

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 chocolate tablets known as **Sarsatabs**. 100 doses \$1.

Uncle Allen.

"I suppose there is such a person as the foolkiller," 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.

Mrs. Margaret Emmerich, of Clinton St., Napoleon, O., says: "For fifteen 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 before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney 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 Manioc.

The native food of the Malunda country, in southern Africa, comprises manioc, and that alone. It is a plant particularly adapted to wet, marshy soil, says the author of "In Remotest Barotseland." It takes two years to arrive at maturity, and while growing requires very little attention.

The root when full-grown is about the size, and has very much the appearance of a German sausage, although at times it grows much larger. One shrub has several roots, and the extraction 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, dried on the roofs of the huts and stamped, it forms a delightfully white soft meal, far whiter and purer than the best flour. Then it is beaten into a thick paste and eaten with a little flavoring, composed of a locust or a caterpillar which the natives seek in decayed trees.

Another way of eating this native luxury is by baking the roots, after soaking them, and eating it as you would a banana. Taken as a whole, it forms the best all-the-year-round native food; but I should advise all intending consumers to abstain from any other food for three or four days before giving it a prolonged trial.

Suicides.

Saxony, Austria, France, and Denmark show the largest percentages of suicide annually. In Saxony thirty-one in every one hundred thousand people living are suicides. In Austria the rate is a little over twenty-one. In Denmark it is almost twenty-six, and in France twenty-three. The United States, Russia, Ireland and Spain have the lowest rates of suicides.

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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 substitutes. Ask your dealer for W. L. Douglas shoes and insist upon having them. Fast Color Eyelets used; they will not wear brassy. Write for Illustrated Catalog of Fall Styles. W. L. DOUGLAS, Dept. 13, Brockton, Mass.



Ironing Board.

An exceedingly convenient method of attaching an ironing board to the kitchen table is shown in the accompanying illustration. Housewives insist that an ironing board is the proper thing to use when ironing, being far superior to a table. Its particular forms adapts it to the purpose, while the surface of a table is too large for the purpose. As shown here, the ironing board is normally hidden beneath the leaves of the 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 ironing 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 position.

Value of Stewed Fruit.

Stewed fruit of any description is far more beneficial than the majority of fresh ones, and the despoiled prunes will agree with the woman who has dyspepsia, as well as the one with a strong, healthy stomach. They may be eaten, too, as a rule, either before a meal or as a dessert with equally good results for the complexion and health. Stewed apples, pears or any of the smaller fruits are also a benefit, if not too sweet. Taking figs in such quantities, especially before retiring, does not agree with the average person, as the habit is supposed to, for the concentrated sweetness is really bad, if the stomach is sour or there is a surplus of acid in the blood. Then, too, the tiny 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 apple vinegar, three dozen medium-sized cucumber pickles, one stick of cinnamon, one tablespoonful of mace, one tablespoonful of celery seed, two tablespoonfuls of white mustard seed, one level teaspoonful of ground black pepper. Boil vinegar, sugar and spices for ten minutes, add the raisins and let them boil until clear and plump. Cut the cucumbers in cubes about the size of raisins and add them to the ingredients in the kettle. Boil all together for ten minutes. When cold the pickle is ready for the table.

Plum Pie.

This fruit must be cooked before it is put into the pie. 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 a little of the juice. Sift flour over the top and on the edges of the paste, which should have been wet with a little water, and put on the upper crust, pinching together the edges; bake in a quick oven about twenty minutes.

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 boiled.

Short Suggestions.

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

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Haunting Notes.

There was a peculiar sound from the direction of the woods as the member of the Birdlovers' Society sat in the window of her friend's country home one summer afternoon.

She quickly took her small "Bird Guide" from her ever-present bag, and rapidly turned the leaves. At last she paused with a smile of satisfaction, and listened, with her finger between two leaves of the little book, till the sound came again.

When it was repeated an expression of doubt flitted across her features, but still she was hopeful.

"You probably know many of the bird notes, living so near the woods and in such a quiet spot," she said to her friend. "Can you tell me what bird that is?"

"That," said her friend, briefly, "is our goat. We shall have to move him farther off."

Recompense.

"They say that suburban life is not so bad."

"No; I suppose not. We must remember that a great deal of the suburbanite's time is spent in the city."—Pittsburg Post.

It Quiets the Cough

This is one reason why Ayer's 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.

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WHAT JOY THEY BRING TO EVERY HOME

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.

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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