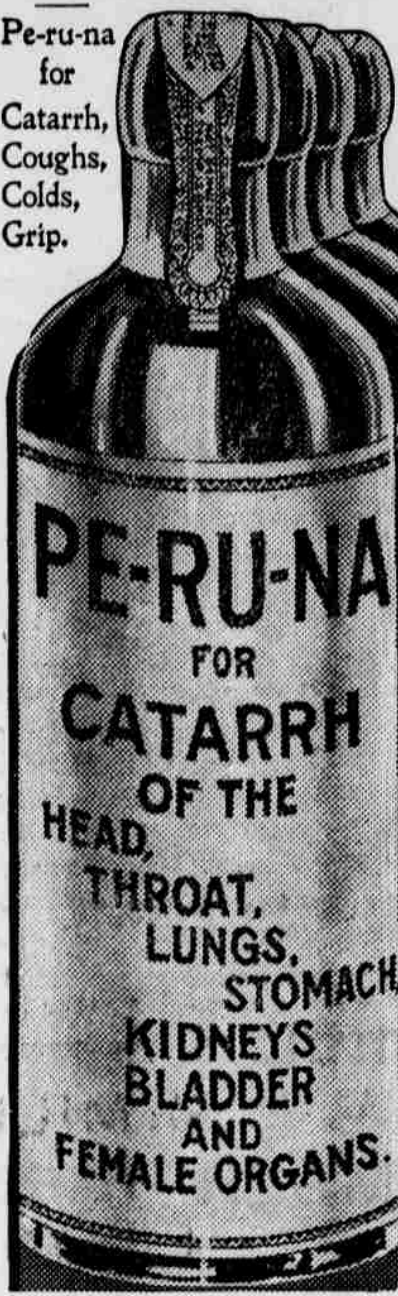


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Catarrh,
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Grip.



Peruna is a household friend in more than a million homes. This number is increasing every day. Peruna has become a household word all over the English speaking world. It is an old tried remedy for all catarrhal diseases of the head, throat, lungs, stomach, kidneys, bladder and female organs.

Ask Your Druggist for Free Peruna Almanac for 1907

Uncertainty of Life.

"Young man," said the clerical-looking passenger, addressing the beardless individual across the aisle, "do you ever consider when you lie down at night that you may never see the sun rise again?"

"No," replied the party at whom the query had been fired, "can't say that I do; but every morning when I wake up I realize that I may not live to see another sunset."

"You do?" queried the surprised c. l. p.

"I do," answered the young man. "You see, I'm a baseball umpire."—Cincinnati Enquirer.

ALBERTA

The land of the golden grain. Here is a snap or investors, 640 acres, improved, 5 miles from the growing town of Macleod, \$12 per acre. In two years from now this land will be worth \$20 per acre. Apply in a rush to

G. F. BEERE, Macleod, Alberta.

Reference: Union Bank of Canada.

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In the Upper Snake Valley, Idaho, where 25,000 Mississippi Valley homesteaders are already located, 500,000 acres undeveloped, irrigable land still await the settler. Rich soil and best watered valley in the world. Finest climate; choicest fruit; immense crops of grain, alfalfa, sugar beets, \$4,000,000 invested in sugar factories. New R. R. extension to Yellowstone park opens country of vast resources. Ashton started Jan. 1, 1906, a record breaker. Write for particulars.
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St. Anthony and Ashton, Idaho.

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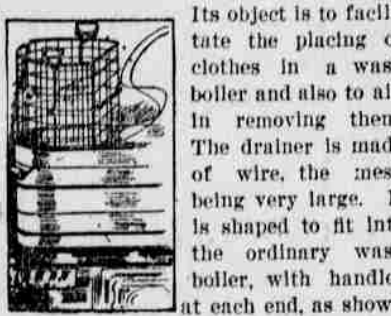
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WHEN writing to advertisers please mention this paper.



Clothes-Drainer.
One of the latest household utensils recently patented is a wash boiler drainer, an adjunct to the wash boiler.



