

# SUFFERED FROM CATARRH OF LUNGS SO COMMON IN WINTER. CURED BY PE-RU-NA.



A COLD ON THE LUNGS THREATENS TO BECOME SERIOUS.

## Pe-ru-na Brings Speedy Relief.

Mrs. H. E. Adams, ex-President Palmetto Club, of New Orleans, La., writes from 110 Garnett Court, South Bend, Ind., as follows:

"I am pleased to endorse *Pe-ru-na*, as I took it about a year ago and it soon brought me relief from a cold on my lungs which threatened to be serious.

"The lungs were sore and inflamed. I coughed a couple of hours every night, and I felt that something must be done before my lungs became affected. *Pe-ru-na* was suggested by some of my friends who had used it, and acting upon their advice I tried it and found that it was able to bring about a speedy cure. You have my highest endorsement and thanks for the good it did me."

## Sounding the Praises of *Pe-ru-na*.

Mrs. Frances Wilson, 32 Nelson St., Clinton, Mass., writes:

"Had you seen me at the time of my illness and now, you would not wonder that I take delight in sounding the praises of *Pe-ru-na*. My ailment was a severe cold which attacked the bronchial tubes and lungs."

"I followed your special directions and after using six bottles of *Pe-ru-na*, I was on my feet again. I think *Pe-ru-na* a wonderful medicine."

## The English Language.

"Would you say a flock of fish?" asked a Frenchman.

"No; you would say a shoal of fish," was the American's reply.

"Could you say a flock of oxen?"

"No; a drove of oxen."

"A flock of bees?"

"No; a swarm of bees."

"Really," said the Frenchman, "this is confusing to me."

"I don't wonder that it is," the American returned. "For every different word there is a different word in our language. Thus we say a covey of partridges, a bevy of quails, a nid of pheasants, a flight of doves, a wisp of snipe, a muster of peacocks, a brood of grouse, a siege of herons, a building of rooks, a stand of plovers, a watch of nightingales, a clattering of choughs, a pack of wolves, a cast of hawks, a herd of swine, and so on. In the technical books on sports and hunting you will find that every crowd of birds and of animals has its own special name. These special names well trained sportsmen always use."

—New York Press.

## Reward for Inventive Mind.

The inventive mind of William Crust, of Greenfield, 12 years old, conceived the idea of improvising a bag to carry chestnuts in. He tied cord about the ankles of his trousers, filled his apparel and managed to waddle home with twenty-seven quarts of fine nuts.

## MIGHT HAVE SAVED IT.

A Lot of Trouble From Too Much Starch Food.

A little boy of eight years whose parents did not feed him on the right kind of food, was always nervous and suffered from a weak condition of the stomach and bowels. Finally he was taken down with appendicitis and after the operation the doctor, knowing that his intestinal digestion was very weak, put him on Grape-Nuts twice a day.

He rapidly recovered and about two months thereafter, his father states, "He has grown to be strong, muscular, and sleeps soundly, weighs 62 pounds, and his whole system is in a fine condition of health." Name given by Postum Co., Battle Creek, Mich.

It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That disease is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.

Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect nourishment of all parts of the body, particularly the brain and nerve centres.

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

## HOUSEHOLD AFFAIRS



### ABOUT LAMPS.

The common kerosene lamp, which is used in almost every household, despite the electric and gas lights, will give a clear, bright light and be a source of comfort to the family if properly cared for. The bowl of the lamp should be kept full of oil, but when not in use the wick should be turned low to keep the oil from oozing out upon the burner. Use none but the best of burners. Wash the burners often and scour any discolored parts. Lamp chimneys are not near so liable to break when exposed to changes of temperature if they are put in a pan of cold water and allowed to heat gradually until the water is cold again. Polish with old newspapers. Brown spots may be removed by rubbing them with coarse salt. See that the flues fit closely so there is no danger of their falling off when the lamp is moved. Fill your lamps by daylight. Put in a new wick as soon as the old one begins to clog, and before it is burned out.

It is perfectly wonderful how bright and brilliant a light will be if a lamp is thus cared for. You can read as well as if it was daylight.—S. J. H., in *Mirror and Farmer*.

### KITCHEN DON'TS.

Don't litter up the kitchen when getting a meal, because it will take hours to clean up after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it on a saucer.

Don't crumple up your dish towels. Rinse and hang them in the sun.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't block a stove while it is hot. It takes more blanching and less polish.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

Don't use knives for scraping the table and pots.

Don't pour boiling water and soap on greasy spots. Moisten the spots first with a cold saturated solution of soda, then scrub them with the grain of the wood, using cold soapsuds.

Don't put egg dishes into hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and they break.—*Prairie Farm Magazine*.

### CHANGE OF MENU.

So many housekeepers make the mistake of having regular schedules which they follow for the week. Yet too much importance cannot be laid upon constant change.

Mutton Mondays, beef Tuesdays and so on, coming regularly, week after week, certainly isn't conducive to appetite, especially if it's at all "flicky."

