

Scrofula

It is commonly inherited. Few are entirely free from it. Pale, weak, puny children are afflicted with it in nine cases out of ten, and many adults suffer from it. Common indications are bunches in the neck, abscesses, cutaneous eruptions, inflamed eyelids, sore ears, rickets, catarrh, wasting, and general debility.

Hood's Sarsaparilla and Pills

Eradicate it, positively and absolutely. This statement is based on the thousands of permanent cures these medicines have wrought. "My daughter had scrofula, with eleven scars on her neck and about her ears. Hood's Sarsaparilla was highly recommended and she took it and was cured. She is now in good health." Mrs. J. H. Jones, Parker City, Ind. Hood's Sarsaparilla promises to cure and keeps the promise.

Remember the Gas.

The wedding was to occur soon, and she was telling her mother about her plans.

"When Fred is out late at night," she said, "I shall not scold him. I shall try to be reasonable. I think I shall go so far as to keep a light burning for him to make him cheery when he returns."

Her mother was silent. "Don't you think it would be a good idea to keep the light burning?" she persisted.

"Well, it might do very well for the first month or so. But after you have paid a few gas bills you'll probably conclude that it will be just as well to put the matches where he can find them and turn the light out."

Her Boast.

City Boy—Swampland, where we went this summer, was terrible hot.

Mother—Yes, it was. "But you just told us Stuckup you slept under blankets every other night. I'm roasted."

"You forget, my pet, that you were not the one who had the ague."

The best mathematics—that which doubles the most joys and divides the most sorrows.

ITCHING ECZEMA

In July, 1883, I began to break out with Eczema on my head, legs and arms, and began treatment with local doctors, but did not get much relief. They said the disease had become chronic. I then quit them and tried various ointments and soaps for another two years. But as soon as cold weather came I was as bad off as ever, so I finally decided to let medicine alone, and for twelve or thirteen years did nothing towards curing the Eczema, except bathing. This seemed to do about as much good as anything I had tried. During the time I lost about one-half of my hair. I began S. S. S. doubtful of a cure, because the disease had run so long, but soon discovered your medicine was doing me good, and continued to take it. I used seven bottles, when I was completely cured, not having a single spot on my body, which before was almost completely covered. F. C. NORFOLK, 1017 Hackberry St., Ottumwa, Ia.

The head, feet and hands are usually the parts affected, though the disease appears on other parts of the body. While external applications allay the itching and burning temporarily, it is the acid thrown off by the blood that cause the irritation and eruptions upon the skin. The acids must be neutralized and the system cleansed of all humors and poisons before the cure is permanent. S. S. S. is guaranteed entirely free of Potash, Arsenic and other minerals. Book on the skin and its diseases sent free. Medical advice furnished free.

SSS

The Swift Specific Company, Atlanta, Ga.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of *Chas. H. Fletcher* In Use For Over 30 Years.

THE DENTON COMPANY, 77 NUNNY STREET, NEW YORK CITY.

HOW TO COOK MEAT.

Oven Rules Determined by Scientific Investigation.

The cook book compilers have adopted certain empirical laws regulating the cooking of meat, but as these are largely the result of casual observation, they do not accurately represent the facts, says the Philadelphia Record. For several years the University of Illinois, working in cooperation with the State experiment station, has been studying the question of losses in cooking different kinds and cuts of meat, consequent changes in its nutritive value, the development of flavor, etc., and the results of their experimentation have just been published by the government.

As regards temperature, authorities on cookery agree quite generally that meat should be subjected at once to a degree of heat which will sear the outside of the roast, so that the juices may be retained. The experiments just concluded show that with oven temperatures ranging from 182 to 300 degrees Fahrenheit the losses in weight, due principally to the evaporation of water, varied from 5 to 20 per cent, and, generally speaking, the higher the temperature the greater the loss.

However, in order to develop the characteristic flavors of cooked meat a temperature of at least 482 degrees Fahrenheit is necessary. When meat is baked for a short time at a very high temperature—500 degrees—the outside layer is apt to be overdone and the center too rare for use. When baked slowly, at a comparatively low temperature, the roast is evenly cooked throughout and the juices well retained, but the savoriness and flavor produced by higher temperatures are lacking. In regard to the length of time required to attain any desired degree of cooking, as indicated by the color, it was found that thirteen minutes per pound and thirteen minutes to the oven gave that degree of cooking known as "rare." Fifteen minutes to the oven and fifteen minutes to the pound produced the degree of cooking known as "medium." Twenty minutes to the oven and twenty per pound gave that degree known as "well done." It is evident that the time element is an important one as regards the degree of cooking and the losses incurred in the process.

The effect of different shapes and sizes of pans was also observed. Closed pans, while effecting a saving in weight, produced a meat of inferior flavor and lacking in attractive appearance. The average loss in a large number of experiments was about one-sixth the original weight. The color and flavor of the drippings appear to be influenced considerably by the area of the pan, the smaller area giving the lighter colored drippings.

RUSSIAN PROPHECY

Predicted Japanese Supremacy Nearly 100 Years Ago.

That the Japanese would one day be rulers of the ocean coast of Asia is the prediction made almost a century ago in the book of a Russian naval observer, whose prophecy seems not unlikely of fulfillment at the present time. In 1811 Capt. Vasil Golawin, of the imperial navy, was instructed to cruise among the coral archipelagoes of the Pacific to ascertain which of these were inhabited by the Japanese, and accordingly he set sail from Odesa in the Diana, arriving some two months later off the coast of Yezo. But one or two copies of Capt. Golawin's book are extant, one of them being in the library of the Winter Palace at St. Petersburg.

