## 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 cruptions, inflamed eyelids, sore cars, rickets, catarrh, wasting, and general

### Hood's Sarsaparilla to her occasionally." 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 sores on her neck and about her ears. Hood's a copy of the same paper. Sarsaparilla was highly recommended and City, Ind.

Hood's Sarsaparilla promises to cure and keeps the promise.

Remember the Gas. The wedding was to occur soon, and per, and the girl was a Fina." she was telling her mother about her

"When Fred is out late at night," she turns."

Her mother was slient. "Don't you think it would be a good man says:

idea to keep the light burning?" she persisted.

them and turn the light out."

Her Boast.

this summer, was terrible hot. Mother-Yes, it was,

But you just told .... Stuckup you slept under blankets every other night. I mos' roasted."

not the one who had the ague."

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

In July, 1883, I began to break out with them and g Eczema on my head, legs and arms, and "What's began treatment with local doctors, but the victim. did not get much relief. They said the dis-case had become chronic. I then quit them and tried various continents and scaps 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 bath-

good as anything I had tried.

During the time I lost about one-half of cure, because the disease had run so long, but soon discovered your m pletely covered. F. C. NORFOL 1017 Hackberry St., Ottumwa, Ia.

ternal applications allay the itching and burning temporarily, it is the acids thrown off by the blood that cause the irritation and eruptions upon the skin. The acida must be neutralized and the system cleansed of all humors and poisons before the

cure is permanent,

S. S. S. is guaran-

teed entirely free

of Potash, Arsenic

cases sent free.

furnished free.

An Unfortunate Choice.

Mrs. Black, with a family of eight, could keep a cook, but Mrs. Green, who paid the same wages and whose family numbered only two, experienced the greatest difficulty in persunding one to stay with her. Mrs. Green was troubled about it, and naturally sought suggestions wherever she could get them. One day the two women happened to meet at a news dealer's stand.

"I'm buying," explained Mrs. Black, "a Swedish newspaper for my cook. She likes to read, and I take one home

"Why!" exclaimed Mrs. Green. "I wonder if that's the reason you're so successful in keeping a girl. I've always wanted to know the secret." "Possibly it's one of the reasons,"

admitted Mrs. Black. "I'm going to try it myself," an-

nounced Mrs. Green, promptly taking A week later the two women met

she took it and was cured. She is now in again near an agency where Mrs. good health." Mas. J. H. Jones, Parker Green was looking for a new cook, "Well," asked Mrs. Black, smiling, "how did the newspaper scheme work?"

"It didn't work at all," confessed Mrs. Green. "I bought a Swedish pa-

### Six Doctors Pailed.

South Bend, Id., Oct. 24 (Special)said, "I shall not scold him. I shall three years; after taking treatment After suffering from Kidney Disease for try to be reasonable. I think I shall from six different doctors without getgo so far as to keep a light burning for ting relief, Mr. J. O. Laudeman of this outside layer is apt to be overdone him to make him cheery when he re- place found not only relief but a speedy and complete cure in Dodd's Kidney baked slowly, at a comparatively low Pills. Speaking of his cure Mr. Laude-temperature, the roast is evenly cook-

"Yes, I suffered from Kidney Trouble for three years and tried six doctors produced by higher temperatures are "Well, it might do very well for the to no good. Then I took just two first month or so. But after you have boxes of Dodd's Kidney Pills and they paid a few gas bills you'll probably not only cured my kidneys, but gave conclude that it will be just as well to me better health in general. Of course put the matches where he can find I recommended Dodd's Kidney Pills to others and I know a number now who are using them with good results."

City Boy-Swampland, where we went tion. Thousands give similar experiences. For there never yet was a case of Kidney Trouble from Backache to Bright's Disease that Dodd's Kidney Pills could not cure. They are the You forget, my pet, that you were only remedy that ever cured Bright's Disease.

Don't Grit Your Teeth.

"No teeth to fill," the dentist said to the man in the chair, "but you are ought to. Do you grit your teeth in your sleep?"

And the man said he didn't stay awake long enough to know about that, but were they much ground off?

"More than they ought to be at your them and got down to the dentine." "What's going to happen?" asked

"Why, if you keep on grinding them off," said the dentist, "the teeth will hollow out and we'll have to put plugs in them with gold tops to give

them new grinding surfaces." This wasn't a very pleasant prospect, so later the man sought to as-This seemed to do about as much certain for himself whether he did grit his teeth unduly. And while he was I began S. S. S. doubtful of a to find out, he did discover that he had still unable to stay awake long enough a habit at times of gritting his teeth in doing me good, and continued to take it, his waking moments, when he sat back I used seven bottles, when I was com-from his work to think of something, pletely cured, not having a single spot on for instance. And he made up his body, which before was almost commind that he would stop that, anyway,
ely covered.