It's bad enough for the householder to know every one of the "twenty-one meals a week" in advance. But, unless it's absolutely necessary, the same sequences of meals should be avoided.

Boarding houses nearly always have regular meals regular nights—a mistake that is got into by the effort for a system. But system isn't in having the same things over and over again in the same way. There's system in constant change, especially in constant change in menu.

Another mistake, on the same lines, is made usually by the very young housekeeper—and that is in dishing up the "left-overs" at the very next meal. Instead of giving the palate time to forget.

Change, change, change. Doctors and taste agree in preaching that, for health and strength, have their foundations in appetite, and appetite depends largely upon change.

### RECIPE

Pinelli—Slice fine one peck of green tomatoes and sprinkle with one cup of salt in layers. Let stand over night and then drain. Add one-quarter pound of mustard seed, one ounce whole cloves, the same of allspice, two cups of brown sugar and two quarts of vinegar. Cook slowly until the tomato is tender but not soft.

Corn Mush—Put one quart of boiling water into a double boiler, with the upper part set directly on the range. Mix one pint of cornmeal with one pint of cold milk and stir into the boiling water slowly. Stir occasionally for five minutes, then set the boiler in the under pan and let the mush cook for an hour, or more if possible.

Rice Griddle Cakes—Beat one cup of cold cooked rice into two cups of cold milk and let stand a half hour to soak. Add a half level teaspoon of salt, a tablespoon of butter, two cups of flour sifted with two level teaspoons of baking powder and one egg beaten well. If a little more flour is needed add it with caution, for the cakes must be as soft as possible and not break when cooked on the griddle.

Ice Cream Cake—Cream one-half cup of butter, add one cup of fine granulated sugar and beat to a creamy lightness. Add one-half cup of milk alternately with one and three-quarter cups of flour, sifted with three level teaspoons of baking powder. After heating well add the stiffly beaten whites of three eggs and a half teaspoon of vanilla. Bake in a sheet and cover with an icing when cold.

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

Bonaparte's house in St. Helena is now a barn.

A Guaranteed Cure For Piles. Itching, Blind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

The coldest city in the world is Yakutsk, Eastern Siberia.

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

There is more coal in Montana and Wyoming than in Pennsylvania.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 223 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1900.

Among the spoils of war taken at Liao-Yang was a pet pigeon.

A Well Deserved Tribute. The awarding of the Grand Prize to the Winchester Repeating Arms Co., New Haven, Conn., at the St. Louis Exposition, confers upon this company the highest mark of distinction attained by any manufacturer of guns or ammunition in the world. Although a great number of medals were given, the only award of a Grand Prize was to the Winchester Repeating Arms Co.; given as it was in competition with the leading manufacturers of all countries. It testifies decidedly to the superiority of Winchester rifles, shotguns and ammunition. The success attained by the Winchester Repeating Arms Co. at this exposition is in line with past honors. At the Paris Exposition they received the Grand Prix, and wherever exhibited have always been given the highest possible praise. This latest recognition of superiority is the natural result of thirty years of careful and successful endeavor in maintaining the high quality of Winchester rifles, shotguns and ammunition.

The way some people lay up treasure in Heaven they must think that religion is a nickel-in-the-slot business.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Alligator hunters are wanted in Venezuela.

Healed in 30 minutes by Washford's Sanitary Lotion. Never fails. Sold by all druggists, 81. Mail orders promptly filled by Dr. E. Deitchman, Crawfordsville, Ind.

Since 1828 the population of Scotland has increased fifty-two per cent.

Taylor's Cherokee Remedy of Sweet Gum and Mellin's Nature's great remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c, 50c and \$1.00 per bottle.

Value of Discontent. The late J. W. Clarke of the New York World used to say that the secret of success in life was never to be quite satisfied with what you have, because contentment meant stagnation and failure to advance. "Never be satisfied," he would say, "always look for something better."

### BABY'S TERRIBLE SORE

Body Raw With Humor—Caused Untold Agony—Doctor Did No Good—Mother Discouraged—Cuticura Cured at Once.

"My child was a very delicate baby. A terrible sore and humor broke out on his body, looking like raw flesh, and causing the child untold agony. My physician prescribed various remedies, none of which helped at all. I became discouraged and took the matter into my own hands, and tried Cuticura Soap and Cuticura Ointment with almost immediate success. Before the second week had passed the soreness was gone, not leaving a trace of anything. Mrs. Jeannette H. Black, 281 Rosedale St., Rochester, N. Y."

### Sharps and Flats.

John E. Boyd and his wife have given to the city of San Rafael one of the beauty spots around San Francisco Bay, finely laid out grounds of twenty acres, with a large and handsome building, in memory of their dead ones.

Superintendent Maxwell will ask the New York Board of Education at its next meeting to adopt a plan for giving ten-cent district school children a midday meal. If the plan should be adopted and the luncheons should cost six cents each, it would cost the city \$8,904,000 a year.

