

THE CHILDREN ENJOY

Life out of doors and out of the games which they play and the enjoyment which they receive and the entire which they make, and the greater part of their mental development which is so essential to their happiness when grown. When a laxative is needed the remedy which is given to them is pleasant and effective and strength the internal organs in which it acts, should be such as physicians would sanction, because its component parts are known to be wholesome and the remedy itself free from every objectionable quality. The one remedy which physicians and parents, well-informed, approve and recommend, and which the little ones enjoy because of its pleasant flavor, its gentle action and its beneficial effects is Syrup of Figs, and for the same reason it is the only laxative which should be used by fathers and mothers.

Syrup of Figs is the only remedy which acts gently, pleasantly and naturally without griping, irritation, or nausea, and which cleanses the system effectively, without producing the constipated habit which results from the use of the ordinary cathartics and modern laxatives, and which which the children should be so carefully guarded. If you would have your child grow to maturity in good health, strong, healthy, and happy, do not give them any other medicine until you are sure that it is necessary, and when mature assistance in the way of a laxative is given, give only the simple, pleasant and gentle Syrup of Figs.

Its quality is due to the excellence of the combination of the laxative principle with pleasant or tasteless syrups and juices, but also to our original method of manufacture and as you value the health of the little ones, do not accept any of the substitutes which unscrupulous dealers sometimes offer to you. Their results. The genuine article may be bought anywhere of all druggists at fifty cents per bottle. Please to remember, the full name of the Company **CALIFORNIA FIG SYRUP CO.** is printed on the front of every package. In order to get the benefit of it it is always necessary to buy the genuine one.



HOUSEHOLD MATTERS

Bread Sponge Muffins.

Late in the evening set a sponge as for water bread, allowing a pint of warm water for a dozen muffins, a third of a cake of compressed yeast and a pinch of salt. Mix this batter a little thicker than for pancakes and beat thoroughly. In the morning have your pans greased, and in cold weather warm them, pour in the batter without stirring, filling half full. Let rise at least an hour and bake in a hot oven.

Figless Cake.

Beat one cup of sugar and half a cup of butter to a cream, add a half cup of milk, measure two cups of sifted flour, add three teaspoons of baking powder, a level teaspoonful of cinnamon, half a teaspoonful of ground nutmeg and a pinch of cloves. Stir several times until the flour is light and fluffy, then stir in the other ingredients and add a cup of sifted flour raisins. Bake in a plain oven.

Tomato Butter.

Twenty pounds of ripe tomatoes, ten pounds of brown sugar, two table spoons of ground cinnamon, two table spoons of ground cloves, two table spoons of ground allspice, three or four sliced lemons, one quart loaf cold vinegar. Remove the skins, wash the tomatoes up fine and take out the hard parts. Mix all the ingredients together and put them in a preserving kettle and boil three or four hours. When cool put in sealed jars.

Fruit Salad For Winter.

The fruit salad is used more and more as a delicate and light for the beginning of various meals, or for a dessert in the form of dinner. Grapefruit, oranges, bananas, apples and white grapes are the base of all winter fruit salads, because they are almost the only fruits obtainable at this season. Sifted fruit is by its nature confined to fresh fruit, for various colored fruits, such as pineapple, cherries, peaches, strawberries and fine, firm pears or pears may be excellently adapted for various salads when the full yield about them is drained away. Good Housekeeping.

A Way to Warm Up Cold Mutton.

Take one teaspoonful of chopped onion, put into a stewpan with one clove butter, place it over a slow fire, let the onion stewed till rather brown, then add four or five table spoons of milk, and fry for five minutes, then pour in one-half pint of water, season with pepper and salt, let boil for ten and fifteen. Add one teaspoonful sugar, one of vinegar, one of Worcester sauce, some chopped pickles and capers and a few button mushrooms, put in the mutton, which you have previously cut into thin slices, to fry for ten minutes, not less than ten.

Advantages For Meat.

Young housekeepers are often puzzled to know the proper accompaniment for their meat. Here are some suggestions that will be found helpful in their kitchen.

As a rule, horse-radish should come with roast beef, tomato or house radish sauce gives pliancy to roast veal. Roast salmon, celery and olives are agreeable with roast chicken. Current jelly and water sauce should be served with roast mutton; apple sauce or baked apples, with roast pork; mint sauce, with roast lamb; herbaceous, marinated or mushroom sauce, with broiled steak; sauce tartare, plumb or other acid sauce, with fish; mustard, with corn beef; black currant or grape jelly, with venison; cranberry sauce, with roast turkey; cranberry sauce, with roast pheasant; with fried chicken; sauce paprika salad, with cold broiled mutton; sweet gooseberries, with broiled fresh mackerel.

Hints For the Housewife.

Salt is excellent in removing dirt from household furniture.

A revival of glaze of the simple yet richly colored glassware known as the Colonial.

Wool lamp wicks If thoroughly steeped and ironed may be placed in glass vessels.

To fumigate a sick room mix a half ounce of sulphuric acid with a half quart of salt.

A bed-room should never be damp, and a pattern of slaked lime in it will prevent this annoyance.

Salt should be placed in the water in which eggs is rinsed, the salt being of great use in destroying insects.

Oil glass condenser supplemented by an air condenser are much in favor for lighting the dining table.

The best way to mend torn leaves of books is to paste them with white tissue paper. The print will show through.

Leather chairs and leather bindings can be maintained by rubbing them with a cloth which has been dipped in the white of egg.

Spirits of camphor rubbed on the white spots of furniture that have been caused by heat or hot water, will bring back the original color.

