

AN HONEST DOCTOR ADVISED PE-RU-NA.

Mrs. SYLVESTER E. SMITH, Room 218, Granite Block, St. Louis, Mo., writes: "Peruna is the best friend a sick man can have."

"A few months ago I came here in a wretched condition. Exposure and dampness had ruined my once robust health. I had catarrhal affections of the bronchial tubes, and for a time there was a doubt as to my recovery."

"My good honest old doctor advised me to take Peruna, which I did and in a short time my health began to improve very rapidly, the bronchial trouble gradually disappeared, and in three months my health was fully restored."

"Accept a grateful man's thanks for his restoration to perfect health."

Pe-ru-na for His Patients.
A. W. Perrin, M. D. S., 900 Halsey St., Brooklyn, N. Y., says:

"I am using your Peruna myself, and am recommending it to my patients in all cases of catarrh, and find it to be more than you represent. Peruna can be had now of all druggists in this section. At the time I began using it, it was unknown."



Libby's Food Products

Libby's Vienna Sausage

You've never tasted the best sausage until you've eaten Libby's Vienna Sausage. It's a sausage product of high food value. Made different! Cooked different! Tastes different and is different than other sausage!

Libby's Vienna Sausage, like all of the Libby's Food Products, is carefully prepared and cooked in Libby's Great White Kitchen.

It can be quickly served for any meal at any time! It is pleasing, not over-flavored and has that satisfying taste. Try it!

Libby, McNeill & Libby, Chicago.

A Favored Fowl.
"I has been told," said Miss Miami Brown, "dat de parrot is one of the longest-lived birds dat is."
"De statement," replied Mr. Erastus Pinkley, "is strictly ornithological."
"I wonder why?"
"I specks dat is one reason why de parrot lives so long is dat he ain't good to eat."—Washington Star.

That an article may be good as well as cheap, and give entire satisfaction, is proven by the extraordinary sale of Defiance Starch, each package containing one-third more starch than can be had of any other brand for the same money.

Sleighing All the Year.
Because of the lichens which grow abundantly on the stone-paved streets in Madeira, making them slippery, it is possible to use sleighs the year around.

"Ethel, you should not monopolize all the conversation."
"When will I be old enough to, mamma?"—Yonkers Statesman.

Sufficient unto the day are the 24 hours thereof.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. Has a bottle.

The place should not honor the man, but the man the place.—Agesilaus.

Foot Ache—Use Allen's Foot-Powder. Over 30,000 testimonials. Refuse imitations. Send for free trial package. A. S. Cassel, Le Roy, N. Y.

Blunt language is often used in making sharp retorts.

TO SERVE CODFISH

FOUR RECIPES FOR DELICIOUS DISHES.

Left-Over Portions May Be Utilized in Patties—Prepared a La Mode—Cooked with Either Macaroni or Spaghetti.

Codfish a La Mode.—Take a large cupful of salt codfish that has been boiled and finely shredded, add a gill of vinegar, two tablespoons of melted butter, a saltspoon of black pepper, the juice of half a lemon, a little minced parsley, and one egg well beaten. Form in balls with the hand in oval shape, and roll in egg and cracker crumbs. Fry in hot fat and serve with bechamel sauce.

Codfish Patties.—If you have any creamed codfish remaining from breakfast it can be utilized in this way. Make some tiny puff paste shells, baking them in a quick oven; when cold fill with the creamed codfish, lightly dusting with grated nutmeg; cover the top of each shell with a teaspoonful of whipped cream, lightly salted, and return for an instant to a hot oven. Serve with fried parsley and thin slices of lemon.

Timbale of Codfish.—Break in short lengths either macaroni or spaghetti, and boil in salted water until tender; dress it with cheese and melted butter according to taste and add one well-beaten egg. Butter and bread crumb a plain mold and when the macaroni is nearly cold fill the mold with it, pressing it well down and leaving a hollow in the center, which should be filled with codfish prepared as follows: Freshen two good sized pieces of codfish by changing the water frequently in which it is soaked, then boil for 20 minutes, putting it on in cold water. Remove from the fire, and shred it finely with a silver fork, adding a small cupful of cream, a tablespoon of melted butter, a dash of cayenne and a teaspoon of onion juice. Cover the top of the mold with a layer of macaroni and bake in a moderate oven for half an hour; turn from the mold and serve garnished with blanched celery.

Codfish Chowder.—Fry six slices of fat pork crisp in the bottom of the pot in which you are to make your chowder; take them out and chop them in small pieces, putting them back in the pot with their own gray. Cover this with a layer of shredded salt codfish that has been freshened in cold water, and continue with layers of minced onions, sliced potatoes, split crackers, tomatoes and parsley; sprinkle with summer savory, cayenne pepper and celery salt. Alternate these layers until the pot is three-quarters full. Pour in enough cold water to partly cover the ingredients and stew gently for one hour, watching that the water does not boil away. When the chowder is thoroughly cooked turn it into the tureen, adding a cupful of rich milk, and serve hot with toasted bread fingers.

