



MISS ELLA OFF, Indianapolis, Ind., SUFFERED FOR MONTHS. Pe-ru-na, the Remedy That Cured

Miss Ella Off, 1127 Linden St., Indianapolis, Ind., writes: "I suffered with a run down constitution for several months, and feared that I would have to give up my work. On seeking the advice of a physician, he prescribed a tonic. I found, however, that it did me no good. On seeking the advice of my druggist, he asked me to try Pe-ru-na. In a few weeks I began to feel and act like a different person. My appetite increased, I did not have that worn-out feeling, and I could sleep peacefully. In a couple of months I was entirely recovered. I thank you for what your medicine has done for me."—Ella Off.

Write Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio, for free medical advice. All correspondence is held strictly confidential.

So. 31.

The Beat of Life. Not all life's heat is cooled. The heading rush led to a quiet pace. And every purblind passion that has ruled our nobler years, at last spurs us in vain, and weary of the race. We care no more who loses or who wins—Ah, not till all the best of life seems past. The best of life begins. To tell for only fame, Handicappings, and the fickle gusts of praise. For place or power or gold to gild a name. Above the grave whereto All paths will bring us, woe to lose our days. We, on whose ears youth's passing bell has tolled In blowing bubbles, even as children do, Forgetting we grow old. But the world widens when Such hope of trivial gain that ruled us lies Broken among our childhood's toys, for then We win to self-control. And mail ourselves in manhood, and there rise Upon us from the vast and windless height Those cleaner thoughts that are unto the soul. What stars are to die night.—The Spectator.

Thousands of Women ARE MADE WELL AND STRONG

Success of Lydia E. Pinkham's Vegetable Compound Rests Upon the Fact that It Really Does Make Sick Women Well

Thousands upon thousands of American women have been restored to health by Lydia E. Pinkham's Vegetable Compound. Their letters are on file in Mrs. Pinkham's office, and prove this statement to be a fact and not a mere boast. Overshadowing indeed is the success of this great medicine, and compared with it all other medicines and treatments for women are experiments. Why has Lydia E. Pinkham's Vegetable Compound accomplished its wide-spread results for good? Why has it lived and thrived and done its glorious work for a quarter of a century? Simply and surely because of its sterling worth. The reason no other medicine has even approached its success is plainly and positively because there is no other medicine in the world so good for women's ills.

The wonderful power of Lydia E. Pinkham's Vegetable Compound over the diseases of womanhood is not because it is a stimulant—not because it is a palliative, but simply because it is the most wonderful tonic and restorer ever discovered to act directly upon the uterine system, positively curing disease and displacements and restoring health and vigor. Marvellous cures are reported from all parts of the country by women who have been cured, trained nurses who have witnessed cures, and physicians who have recognized the virtue in Lydia E. Pinkham's Vegetable Compound, and are fair enough to give credit where it is due. If physicians dared to be frank and open, hundreds of them would prescribe Lydia E. Pinkham's Vegetable Compound in severe cases of female ills, as they know by experience that it will effect a cure. Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, nervous prostration, or the blues, should take immediate action to ward off the serious possibilities by reaching to health and strength by taking Lydia E. Pinkham's Vegetable Compound. Anyway, write to Mrs. Pinkham, Lynn, Mass., for advice. It's free and always helpful.

HOUSEHOLD AFFAIRS



DEVILLED MUSHROOMS. Chop one quart of peeled mushrooms. Season with salt, pepper and lemon-juice. Mix the yolks of two hard-boiled eggs and two raw eggs together, and stir in with one pint of bread-crumbs and one large tablespoonful of butter. Fill little shells with the mixture, cover with grated crackers and bits of butter. Set in the oven to brown.

FRIBD CELERY. Cut stalks of celery into three or four inch lengths. Even if it is not well blanched it can be used for this purpose. Beat together one egg and a tablespoonful of cold water; roll your celery first in this and then in fine crumbs; sprinkle with a little salt and pepper; roll again in the egg, and fry in olive oil. Strain grated cheese over the stalks after taking them from the oil and before sending to table.