A woman whose little girls are fond of dolls has discovered that the face of a kingly doll can be cleaned with a soft flannel cloth moistened with borax.

To make soaps and gravies richer and better first place the meat and vegetables in a saucepan with a little butter and cook slowly a half hour before adding the water.

There was more objection to the use of poisonous articles to keep mice out of a house, and a fresh lint may be useful to those troubled with these little pests. Also have a grain of antimony in the stool of apartment, and a little oil of turpentine placed around their haunts and holes will stressfully keep them away.

If it is necessary to iron fannels, if you can, iron them on the line, so that they will be good shape, and if, when dry, they are folded and put in the bottom of a clothes basket and the clothes are folded over them they will be ready to wear.

Hot irons take the

CAUGHT BY THE GRIP. RELEASED BY PE-RU-NA.

Congressman Geo. H. White's Case. A Noted Sculptress Cured.



The world of medicine recognizes Grip as epidemic catharrh. -- Medical Talk.

The following letter from 3172 Walnut Street, Chicago, Ill., is a typical case of Grip, as it is called by the medical profession. It is a case of the kind which is so common in the winter months, and which is so often cured by the use of Pe-Ru-NA.

Noted sculptress cured of Grip.

Mrs. M. C. Cooper, 3172 Walnut Street, Chicago, Ill., writes: "I have been suffering from Grip for several weeks, and have tried many remedies, but have not been able to get any relief. I have heard of Pe-Ru-NA, and have bought a bottle of it, and have taken it according to the directions. I feel much better, and I hope to be cured in a few days."

Congressman White's Letter.

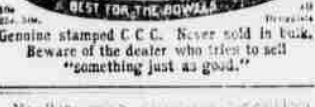
Tarboro, N.C.

Gentlemen:—I am more than satisfied with Pe-Ru-NA and feel it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy.

Mrs. T. W. Collins, Treasurer of the Board of Health, writes: "I have been suffering from Grip for several weeks, and have tried many remedies, but have not been able to get any relief. I have heard of Pe-Ru-NA, and have bought a bottle of it, and have taken it according to the directions. I feel much better, and I hope to be cured in a few days."

ASK YOUR DRUGGIST FOR A FREE PE-RU-NA ALMANAC.

USE TAYLOR'S Cherokee Remedy of Sweet Gum and Mullein Coughs, Colds, LaGrippe.



GENUINE STAMPED C.C.C. BOTTLE SOLD IN PAIRS. Beware of the dealer who tries to sell "something just as good."

The Size He Wanted.

Speaking recently of queer college fads, Prof. Henry A. Beers of Yale said that in his undergraduate days he had seen a student who was so poor that he had to wear a mark of bereavement almost to a feature of his face.

One day he went into a store with a friend who, after buying a hat, said he would like to look at some morning bars.

"These silver bars?" explained the storekeeper, displaying his assortment. "I have had some of these for some time, and they are very popular."

The student made a moment's inspection. "Oh, give me about an inch," he replied.

Only a small man will blame his circumstances for his size.

If any of these fellows a long time to make a little head.

Which?

A lean and scrawny fellow with a weak and watery complexion. A POTASH. Or, please of

Potash

in the bottle, you will find a busy man. A BASK. ACC. T.

GERMAN KALF WORKS, 28 Nassau St., New York.

Rheumacide

Cures Rheumatism and Gout by neutralizing the acids in the blood and driving them out of the system. It is far better than the best kind of medicine.

In the fall of 1902 I was afflicted with Rheumatism, and after trying many remedies, I was cured by the use of Rheumacide. I have since used it for several other cases, and have found it to be a most reliable and effective remedy.

All Druggists, or express prepaid, Price Five Dollars per Bottle.

Yours for a Clear Head BROMO-SELTZER

10¢ SOLD EVERYWHERE

Capsicum Vaseline

Put up in Collapsible Tubes.

A substitute for any superior Vaseline for the relief of colds, coughs, and other ailments. It is a most effective and reliable remedy, and is sold in collapsible tubes for convenience of use.

DRIPSY

10¢ SOLD EVERYWHERE

CHESBROUGH MANUFACTURING CO., 37 South Street, New York City.

CAPUDINE

Cures COLDS, LA-GRIFFE, and all HEADACHES, Etc.

210 Kinds for 16c.

It is a fact that there are 210 kinds of medicine for sale in this country, and for 16c you can get a box of 210 kinds of medicine. This is a most valuable and reliable remedy, and is sold in a box for 16c.

POSITIONS GUARANTEED

WE WILL GUARANTEE YOU A POSITION IN THE GOVERNMENT. We will guarantee you a position in the government, and we will pay you \$1000 per month. This is a most valuable and reliable remedy, and is sold in a box for 16c.

Current Events.

Yesterday's ministers of 18th Street, who to accommodate 18th Street, have been in the city for several days. They are now in the city for several days, and are now in the city for several days.

Take heed to its Relation to the child's development.

The child's development is a most important matter, and it is essential that the child be given the best of care. This is a most important matter, and it is essential that the child be given the best of care.

News of the Day.

The news of the day is a most interesting one, and it is essential that the child be given the best of care. This is a most important matter, and it is essential that the child be given the best of care.

A Cough

I have made a noise through my throat, and I have never been able to get it out. I have made a noise through my throat, and I have never been able to get it out.

Ayer's Cherry Pectoral

Ayer's Cherry Pectoral won't cure rheumatism; we never said it would. It won't cure dyspepsia; we never claimed it. But it will cure coughs and colds of all kinds. We first said this sixty years ago; we've been saying it ever since.

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