Oranges for the Lunch Box.
Many tourists enjoy putting up a dainty luncheon at home, which may be partaken of whenever liked. In such a box a little corner filled with oranges is sure to be most appreciated. Select large navel oranges, free from skin and all the bitter white which sometimes clings to the fruit, and separate into sections. If the orange sections are long, cut them half through in two different places with a sharp knife, or if the sections are short cut them only in the center. Pack them at once, and very closely, in paraffin paper in either a tin cracker box or a pasteboard box. The juice will not run out if the fruit is carefully handled, and a section will quench thirst much more effectively than water, and they can be taken out of the box without soiling the gloves.

For Timing Eggs.
An egg alarm is one of the latest additions to the kitchen equipment. It is a German invention, at least it comes to us from that country, and is intended to act as a reminder to the cook when the eggs are done. It is made of an oblong piece of porcelain fitted in the center with a clock dial and an alarm bell. The dial is marked off into minute sections up to the number of five. When the eggs are put into the water the alarm is set for two, three, four or five minutes and the cook need not be bothered with watching the clock to see that the eggs do not boil too hard. When the time is up the bell rings sharply as a signal that the eggs are done just right.

Making Mint Sauce.
For a good, simple way of making old-fashioned mint sauce use one large tablespoonful of chopped mint, three-fourths of a cup of vinegar and two tablespoonfuls of sugar. Mix the three together and let them stand an hour; then serve. Delmonico's rule for mint sauce differs from any other rule. It calls for one-quarter of a bunch of finely-minced mint leaves, half a cupful of water, half a cupful of broth or consommé, four tablespoonfuls of vinegar, a tablespoonful of salt and half an ounce of sugar. Mix together and serve in a sauce bowl.

Good Fish Salad.
Soak two big salt herring in water over night. Then clean fish of all bones and skin and chop fine. Chop six or seven boiled potatoes and five boiled red beets and two big onions. Mix all together with pepper and enough vinegar to soften the mixture. Press hard in molds and when shaped turn out on a flat plate. Chop the whites and yolks of three hard boiled eggs separately. Then decorate the top with alternate rows of whites, yolks and beets.

RETURN OF REGULARS TO POSTS NOT ALWAYS BEST

Curious Instances Where Teams Played Winning Ball with Subs in the Lineup.

Will the return of Flick and Turner to Cleveland's lineup increase the team's winning percentage?
The natural answer is a quick and emphatic "Yes." But wait a moment, please.

A little while ago the Yankees were in the lead of the American league race and were winning about two games out of every three. "Ball was playing short for the New York team, Elberfeldt in the hospital."
"Wait till 'Scrappy' returns, and we'll win them all," said some of the "Yankee" players. Well, "Scrappy" came back with all his old-time fire and enthusiasm, and—the Yankees immediately began to lose.

The White Sox, with a patched-up infield, were recently defeating everything in sight. They lost but one game in a stretch of 18.

"We'll get 'Isbell,'" said Fielder Jones, "and then we can't lose even one in 18." Isbell, brilliant player, great hitter, fine fielder, man of brains, came, and—the White Sox promptly tumbled out of first place and into fourth.

Probably that it is usually fatal to break up a winning team. It takes time to get the new men accustomed to all the signals their predecessors had become thoroughly accustomed to.

Flick and Turner will add batting, fielding and base running ability to the Naps, but it is too much to expect that their acquisition will bring a larger percentage of victories for a few days at least.

DANE RICHEST OF FIGHTERS

Battling Nelson Reputed to Be Worth Over \$100,000.

Battling Nelson the other day, at San Francisco, won the title of lightweight pugilist of the world from the man who defeated him at Goldfield, Nev., almost two years ago. He knocked out Joe Gans in the seventeenth round, after a fight as desperate as any that had been seen there in years.

Nelson can lay his horny mitts upon more available cash to-day than any other fighter in the business. In his climb to the position as topnotch lightweight of the world the Dane has passed the \$100,000 figure and is now busily engaged in reaching the \$200,000 figure.

Nelson knows how to keep the coin of the realm. He has been accused of being "batty" on several occasions, but the rest of the fighting brigade



Battling Nelson.

only wish they could inherit that kind of foolishness which would add to their ring record and bank accounts. Still, when it comes down to solid facts, Nelson has no one to thank for his championship honors. Nobody took his beatings and no one administered the defeats but himself.

