

# Help! Help! I'm Falling

Thus cried the hair. And a kind neighbor came to the rescue with a bottle of Ayer's Hair Vigor. The hair was saved! In gratitude, it grew long and heavy, and with all the deep, rich color of early life. Sold in all parts of the world for sixty years.

"About one year ago I lost nearly all of my hair following an attack of measles. I was advised by a friend to use Ayer's Hair Vigor. I did so, and as a result I now have a beautiful head of hair."—Mrs. W. J. Knowlton, Keosauqua Falls, Wis.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of

**Ayer's**  
SARSAPARILLA PILLS  
CHERRY PECTORAL

### A Pluralist.

Upon his accession to the throne the Emperor of Russia was appointed Colonel-in-Chief of the Royal Scots Greys. Whilst dressing for dinner an enthusiastic subaltern communicated the information to his servant. "Donald," he said, "have you heard that the new Emperor of Russia has been appointed Colonel of the regiment?" "Indeed, sir!" replied Donald. "It's a vera proud thing." Then, after a pause, he inquired, "Beg pardon, sir, but will he be able to keep both places?"

### Poor Consolation.

Long—Cheer up, old man. There are just as good fish in the sea as ever were caught.

Short—Very likely; but what's a fellow to do when he's out of bait?

Infant mortality is reported to be greater in Prussia than in any other country except Russia. The deaths the first year are 6 to 7 per cent in Sweden, 15 in France and 23.6 in Prussia.

Tourists in Egypt are supposed to be provided with passports, but the law is not strictly enforced; a visiting card suffices.

A guest at a recent golden wedding in Dantsic, Germany, was the wife's mother, aged 91.

There are two perfectly good men; one dead and the other unborn.—Chinese Proverb.

## A VETERAN OF THE BLACK-HAWK, MEXICAN AND THE CIVIL WARS.



**CAPT. W. W. JACKSON.**  
Sufferings Were Protracted and Severe—Tried Every Known Remedy Without Relief—Serious Stomach Trouble Cured by Three Bottles of Peruna!

Capt. W. W. Jackson, 705 G St., N. W., Washington, D. C., writes: "I am eighty-three years old, a veteran of the Black Hawk, Mexican and the Civil wars. I am by profession a physician, but abandoned the same.

"Some years ago I was seriously affected with catarrh of the stomach. My sufferings were protracted and severe. I tried every known remedy without obtaining relief.

"In desperation I began the use of your Peruna. I began to realize immediate though gradual improvement.

"After the use of three bottles every appearance of my complaint was removed, and I have no hesitation in recommending it as an infallible remedy for that disorder."—W. W. Jackson.

Address Dr. S. B. Hartman, President of The Hartman Sanitarium, Co. Jumbus, Ohio.

**PISO'S CURE FOR**  
CURES WHILE ALL ELSE FAILS  
Does Constipation, Traces Good, Use in time. Sold by druggists.  
**CONSUMPTION**



### Rich Plum Pudding.

Required: One and one-half pounds of finely chopped beef suet, half pound of fresh bread crumbs, half pound of glacé cherries cut in halves, six ounces of flour, one pound stoned and finely chopped raisins, one pound clean and stalked sultanas, one pound cleaned and stalked currants, one pound chopped peel, one pound sugar, six ounces chopped almonds, one pound finely chopped apples and one grated nutmeg, quarter pound corn flour, the strained juice and grated rind of four lemons, one ounce baking powder, ten beaten eggs mixed with one gill of milk and one gill of brandy. Mix together the dry ingredients. Beat up the eggs and mix them with the milk and brandy, and stir into the other ingredients thoroughly. Put into the molds or basins, which should be well greased, or into pudding cloths, which should be scalded and floured. Boil them from ten to twelve hours.

### Cream of Fish Soup.

Rid cold-cooked fish (fresh), of any kind, of bones, fat and skin, and mince fine; season to taste. For each cupful of this allow two cupfuls of boiling water, in which a sliced onion has been boiled, and set over the fire to cook. Heat in another saucepan a cup of milk (not forgetting the pinch of soda). When boiling stir into it a tablespoonful of butter rubbed smooth with a teaspoonful of flour. Add half a cupful of bread dust, already soaked soft in the same quantity of cold milk. Beat well together over the fire with a raw egg whipped light, pour into a tureen, turn in upon it, stirring all the while, the boiling fish and water. As soon as it is thoroughly mixed send to table.

### Brown Suet Pudding.

You will find this a very inexpensive as well as an extremely wholesome pudding. You first warm half a pound of molasses, mince a quarter of a pound of suet, and mix into a pound of flour a pinch of salt, a teaspoonful of cream of tartar, a teaspoonful of carbonate of soda, a teaspoonful of cinnamon, and a teaspoonful of grated nutmeg. Now stir in the treacle, add the suet and a half pound of raisins, stir well until all these ingredients are thoroughly mixed, add a little milk, tie in a scalded and floured cloth and boil for three hours.

