

water into the bowl, overflowing it until the water becomes clear and sweet. Do not fail to give the bulb all the sunshine possible if you wish plenty of bloom. After it is done blooming, the foliage is still very lovely, and it may be allowed to grow in the sunshine until the foliage begins to turn yellow, when it may be planted in earth, either out doors (if not too cold to work the ground) and given a covering of coarse manure, or it may be potted in earth and set in the cellar until spring, when it may be planted outside. It will grow, and in a few years, give you some bloom; but not such quantities as it did when you got it. If you do not care to give it this care, throw it away. It will not "force" again.

**For The Toilet**

To prevent the too free perspiration of the feet, put a tablespoonful of vinegar in the footbath; after the bath, rub the soles of the feet with camphor.

Hair that splits at the ends is in need of good tonic, and, although it is considered advisable to clip the ends, nothing will do much good without the strengthening tonic. Sage tea is a good, home-made tonic.

An excellent cold cream may be made as follows: Two and one-half ounces each of spermaceti and sweet almond oil, one fourth ounce of white wax; melted together by setting the vessel containing them into another vessel containing water, and heating. After removing from the fire, beat into the mixture half an ounce of best rose-water, heating until it creams. A little diluted alcohol is a good astringent for closing enlarged pores of the

**WHY APPENDICITIS?**

Why is appendicitis so common today?

Because we have got into the pernicious habit of eating too fast.

Dr. Curtis, the great authority on this disease, says: "Appendicitis often follows the eating of a very hasty, or particularly large or indigestible meal."

After carelessly following a foolish custom, you can ensure your safety by taking Stuart's Dyspepsia Tablets.

It is an accepted, scientific truth, which admits of no dispute, that if you will only keep your digestive apparatus in good order, you will never suffer from this dread disease, which, at best, means a weakening operation, with long weeks wasted in bed, and big doctor's and surgeon's bills to pay as souvenirs.

Keep your appendix in health by the proper use of Stuart's Dyspepsia Tablets, whenever you have laid yourself open to danger by overeating, and upon the least sign of stomach or intestinal trouble, for otherwise, at any time, this dangerous disease may lay you low.

The curative influence of this great medicine is quickly shown in the gentle, soothing effect it has on all inflamed conditions of any part of the digestive tract.

Stuart's Dyspepsia Tablets tone all these parts up to a proper condition of perfect health, and regulate the functions into a proper working state.

They also make away with all the causes of irritation, inflammation or indigestion, by helping to dissolve, digest and assimilate, or put to proper use, all the food which is lying around in odd corners of your digestive apparatus, fermenting, rotting and curdling, like so much garbage in a dirty sink.

In these natural and perfectly simple ways, Stuart's Dyspepsia Tablets restore all sufferers, from any form of dyspeptic trouble, to health.

They are safe and reliable. They never fail to relieve and cure, quickly and permanently.

Use them, and you need never worry about your appendix vermin.

skin, and should be applied to the face after washing, and allowed to dry on.

For the removal of superfluous hair, the use of the toilet pumice stone is recommended. The pumice stone for the toilet is very fine, and can be had of your druggist at a cost of from ten cents up, according to its mountings. The face should be first washed in warm soapy water, and while quite soapy, rub the pumice over the offending growth, but not hard enough to roughen the skin. A few applications will show its efficacy, but the process must be repeated every day.

The use of soap does not agree with some fine, dry skins, and should never be used on such, as the alkali in the soap takes away the natural oil of the skin. In such cases, almond meal should be used, by taking a little in the hand and using the same as soap.

A few drops of carbolic acid added to the washwater will heal skin eruptions. If the nostrils are sore and dry, and inclined to "scab," try putting carbolated vaseline well up the nasal passage and leaving it there over night. In the morning the soreness will be greatly relieved and the dry scabbiness removed. It should be repeated as often as the soreness is felt, and the vaseline may be warmed slightly and introduced with a feather or little roll of frazzled cotton cloth.