To date Nelson has acquired all of the choice real estate in Hegewisch, now known as Burnham. Besides this, he recently purchased some vineyard property in California.

Nelson's biggest earnings for one fight was at the time he fought Gans at Goldfield, Nevada, September 3, 1906, when he received for his end \$22,500. Since then he has been kept busily engaged in coast battles and exhibitions. His recent battle with Gans netted the Dane close to \$15,000.

From now on, however, they will all have to come and see the Dane. The championship title is worth thousands. The Dane will be the biggest card there is on the road, and he can well afford to remain idle unless the promoters come across.

Siever Three Times with Detroit.
Eddie Siever, who has been turned over to Indianapolis, has had a unique career in the major leagues. He started in Detroit under George Stallings, and under that manager developed into a good left hand twirler. Then he threw out his arm in an extra innings struggle with Rube Waddell. He went to the association, then to St. Louis. He made good with St. Louis, then went back again. For the third time he came up with Detroit under Bill Armour, and has been there ever since.

BED-BOUND FOR MONTHS.

Hope Abandoned After Physicians' Consultation.



Mrs. Enos Shearer, Yew and Washington Sts., Centralia, Wash., says: "For years I was weak and run down, could not sleep, my limbs swelled and the secretions were troublesome; pains were intense. I was fast in bed for four months. Three doctors said there was no cure for me, and I was given up to die. Being urged, I used Doan's Kidney Pills. Soon I was better, and in a few weeks was about the house, well and strong again."
Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

WAS ONLY RED BLOOD.

And Three-Year-Old Had Been Told That It Was Blue.

Three-year-old Allan had a very aristocratic grandma, who prided herself on her own and her husband's blue-blooded ancestry. She told him heroic deeds of them and warned him from ever playing with boys of low degree. One day Allan came screaming upstairs to his mamma and grandma, holding his hand up covered with blood, where he had cut his little finger. They were both greatly alarmed, as he was a child who rarely cried or complained when hurt. Mamma washed the blood off and, examining the cut, said:
"Why, dear, it's not so very bad. Does it hurt you so much?"
"I'm not cryin' cause it hurts," he said, "but 'cause it's only red blood, and grandma said it had blue."—Philadelphia Ledger.

For and Against.

A Philadelphia lawyer, retained as counsel for the defense in a murder trial, tells of the difficulties in getting together a jury.

"Counsel were endeavoring," says this lawyer, "to elicit from the various prospective jurors their views concerning the death penalty."
"One man to whom the question was put, 'Are you against the infliction of the death penalty?' replied, 'No, sir.'"
"What is your business?" he was asked. "I am a butcher," he replied.
"When the same question was put to the next man he answered that he was against the death penalty."
"What is your business?"
"Life insurance," said he.

Where the Urchin Scored.
The busy man stopped before an office building and leaped from his carriage. At the same moment an ambitious urchin ran forward and plied: "Hey, mister, kin I hold yer horse?" "No, you can't!" snapped the busy man. "Won't charge y' much," insisted the urchin. "I don't care about the charge," impatiently responded the man, throwing a blanket over his bony steed. "My horse will not run away." "Gee, mister, I didn't think he'd run away!" "No?" "No, I thought he might fall down."

Readjusted Conditions.
"Do you think these trusts and mergers have put the great capitalists on terms of friendship?"
"Not as a rule," answered Dustin Stax. "It has simply brought the fighting to closer range."—Washington Star.

Lemon Butter Cake.

Beat one-fourth cup of butter to a cream, add gradually one and one-half cups of sugar and yolks of two eggs. Sift two and one-half cups of flour with two heaping teaspoons baking powder; measure one-half pint of water. Beat the whites of eggs to a stiff froth; add half the water and half the flour to the eggs and butter and beat well; then add the rest of water and flour and beat thoroughly, stirring in the whites. Bake in three layers; put together with:

Lemon Butter.—Juice, pulp, and grated rind of one lemon, one egg, and one-half cup sugar. Melt a piece of butter size of walnut in farina kettle; add the other ingredients and boil till thick. This will keep some time and is a fine springtime jelly.

Fold Tablecloths.

Tablecloths with embroidered monogram or initial in the center or above the first plate ought never to be folded in half. Divide first and press, then fold over the left side. In this way the cloth can be straightened and divided evenly without any trouble whereas if it is folded left side over right you would have to use the left hand to straighten the cloth, which is awkward. After pressing smooth and dry fold cloth back and forth, starting at one end. Do not crease. In this way you have but two creases in your tablecloth.

The Republicans evidently believe that the constitution does not count for much nowadays, for the word constitution does not appear in the speeches of Senator Lodge, or Mr. Burton, made at the Republican convention, and only one reference to that instrument is made in the platform. This reference occurs in the resolution relating to the enforcement of the thirteenth, fourteenth and fifteenth amendments.

