.



THE GREATEST OF ALL TONICS

The ingredients that enter into S. S. S. and the method of com-
bining and preparing them so that they build up and strengthen
every part of the body, make it the greatest of all tonics. S. S. S. is nature's
remedy—**PURELY VEGETABLE**—and while it is restoring the lost appe-
tite, overcoming that tired, run-down feeling, and other ailments common to Spring, which
warn us that it is necessary to take a tonic, it is purifying the blood of all poisons and waste
matters so that it can supply to the system the strength and nourishment it needs to keep it
in perfect condition during the depressing summer months that are to follow.

Spring is the season when most every
one needs a tonic. It is nature's time for
renewing and changing; and as everything
puts on new life, the sap rises in vegetation,
the earth thaws out from its winter freezes,
and all respond to Spring's call to purge
and purify themselves, there is a great
change also takes place in our bodies. The
blood endeavors to throw off the poisons and
accumulations which have formed in the
system, and been absorbed by it, from the
inactive winter life, and calls upon every
member to assist in the elimination. The
system is often unequal to the struggle, the
appetite grows fickle, the energies give way,
the spirits are depressed, and a general run-
down condition is the result.

Then the body must have assistance—
it must be strengthened and aided by a tonic,
and S. S. S. is the ideal one. Being made
entirely from roots, herbs and barks, it does
not disagreeably affect the system in any way as do most of the so-called tonics on the market,
which contain Potash or some other harmful mineral ingredient to derange the stomach and
digestion, unfavorably affect the bowels, or otherwise damage the health. S. S. S. tones up
the stomach and digestion and assists in the assimilation of food; it rids the system of that
always-tired, worn-out feeling, and imparts vigor and tone to every part of the body. It re-
establishes the healthy circulation of the blood, stimulates the sluggish organs, and calms
the unstrung nerves which make one feel that he is on the verge of prostration. S. S. S.
gives an appetite and relish for food that nothing else does, and by its use we can find our-
selves with as hearty, hungry an appetite in Spring as at any other season.

It acts more promptly and gives better and more lasting results than any other remedy,
and is absolutely safe because of its vegetable purity. Dyspeptic, irritable, nervous, debili-
tated people will find S. S. S. is just the medicine that is needed for the purification of
the blood, which, from its diseased or impure condition, is causing their trouble, as well as
for toning up and helping the entire system. When you take your tonic this Spring do not
experiment, but get the best—the tonic with forty years of success behind it, and the one
ENDORSED by the best people all over the country—**S. S. S., THE GREATEST OF ALL
TONICS**. It is necessary at this time, when the system is depleted and weakened at every
point, that the right remedy be used—one that is especially adapted to the condition, and
S. S. S. has proved itself to be this remedy for many years. If it is taken at the first sign
of Spring the system will be so built up and strengthened that the disagreeable affections of
the season will not be felt as warmer weather comes on.

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liar, but of all the men I am acquainted
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It is called epizootic lymphangitis, and
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