Published in 1815, "Capt. Golawin's Captivity in Japan" throws an interesting light upon the physical and moral characteristics of the Japanese nation at a time when little, if anything, definite was known by Europeans—particularly in Russia—of the traits of the Mongolian island people. Of the observations contained in Capt. Golawin's book the following are of current interest: "I praise the Japanese for their skill. They will one day be, probably, rulers of the ocean coast of Asia. And what can Russia do, being so far away from this border? Should the Japanese introduce European civilization and European political systems, the Chinese would be obliged to do the same, and those two people could then give Europe 'another face.' Happenings such as the Chwostow raids (1791) would give suggestion to them to build European warships, and a small fleet could be raised to begin with. Many European inventions could be reproduced in Japan—and without the brains of a Peter the Great—simply by the combination of circumstances and the natural advantages of Japan.

"Certainly, with European models, Japan could build men of war very easily and man them quickly with brave soldiers. The population is peculiarly adaptable to naval requirements by reason of the insular position of the country. The people comprehend easily, and given adequate instruction, would supplant Europeans as navigators.

"The Japanese lack only one quality, namely: terrestrial bravery; but their deficiency in this respect is only because of the peace-loving character of their government. After a very long time they lose all capacity to shed blood. I think an entire people not timid, however, whose forefathers were the terrors of the whole world."—New York Times.

The self-made man and the home-made shirt are apt to be more useful than ornamental.

There is very little common sense in this world; most of it is decidedly uncommon.

Ayer's

Take cold easily? Throat tender? Lungs weak? Any relatives have consumption? Then a cough means a great

Cherry Pectoral

deal to you. Follow your doctor's advice and take Ayer's Cherry Pectoral. It heals, strengthens, prevents.

"For 40 years I have depended on Ayer's Cherry Pectoral for coughs and colds. I know it greatly strengthens weak lungs." Mrs. P. A. Robinson, Salsine, Mich. 25¢. 50¢. \$1.00. J. C. AYER & CO., Lowell, Mass., 211 Druggists.

Weak Lungs

A Louisville school boy must have been seriously ill when his mother wrote the following note to his teacher: "Miss Frank could not come those three weeks because he had amonia and inflammation of the vowels."

Keeley LIQUOR-MORPHINE-TOBACCO CURE

One acre of land will comfortably support four persons on a vegetable diet.

England's bill for sugar to make into sweets is \$2,000,000 every week.

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

Anxious to Know. Mr. Graybeard—You say you have been using the "Housewife's Never Fail Cookbook" for twenty years. I am delighted to hear that. I am the author of that book. Have you tried many of the recipes?

Mrs. Homebody—Nearly all. Mr. Graybeard—Glorious! You are just the person I've been wanting to meet. Did any of them work?

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

Tough Songs. "There are some songs that will never die," said the musical enthusiast.

"I guess that's right," answered Mr. Cumrox. "My daughter sits down at the piano and tries to kill a few of 'em every evening. But it's no use."—Washington Star.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Caught. Mr. Slimpurse—Do you know that ice cream, instead of making one cooler, makes one warmer?

Pretty Girl—When did you hear that? "I have known it for years." "Humph! Strange that you did not think to mention it last winter."



Miss Whittaker, a prominent club woman of Savannah, Ga., tells how she was entirely cured of ovarian troubles by the use of Lydia E. Pinkham's Vegetable Compound.

DEAR MRS. PINKHAM:—I heartily recommend Lydia E. Pinkham's Vegetable Compound as a Uterine Tonic and Regulator. I suffered for four years with irregularities and Uterine troubles. No one but those who have experienced this dreadful agony can form any idea of the physical and mental misery those endure who are thus afflicted. Your Vegetable Compound cured me within three months. I was fully restored to health and strength, and now my periods are regular and painless. What a blessing it is to be able to obtain such a remedy when so many doctors fail to help you. Lydia E. Pinkham's Vegetable Compound is better than any doctor or medicine I ever had. Very truly yours, Miss EASY WHITTAKER, 604 39th St., W. Savannah, Ga. —\$5000 forfeit if original above letter proving genuine cannot be produced. The testimonials which we are constantly publishing from grateful women prove beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

PISO'S CURE FOR

CURE WHERE ALL ELSE FAILS. Best Cough Syrup, Throat Good. Use in time. Sold by Druggists.

Horse vs. Donkey. "I say," remarked young Sapleigh, "I've—w—got a conundrum for you. What is the—w—difference between me and a horse?" "The difference," replied Miss Causique, "is probably in the length of your ears."

FITS Permanently Cured. 30 days or more sooner after first use of Dr. Williams' Great Nerve Restorer. Send for Free 62 Trial Bottle and Treatise. Dr. H. H. Kins, Ltd., 32 Arch St., Philadelphia, Pa.

Nothing in the world is more haughty than a man of moderate capacity when once raised to power.—Wessenburg.

P. N. U. No. 44-1904

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OF Hooves, Cough or Distemper with PRUSSIAN HEAVE POWDERS. CURED THIRTY-FOUR HORSES. PRUSSIAN REMEDY CO., St. Paul, Minn. GENTLEMEN—I have been using the PRUSSIAN HEAVE POWDERS the past eight months, and in that time have cured 34 horses of hooves, 14 of distemper and 9 of chronic cough. Your Prussian Remedies have gained a great reputation in this section. PORTLAND SEED CO., Portland, Or., Coast Agents

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