F. C. Norrolk.

and he hoped that he might thus stop
months later off the coast of Yezo. and he hoped that he might thus stop months later off the coast of Yezo. The head, feet and hands are usually did so grind them. For, fine as they the parts affected, though the disease appears on other parts of the body. While expears on other parts of the body. did so grind them. For, fine as they win's book are extant, one of them teeth if he could help it.-New York

Growth of European Population. Few persons have any idea of the population of Europe has increased statisticians this population has more and other minerskin and its dis-The Swift Specific Company, Atlanta, Ga. with the ideas of modern civilization.

HOW TO COOK MEAT.

Oven Rules Determined by Scientific

Investigation. 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 pub-

lished 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 scar 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 500 degrees Fahrenhelt the losses in weight, due principally to the evaporation of water, varied from 6 to 20 per cent, and, generally speaking, the higher the temperature the greater the loss,

However, in order to develop the characteristic favors 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 J degrees the and the center too rare for use. When temperature, the roast is evenly cooked throughout and the juices well retained, but the savoriness and flavor 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 tewnty per pound to the oven and tewnty per pound gave that degree known as "well done." It is evident that the time element is an important one as regards meet. Did any of them work? the degree of cooking and the losses incurred in the process.

The effect of different shapes and sizes of pans was also observed. grinding off your teeth more than you Closed pans, while effecting a saving in weight, produced a ment 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 Star. 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 PROPHET

Predicted Japanese Supremacy Nearly 100 Years Ago.

That the Japanese would one day be Star.

Star. age," said the dentist. "You have pear to be influenced considerably by worn the enamel off from some of the area of the pan, the smaller area

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. Vasili 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, grinding his teeth in his sleep, if he But one or two copies of Capt. Golamight be, he didn't want any of those being in the library of the Winter Pul-

Published in 1815, "Capt. Golawin's Captivity in Japan" throws an interesting light upon the physical and moral characteristics of the Japanese extraordinary manner in which the nation at a time when little, if anything, definite was known by Euroduring the last century. Acording to peans-particularly in Russia-of the traits of the Mongolian island people. than doubled itself from 1880 to 1900. Of the observations contained in Capt. To this increase the Latin nations of Golawin's book the following are of the west and southwest contributed current interest: "I praise the Japthe least and the greatest growth was anese for their skill. They will one Medical advice in the east, where the people have day be, probably, rulers of the ocean not yet become thoroughly saturated 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 nat-

ural 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 posttion 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 homemade shirt are apt to be more useful than ornamental.

There is very little common sense in this world; most of it is decidedly un-

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 Aver's Cherry Pectoral. It heals, strengthens, prevents. "For 40 years I have depended on Ayer's Cherry Pectoral for coughs and colds. I knew it greatly strengthens weak lungs." Man. P. A. Honiyanon, Salino, Mich.

Weak Lungs

the liver, and thus aid recovery.

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 in-formation of the vowels."

Geley LIQUOR-MORPHINE-TOBACCO FOR FULL PARTICULARS -

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 trouples try Piso's Cure for Consumption. It is a good con medicine. At druggists, price 25 cents.

Anxious to Buow.

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

Mothers 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

HEAL Hail's Catarrh Cure is taken internally, and acts directly on the blood and nuccus surfaces of the system. Send for testimonials, free.

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 ream, instead of making one cooler, makes one warmer? Pretty Girl-When did you hear that?

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 physi-cal 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 of

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 A Bust Cough Syrup, Tantos Good. Use in time. Sold by druggists. CONSUMPTION

Horse vs. Donkey. "I say," remarked young Sapleigh, WET Tve-aw-got a conundwam foh you.

What is the-aw-diffahence between me and a horse?" "The difference," replied Miss Caus-

tique, "is probably in the length of your ears."

FITS Permanently Cured. No fils or nervousness after first day's use of Dr. Eline's Great Nerve Restorer. Send for Free \$3 trial bottle and treatise. Dr. H. H. Kine. Lot., set Arch St., Philisolophia, Pa.

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

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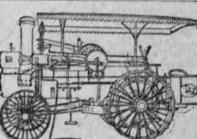
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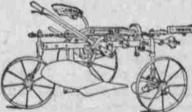
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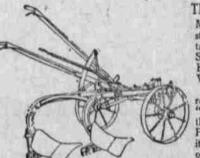


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