### Strawberry Fritters.

One pint of flour, one-half pint of milk, one teaspoonful of salt, one tablespoonful of butter and two eggs. Beat the eggs well, add the milk and salt, then pour the mixture on the flour and mix thoroughly. Roll good, ripe strawberries in granulated sugar and add one by one to the fritter batter; mix lightly and drop in large spoonfuls in hot lard. Serve with the following sauce: One tablespoonful of flour, one tablespoonful of butter, six tablespoonfuls of sugar and one-half pint of boiling water. Cook this until it thickens, and serve, pouring it hot over the fritters.

### Belgian Buns.

Six ounces of ground rice, six ounces of flour, quarter of a pound of butter or lard, quarter of a pound sugar, one teaspoonful of baking powder, one egg and a little milk. Mix all the ingredients together, add the yolk of the egg, and divide into small balls. Make a hole in the center of each ball and put a little jam in, then close up neatly, and dip each into the white of the egg, with a little sugar. Flatten them out a little and bake on a tin in a hot stove.

### Pink Lemonade.

A change from the ordinary lemonade may be made by coloring it a pretty shade of pink with cochineal coloring, made in the following manner: Boll together, for twenty minutes, one ounce of cochineal, one ounce of cream of tartar, one-fourth of an ounce of alum, one-half pint of water. A small quantity will suffice to color the lemonade, and will not materially change the taste.

### Strawberry Dumplings.

Roll out a layer of cream of tartar biscuit dough very thin; butter and spread very thickly with ripe strawberries which have been rolled in sugar; then roll the dough up, pinch the edges tightly together and steam for three-quarters of an hour. When done, serve immediately, cutting slices from the end, jelly-roll fashion. An egg sauce or whipped cream is delicious with this dessert.

### Little Hints.

A very good way of cleaning the hands when they are very dirty, more especially in cold weather, is to rub a little pure lard well all over them, then wash with soap and water in the ordinary way. If this is done the hands will not be nearly so likely to crack.

## LEGENDS OF THE APPLE.

The Tree Has a Most Glorious Career Through the World's History.

It has been well pointed out that the apple tree has the most glorious history, in spite of the acknowledged might and grandeur of the oak. Symbolic of man's temptation and of Venus' love, the apple is the fruit of Solomon, and Hercules, and Ulysses, and the food which ever evades the unhappy Tantalus. The space of this article might profitably be taken up with the lore of the fruit that is most beneficent to man. In the face of our regard for the apple it is odd to read that the angel Azrael holds it beneath the nostrils of the dying. Not to tell the familiar tales of the apple of Discord, and the golden apples of the Hesperides and Atalanta, it may yet be interesting to recall the reason why the apple became associated with the Theban Hercules, who was known as Melius. It appears that once the Aopos overflowed and prevented the bringing across of sheep to the altar of the strong demi-god. Some suggested that "melon," the word for "sheep," was identical with that for "apples." Thus were sacrificed apples fitted with twigs for legs, and the symbolic sheep became the customary offering.

The goddess Iduna, of the Scandinavian myths, was guardian of those apples which the gods ate as a precaution against death. Loki, god of strife and spirit of evil, carried off the fruit, and everything went wrong among gods and men until the dwellers in Asgard were able to recover their sorely needed aliment. The Druids paid reverence to the mistletoe that clung to the apple tree and the oak, and on Christmas eve in Devonshire, farmers sprinkle with cider the honored tree of Pomona and then dance around the knotted trunk. Sir John Mandeville tells us that the pigmies were nourished by the mere scent of the apples of Pyban. In England, girls are known to stick sweetheart-named apple seeds on their foreheads, the seed that sticks the longest indicates the bridegroom; and on New Year's night the Silesian girls place apples underneath their pillows to promote dreams of a husband. Most pathetic of all, the hand of more than one dead child of Silesia clasps an apple with which it may play in Paradise.—Chautauquan.

## THE PHILIPPINES.

Some Interesting Facts Furnished by Census.

The census just taken by the government of the Philippine Islands furnishes some interesting statements. The enumeration was made in the Spanish language, and the schedules have resulted in statistics of the civilized population, wild peoples, agriculture, manufactures, schools, railroads, fishing, mining, telegraphs, commerce, transportation, insurance and banking.

The population of the archipelago as returned from 342 independent islands is 7,635,426. Of this number almost 7,000,000 are more or less civilized. The wild tribes form about 9 per cent of the population. The civilized tribes are adherents of the Catholic Church. The Moros are Mohammedans and the wild peoples have no recognized religious beliefs.

The total population is a little more than four times as great as it was 100 years ago. During the same period that of the United States multiplied almost fifteen times. The excess of birth rate over death rate in the Philippines has been large, in spite of sudden and great losses as a result of epidemics of various diseases.

The density of population in the Philippines is 67 per square mile. In continental United States it is 26 per square mile. The inhabitants are usually found on or near the coast, except in the island of Luzon, where about half of the people live in the two rich valleys in the interior. Only one-seventh of the civilized population live inland, but the wild peoples are confined to the interior.

