

U. S. DISPENSATORY

Describes the Principal Ingredients Contained in Pe-ru-na.

Are we claiming too much for Peruna when we claim it to be an effective remedy for chronic catarrh? Have we abundant proof that Peruna is in reality such a catarrh remedy? Let us see what the United States Dispensatory says of the principal ingredients of Peruna.

Take, for instance, the ingredient of hydrastis canadensis, or golden seal. The United States Dispensatory says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes, chronic rhinitis (nasal catarrh), atonic dyspepsia (catarrh of the stomach), chronic intestinal catarrh, catarrhal jaundice (catarrh of the liver), and in diseased mucous membranes of the pelvic organs. It is also recommended for the treatment of various forms of diseases peculiar to women.

Another ingredient of Peruna, corydalis formosa, is classed in the United States Dispensatory as a tonic. So also is cubeba classed as a stomachic and as a tonic for the mucous membranes.

Cedron seeds is another ingredient of Peruna, an excellent drug that has been very largely overlooked by the medical profession for the past fifty years. The seeds are to be found in very few drug stores. The United States Dispensatory says of the action of cedron that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a substitute for quinine.

Oil of copaiba, another ingredient of Peruna is classed by the United States Dispensatory as a mild stimulant and diuretic. It acts on the stomach and intestinal tract. It acts as a stimulant on the genito-urinary membranes. Useful in chronic cystitis, chronic dysentery and diarrhea, and some chronic diseases of the liver and kidneys.

Send to us for a free book of testimonials of what the people think of Peruna as a catarrh remedy. The best evidence is the testimony of those who have tried it.

Reciprocity.

"Fellow citizens," exclaimed the rising politician, "I am not ashamed to say that I got my start in life by selling newspapers!"

"You oughtn't to be ashamed, either," shouted a man in the audience. "The newspapers gave you your start-in politics."

HARDSHIPS OF ARMY LIFE.

Left Thousands of Veterans With Kidney Troubles.

The experience of David W. Martin, a retired merchant of Bolivar, Mo., is just like thousands of others. Mr. Martin says: "I think I have had kidney disease ever since the war. During an engagement my horse fell on me, straining my back and injuring the kidneys. I have been told I had a floating kidney. I had intense pain in the back, headaches and dizzy spells and the action of the bladder was very irregular. About three years ago I tried Doan's Kidney Pills, and found such great relief that I continued, and inside a comparatively short time was entirely rid of kidney trouble."

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



An Art Anecdote.

Edward Rosewater, founder and editor of the Omaha Bee, had a sincere love of art. He hated pictures that indicated scamped work, so called impressionistic pictures that were merely rough and hurried sketches and so called portraits that bore no likeness to their originals. A young painter showed Mr. Rosewater one day a portrait of a mutual friend.

"That a portrait of Smith!" the editor exclaimed. "I never have known it."

"Oh," the artist exclaimed, "I didn't try for a likeness, you know. I tried for an effect—an effect in grays."

"I know a man in New York," said Mr. Rosewater, "who had his portrait painted last year. It cost him \$4,000, and he was very proud of it. When it came home he showed it to his cook."

"Well, Mary," he said, "how do you like this portrait?"

"Sure, sir," said the cook, "it's lovely. It's beautiful. It's divine."

"And, of course," said my friend, "you know who it is?"

"Oh, of course I do, sir," said the cook. "Of course, of course." As she spoke she kept drawing nearer to the picture, studying it more and more closely. "Of course, sir," she said. "It's you or the mistress."—Buffalo Enquirer.

Fable for Bored.

W. Bourke Cockran, at a lawyers' banquet in New York, deprecated long speeches.

"He who makes short speeches," said Mr. Cockran, "will never find himself in the embarrassing position of a friend of mine last month."

"My friend, when a certain case of his was called, rose and pleaded in a husky voice for an adjournment."

"On what ground?" asked the judge.

"Your honor," was the reply, "I have been making an address in another court all the morning, and find myself completely exhausted."

"Very well," said the judge. And he called the next case.

"Another counsel rose and in his turn asked for an adjournment."

"Are you exhausted, too?" said the judge. "What have you been doing?"

"Your honor," was the answer, "I have been listening to my learned brother."

After a Half Century.