When Mr. Taft addresses the Prosperity convention in New York he will have a chance to set forth an exact plan for becoming highly prosperous and plethoric on average Dingley wages of \$10.98 a week.

The Vital Point.

Judge Gillette was one of the most dignified of old-fashioned jurists. One day he was holding court at a county seat in a rather out-of-the-main-road county, when a violent hubbub in the hallway interrupted proceedings in the courtroom. After quieting the disturbance, the sheriff returned to report to the judge. "It was two men fighting," explained the official. "Danny Flannigan and Jake Jenkins, tough characters about town. I have put them under arrest." And he waited, expecting that the magistrate would order both offenders to be brought into his presence and committed for contempt.

What was the sheriff's astonishment, therefore, when the judge beckoned him to the desk, and bending down, said in a confidential whisper:
"Which licked?"—Illustrated Sunday Magazine.

A Difficult Lesson.

"It is next to impossible for a man to teach a pretty girl how to whistle," said a musician who is a good whistler.
"How is that?" he was asked.
"Well, providing she is not your wife or sister, when a pretty girl gets her lips properly puckered she usually looks so bewitchingly tempting that he kisses her, and the consequence is she doesn't have a chance to blow a note."

ITCHING HUMOR ON BOY

His Hands Were a Solid Mass, and Disease Spread All Over Body—Cured in 4 Days By Cuticura.

"One day we noticed that our little boy was all broken out with itching sores. We first noticed it on his little hands. His hands were not as bad then, and we didn't think anything serious would result. But the next day we heard of the Cuticura Remedies being so good for itching sores. By this time the disease had spread all over his body, and his hands were nothing but a solid mass of this itching disease. I purchased a box of Cuticura Soap and one box of Cuticura Ointment, and that night I took the Cuticura Soap and lukewarm water and washed him well. Then I dried him and took the Cuticura Ointment and anointed him with it. I did this every evening and in four nights he was entirely cured. Mrs. Frank Donahue, 208 Fremont St., Kokomo, Ind., Sept. 16, 1907."

In after years women discover that mirrors are not what they used to be. Those who have the least need of loveliness are usually the quickest to forgive.
Don't forget that a thing isn't done because you intend to do it.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed, as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS (size only, regular price 50¢ per bottle)

FOUR GIRLS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Read What They Say.

Miss Lillian Ross, 334 East 84th Street, New York, writes: "Lydia E. Pinkham's Vegetable Compound overcame irregularities, periodic suffering, and nervous headaches, after everything else had failed to help me, and I feel it a duty to let others know of it."
Katherine Craig, 233 Lafayette St., Denver, Col., writes: "Thanks to Lydia E. Pinkham's Vegetable Compound I am well, after suffering for months from nervous prostration."
Miss Marie Stoltzman, of Laurel, Ia., writes: "I was in run-down condition, suffered from depression, indigestion, and poor circulation. Lydia E. Pinkham's Vegetable Compound made me well and strong."
Miss Ellen M. Olson, of 417 N. East St., Knoxville, Ill., says: "Lydia E. Pinkham's Vegetable Compound cured me of backache, side ache, and established my periods, after the best local doctors had failed to help me."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, nervous prostration. Why don't you try it?
Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Heavy Eating. A perfect remedy for Dizziness, Nausea, Headaches, Bad Taste in the Mouth, Costive Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature

REFUSE SUBSTITUTES.

PARKER'S HAIR BALSAM

PILES

WIDOWS' under NEW LAW obtained PENSIONS by JOHN W. MORRIS, Washington, D. C.
Fatticed with Thompson's Eye Water
W. N. U., LINCOLN, NO. 30, 1908.

EDUCATIONAL

Nebraska Military Academy
Lincoln, Nebraska
A first-class military boarding school for boys, splendid building and grounds. Prepares for college and business. Special department for young boys under 12 years. For information, address E. D. Hayward, Dept.

Cotner University

Liberal Arts, Lincoln's University of the West
Liberal Arts, Medicine, Schools: Bible, Music, Expression, Business, Normal, Art, Agriculture. Sessions open September 7, January 4, September 10. Low. Send for catalog, etc.

Let Me Send You a Package of Defiance Starch

with your next order of groceries and I will guarantee that you will be better satisfied with it than with any starch you have ever used.

I claim that it has no superior for hot or cold starching, and It Will Not Stick to the Iron

No cheap premiums are given with DEFIANCE STARCH, but you get ONE-THIRD MORE FOR YOUR MONEY than of any other brand.
DEFIANCE STARCH costs 10¢ for a 16-oz. package, and I will refund your money if it sticks to the iron.
Truly yours,
HUBERT JOEL,
The Grocerman