Rheumatism

Is one of the constitutional diseases. It manifests itself in local aches and pains, inflamed joints and stiff muscles,-but it cannot be cured by local applications.

It requires constitutional treatment, and the best is a course of the great blood purifying and tonic medicine

Hood's Sarsaparilla

which neutralizes the acidity of the blood and builds up the whole system.

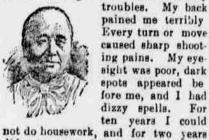
In usual liquid form or in chocolated tablets known as Sarsatabs. 100 doses \$1.

Uncle Allen.

"I suppose there is such a person as the foolkiller." mused Uncle Allen mused Uncle Allen Sparks, "but he has either retired from business or he's hopelessly behind on his orders."

TEN YEARS OF PAIN.

Unable To Do Even Housework Because of Kidney Troubles.



years I was a great sufferer from kidney troubles. My back pained me terribly Every turn or move caused sharp shooting pains. My eyesight was poor, dark spots appeared be fore me, and 1 had dizzy spells. ten years I could

For

did not get out of the house. The kid ney secretions were irregular, and doctors were not helping me. Dorn's Kidney Pills brought me quick relief, and finally cured me. They saved my life."

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

African Manioe.

requires very little attention.

pearance of a German sausage, alextraction of two or three in no way impairs the growth of the remainder.

When newly dug it tastes like a chestnut, and the digestion of the proverbial ostrich can alone assimilate it raw; but when soaked in water for a few days until partly decomposed, stamped, if forms a delightfully white a thick paste and eaten with a little flavoring, composed of a locust or a decayed trees.

forms the best all-the na ear-round tive food; but I should advise all in- pickle is ready for the table. tending consumers to abstain from any other food for three or four days before giving it a prolonged trial.



An exceedingly convenient method of attaching an ironing board to the kitchen table is shown in the accom-

panying illustration. Housewives insist that an ironing board is the proper thing to use when ironing, being far superior to a table. Its particu-

lar forms adapts it the purpose, while IRONING BOARD. _ the surface of 9

table is too large for the purpose. As shown here, the ironing board is nor-Mrs. Margaret Emmerich, of Clinton mally hidden beneath the leaves of the St., Napoleon, O., says: "For fifteen table, one end being hinged to the edge. One leaf of the table is also hinged to the one next in position. After throwing back the table leaf the ironing board can also be swung over to one side and is instantly ready for service. In this way the necessity of supporting the froning board on two chairs is obviated. At the same time the balance of the table can be used for holding the unfinished clothes. Upon the completion of the ironing the board is again folded across the table supports and the leaf lowered to its normal positio 1.

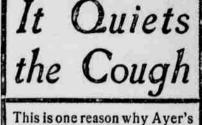
Value of Stewed Fruit.

Stewed fruit of any description is far more beneficial than the majority of fresh ones, and the despised prunes will agree with the woman who has dyspepsia, as well as the one with a strong, healthy stomach. They may be The native food of the Malunda eaten, too, as a rule, either before a country, in southern Africa, comprises meal or as a dessert with equally good manioc, and that alone. It is a plant results for the complexion and health. particularly adapted to wet, marshy Stewed apples, pears or any of the soil, says the author of "In Remotest smaller fruits are also a benefit, if not Barotseland." It takes two years to too sweet. Taking figs in such quantiarrive at maturity, and while growing ties, especially before retiring, does not agree with the average person, as the The root when full-grown is about habit is supposed to, for the concenthe size, and has very much the ap- trated sweetness is really bad, if the stomach is sour or there is a surplus though at times it grows much larger. of acid in the blood. Then, too, the tiny One shrub has several roots, and the seeds in them are difficult for any but strong stomachs to really digest and assimilate.

Raisin Pickle.

