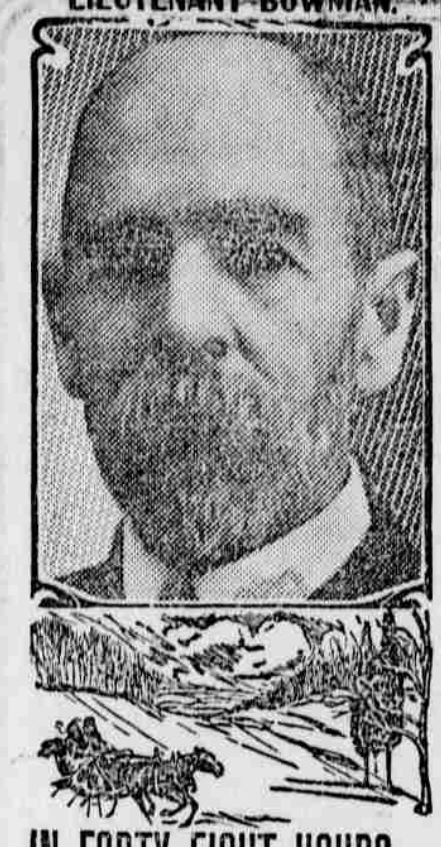
LIEUTENANT BOWMAN.



IN FORTY-EIGHT HOURS PE-RU-NA CURED HIM.

Cold Affected Head and Throat—Attack Was Severe

Chas. W. Bowman, 1st Lieut. and Adjt. 4th M. S. M. Cav. Vols., writes from Lanham, Md., as follows:

"Though somewhat averse to patent medicines, and still more averse to becoming a professional affidavit man, it seems only a plain duty in the present instance to add my experience to the columns already written concerning the curative powers of Peruna.

"I have been particularly benefitted by its use for colds in the head and throat. I have able to fully cure myself of a most severe attack in forty-eight hours by its use according to directions. I use it as a preventive whenever threatened with an attack.

"Members of my family also use it for like ailments. We are recommending it to our friends."

—Chas. W. Bowman.

Ask Your Druggist for Free Peruna Almanac for 1907

Short Kings.

There is hardly a king in Christendom whose wife does not overtop him by a head.

The English king is quite six inches shorter than Queen Alexandra.

The czar, a little man, is overtopped a full head by the czarina.

Kaiser Wilhelm is of the medium height, but the German empress is tall, and that is why the proud kaiser will never consent to be photographed beside his wife unless she sits while he stands.

The king of Italy, short and squat, hardly comes up to the shoulders of the tall, athletic Queen Helena.

The king of Portugal, though fatter, is less tall than his queen.

Even the Prince of Wales is shorter a good four inches than the princess.

And the young king of Spain is several inches shorter than his queen.

A count of the unoccupied houses in London shows 40,069. That is one house in fifteen of the whole city.

Her Book Diary.

She held up the fat little red leather book for her friend to see.

"No—not a diary. I kept one once, but I burned it long ago. My father gave me this when I was 15, and showed me how to keep it.

"It is my list of books I have read. I call it my book of books. Here is the first entry: 'Westward Ho,' by Charles Kingsley—double-starred because I have read it three times: a star means rereading. Underlined, too, because when I looked the list over at the end of the year it was one of my favorites. A little circle after the title—that's because it was a work of fiction that set me hunting fact, in history and biography.

"Not all the marks in my code were marks of honor, though. Look at the cross after number nine; that means trash. And there, after number eleven—the Frederika Bremer novel—the black dash; that means simply that I didn't like it. Father enjoined me to be honest with my black marks. He said I should find them an antidote to literary pretentiousness."—St. Louis Republic.

Long Way from Nowhere.

The most remote mission station in the world is on Herschel Island, in the far northwest corner of the Dominion of Canada. The nearest postoffice is 2,000 miles away. Consequently the packets are few and far between, seldom more than two in a year. The island is a most uninviting place for a residence. No sun for more than two months in the winter, and not a tree to be seen anywhere. Under the teaching of the missionaries many of the Esquimaux are becoming more civilized, and are greatly improving in their manner and habits, and there is a growing desire for instruction.

Dead On to Them.

A statesman, in an argument, had turned the tables rather neatly on his opponent. Senator Dolliver, in congratulation, said:

"You remind me of a Fort Dodge doctor, Dr. X——. This gentleman once had a grave dug for a patient, supposed to be dying, who afterward recovered, and over this error of judgment the doctor was joked for many years.