HARICOT OF OX TAIL. Divide an ox tail into pieces about three inches long, dip them in seasoned flour and fry in hot fat until brown. Drain them and put them into a stew-pan with a sliced and fried onion and a pint of hot stock. Bring to the boil and then add a turnip and a carrot cut into small dice. Simmer the whole very gently for two hours, then lay the pieces of ox tail round a hot dish, put the vegetables in the centre, and strain the thickened gravy over.

EGG TIMBALES. Butter small tin moulds and dust them with powdered parsley; then an egg is dropped in each, and they are put in a pan of hot water and cooked in the oven for about ten minutes, when they may be turned out on a round platter, and a sauce made of a cup of thickened cream with chopped mushrooms in it, or a tomato-sauce with the mushrooms may be poured around them. These timbales may be altered by lining the moulds with finely minced ham instead of the parsley, but it must be moistened with cream or egg to make it adhere to the tin. The egg is put in and the sauce used as before.

BANANA SALAD. A strip of the peel of a large and perfect banana may be turned back, and most of the pulp carefully scooped out. The short, thick variety of banana, in either red or yellow, is the best for this purpose. To all the space left by the removal of the pulp, prepare a mixture of thinly sliced banana, shredded orange or grape-fruit, seeded and peeled white grapes, and a few kernels of English walnuts or pecans in small pieces. In their season, stoned cherries may be added. All must first be mixed in a bowl with a generous supply of dressing, and after the yellow cases are filled with the salad each must be laid on lettuce leaves. These must be prepared a short time before using. Either a mayonnaise or a good boiled dressing may be used.

HINTS FOR THE HOUSEKEEPER

For quick baking with a small fire, the sheetiron oven such as is used for gasoline stoves is very convenient set over the two hottest griddles of the range.

In testing a piece of cloth to see if it is a cotton mixture, if you cut a small piece off and put a match to it, if it is all wool it will only singe, but if cotton is there it will flare up.

Prepared paste for paperhanging can now be bought dry. It is ready for use as soon as stirred into cold water, and does away with the trouble of boiling flour paste, which is so often lumpy.

There is no nicer breakfast than a sliced green pepper cut very small and cooked for ten minutes with two peeled and diced tomatoes in a little butter; add four eggs lightly beaten and stir as for a scramble.

A coat of prepared, black varnish or spar varnish given to the screens will keep them looking bright and fresh, and make them last longer. Apply with a good paint brush, rubbing well into the mesh on both sides.

An oculist suggests that glasses should be washed every night in warm soap-suds, well rinsed and dried on a bit of old, soft linen. Few people, though otherwise neat and fastidious, cleanse their glasses frequently enough.

It is not generally known that eggs covered with boiling water and allowed to stand for five minutes are more nourishing and more easily digested than eggs placed in boiling water and allowed to boil furiously for three and a half minutes.

Make a delicious violet perfume by putting half an ounce of small pieces of orris root into two ounces of alcohol. Add to this a bunch of newly-picked violets, cork and bottle tightly and shake well. After it has been standing four or five days a few drops on the handkerchiefs will leave the scent of fresh violets.

When the handles of steel knives and forks come off they can be easily mended with resin. Pour a little powdered resin into the cavity in the handle. Heat the part of the knife that fits the handle until it is red hot, and thrust it into the handle. It will become firmly fixed by the resin when it becomes cool. Protect the blade from the heat.

Food of the Cod.

About 1874 William Drysdale won a medal at a poultry show in Dudley, Staffordshire, England. The center part of the medal consisted of a gold disc, on which the winner's name was engraved. Mr. Drysdale's son seems to have worn the disc and lost it whilst on a visit to Ashington, in Northumberland, in 1894. Naturally he concluded he had seen the last of it, but nearly ten years afterward a cod fish was caught off the mouth of the Wansbeck, in the stomach of which was found the long missing disc. A birth gentleman who had now become the owner of it published an account of his find in a newspaper. This caught the eye of Mr. Drysdale's son, who then applied for it as his property. His notion was that the disc must have been carried to sea with refuse and swallowed by the cod.

Chinese in New York. There were 6,080 Chinese inhabitants of New York, according to the last census, but the popular estimate is that the actual number of Chinamen is twice as large. Though there is a rigid federal exclusion law and few births occur in the Chinese quarters, the Chinese population seems to increase.