Its object is to facilitate the placing of clothes in a wash boiler and also to aid in removing them. The drainer is made of wire, the mesh being very large. It is shaped to fit into the ordinary wash boiler, with handles at each end, as shown in the illustration. The frame is divided into four sections, which can be readily taken apart and the drainer folded into a small package. The advantages of the drainer will be apparent at once. The clothes to be washed can be easily handled, being placed in or removed from the wash boiler with practically no trouble. A further advantage lies in the fact that the clothes can be raised out of the boiling water and allowed to drain before handling, thus avoiding danger of scalding the hands.

Sandwiches.
Delicious sandwiches are made by passing ham through the chopper and adding a suggestion of lemon peel.

By dressing cold halibut with a little mayonnaise and capers.

By using chopped Spanish onions, with or without the lettuce.

By mixing finely-chopped walnuts with cream cheese, and adding a little heavy cream and a pinch of salt.

By preparing a filling of stone olives and green and red (sweet) peppers, both chopped fine.

By covering the bread with thin slices of cucumber over which chopped chives, or grated American cheese, should then be sprinkled.

By passing cold pork and celery through the chopper and seasoning with salt and Worcestershire slightly diluted with water.

Keeping Preserves.

The keeping qualities of preserved fruits and vegetables is greatly impaired by being stored in full daylight. This is especially true when glass jars are used. The jelly will soon become cloudy and dark when thus exposed. Marmalade and other preserves are apt to sour and become mouldy. No matter how well the fruit has been put up and how carefully sterilized and sealed, slow changes in the preserves will take place which, sooner or later, work their destruction. The careful housekeeper will keep close watch over her preserved fruits, and if indication of spoiling appears the jars should be opened.

Cheese Quenelles.

Three ounces of bread crumbs, three ounces of grated cheese, two large eggs, two ounces of butter, one-half gill of boiling water, cayenne pepper and salt. Put water and butter into a pan; add bread crumbs; stir until smooth and hot; then cool; add yolks of eggs and grated cheese; stir lightly in the frothed whites. Add seasoning. Drop mixture from a small teaspoon into hot fat and fry golden brown. Drain and serve hot. White sauce or a well-made, smooth tomato sauce may be passed with these, or they may be served with lettuce, with French dressing.

Beef a la Mode.

Take about two pounds of fresh, lean beef, cut it in pieces about two inches square. Roll each piece in flour; fry in butter or lard one medium-sized onion, sliced. Cook for five minutes, remove onion, place meat in fat and brown carefully. Replace onion with meat, sprinkle with salt and pepper. Pour over whole one-half can tomatoes (strained). Cover meat with water and simmer slowly three hours, adding more water as it cooks away. To serve, cook spaghetti one-half hour and place around platter with meat in center.

Plum Duff.

One quart of flour, two teaspoonfuls of baking powder and a teaspoonful of salt sifted with the flour, one teaspoonful of finely chopped suet. Mix the above ingredients, then add a cup of currants and just enough water to make a stiff dough. Tie up in a cloth, giving room to swell, and drop into a kettle full of boiling water. Boil for one hour, serve hot and eat with brown sugar.

Filling for Chocolate Cake.

One cup of powdered sugar, two tablespoonfuls of cocoa, three tablespoonfuls of milk. Mix sugar and cocoa thoroughly and milk until of the right consistency, then spread on the cake.

His Object.
"Do you enjoy staying out until 2 and 3 o'clock every morning?"
"No, indeed; but I can't afford to let my wife get into the habit of expecting me home early."—Houston Post.

PILES CURED IN 6 TO 14 DAYS.
PAZO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding piles in 6 to 14 days or money refunded. 50c.

The Enfaula (I. T.) Journal boasts that every copy of its weekly is fed into the press by a fullblood Indian woman, whose husband turns the press.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Envy.
Dick—Your cheeks are beautiful tonight, my dear.
Katharine—Yes. Jack Frost kissed them.
Dick—He did? Lucky Jack.

Shake Into Your Shoes
Allen's Foot-Ease. A powder. It makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Sold by all Druggists. Price 25c. Trial package mailed FREE. Address Allen S. Olmsted, LeRoy, New York.

Barbers Ages Ago.

