

PERUNA

Made Me a Well Man

Mr. Louis Young, 205 Merrimac St., Rochester, N. Y., writes:

"I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully, and I began to feel better. My wife persuaded me to continue, and I took it for some time as directed. Now I am a well man."

Suffered thirty years with stomach trouble and hemorrhages of the bowels.

Liquid or Tablet Form

SPHON MEDICAL CO., Goshen, Ind., U. S. A.

The KITCHEN CABINET

The poor man rejoiceth in his toil, and his daily bread is sweet to him: The rich man languisheth with sloth, and findeth pleasure in nothing.—Tupper.

Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.—Carlyle.

EMERGENCY DISHES.

ISHES that may be prepared for a hurried meal or for a sudden emergency; they take little time to prepare and are not difficult.

Lima Beans and Bacon.—Bacon is a standby which we all feel is necessary to have in small or large quantities as circumstances permit. Various canned vegetables will be found in plenty on our shelves this winter, canned from our own war gardens.

Drain a can of lima beans, put into a shallow earthen dish, cover the top with strips of bacon and put into a hot oven. Bake until the bacon is crisp and brown. Serve piping hot from the dish.

Pimento Salad.—Take one small can of red peppers, three cupsful of finely shredded cabbage, a teaspoonful each of salt and grated onion, a half cupful of finely minced celery and a cupful of mayonnaise dressing. Serve in nests of shredded lettuce.

Junket With Pineapple.—Dissolve a junket tablet in a tablespoonful of water—one half a tablet is sufficient for a pint of milk. Heat the milk until lukewarm, then sweeten, flavor and add the dissolved tablet. Pour into sherbet cups and when firm put on ice. Serve with a teaspoonful of shredded pineapple and a tablespoonful of whipped cream on top of each glass. Even those who do not care for milk in other forms will eat this dainty dessert.

Crab Salad.—Add a cupful of crab meat to a cupful of shredded cabbage and the same amount of tart, well-flavored apple cut in dice. Mix and season well and serve with any good boiled or mayonnaise dressing.

Pineapple With Marshmallows.—Arrange slices of canned pineapple with a marshmallow in the center and small cubes of jelly around it or a maraschino cherry pressed into the center of the marshmallow.

A can of home-prepared soup which has been canned is a most satisfying beginning for a meal.

Canned chicken with white sauce and covered with baking powder biscuit, makes a nice chicken pie in a hurry.

Corn Fritters.—Take a can of corn three-fourths of a cupful of corn flour, three eggs, three teaspoonfuls of baking powder, salt and pepper to season. Fry in deep fat or in a hot frying pan with a little corn oil.

RIGHT THERE WITH PEDIGREE

With That Documentary Evidence, Who Could Doubt That Pigeon Was of Blue Blood?

Bushrod was establishing a pigeon coop of his own, emulating his neighbor, Bill Hite. In arranging the financial promotion of this venture he went to his mother.

"Mother," he said, "I want a dollar to buy a pigeon."

Mother thought a dollar a rather high price for a pigeon, with common birds averaging about 50 cents.

"But, mother," Bushrod said, earnestly, "you don't understand. This is a pedigree pigeon. With its pedigree it's cheap at a dollar."

Bushrod finally wheedled his mother out of the dollar, and left to buy his blooded bird. He returned with the pigeon and a scrap of crumpled paper in his pocket.

"Mother," he said, "this is the pedigree."

On the crumpled scrap of paper was written:

"Grandfather, unknown. Grandmother, unknown. Father, unknown. Mother, Bill Hite's pigeon."

WOMAN WORKS 15 HOURS A DAY

Marvelous Story of Woman's Change from Weakness to Strength by Taking Druggist's Advice.



Peru, Ind.—"I suffered from a displacement with backache and dragging down pains so badly that at times I could not be on my feet and it did not seem as though I could stand it. I tried different medicines without any benefit and several doctors told me nothing but an operation would do me any good. My druggist told me of Lydia E. Pinkham's Vegetable Compound. I took it with the result that I am now well and strong. I get up in the morning at four o'clock, do my housework, then go to a factory and work all day, come home and get supper and feel good. I don't know how many of my friends I have told what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. ANNA METERIANO, 36 West 10th St., Peru, Ind.

Women who suffer from any such ailments should not fail to try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPHON'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPHON'S at 60 cents and \$1.15 a bottle, \$5.50 and \$11.00 a dozen.

SPHON MEDICAL CO., Goshen, Ind., U. S. A.

He's Usually Not Worth It.

The trouble with the man you have to know to like is that usually he is so disagreeable that few people care to make a second attempt to know him.—Detroit Free Press.

Catarrhal Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh which is an inflamed condition of the Mucous Surfaces.

ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE.

All Druggists & Co. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

No matter how well you do a thing, you are sure to hear more complaints than compliments.

There are 48 different kinds of house fly known and classified.

Don't Go From Bad to Worse!