Thibet Poor in Minerals. The geologist who accompanied the British mission to Thibet reports that the country is strikingly poor in valuable minerals. The largest yield of gold was .28 grain a ton of gravel, and there was no trace of coal or indigenous gems.

FITs permanently cured. No fits or nervousness after first day's use of Dr. Kille's Great Nerve Restorer. 21 trial bottles and treatise free. Dr. R. H. Kille, Ltd., 931 Arch St., Phila., Pa.

Cabbages were introduced into England in the sixteenth century.

Cures Blood Poison, Cancer, Ulcers.

If you have offensive pimples or eruptions, ulcers on any part of the body, aching bones or joints, falling hair, mucous patches, swollen glands, skin itches and burns, sore lips or gums, eating, festering sores, sharp, gnawing pains, then you suffer from serious blood poison or the beginnings of deadly cancer. You may be permanently cured by taking Botanic Blood Balm (B. B. B.) made especially to cure the worst blood and skin diseases. Heals every sore or ulcer, even deadly cancer, stops all aches and pains and reduces all swellings. Botanic Blood Balm cures all malignant blood troubles, such as eczema, sores and sores, pimples, running sores, carbuncles, scrofula. Druggists, \$1 per large bottle, 3 bottles \$2.50, 6 bottles \$5, express prepaid. To prove it cures, sample of Blood Balm sent free and prepaid by writing Blood Balm Co., Atlanta, Ga. Describe trouble and free medical advice sent in sealed letter.

Would Live in a Cemetery.

Israel M. Barnes, of North Scituate, Mass., is to give up his well-furnished eight room house in Scituate road to build and occupy a three-room shanty in the old family graveyard of his ancestors, if the law will permit him to do so. Already relatives have taken action to prevent him carrying out the plan. Barnes plans to build the shanty beside the tomb where his great grandparents and his parents are buried. He has an opportunity to rent his house at a good price. With his son, 19 years old, and his daughter, 14, he insists that he will live in the graveyard. The graveyard is a private burial ground, a part of the old Vinal estate. There are many descendants who protested against Barnes' plan, and when it became known one of them consulted an attorney to prevent any shanty being built. Barnes declares that he has been unable to buy a lot of land anywhere in the vicinity upon which he cares to build, and for this reason he will build in the cemetery.

Save His Life for Bride.

A young man named Vansverren was married a short time ago on his deathbed at Courtrai, Belgium. He had asked his father's consent to marry, and when it was withheld there was a violent quarrel, during which the father seized a gun and fired it at his son, mortally wounding him. When Vansverren was informed that his condition was hopeless, he again asked his father's consent to his marriage, and the ceremony took place in his bedroom. When it concluded the bride fainted, and a few minutes later the bridegroom died.

EVER TREAT YOU SO?

Coffee Acts the Jonah and Will Come Up

A clergyman who pursues his noble calling in a country parish in Iowa tells of his coffee experience: "My wife and I used coffee regularly for breakfast, frequently for dinner and occasionally for supper—always the very best quality—package coffee never could find a place on our table. "In the spring of 1896 my wife was taken with violent vomiting, which we had great difficulty in stopping. "It seemed to come from coffee drinking, but we could not decide. "In the following July, however, she was attacked a second time by the vomiting. I was away from home filling an appointment at the time, and on my return I found her very low; she had literally vomited herself almost to death, and it took some days to quiet the trouble and restore her stomach. "I had also experienced the same trouble, but not so violently, and had relieved it each time by a resort to medicine. "But my wife's second attack baffled me; that the use of coffee was at the bottom of our troubles, and so we stopped it forthwith and took Postum Food Coffee. The old system of coffee drinking disappeared, and during the 9 years that we have been using Postum instead of coffee we have never had a recurrence of the vomiting. We never weary of Postum, to which we owe our present good health. This is a simple statement of facts." Name given by Postum Food Coffee Company, Battle Creek, Mich.

Read the little book, "The Road to Wellville," in each pkg.

THE PLAYWRIGHT-STAR

Odette Tyler, Famous Actress, Values Deane's Kidney Pills.