**Bug-Bears**

We hear a great deal now-a-days about the various kinds of bugs, indoors and out, and of the terrible losses entailed by their ravages. The actual money loss to all lines of business is simply enormous, and our wisest men are puzzling their brains as to how successfully to combat them. But there is another bug which is seldom spoken of, save in jest, that is putting in a lot of time and doing incalculable injury to our very best products—the coming generations of men and women.

These bugs are generally bred in the homes—the houses, and oftener than not, we find them growing under the fostering hand of the mothers, sisters fathers and brothers—actually fostered and encouraged! Every time a mother or other member of the household in whom he has faith, tells the little child that the "bears will eat him," or "the buggers will catch him," or that the bad man is lying in wait for him unless he does what he is told to do, there is another batch of these destructive bugs started. By these bugs, the world is peopled in childhood with a thousand useless and foolish fears, torturing treads and nervous horrors, from which a large number of our brightest minds can never entirely free themselves.

By these wretched "bugs," the natural timidity of the child is increased into absolute cowardice, not only physical, but moral, and instead of sending out into the world a strong, brave, self-reliant man or woman, we give to the age a set of nervous weaklings, the direct result of the lies implanted by the lips of those who should have been only truth to the little, impressionable hearts and mind. The world is full of these wretched apologies in human form. They have no "back-bone," and cannot cope with the smallest discouragements. In the face of trouble, if one sets him on his shaky legs by main force, he goes down again as soon as the prop is removed. He always "adds to the smart of the thorns which scratch him the fear of the asps and adders which are not visible," and which probably do not exist at all, or, existing, may be destroyed by one firm motion of the hand.

Were the fears of these timorous human mice in any way true, what a horrible place this world would be! Yet all this cowardice is the work of these swarming bugs, fostered and

**Any Rheumatic sufferer may have a full dollar's worth of my remedy free**

I searched the whole earth for a specific for Rheumatism—something that I or any physician could feel safe in prescribing—something that we could count on not only occasionally, but ALWAYS. For the ravages of Rheumatism are everywhere and genuine relief is rare. After twenty years of search and experiment I learned of the chemical I now employ. And I knew then that my search and my efforts were well rewarded. For this chemical gave me the basis of a remedy which in the cure of Rheumatism is practically certain.

I don't mean that Dr. Shoop's Rheumatic Cure can turn bony joints into flesh again—that is impossible. But it will drive from the blood the poison that causes pain and swelling, and then that is the end of the pain and swelling—the end of the suffering—the end of Rheumatism. I am willing that you should prove my claims at my expense. I will gladly give you a full dollar package of Dr. Shoop's Rheumatic remedy to try. For I know that you and your neighbors and friends will by your good wishes and your good words, more than repay my initial loss.

**You pay nothing -- you promise nothing  
you risk nothing -- you deposit nothing.**

**Crystalized Poison!**

You know that hard water leaves a deposit of lime in the bottom of the tea-kettle in which it boils, and soft water does not. This because soft water is filtered and contains no lime, while hard water is not filtered and is full of it.

You can imagine that if that deposit were to settle in the joint of your knee it would be extremely painful. And if the deposit grew, you could finally no longer endure the torture of walking.

Yet that is the very way that Rheumatism begins and ends. Except that the deposit which forms is not lime, but crystalized poison.

For your blood is always full of poison—the poison you eat and drink and breathe into your system. It is the purpose of the blood to absorb and carry off this very poison. And the kidneys, which are the blood filters, are expected to cleanse the blood and send it back through the system clean to gather more poison which, they, in turn, will eliminate.

But sometimes the kidneys fail. And sometimes, from some other cause, the blood gets so full of poison that they cannot absorb it all. This is the start of Rheumatism. The poison accumulates and crystalizes. The blood carries the crystals and they increase in size. Then, when it can carry them no longer, it deposits them in a joint—a bone—anywhere.

The twinge in your leg—the dull ache in your arm on a rainy day—these are the outward signs of the unseen crystals. And the twisted limbs and unseparable angish of the sufferer who has allowed his symptoms to go unheeded and unattended for years—these are the evidences of what Rheumatism neglected, can do.