Are you always weak, miserable and half-sick? Then it's time you found out what is wrong. Kidney weakness causes much suffering from backache, lameness, stiffness and rheumatic pains, and if neglected, brings danger of serious troubles—dropsy, gravel and Bright's disease. Don't delay. Use Doan's Kidney Pills. They have helped thousands and should help you.

An Iowa Case

Mrs. Rachel Carr, 810 E. Seventh Ave., Okla. City, Mo., writes: "I had the grip and it settled on my kidneys. I suffered dreadfully from my back and was so sore and lame, I could hardly walk. I could get no rest day or night. My sight blurred and everything seemed to swim before my eyes. I used Doan's Kidney Pills and the backache left and my kidneys acted regularly."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Wm. L. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Now What Did He Mean?

Willie—"Hello, Sammie; Jer pop hafta register?" Sammie—"Naw; we got steam heat at our house."

Happy is the home where Red Cross Ball Blue is used. Sure to please. All grocers. Adv.

This is a wide world, but a lot of people in it live on a narrow margin.

Self-preservation is a duty.

DIYERS

BEST BUYERS AND SELLERS OF CATTLE HOGS AND SHEEP STOCK YARDS-OMAHA

DROS & CO

Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

Heartburn, Belching, Indigestion, Food Repeating and Nearly All Kinds of Bodily Miseries

The first sign of stomach misery usually comes after over-eating. The doctors call it "supercidity." The people say—"sour stomach."

Millions of people who have lost their ambition, energy, courage, vitality and strength—who are weak, pale and listless—who go through life just dragging one foot after another—tired and worn out nearly all the time—nervous, irritable, subject to severe headache, insomnia, and a long train of physical ills—would be surprised, yes, dumbfounded, to learn that it is just an acid-stomach that is causing all their misery. Yet in nearly nine cases out of ten that is just where the trouble starts.

Now a sour, acid-stomach, or "supercidity", of course, simply means too much acid in the stomach. You can now quickly rid your stomach of its excess acid. A wonderful modern remedy called EATONIC literally wipes it out. It does the work easily, quickly and thoroughly. It makes the stomach pure, sweet, cool and comfortable. It helps you to get full strength out of every mouthful of food you eat and unless you do get full strength from your food you cannot enjoy robust, vigorous health.

EATONIC is in tablet form. They are pleasant tasting—just like a bit of candy—and are absolutely harmless. Take EATONIC and find out for yourself how wonderfully different you will feel. See how quickly EATONIC banishes the immediate effects of acid-stomach—heartburn, belching, food repeating, indigestion, etc. See, too, how quickly your general health improves—how much you relish your food—how much more easily your food is digested—how soundly you sleep—how nervousness and irritability disappear. And all simply because, by taking EATONIC, you have rid your stomach of a lot of excess acid that has been holding back and making your life miserable.

So get a big box of EATONIC from your druggist today. He is authorized to guarantee EATONIC to please you and you can trust him to make this guarantee good. If EATONIC fails in any way, take it back—he will refund you your money. If your druggist does not keep EATONIC write to us direct and we will send you a big 50c box and you can send us the 60c box you receive it. Address: H. L. Kramer, Frank EATONIC Remedy Co., 1038 Wabash Ave., Chicago.

FAVORITE DISHES OF OUR ALLIES.

OME of the good things well liked by our friends over the sea and across the border:

Salmon Tidiah (Canadian).—Rub well scraped and washed salmon with a tablespoonful of salt; place the fish in a baking pan and score it across four or five times. Mix one cupful of fine bread crumbs, a dessert spoonful of minced parsley, one-eighth of a teaspoonful of ground black pepper, two dessert spoonfuls of salt, milk to moisten well. Put good-sized lumps of sweet fat in the gashes. Cover the bottom of the pan with milk and put into a hot oven. When well-cooked, lift from the pan to the platter and garnish with hard-cooked egg and lemon. Serve with the gravy in the pan.

Codfish With Green Peppers (Italian).—Soak a half-pound of salt codfish, remove the skin and bones and cut in small squares. Roast two good-sized green peppers on the top of the stove, remove the skins and seeds and cut in narrow strips. Put three tablespoonfuls of olive oil into a saucepan with one small onion chopped, cook until the onion is yellow, then add two large tomatoes, salt, pepper and then the peppers. When nearly done add codfish and a spoonful of chopped parsley. Cover and simmer until the fish is well seasoned.

Black Bean Soup.—Soak one cupful of black beans in cold water several hours. Pour off the water, add fresh water and simmer until the beans are tender, then rub through a sieve. There should be a pint of water. Add a tablespoonful of cornstarch in a little cold water and cook eight minutes. Season with salt, pepper, a little mustard, juice of a lemon. Serve with squares of fried bread.

