

HAY FEVER

"Having used Peruna for catarrh and hay fever, I can recommend it to all who are suffering with the above diseases. I am happy to be able to say it has helped me wonderfully."
—Mayme E. Smith.



MISS MAYME SMITH.

441 East Mound Street Columbus, Ohio

HAY FEVER is endemic catarrh. It is caused by some irritating substance in the atmosphere during the late summer months. It is generally thought that the pollen of certain weeds and flowers is the cause of it.

Change of locality seems to be the only rational cure. The use of Peruna, however, stimulates the nervous system to resist the effects of the poisonous emanations and sometimes carries the victim through the hay fever season without an attack of the disease.

A large number of people rely upon Peruna for this purpose. Those who do not find it convenient to change their location to avoid Hay Fever would do well to give Peruna a trial. It has proven of priceless value to many people.

He Knew.

"I want to get some bird seed," said the customer.

"Don't try to plague me, smarty!" cried the new clerk from the country. "Birds grow from eggs, not seeds."—The Catholic Standard and Times.

Stung!

Confidential Friend—Old man, if you had your life to live over again, would you make it different?

Defeated Politician—Yes, in two particulars. Firstly, I'd be a bigger scoundrel. Secondly, I wouldn't take any other man into my confidence.—Chicago Tribune.

Under Protest.

Noah Webster was compiling his dictionary.

"To a certain extent," he said, "I have to take the language as I find it."

Thereupon, with a pang of regret, he added the word "awfully" to his collection. He foresaw that it would be awfully overworked.

Versatility.

"Haven't I seen you before somewhere?" asked the customer at the lunch counter.

"You probably saw me at some Igorrote village," said the dusky waiter. "I was one of the Igorrotes, huh."

Habit with Him.

"That man looked at the bill I handed him for fully three minutes," said the clerk. "I wonder if he thinks I tried to cheat him."

"No," explained the floor walker, "he's a bacteriologist and was looking for germs."

Small and Large.

"Dr. Slocum is a homeopath, isn't he?"

"Not altogether."

"But he always prescribes homeopathic doses."

"Yes, but his fees are allopathic."—Philadelphia Press.

SICK FOR TEN YEARS.

Constant Backache, Dropsy, and Severe Bladder Trouble.

Fred W. Harris, of Cheenut St., Jefferson, Ohio, says: "For over ten years I suffered from kidney disease. The third year my feet and hands would swell and remain puffed up for days at a time. I seemed to have a constant backache. Finally I got so bad that I was laid up in bed with several doctors in attendance. I thought surely I would die. I changed medicine and began using Doan's Kidney Pills when I was still in bed. The relief I found was so great that I kept on until I had taken about ten boxes. The kidney secretions became natural and after years of misery I was cured. I have increased in weight, and show no symptoms of my former trouble."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



Corn Pudding.

Virginia Recipe.—Take six large ears of corn; with a sharp knife cut each row of grains in the center and shave in very thin slices. Add this to the yolks of three well-beaten eggs, half a teacupful of melted butter, a table-spoonful of rice flour, two table-spoonfuls of sugar, one of salt, and a pint of new milk. Mix well, and gradually stir in the stiffly-beaten whites of the eggs. Turn into a buttered pudding dish, set in hot oven; when the pudding is set, cover the top with a greased paper, and let bake until a light brown. Grate browned crackers over the top and serve.

Raspberry Cream.

Half box gelatine, half cupful cold water, half cupful boiling water, one cupful sugar, one pint of cream, whipped, one pint of raspberry juice. Soak the gelatine one hour in the cold water, then put it with the sugar and boiling water in a double boiler over the fire, and stir until thoroughly dissolved. Add the raspberry juice, strain and set in a cool place. When it has begun to form, stir in the whipped cream, turn into a mold and set on the ice to harden.

Gold Cake.

Cream one cup of butter, add two cups of sugar and beat until creamy. Add one cup of milk and the well-beaten yolks of eight eggs and beat them in one cup of milk alternately with four cups of flour sifted with two slightly rounding teaspoons of cream of tartar and one level teaspoonful of soda, or five level teaspoons of baking powder, three times. Flavor with a teaspoon of vanilla and bake in two loaves.

English Cherry Pie.

One cup lard and butter mixed, two cups flour, one teaspoon salt. Work the shortening into the flour with a knife, mix with sufficient ice water to hold together, handling as little as possible. Line the sides of a deep earthen baking dish, fill two-thirds full with stoned cherries, add two cups sugar, and place one small cup (inverted) in the center of the dish. Cover with a thick top crust, no bottom crust being used.

Cherry Decoration for Table.

Red and white cherries tied together in big clusters and arranged in a glass dish make attractive centerpieces for a summer dinner table. If the color of the fruit is reflected in a glass mat under the dish and the mat is edged with green leaves or fern fronds, the effect is enhanced. Currants may be used in the same way.

Gooseberry Pie.

If possible, use only the hairy kind; line a dish with paste and lay in the fruit; cover thickly with sugar, and put on a top crust; place in a moderate oven; at the end of an hour it will be done; but it is an excellent idea to open the oven door and let it remain until cool; by doing so the berries will turn red.

Cooking Dried Fruit.

Dried fruits should be washed scrupulously clean, then soaked over night in clear, cold water, in which they should be stewed with sugar the next morning. Enough water should be allowed to make a large quantity of juice, as that is what makes dried fruits appetizing.

Delicious Hash.

Good hash is made by using about three-fourths potatoes and moistening the mixture with soup stock. A finely chopped onion flavors hash as nothing else will. Very cheap cuts of meat will make good hash if boiled until tender and all gristle removed.

Cucumbers in Salt.

Four quarts of salt, two quarts of water, one quart of vinegar. Cover the cucumbers with this, placing a weight on top so as to keep all covered with the brine, and they will keep as long as there is salt undissolved in the bottom of the tub.

Girdle Scones.

Mix one-half pound flour, one teaspoonful cream of tartar, one-half teaspoonful carbonate of soda, one dessert-spoonful sugar, one egg, pinch of salt and milk, pour into buttered rings, and bake in a moderately hot girdle until brown.

Cherries and Walnuts.

A delicious salad was recently served at a country house luncheon. Cherries were stoned and the cavities filled with English walnut meat. Then they were covered with French dressing and left on the ice for three hours. Just before serving the fruit was drained, filled into nests formed with lettuce leaves and dressed lightly with oil and vinegar.



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 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.

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Justly Apprehensive.

The visitor from beyond the suburbs had paid a cabman 50 cents for driving him four blocks, and the artist in the basement, to whom he had submitted his straw hat for cleaning, occupied ten minutes in the process and charged him 75 cents.

"Does it get any worse, young fellow," he asked, "the further I go downtown?"

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