

THE SALESWOMAN

Compelled to Be on Her Feet the Larger Part of the Day Finds a Tonic in Pe-ru-na.

Miss Curtin, of St. Paul, Gives Her Experience.



MISS NELLIE CURTIN.

MISS NELLIE CURTIN, 646 Pearl Street, St. Paul, Minn., head saleswoman in a department store, writes:

"I have charge of a department in a dry goods store, and after standing the larger part of the day, I would go home with a dull ache, generally through my entire body. I used Peruna and feel so much better that I know Peruna to be the best medicine on the market for the diseases peculiar to women."—Miss Nellie Curtin

Nothing is so weakening to the human system as the constant loss of mucus. Catarrhal inflammation of the mucous membrane produces an excessive formation of mucus. Whether the mucous membrane be located in the head or

pelvic organs, the discharge of mucus is sure to occur. This discharge of mucus constitutes a weakening drain; the system cannot long withstand the loss of mucus, hence it is that women afflicted with catarrhal affections of the pelvic organs feel tired and languid, with weak back and throbbing brain. A course of Peruna is sure to restore health by cutting off the weakening drain of the daily loss of mucus.

An Admirable Tonic.

Congressman Mark H. Dunnell, National Hotel, Washington, D. C., writes: "Your Peruna being used by myself and many of my friends and acquaintances not only as a cure for catarrh but also as an admirable tonic for physical recuperation, I gladly recommend it to all persons requiring such remedies."—Mark H. Dunnell.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.



HOUSEHOLD TALKS

Apple Ice Cream.

Success in ice cream depends considerably on the method of freezing. Do not use too much salt or the ice cream will be hard, but coarse in texture and icy in consistency. Three pints of salt is enough for a large pailful of cracked ice—or a gallon freezer. Pack cracked ice in layers with salt, packing it in firmly but making it moist with cold water. Ice cream should remain packed for at least two hours after it is frozen. It is better if packed for four or even six hours after it has once been thoroughly frozen. Keep it well covered with cracked ice under thick layers of newspaper so that the air cannot reach it while it is resting. A grated apple is a palatable addition to a plain cream, flavoring it somewhat like coconut. Make a custard of a cup of granulated sugar, the yolks of four eggs and two cups of milk. Stir the milk over the fire until it is very hot, but not until it boils, then add the cream and take off the stove and let it cool. Just before putting the cream in the freezer add a cup of tart grated apple and freeze the cream immediately. The grated apple should not be allowed to stand in the custard, but the cream should be frozen at once. Only a finely flavored, tart apple should be used for this purpose.

Damson Pickle.

Secure the fruit with stalks on, and not over ripe. To every quart allow six ounces of lump sugar and one pint of white wine vinegar. Prick each damson in several places with a darning needle. Boil the sugar and the vinegar together, and pour it boiling over the fruit. Next day drain the syrup from the fruit, boil again, adding a quarter of an ounce of cloves and a quarter of an ounce of cinnamon or mace; then pour it over the damsons as before. The third day simmer all very gently, being careful not to break the fruit. Store in jars, and when cold cover with a bladder. This pickle will keep for several years, and is most excellent with either hot or cold meat.

Champlain Potatoes.

Cook one tablespoonful of butter and one teaspoonful of flour in a saucepan, and add cold boiled potatoes in somewhat thick slices. Mix well with a cupful of stock gravy or milk, and season with salt and pepper. Stew all together for a few minutes, then remove from the fire and add the yolk of one egg beaten with one teaspoonful of lemon juice and a little cold water. Stir for a few minutes, pour in a hot dish, and serve with chopped parsley. This way of cooking potatoes is called Maitre d' Hotel.

Cherry Meringue.

Make a rich pie crust, a third of an inch thick, and bake a light brown. Have your cherries stoned, and sweetened liberally and stewed in their own juice until quite thick. Pour into the pastry, and have ready the whites of three eggs beaten as stiff as possible with three tablespoonfuls of powdered sugar. Spread this smoothly over the cherries and let the pie bake again until it is a light brown. Serve cold.

Strawberry Pudding.

One quart of sifted flour, two scant tablespoonfuls of butter or butter and good sweet lard, half a teaspoonful of salt, two teaspoonfuls of baking powder, mix well, then add enough milk or water to form a soft dough. Roll out thin and spread with berries; roll it up and tie in a cloth. Place in a steamer and steam until well done.

Gingerbread Cakes.

Mix thoroughly together half a pound of flour and four ounces of butter, then add four ounces of brown sugar, one egg, a teaspoonful of ground ginger and two tablespoonfuls of molasses. Stir all together again, and drop tablespoonfuls of the batter on the baking-tin, and bake till cooked thoroughly.

Various Uses for Ammonia.

A little ammonia in tepid water will soften and cleanse the skin.

Spirits of ammonia inhaled will often relieve a severe headache.

Doorknobs should be cleaned by rubbing with a cloth wet in ammonia and water.

If the color has been taken out of silks by fruit stains, ammonia will usually restore the color.

To brighten carpets wipe them with warm water in which has been poured a few drops of ammonia.

One or two tablespoonfuls of ammonia added to pail of water will clean windows better than soap.