More than half of the population can neither read nor write in any language, and of the 44.5 per cent able to read less than one-half can write, while the number able to both read and write constitutes only one-fifth of the population at least 10 years of age. Only 1.5 per cent have received a superior education.

Among civilized Filipinos the Roman Catholic religion is almost universal, and of 1,008 churches of all denominations only 35 are Protestant. The reported value of church buildings is 41,698,710 pesos. The Filipinos demonstrate a natural aptitude and efficiency as workmen when placed under intelligent supervision.

### Thoughts on Courtship.

Don't forget that while you are making love to a face you will live with a mind.

Before you quarrel always stop to consider whether you can afford it.

Promise as much as you can perform, and as much more as she would like you to.

Love is a disease. See to it that you have an incurable case.

If haste makes waste district messenger boys will never come to want.

## MALLEABLE IRON STUMP PULLERS

Fastest, lightest and strongest Stump Puller on the market. 112 Horse power on the sweep with two horses. Write for descriptive catalog and prices.

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SALT LAKE CITY, UTAH

### One Way of Examining.

Ho, there, Zimmie!" called the village physician's man-of-all-work to the lad who was passing. "Doctor said for me to tell you, if you came along, that he wanted to see you inside. Think he's lookin' for a new office boy. He's in the office now."

"You tell him to go straight up!" retorted little Zimmie Fiddler, preparing to run. "See me inside? not much! He needn't think he's goin' to git to cut me open on any such excuse as that! Blast him! That's no way to examine an office boy!"

### Railroad Rate Legislation.

Testifying before the senate committee at Washington, Interstate Commerce Commissioner Prouty said in discussing the proposition to give that commission the power to regulate railway rates:—

"I think the railways should make their own rates. I think they should be allowed to develop their own business. I have never advocated any law, and I am not now in favor of any law, which would put the rate making power into the hands of any commission or any court. While it may be necessary to do that some time, while that is done in some states at the present time, while it is done in some countries, I am opposed to it. . . . The railway rate is property. It is all the property that the railway has got. The rest of its property is not good for anything unless it can charge a rate. Now it has always seemed to me that when a rate was fixed, if that rate was an unreasonable rate, it deprives the railroad company of its property pro tanto. It is not necessary that you should confiscate the property of a railroad; it is not necessary that you should say that it shall not earn three per cent or four per cent. When you put in a rate that is inherently unreasonable, you have deprived that company of its rights, of its property, and the circuit court of the United States has jurisdiction under the Fourteenth amendment to restrain that. . . . I have looked at these cases a great many times, and I can only come to the conclusion that a railroad company is entitled to charge a fair and reasonable rate, and if any order of a commission, if any statute of a state legislature takes away that rate, the Fourteenth amendment protects the railway company."

### Where Extremes Meet.

Modiste—What style of sleeve would you prefer, Mrs. DeStyle?  
Mrs. DeStyle—I hardly know. What is the correct thing this season—too tight or too loose?

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

No Sign.

Ethel—Are you sure the count was intoxicated last night?  
Edythe—Positive. Why, he couldn't pronounce his own name.

Ethel—But you must remember that he is a Russian count.—Cincinnati Commercial Tribune.

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

Chip of the Old Block.

Growells—What makes the baby cry so when the nurse is trying to wash the dirt from his face?  
Mrs. Growells—Oh, I suppose he takes after you.

Growells—Now what in the world do you mean by that, madam?  
Mrs. Growells—He evidently wants the earth.

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How all vermin that infest horses, cattle, poultry, etc. Lousy heads will not fly, nor ticks grow.

**LICE!**

Live upon the blood which should go to sustain life & vitality. PRUSSIAN LICE POWDER kills the lice, since it SAVES FEED as soon as it is applied. It is given on account of vermin. 25c and 50c tins. By mail 50c & 1.00.

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Still a Mystery.

We are told that Cain got married When he tired of single life. But some people still are puzzled As to where he got his wife.

# SCROFULA A Disease We Inherit

The tainted blood of ancestors lays upon the shoulders of innocent offspring untold suffering by transmitting to them, through the blood, that blighting disease, Scrofula; for in nearly every instance the disease can be traced to some family blood trouble, or blood-kin marriage which is contrary to the laws of nature. Swelling, ulcerating glands of the neck, catarrh, weak eyes, sores, abscesses, skin eruptions, white swelling, hip disease and other deformities, with a wasting of the natural strength and vitality, are some of the ways this miserable disease manifests itself. The poison transmitted through the blood pollutes and weakens that health-sustaining fluid and in place of its nutritive qualities fills the circulation with scrofulous matter and tubercular deposits, often resulting in consumption. A disease which has been in the family blood for generations, perhaps, or at least since the birth of the sufferer, requires constitutional treatment. S. S. S. is the remedy best fitted for this. It cleanses the blood of all scrofulous and tuberculous poisons, makes it rich and pure and under the tonic effects of this great blood medicine the general health improves, the symptoms all pass away, there is a sure return to health, the disease is cured permanently while posterity is protected. Book on the blood and any advice wished, furnished by our physicians, without charge.

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