Two pounds of large California raisins, stemmed but not seeded; two large cupfuls of brown sugar, three pints of dried on the roofs of the huts and apple vinegar, three dozen medium-sized cucumber pickles, one stick of cinsoft meal, far whiter and purer than namon, one tablespoonful of mace, one the best flour. Then it is beaten into tablespoonful of celery seed, two tablespoonfuls of white mustard seed, one level teaspoonful of ground black pepcaterpillar which the natives seek in per. Boll vinegar, sugar and spices for ten minutes, add the raisins and let Another way of eating this native them boil until clear and plump. Cut luxury is by baking the roots, after the cucumbers in cubes about the size soaking them, and eating it as you of raisins and add them to the inwould a banana. Taken as a whole, it gredients in the kettle. Boil all together for ten minutes When cold the





Cherry Pectoral is so valuable in consumption. It stops the wear and tear of useless coughing. But it does more -it controls the inflammation, quiets the fever, soothes, and heals. Sold for 60 years.

"Aver's Cherry Pectoral has been a regular life preserver to me. It brought me through a severe attack of phenomonia, and I feel that I owe my life to its wonderful curative properties."- William H. TRUITT, Wawa,

ers BARSAPARILLA. PILLS. HAIR VIGOR.

burg Post.

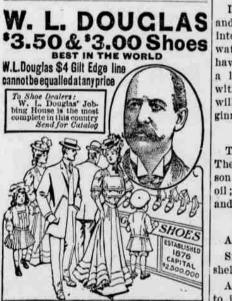


as with joyous hearts and smiling faces they romp and play-when in health -and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs, manufactured by the California Fig Syrup Co. Syrup of Figs has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs, obtained, by an original method, from certain plants known to them to act most beneficially and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy and hence we are free to refer to all well informed physicians, who do not approve of patent medicines and never favor indiscriminate self-medication.

Sulcides.

Saxony, Austria, France, and Denmark show the largest percentages of suicide annually. In Saxony thirty-States, Russia, Ireland and Spain have quick oven about twenty minutes. the lowest rates of snicides.



SHOES FOR EVERYBODY AT ALL PRICES Men's Shoes, 45 to \$1.50. Boys' Shoes, \$3 to\$1.25. Women's Shoes, \$4.00 to \$1.50. Minacs' & Children's Shoes, \$2.25 to \$1.00. y W. L. Douglas Women's, Missee ar

Minace" & Children's Shoes, \$2.25 to \$1.00. Try W. L. Doughas Women's, Misses and Children's shoes; for style, fit and wear they excel other makes. If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

than any other make. Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substi-tute. Ask your dealer for W. L. Douglas shoes and insist upon having them. Fast Golor Euclist used; they will not wear brassy, Write for Illustrated Catalog of Fail Styles. W. L. DOUGLAS, Dept. 13, Brockton, Mass.

Plum Ple.

This fruit must be cooked before !t is put into the ple. Take about two cupfuls of plums and sweeten with one heaping cupful to cover them, simmer on the fire until tender. Line the plate with crust, and put in the fruit with one in every one hundred thousand peo- a little of the juice. Sift flour over the ple living are sulcides. In Austria the top and on the edges of the paste, rate is a little over twenty-one. In which should have been wet with a Denmark it is almost twenty-six, and little water, and put on the upper crust, in France twenty-three. The United pinching together the edges; bake in a

How to Cure a Cold.

If you come home at night chilled and feel that you have taken cold, get into bed and then drink a cup of hot water, not warm water, in which you have placed the juice of a lemon and a large teaspoonful of pure glycerin. with three or four lumps of sugar. This will generally cure a cold at the beginning, inducing perspiration.

Broiled Eggplant.

The egg plant is sliced and drained. Then spread the slices on a dish, season with pepper and baste with a salad oil; sprinkle with dried bread crumbs and broil.

Egg Tests.

A good egg will sink in water.

Stale eggs are glassy and smooth of shell.

A fresh egg has a lime-like surface to its shell.

The boiled eggs which adhere to the shell are fresh laid.

Thin shells are caused by a lack of gravel, etc., among the hens laying eggs.

After an egg has been laid a day or more the shell comes off easily when beiled.

Short Suggestions.

To remove the smell of onions or fish from the frying pan put a little viegar In it directly after using and put over the fire a few minutes. Then wash again in soapy water.

Please to remember and teach your children also that the genuine Syrup of Figs always has the full name of the Company—California Fig Syrup Co. - plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

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how to make your money pay

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tives is the largest in the world. It has 751 members.





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