Miss Odette Tyler is not only one of the best known dramatic stars in America, but has written and produced a successful play of her own. Miss Tyler has written the following grateful note, expressing her appreciation of Deane's Kidney Pills:



Odette Tyler, Foster-Milburn Co., Buffalo, N. Y.: Gentlemen—My experience with your valuable remedy has been equally gratifying to both myself and friends. (Signed) ODETTE TYLER. Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cents per box.

Rome has seminaries representing eighty-seven orders.

15 YEARS OF TORTURE

Itching and Painful Sores Covered Head and Body—Cured in Week by Cuticura.

"For fifteen years my scalp and forehead was one mass of sores, and my body was covered with sores. Words cannot express how I suffered from the itching and pain. I had given up hope when a friend told me to get Cuticura. After bathing with Cuticura Soap and applying Cuticura Ointment for three days my head was as clear as ever, and to my surprise and joy, one cake of soap and one box of ointment made a complete cure in one week. (Signed) H. B. Franklin, 717 Washington St., Allegheny, Pa."

Wisdom has no bargain-days.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

A baby was born the other day on a Gotham trolley car.

Write Quick FOR A Big Bargain

To better advertise the South's Leading Business College, four scholarships are offered young persons of this county at less than cost. WRITE TODAY. GA-ALA. BUSINESS COLLEGE, Macon, Ga.

WOMEN

will find in MOZLEY'S LEMON ELIXIR, the ideal laxative, a pleasant and thoroughly reliable remedy, without the least danger or possible harm to them in any condition peculiar to themselves. Pleasant in taste, mild in action and thorough in results. Tested for 35 years. 50c. and \$1.00 per bottle at all Drug Stores.

MOZLEY'S LEMON ELIXIR

"One Dose Convinces."

OUR SPECIALTY

3 4 5 Three two dollar shirts for five dollars. MADE TO YOUR MEASURE. Write for samples and measurement blanks. MODEL SHIRT CO. Dept. S. Indianapolis, Ind.

WANTED-- Address of (1) persons of part Indian blood who are not living with any tribe, (2) of mothers of soldiers who have been denied pension on account of their remarriage, (3) of men who were in the Federal army, or (4) the nearest kin of such soldiers or sailors, now deceased. NATHAN RICK FORD, Attorney, Washington, D. C.

THERE IS MONEY IN THE CORN STALK. Write for free catalog. I. A. Madden, Atlanta, Ga.

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

TORTURING HUMORS



Instantly Relieved and Speedily Cured by Baths with

CUTICURA

Soap to cleanse the skin, gentle applications of Cuticura Ointment to soothe and heal, and mild doses of Cuticura Pills to cool the blood. A single set, costing but One Dollar often cures.

Sold throughout the world. Foster Drug and Chem. Corp., Boston, Sole Props. Send for "The Great Humour Cure." Mailed Free.

CRAB Orchard Water



Is a Certain Cure for

3 DYSPEPSIA, SICK HEADACHE, CONSTIPATION. 3

Stimulates the Liver, cures Biliousness, Sour Stomach, Irregularities of the Bowels. A natural product, prepared by concentration; a genuine natural water.

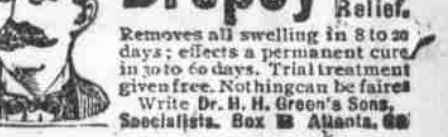
CRAB ORCHARD WATER CO., Louisville, Ky.

PAXTINE TOILET ANTISEPTIC



FOR WOMEN troubled with ills peculiar to their sex, used as a douche is marvellously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local soreness, cures leucorrhoea and nasal catarrh. Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all TOILET AND WOMEN'S SPECIAL USES. For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free. THE R. PAXTON COMPANY BOSTON, MASS.

Dropsy CURED



Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be fairer. Write Dr. H. H. Green's Sons, Specialists, Box 18 Atlanta, Ga.

Cotton Gin Machinery



You want only the best Cotton Gin Machinery. Ask any experienced Ginner about Pratt, Eagle, Smith, Winship, Munger. We would like to show you what thousands of life long customers say. Write for catalog and testimonial booklet.

Continental Gin Co.

Charlotte, N. C., Atlanta, Ga. Memphis, Tenn., Chicago, Ill.