The first barbers of whom there is any record piled their trade in Greece in the fifth century B. C. In Rome the first barbers operated in the third century B. C. In olden times in England the barber and the physician were identical. Thus, a king's barber was also his chief medical adviser.

In the time of Henry VIII. of England, laws were made concerning barbers, of which the following is an extract: "No person occupying a shaving or barbery in London shall use any surgery, letting of blood or other matter, except the drawing of teeth."

Always to be Depended Upon.

When a person gets up in the morning with a dull headache and a red, stretchy feeling, it is an almost certain indication that the liver, or bowels or both are decidedly out of order.

At such times Nature, the wisest and best of all doctors, takes this means to give warning that she needs the help and gentle assistance which can best be obtained from that old family remedy, Brandreth's Pills, which has been in use for over a century.

They are the same fine laxative tonic pill your grand-arents used, when doctors were few and far between and when people had to have a remedy that could absolutely be depended upon.

Brandreth's Pills can be depended upon and are sold in every drug and medicine store, either plain or sugar-coated.

Ancient Coffins.

The coffins of the ancient Egyptians were made of marble and stone. The Romans used similar receptacles for their dead, and Alexander the Great is said to have been buried in a coffin of solid gold. In parts of England glass coffins have been found.

The Athenian heroes were buried in coffins made of cedar, owing to its aromatic and incorruptible qualities, while the first record of wooden coffins in England dates back to the days of King Arthur. This monarch was supposed to have been buried in the hollowed trunk of a gigantic oak. Patent coffins were invented in 1796, and metallic air tight coffins were advertised at Birmingham in 1861.

OLD SORES FED AND KEPT OPEN BY IMPURITIES IN THE BLOOD

Whenever a sore refuses to heal it is because the blood is not pure and healthy, as it should be, but is infected with poisonous germs or some old blood taint which has corrupted and polluted the circulation. Those most usually afflicted with old sores are persons who have reached or passed middle life. The vitality of the blood and strength of the system have naturally begun to decline, and the poisonous germs which have accumulated because of a sluggish and inactive condition of the system, or some hereditary taint which has hitherto been held in check, now force an outlet on the face, arms, legs or other part of the body. The place grows red and angry, festers and eats into the surrounding tissue until it becomes a chronic and stubborn ulcer, fed and kept open by the impurities with which the blood is saturated. Nothing is more trying and disagreeable than a stubborn, non-healing sore. The very fact that it resists ordinary remedies and treatments is good reason for suspicion; the same germ-producing cancerous ulcers is back of every old sore, and especially is this true if the trouble is an inherited one. Washes, salves, nor indeed anything else, applied directly to the sore, can do any permanent good; neither will removing the sore with caustic plasters or the surgeon's knife make a lasting cure. If every particle of the diseased flesh were taken away another sore would come, because the trouble is in the blood, and the BLOOD CANNOT BE CUT AWAY. The cure must come by a thorough cleansing of the blood. In S. S. S. will be found a remedy for sores and ulcers of every kind. It is an unequalled blood purifier—one that goes directly into the circulation and promptly cleanses it of all poisons and taints. It gets down to the very bottom of the trouble and forces out every trace of impurity and makes a complete and lasting cure. S. S. S. changes the quality of the blood so that instead of feeding the diseased parts with impurities, it nourishes the irritated, inflamed flesh with healthy blood.

Then the sore begins to heal, new flesh is formed, all pain and inflammation leaves, the place scabs over, and when S. S. S. has purified the blood the sore is permanently cured. S. S. S. is for sale at all first class drug stores. Write for our special book on sores and ulcers and any other medical advice you desire. We make no charge for the book or advice.

S.S.S. PURELY VEGETABLE

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Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send post paid at 10c a package. Write for free booklet how to dye, bleach and mix colors. MONROE DRUG CO., Unionville, Missouri.

Catarrh

Is a constitutional disease originating in impure blood and requiring constitutional treatment acting through and purifying the blood for its radical and permanent cure. The greatest constitutional remedy is

Hood's Sarsaparilla

In usual liquid form or in chocolate tablets known as Sarsatabs. 100 doses \$1. Nasal and other local forms of catarrh are relieved by Catarrlets, which allay inflammation and deodorize discharge. 50c.

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The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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