Rheumatism includes lumbago, sciatica, neuralgia, gout—all of these are the results of rheumatic poison in the blood.

Plainly, the first thing to do is to remove the poison. But this is not enough. The formation of the poison must be stopped, so that nature may have a chance to dissolve and eliminate the crystals which have already formed. Unless this is done there can be no cure—no permanent relief.

**A Certain Cure**

I spent twenty years in experimenting before I felt satisfied that I had a certain remedy for this dread disease,—a remedy which would not only clean out the poison, but one which would stop its formation.

The secret lay in a wonderful chemical found in Germany. When I found this chemical, I knew that I could make a Rheumatic cure that would be practically certain. But even then, before I made an announcement—before I was willing to put my name on it,—I made more than 2,000 tests. And my failures were but 2 per cent.

This German chemical is not the only ingredient I use in Dr. Shoop's Rheumatic Cure—but it made the remedy possible—made possible an achievement which, I doubt not, could have been made in no other way.

This chemical was very expensive. The duty, too, was high. In all it cost me \$4.90 per pound. But what is \$4.90 per pound for a REAL remedy for the world's most painful disease? for a REAL relief from the greatest torture human beings know?

But I do not ask you to take a single statement of mine—I do not ask you to believe a word I say until you have tried my medicine in your own home at my expense absolutely. Could I offer you a full dollar's worth free if there were any misrepresentation? Would I do this if I were not straightforward in my every claim? Could I AFFORD to do it if I were not SURE that my medicine will help you?

**Simply Write Me**

The offer is open to everyone, everywhere. But you must write me for the first dollar bottle order. All druggists do not grant the test I will then direct you to one that does. He will pass it down to you from his stock as freely as though your dollar laid before him. Write for the order today. Address Dr. Shoop, Box 4515, Racine, Wis. I will send you my book on Rheumatism beside. It is free. I will help you to understand your case. What more can I do to convince you of my interest—of my sincerity?

**Dr. Shoop's Rheumatic Remedy**

cared for by the deliberate lies which have fallen from the lips of those into whose keeping these tender, timorous little souls were entrusted for development.

Mothers, fathers, nurses, is it not time these bugs were routed out of our homes?

**Croquettes of Odds and Ends**

Any scrap that happen to be left from one or more meals may be utilized in making croquettes, and as the cold weather advances, those odds and ends may be kept until enough is on hand for use. A spoonful or two of frizzled beef and cream, scraps of lean meat, minced beef, hard boiled eggs, cold potatoes, all the scraps and trimmings of the meats and fowls, cold rice, cooked oat meal, crumbs of bread—in fact, anything in too small quantities to be used by itself, will lend itself to this method of using up the left-overs. Chop well and season, mix with a raw egg, a little flour, butter, and boiling water enough to enable one to form the mass into croquettes, and then brown well in hot fat in a frying pan or on a griddle. The ingredients should be put together with care, so as to make them easily handled and palatable, and the result will be a very desirable addition to the breakfast or lunch table.

**Planked Fish**

Planking is an old-new way of cooking fish. Have a two-inch plank made from hard wood (oak is best) about the size of a large platter. Several sizes can be prepared for convenience. When wishing to use, put in bottom of the oven and heat very hot; have the fish well cleaned; wipe with a dry cloth, split down the back and put it, skin-side down, on the hot plank and keep the oven quite hot for ten minutes; then baste with sauce made as follows: Two tablespoonfuls of butter, two of vinegar, one of water, one teaspoonful of salt, a pinch of red pepper if liked. After basting it may take about thirty minutes, moderately, basting two or three times during the half hour, putting on very little each time. To prevent waste by its running from the plank, place in a large dripping pan; or better, fashion a narrow tin about the plank, which may be placed in a large platter or tray and garnished with sliced lemon, parsley or lettuce.

**Painkiller** PERRY DAVIS' The world-known household remedy for cuts, burns, bruises—coughs, colds, sore throat.