"Once he attended, in consultation with three confreres, another patient. This patient finally died. After death, as the physicians discussed the case together, one of them said:

"'Since quick burial is necessary, we might inter the body temporarily. I understand our brother here has a vacant grave on hand.'

"Dr. X—— smiled.

"'Yes,' he said, 'I believe I am the only physician present whose graves are not all filled.' "—Harper's Weekly.

Misunderstood.

He had bought her a pot of real Irish shamrock, grown on the ould sod, for it was St. Patrick's day, and she, too, had in her veins the blood of Erin.

"Oh," she cried, "how good of you! How perfect they are! How fresh! Why, I believe there is still a little dew on them."

"Yes," he answered, flushing, "I know there is, but it will all be paid off tomorrow."

Noise.

Rivers—Can there be such a thing as a "crying need?"

Brooks—Why not? Everybody knows there is such a thing as a howling success.

CATARRH BLOOD DISEASED AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and affected by this disease. It is a waste of time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment does not reach the blood, and can, therefore, do nothing more than temporarily relieve the discomfort of the trouble. To cure Catarrh permanently the blood must be thoroughly purified and the system cleansed of all poisons, and at the same time strengthened and built up. Nothing equals S. S. S. for this purpose. It attacks the disease at its head, goes down to the very bottom of the trouble and makes a complete and lasting cure. S. S. S. removes every particle of the catarrhal poison from the blood, making this vital stream pure, fresh and healthy. Then the inflamed membranes begin to heal, the head is loosened and cleared, the hawking and spitting cease, every symptom disappears, the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

I had Catarrh for about fifteen years, and no man could have been worse. I tried everything I could hear of, but no good resulted. I then began S. S. S., and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am as well today as any man. I think Catarrh is a blood disease, and know there is nothing on earth better for the blood than S. S. S. Nobody thinks more of S. S. S. than I do. M. MATSON, Lapeer, Mich.

S.S.S.

PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Knife and Fork.

When eating pie or cake, it may taste better when held in the fingers, but modern etiquette says that such practices belong to savages only, and that the proper method is to employ a fork. The ordinary fork generally fulfills its mission when used in connection with home-made cakes and pies, but when the hungry man has to contend with the average restaurant variety, a sharper implement is needed to penetrate the so-called crusts. This fork is provided with two miniature knives, placed on the outer prongs. The user thus has at his command a knife for severing any tough crusts he should encounter, and also the usual prongs for raising the severed piece.

CUTS CRUSTS EASILY.

Steamed Corn Bread.

Sift into a large bowl two cups of corn meal and one of flour, with two teaspoonfuls of white sugar and a teaspoonful of baking soda, also a teaspoonful of salt. Mix all together with the hand, and hollow the heap in the middle. Melt a tablespoonful of butter and stir it into three large cups of buttermilk, or of loppered milk. Beat this into the flour and meal slowly, at first, then hard for three minutes, to insure thorough mixing. Pour into a greased mold with a closely fitting top, set in a pot of boiling water and keep it at a steady boil for two hours.

Turn out on a plate and set in the oven for five minutes to dry off. A soft crust will form upon it, rendering cutting easier than if it had been sent directly to table.

In cutting corn bread hold the knife perpendicularly and cut toward you, slowly and carefully not to crush the tender loaf.

Cream Puffs.

Bring a pint of water to the scalding point and stir in a half-pound of butter. Bring to the boil and add gradually three-quarters of a pound of flour. Stir until the flour does not stick to the sides of the saucepan, take from the fire and, when the mixture is cool, whip in, one at a time, eight beaten eggs. Set the mixture on ice for an hour. Line a baking pan with buttered paper and drop the mixture by the spoonful on this, having the "puffs" so far apart that in baking, they will not run together. Bake in a hot oven to a golden brown. When cold cut a slit in the side of each puff and fill with a cream filling.

Plain Plum Pudding.

Cream a half cup of butter with a cup of granulated sugar; add a half pound of chopped and powdered suet, five beaten eggs, a cup of milk and a cupful each of seeded raisins and cleaned currants, well dredged with flour. Put this into the batter with spices to taste. Stir in a quart of flour and turn into a large mold. Steam for six hours.

Waterproof Glue.