Leg of Mutton Pie (Canadian).—Grease a deep baking dish and lay in the bottom a few slices of fried salt pork and then slices of mutton cut from the leg; on top of this lay sliced cooked potatoes, salt, pepper, fried onions and parsley. Pour over a clear gravy. Moisten the edge of the dish and cover with a good rich pastry. Bake an hour and twenty minutes in a moderate oven.

GOOD THINGS FOR THE FAMILY.

IVE heed to the meal that begins the day, let it be happy and sufficiently sustaining to last until noon.

Potato Cakes.—Mold two cupfuls of seasoned mashed potato with a beaten egg and flour to mix well. Wrap round each cake a thin slice of bacon and fasten with a toothpick. Set in a hot oven or under the gas flame till the bacon is crisp and brown.

Ham Baked au Gratin.—Take a two-inch slice of smoked ham, freshen by soaking in cold water one hour, then drain and wipe dry. Cover with a fourth-cupful of molasses, rubbing it in, let stand 15 minutes, then bake 45 minutes in a moderate oven, adding a little water occasionally. When the meat is cooked, pile seasoned cooked rice over it; sprinkle with cheese and set in the oven long enough to melt the cheese.

Orange Marshmallow.—Dissolve all but six of a half-pound of marshmallows over boiling water. Mix four teaspoonfuls of cornstarch with two well-beaten eggs and a cupful of honey, a cupful of boiling water, one and a fourth cupfuls of orange juice, one fourth of a cupful of lemon juice, both strained; cook, stirring constantly. Pour over the melted marshmallows; beat for five minutes. Garnish with cut marshmallows and serve cold.

Rice Surprise.—Soak a tablespoonful of gelatine in three tablespoonfuls of water until soft, then add to one cupful of hot cooked rice with two tablespoonfuls of sugar, a fourth of a teaspoonful of salt and a teaspoonful of vanilla; beat well until it begins to congeal, then fold in the whipped cream. Pour into a mold to harden and serve on a platter with an orange marmalade sauce poured over it.

Nut Loaf.—Cook one cupful of rice in boiling salted water, drain and add a tablespoonful of chopped parsley, two teaspoonfuls of salt, one and a half cupfuls of peanuts ground fine, a tablespoonful of sweet fat, one egg well beaten, and enough milk to moisten. Mold in a loaf, sprinkle with paprika and bake twenty minutes. Serve with a tomato or cheese sauce.

INCONSISTENCY.

"Did you ever notice," queried the almost philosopher, "that a man will stek his hand out to see if it's raining and then become peeved if he catches a drop on it?"

A Poor Memory.

Monk—Now what did my wife tell that knot in my tail for to make me remember?

GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel, and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.

As Age Advances the Liver Requires occasional slight stimulation.

CARTER'S LITTLE LIVER PILLS

correct CONSTIPATION

Colorless or Pale Faces usually indicate the absence of iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

Small Pill, Small Dose, Small Price, But Great in Its Good Work

GENUINE BEARS SIGNATURE

160 ACRE FARMS IN WESTERN CANADA FREE

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$30 per acre and raise from 20 to 45 bushels of \$2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads Free to Settlers

and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

W. V. BENNETT
Room 4, Bee Bldg., Omaha, Neb.
Canadian Government Agent

Toasts and Roasts.

At a little luncheon recently held by a mutual admiration club, the following toasts were proposed:

"His highness, the hetman of Ukraine! Hurrah! Hurrah! Hurrah!"—Kaiser Bill.

"His majesty, the Kerman katser! Hoch, hoch, hoch!"—General Skropodski of Ukraine.

Such outbursts of impassioned eloquence and expressions of undying fealty will probably go thundering down the ages and cause even President Wilson to shake in his shoes—with laughter.

Recognized.

Private Buller (former press agent, doing sentry duty)—Halt! Who goes there?

Private Leggett (former reporter)—Halt! Joe, could you slip me two on the aisle for Monday night?

Private Buller—Pass, friend!—Buffalo Express.

Pride.

"My brother's a corporal in the army."

"That's nothin'. My brother's a marine."

All Geraldine's Fault.

The children had quarreled frequently all day. In the evening we talked it over and the little tot said, "I would have stopped quarrelling this morning if Geraldine would have come gently at me."

Cuticura Kills Dandruff.

Anoint spots of dandruff with Cuticura Ointment. Follow at once by a hot shampoo with Cuticura Soap, if a man; next morning if a woman. For free samples address, "Cuticura, Dept X, Boston." At druggists and by mail. Soap 25c, Ointment 25c and 50c.—Adv.

Some foolish people play with fire just to see whether it will burn them.

For genuine comfort and lasting pleasure use Red Cross Ball Blue on wash day. All good grocers. Adv.

Even a homely man doesn't look it after you get used to him.

When Your Eyes Need Care Try Murine Eye Remedy

No stinging—Just Eye Comfort. 50 cents at Druggists or mail. Write for free eye book. MURINE EYE REMEDY CO., CHICAGO

Neelie Maxwell