A few drops in a cupful of warm water, applied carefully, will remove spots from paintings and chromos.

When acid of any kind gets on clothing, spirits of ammonia will kill it. Apply chloroform to restore the color.

Keep nickel, silver ornaments and mounts bright by rubbing with woolen cloth saturated in spirits of ammonia.

Grease spots may be taken out with weak ammonia in water; lay soft white paper over and iron with a hot iron.

Ammonia applied two or three times on a fresh cold-sore will kill it. It will drive it away if used when the cold-sore is first felt.

Genius is only great patience.

Forgive thyself little and others much.

A good man does good merely by living.

What does that lady seem to be taking up? An elevator.

Ignore that which you do not want to grow within you—love or hate—grows.

A German Farmer's Case.

Rich Fountain, Mo., Aug. 17.—Rev. Jos. Pope of this place is widely and favorably known as a clergyman who has done and is doing much for his people. He is very much beloved by everyone for the faithfulness of his pastoral work.

Rev. Mr. Pope has given for publication a statement made to him by a German farmer who is a member of his congregation. The man's name is George Hoellerer, and he has given Rev. Mr. Pope this letter:

"Last winter I suffered very much with Rheumatism. I could neither walk nor ride on horseback nor do any farm work.

"I took medicine from different doctors, but they did not do me any good. Then I tried Dodd's Kidney Pills procured for me by a good friend. After I had taken the first box I felt already a heap better; I was relieved of the pain and could walk and chop wood; and the contraction of my fingers began to resolve.

"Now since I have taken six more boxes of Dodd's Kidney Pills I feel well again and am able to do all the work on the farm."

Locked out knitting girls of Dover, N. J., have organized a co-operative knitting company.

Nothing can lessen the dignity of humanity so long as the religion of love, of unselfishness and devotion endures, and no one can destroy the 10ars of this faith for us so long as we feel ourselves capable of love.—Amiel.

\$100 Reward, \$100. The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer one hundred dollars for any case that it fails to cure. Send for a free trial.

Address: W. J. CHENEY & CO., Toledo, O.

Sole by Druggists, 75c.

Hall's Family Pills are the best.

I give it as my deliberate and solemn conviction that the individual who is habitually tardy in meeting an appointment, will never be respected or successful in life.—W. Fisk.

Piao's Cure for Consumption cured me of a tenacious and persistent cough.—Wm. H. Harrison, 227 W. 121st street, New York, March 25, 1901.

There is none made so great but he may both need the help and service and stand in fear of the power and unkindness, even of the meanest of mortals.—Seneca.

Appointments once made, become debts. If I have made an appointment with you, I owe you punctually; have no right to throw away your time, if I do my own.—Cecil.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain cures colic. Price 25c bottle.

Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever.—Samuel Smiles.

Here is a new occupation for a woman: Sunshine companion.

Woman are getting positions for this sort of work in New York. The Globe has long contended that there is a place in the world for all professional sympathizers: one to whom a man could tell his troubles, and who wouldn't repeat the tale afterward.

Maryland day at the World's Fair next year, will be September 12.

Free Medical Advice to Women.



Are Strictly Confidential.

Every sick and ailing woman,
Every young girl who suffers monthly,
Every woman who is approaching maternity,
Every woman who feels that life is a burden,
Every woman who has tried all other means to regain health without success,
Every woman who is going through that critical time—the change of life—is invited to write to Mrs. Pinkham, Lynn, Mass., in regard to her trouble, and the most expert advice telling exactly how to obtain a CURE will be sent absolutely free of cost.

The one thing that qualifies a person to give advice on any subject is experience—experience creates knowledge.

No other person has so wide an experience with female ills nor such a record of success as Mrs. Pinkham has had.

Over a hundred thousand cases come before her each year. Some personally, others by mail. And this has been going on for twenty years, day after day, and day after day.

Twenty years of constant success—think of the knowledge thus gained! Surely women are wise in seeking advice from a woman with such an experience, especially when it is free.

Mrs. Hayes, of Boston, wrote to Mrs. Pinkham when she was in great trouble. Her letter shows the result. There are actually thousands of such letters in Mrs. Pinkham's possession.

"DEAR MRS. PINKHAM:—I have been under doctors' treatment for female troubles for some time, but without any relief. They now tell me I have a fibroid tumor. I cannot sit down without great pain, and the soreness extends up my spine. I have bearing down pains both back and front. My abdomen is swollen. I cannot wear my clothes with any comfort. I am dreadfully swollen, and I have had flowing spells for three years. My appetite is not good. I cannot walk or be on my feet for any length of time.

"The symptoms of Fibroid Tumor, given in your little book, accurately describe my case, so I write to you for advice."—Mrs. E. F. HAYES, 252 Dudley St. (Boston), Roxbury, Mass.

"DEAR MRS. PINKHAM:—I wrote to you describing my symptoms, and asked your advice. You replied, and I followed all your directions carefully for several months, and to-day I am a well woman.

"The use of Lydia E. Pinkham's Vegetable Compound, together with your advice, carefully followed, entirely expelled the tumor, and strengthened the whole system. I can walk miles now.