The Secret of Good Coffee

Even the best housekeepers cannot make a good cup of coffee without good material. Dirty, adulterated and queerly blended coffee such as unscrupulous dealers shovel over their counters won't do. But take the pure, clean, natural flavored

LION COFFEE, the leader of all package coffees—the coffee that for over a quarter of a century has been daily welcomed in millions of homes—and you will make a drink fit for a King in this way:

HOW TO MAKE GOOD COFFEE.

Use LION COFFEE, because to get best results you must use the best coffee. Grind your LION COFFEE rather fine. Use 1/2 a tablespoonful to each cup, and one extra for the pot. First mix it with a little cold water, enough to make a thick paste, and add water or egg (if egg is to be used as a settler), then follow one of the following rules:

1st. WITH BOILING WATER. Add boiling water, and let it boil THREE MINUTES ONLY. Add a little cold water and set aside five minutes to settle. Serve promptly.

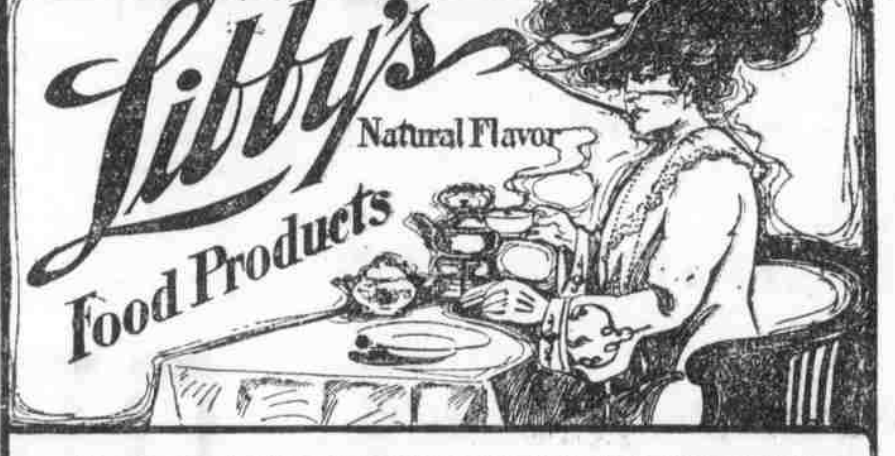
2nd. WITH COLD WATER. Add your cold water to the paste and bring it to a boil. Then set aside, add a little cold water, and in five minutes it's ready to serve.

3. Don't boil it too long. Don't let it stand more than ten minutes before serving. DON'T use water that has been boiled before.

TWO WAYS TO SETTLE COFFEE. 1st. With Eggs. Use part of the white of an egg, mixing it with the ground LION COFFEE before boiling. 2nd. With Cold Water. Instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

Insist on getting a package of genuine LION COFFEE. Prepare it according to this recipe and you will only use LION COFFEE in future. (Sold only in 1 lb. sealed packages.) (Save these Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE. WOOLSON SPICE CO., Toledo, Ohio.

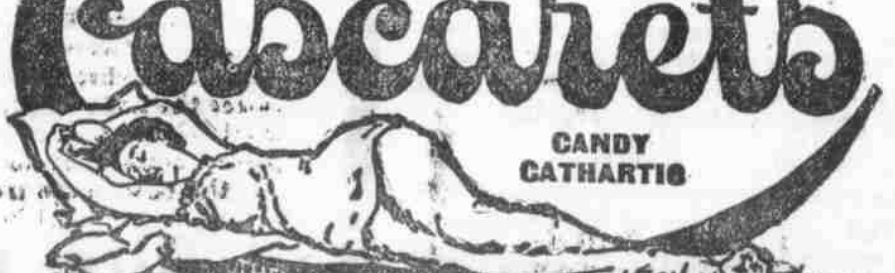


When you are at a loss to know what to serve for luncheon, dinner or supper—when you crave something both appetizing and satisfying—try

Libby's (Natural Flavor) Food Products

Once tried, you will always have a supply on hand Ox Tongues Chili Con Carne Veal Loaf Brisket Beef Ham Loaf Soups. Your Grocer has them Libby, McNeill & Libby, Chicago

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GUARANTEED CURE for all bowel troubles, such as biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mucus, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. Cascarets purges your bowels and cures chronic ailments and long years of suffering. No matter what ails you, start taking right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C.C.C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.