Two San Francisco carpenters, brothers-in-law, parted fifty-seven years ago on the completion of a building at Montgomery and Clay streets, in that city. A few days ago C. H. Swain, one of the men, who is still active and strong at 76, was employed on a new temporary structure going up on the same spot. While at work he was approached by another old man, not so hale and hearty, and was surprised to recognize in him his brother-in-law, A. M. Adlington, whom he had not seen since they had worked together there.

Choleraism.

Yellow Reporter—We haven't a scrap of news for our first page scare head.

Yellow Editor—Well, use this one about feeding the chickens, and have the head read, "150 Kernels Swallowed Up."

Yellow Reporter—Perhaps this story would be better. It is about a case of shoe soles that slipped overboard. We could use the head, "1,000 Soles Lost at Sea."—Exchange.

Leather waste is no longer wasted. Manufacturers use it in a compressed form, instead of iron, to make cogwheels.



Clothes Line on Pulley.

A clothes line on pulleys, from kitchen porch to a post or another building, saves going out in wind and snow to hang up clothes, and trouble of shoveling a path under the line on wash days. It is also very convenient to have a line of this kind up between



PULLEY CLOTHES LINE.

buildings where there is no dooryard space. To put it up, run the line over the pulleys, draw tight and splice the ends together so they will run over the pulleys easily.

Mincement.

Two pounds of lean beef boiled and chopped fine, one pound of suet chopped to a powder and freed from strings, five pounds of peeled and chopped apples, two pounds of raisins halved and seeded, two pounds of cleaned currants, one pound of sultana raisins stemmed, three-quarters of a pound of citron minced, two tablespoons each of cinnamon and mace, a tablespoonful each of cloves, allspice and salt, one teaspoonful of ground nutmeg, two and a half pounds of brown sugar. Mix all well together and stir in a quart of sherry and a pint of brandy. Pack in a stone crock until wanted.

Sour Milk Waffles.

This recipe is adapted from my great-grandmother's cookbook, and the waffles are famous for their lightness: Two cups of flour, one teaspoon of soda, one and one-third cups of sour milk or buttermilk, one tablespoon of melted butter or drippings, one scant teaspoon of salt and three eggs. Mix the flour and salt, dissolve the soda in the sour milk, add to the flour and partly stir together; now add melted butter and one egg, beat up; add another egg, beat again; then add last egg and beat well.

Safe Gasoline Stove.

A Texas man has devised a gasoline stove which he claims is absolutely non-explosive. The reservoir may be covered with oil and set afire with impunity. The stove is constructed with two tanks, one to hold water, the other gasoline. The piping is so arranged that the gasoline reservoir is always full, the pressure beneath the water forcing the oil to the top and thence into the burner. So long as the air is thus excluded from the gasoline reservoir the tank can not explode.

Glaces Nuts.

Boil in a porcelain-lined saucepan a pound of granulated sugar and a gill of water. Do not stir, but test by dipping a fork prong carefully into the liquid. When a drop put into cold water is brittle add a tablespoonful of lemon juice and remove from the fire. Have the nuts shelled and take each in a pair of sugar tongs or run a long pin through each and dip in the sirup until thoroughly coated, then lay on waxed paper to dry.

Larded Halibut.

Have the halibut steak cut an inch thick and larded by drawing matchlike strips of firm salt pork through, so that they will stick out on both sides of the fish. Heat a frying pan, put in the fish, and as the pork fries the fish will cook. Turn once and serve on a hot platter. Sprinkle with lemon juice and spread with a little butter which has been creamed and mixed with a teaspoon of finely chopped parsley.

A Tempting Salad.

Prepare and cook sweetbreads in the usual way. Tear apart the small sections of which they are composed. Have ready the same measure of chilled cucumbers cut into cubes, which mix with the sweetbreads and sprinkle the mixture with mayonnaise.

Celery and Apple Salad.

Select tart, rich-flavored apples and cut them into thin small slices; add an equal amount of crisp white celery, cut in thin slices, and moisten with a mayonnaise dressing. Serve in handsome red pepper cups on crisp blanched lettuce leaves.

Quick Tea Roll.

One egg, one-half cup maple sugar, one-third cup of butter, one cup of milk, three teaspoonfuls of baking powder in enough flour to make a stiff batter. Bake in hot gem pans in a hot oven.

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.

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CATARRH BLOOD DISEASE 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.

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