

Nothing knocks out and disables like  
**Lumbago and Sciatica**  
Nothing reaches the trouble as quickly as



**St. Jacobs Oil**  
Known the world over as  
**The Master Cure for Pains and Aches**  
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 twain 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 cider press.' How would you undertake to imitate the 'music' of a cider press?"  
"I should think it might be done with a juice harp," answered the poet.

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**Bolled Frosting.**  
Three cups of granulated sugar two cups of cold water, one teaspoonful of cream of tartar. Boil these ingredients together until stiff enough to make a ball of the consistency of putty when dropped into cold water. Turn out upon a dish and stir to a cream with a spoon or wooden spatula. Have ready the beaten white of an egg and two teaspoonfuls of powdered gum arabic dissolved in a very little water, and very thick. When the beating of the sugar makes it begin to turn white, add the eggs 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 croquettes and fry in hot lard. If desirable 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 remove 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 Carni.**  
Seed six red chillies 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 teaspoonfuls 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 shortening and beat very hard for some minutes. 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 molasses and brown sugar and a tablespoonful 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 buttered 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 combining 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 appetite, 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 ourselves 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, debilitated 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.

**AN EFFORT TO PULL THROUGH THE DAY.**  
I have used S. S. S. quite extensively and unhesitatingly recommend it as the best blood purifier and tonic made. I am a machinist by trade and at one time my system was so run down that by 10 o'clock every day I would be completely exhausted, and it was with the greatest effort that I could pull through the balance of the day. Since taking S. S. S., however, all this has disappeared. I am a strong, vigorous man, abundantly able to do my day's work, my appetite has been whetted up so that I can eat anything, my sleep is sweet and refreshing, and I know further that it has purified my blood and put it in good condition. I cannot speak too highly of your great remedy, S. S. S. 817 W. Broad St., Columbus, O. A. B. MONTGOMERY.

**SHE FOUND IT THE BEST SPRING TONIC.**  
On two occasions I have used S. S. S. in the spring with fine results. I can heartily recommend it as a tonic and blood purifier. I was troubled with headache, indigestion and liver troubles, which all disappeared under the use of S. S. S. My appetite, which was poor, was greatly helped. I can eat anything I want now without fear of indigestion, and my blood has been thoroughly cleansed of all impurities and made rich and strong again. As a tonic and blood purifier it is all you claim for it. 771 E. Main St., Springfield, O. MRS. G. WIEGEL.

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