A waterproof glue may be made from three parts of gum shellac and one part of india rubber, these being dissolved separately in ether under the influence of heat, and the two solutions mixed and kept for a time in a sealed bottle. According to The Iron Age, water, either hot or cold, and most acids and alkalies, will have no effect on the glue.

Chicken Pie.

Disjoint chicken and stew slowly until tender. For crust take two and one-quarter cups flour, two teaspoons baking powder, one teaspoon salt, two tablespoons butter rubbed in the flour, one egg beaten in a cup and filled up with milk. Mix to a stiff batter and spread over the chicken. Bake a light brown.

For the Kitchen Window.

Have a bunch of chives and parsley growing in pots in the kitchen window during the winter. Chives are more delicate than onions and are a delicious addition to the potato or lettuce salad and fine for flavoring soup or hash. It must be chopped fine. A teaspoonful is enough for a salad.

Maple Caramels.

Break two pounds of maple sugar into a quart of milk—part cream makes it richer—and boil without stirring until a little dropped into ice water hardens. Pour into greased pans and, as it hardens, mark off into squares.

Fish Sandwiches.

Any cooked fresh fish picked into bits, well seasoned with salt and pepper and moistened with mayonnaise makes an excellent filling for a sandwich. A little chopped pickle is also an addition.

Promise of Improvement.

"Edith," exclaimed her mother, "I'm sorry I brought you to the shore at all. Here five days and you're engaged to two young men. It's disgraceful!"

"Yes," admitted the summer girl, "it's pretty slow work, but give me time, ma, give me time."—Philadelphia Press.

Too Early.

From the rear store window at 3 a. m.
Dropped an early Christmas shopper.
But he dropped—alas!—right into the hands
Of a watchful, meddlesome copper.
—Chicago Tribune.

Peculiar to Itself

In selection, proportion and combination of ingredients.

In the process by which their remedial values are extracted and preserved.

In effectiveness, usefulness and economy,
Curing the widest range of diseases,
Doing the most good for the money,
Having the most medicinal merit,
And the greatest record of cures,—

Hood's Sarsaparilla

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

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THE IRWIN-HODSON CO., Portland, Oregon

On the Scent.

Crimson Rambler—Are you burning gasoline in dat automobile, mister?

Sparks—No, my friend; I'm trying alcohol just for an experiment.

Crimson Rambler—I thought so. Would you mind me hangin' on behind fer a mile or so, jest fer de smell?—Puck.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.
WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.

Hall's Family Pills are the best.

Real Monopoly.

The lone bandit was holding up a railway train.

"It's better than being president of the road," he chortled. "I don't have to divide any of the swag with influential politicians."

By the way of rebate, however, he returned the cheap watches to their owners.

Safe, Sure and Speedy.

No external remedy ever yet devised has so fully and unquestionably met these three prime conditions as successfully as Allcocks Plasters. They are safe because they contain no delete ious drugs and are manufac ured upon scientific principles of medic ne. They are sure because nothing goes into them except ingredients which are exactly ad p ed to the purposes for which a pla ter is required. The are speedy in their action because their medicinal qualities go right to their work of relieving pain and restoring the natural and healthy performance of the functions of muscles, nerves and skin.

Allcocks Plasters are the original and genuine porous plasters and like most meritorious articles have been extensively imitated, th refore always make sure and get the genuine Allcock's.

The Last Word.

"Aw, g'on, Mike," said the British soldier, attempting to end the argument; "you're a lobster."

"Ye flatter me," retorted Mike; "shure, a lobster's a wise animal, fur green is the color fur him as long as he lives, an' he'll die before he puts on a red coat."—The Catholic Standard and Times

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The Kind You Have Always Bought
Bears the Signature of *Chas. H. Fletcher.*

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO QUININE Tablets Druggists refund money if it fails to cure. E. W GROVE'S signature is on each box. 25c.

A Query.

That "Love is blind" one can't dispute.
(He's often deaf and dumb to boot!)
But if he sightless be, I pray,
How does he always "find the way"?
—The Reader.

HOWARD E. BURTON.—Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1; Gold, Silver, Zinc; Gold, Zinc or Copper, $1. Cyanide tests. Mailing envelopes and full price list sent on application. Control and Umpire work solicited. References: Carbonate National Bank.

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G. F. BEERE, Macleod, Alberta
Reference: Union Bank of Canada.

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