"Your Vegetable Compound is worth five dollars a drop. I advise all women who are afflicted with tumors, or any female trouble, to write you for advice, and give it a faithful trial."—Mrs. E. F. HAYES, 252 Dudley St. (Boston), Roxbury, Mass.

Mrs. Hayes will gladly answer any and all letters that may be addressed to her asking about her illness, and how Mrs. Pinkham helped her.

\$5000 FORFEIT if we cannot forthwith produce the original letter and signature of above testimonial, which will prove its absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

I could never think well of a man's intellectual or moral character, if he was habitually unfaithful to his appointments.—Emmons.

It ought to be a fair trade to swap religions with any Christian, but where will you find the party that is willing to do it?

What has become of the custom of rebuking a child when it returned from a neighbors with a bit of gossip or criticism? Isn't it customary these days to laugh, and quote the child's sayings as a proof of that it is observing and smart?

Explorers have reached within 238 miles of the North Pole, but no one has yet approached nearer than 772 miles of the South Pole.

It has been discovered that the new comet has three tails. It will finally be found that it had only one, and some one has stepped on that.

The new comet is as overrated as the average woman's kin back east.

When we visit in the country, we like the hostess disappearance to be followed immediately by the sound of chickens squawking in the back yard.

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CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

THIS IS A 10c BOX

GET WHAT YOU ASK FOR!

CASCARETS Candy Cathartic are always put up in blue metal box, our trade-marked, long-tailed C on the cover—tablet octagonal, stamped CCO. Never sold in bulk! Imitations and substitutes are sometimes offered by unscrupulous dealers who try to palm off fakes when CASCARETS are called for, because the fake pays a little more profit. Get the genuine CASCARETS and with it satisfaction or your money refunded under iron-clad guarantee. 10,000,000 boxes a year, that's the sale of CASCARETS today, and merit did it. They are a perfect cure for Constipation, Appendicitis, Biliousness, Sour Stomach, Sick Headache, Bad Breath, Bad Blood, Pimples, Piles, Worms and all Bowel Diseases. All druggists, 10c, 25c, 50c. Sample and booklet free. Address Sterling Remedy Co., Chicago or New York.

Sick, Nervous and Neuralgic Headaches
QUICKLY CURED BY
BROMO SELTZER
SOLD EVERYWHERE. 10c

In 1870 the German people barely exceeded 40,000,000 in 185 they had risen to nearly 47,000,000, and in 1900 the census returns gave 56,345,014.

Statistics show that in fifty years the average height of British men has risen an inch. The present average height for a man of 30 is five feet eight and one-half inches.

I have always been a quarter of an hour before my time, and it has made a man of me.—Lord Nelson.

In the body of a horse that died suddenly at Newport (York) the veterinary surgeon who made a post mortem examination discovered three large stones, one of them nearly as large as a cricket ball.

The Summer Bath.

Nothing is more refreshing or invigorating in summer than a daily bath. Use soft, tepid water and good soap. Ivory soap is ideal for the bath; it is pure, lathers quickly and leaves the skin soft and white. The bath should be taken early in the morning or just before retiring at night.

ELEANOR R. PARKER.

As the outcome of much painstaking investigation the existence has been demonstrated of class of human beings called moral imbeciles. Their essential character is complete moral insensibility, revealed by a total absence of repugnance to the suggestion of crime before the deed.

A dentist in Moscow is a wonder in his line. He has invented a system by which false teeth can be made to adhere to the gums so firmly that in three months it is difficult to extract them. This Russian tooth-grafter hopes in time to be able to rival nature by making artificial giranders that ache.

An electric gridiron has been devised to kill flies. It stands vertically, and the moment a fly alights

It would never do for a burglar to go into politics, because he wouldn't have never enough.

It may be logic, but there is more dirt life in the country than in the city apartment houses.

The United States has ten battle ships built and ten building.

Readings from the bible are now being given in Berlin by professional reciters.

upon it death ensues from electric shock. The dead fly drops onto a horizontal shelf nude:neath

Some of the healthiest and gracefully formed people of Europe are the gypsies of Hungary. They are rarely ill, their cheeks are rose tinted and so pure is their blood that their wounds quickly heal without the application of medicaments.

Make yourself necessary to the world and mankind will give you bread.

Have a heart that never hardens, a temper that never tires, and touch that never hurts.—Charles Dickens.

Women go calling in a grand opera key; they stay at home with the family to rag time.

Drop stitch stockings are straining more eyes these days than the bright sun.

A law recently enacted by the legislature of Louisiana punishes with imprisonment and hard labor husbands who desert or fail to support their wives and children. The wives of lazy husbands hang over the mantle a framed copy of the law, but this query in red ink, "Now Will You Be Good."

When a girl refuses to marry a duke it is because he refuses to ask her.

Strictly Business.

Busy Merchant—Well, sir, what do you want?

Timid Youth—Y-your daughter's hand.

Busy Merchant—Can't give it to you, sir. Either take her entire or leave her. We are not doing an installment business.

Nature seems to hate a man; the summers are either too wet or too dry. A weed always gets along.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup, Tastes Good, Use in time. Sold by druggists.

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