The appointment of Robert Nathan, of the British Indian Civil Service, to be private secretary to Lord Curzon, Viceroy of India, is one of more than usual interest, as he is the first Hebrew to obtain such a position in that service. He is a brother of Sir Matthew Nathan, recently appointed Governor of Hong Kong.

## You Want the Best



## COTTON GIN MACHINERY

Ask Any Experienced Ginner About

PRATT MUNGER EAGLE WINSHIP SMITH

We would like to show you

What Thousands of Life Long Customers Say.

Write for catalogue and testimonial booklet.

## Continental Gin Co.

Charlotte, N. C., Atlanta, Ga., Birmingham, Ala., Memphis, Tenn., Dallas, Texas.

## DYSPEPSIA

SICK HEADACHE,

TRADE MARK

## CONSTIPATION

PROMPTLY AND PERMANENTLY CURED WITH

## Crab Orchard Water.

A Century's Experience. With successful Results, in the Best Testimonials.

SOLD BY ALL DRUGGISTS

## Crab Orchard Water Co.,

Louisville, Ky.

## John White & Co.

LOUISVILLE, KY.

## FURS and Hides.

Wanted in each State, Salesmen to sell large line Tobacco, permanent Position. CENTRAL TOBACCO WORKS CO., Patoka, Va.

## CORN AND MILLSTONES

If in need of Corn Mill or Millstones you will find it is your interest to correspond with CAROLINA MILLSTONE CO. of Cameron, N. C. Manufacturer of CORN MILLS from the largest Moore County Grit.

## Dropsy

Removes all swelling in 8 to 10 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be failed. Write Dr. H. H. Brown's Sons, Specialists, Box 28 Atlanta, Ga.

## Potash

It is necessary for cotton to produce high yields and good fibre. Write for our valuable books on fertilization; they contain information that means dollars to the farmer. Sent free on request. Write now while you think of it to the GERMAN KALI WORKS New York—93 Nassau St., or Atlanta, Ga.—247 So. Broad Street.

## Best for the Bowels

## Cacarets

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pain after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CACARETS today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cacarets 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.

Wanted in each State, Salesmen to sell large line Tobacco, permanent Position. CENTRAL TOBACCO WORKS CO., Patoka, Va.

## A PLAIN TALK

On a Plain Subject in Plain Language.

The coming winter will cause at least one-half of the women to have catarrh, colds, coughs, pneumonia or consumption. Thousands of women will lose their lives and tens of thousands will acquire some chronic ailment from which they will never recover.

Unless you take the necessary precautions, the chances are that you (who read this) will be one of the unfortunate ones. Little or no risk need be run if *Pe-ru-na* is kept in the house and at the first appearance of any symptom of catarrh taken as directed on the bottle.

**KEEP PERUNA IN THE HOUSE.**

*Pe-ru-na* is a safeguard, a preventative, a cure for all cases of catarrh, acute and chronic, coughs, colds, consumption, etc.

For free medical advice, address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

## Railroading in Japan.

Japan has 4236 miles of railway, of which 210 miles were constructed in 1903. The number of passengers carried on these railways in 1903 was 110,000,000, the freight transported was 16,122,671 metric tons and the cash receipts amounted to about \$23,800,000.

## Beware of Ointments For Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescription from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists; price, 75c per bottle. Take Hall's Family Pills for constipation.

## Germ Day.

The State of Utah has established a holiday in honor of germs. It is called General Health Day and is the first Monday in October. On this day all theatres, churches, public halls, hotels, boarding houses, etc., must be thoroughly disinfected.

## LASTING RELIEF.

J. W. Walls, Superintendent of Streets of Lebanon, Ky., says:

"My nightly rest was broken, owing to irregular action of the kidneys. I was suffering intensely from severe pains in the small of my back and through the kidneys and annoyed by painful passages of abnormal secretions. No amount of doctoring relieved this condition. I took Doan's Kidney Pills and experienced quick and lasting relief. Doan's Kidney Pills will prove a blessing to all sufferers from kidney disorders who will give them a fair trial."

Foster-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, price 50 cents per box.

## PLEASURE and PROFIT at HOME

MAKING LAWN and PORCH SWINGS AND FOLDING TABLES all easily made with my patterns and full directions. Will send by mail postpaid. LAWSWING PATENTS, R. N. at 51 FOK. IS SWING PATTERNS at 90c. FOLDING TABLE PATTERNS at 75c. or 11 three sets at \$2.00. ADDRESS: P. O. BOX 133, W. H. GALL, RUTHERFORDTON, N. C.

## PISO'S CURE FOR

CRIS WHERE ALL ELSE FAILS. Best Cough Syrup. Cures Croup, Whooping Cough, Bronchitis, and all other ailments of the throat and lungs. Use in time. Sold by druggists.

## No More Blind Horses

For Specific Ophthalmic Remedies. Sore Eyes, Hazy Co., Iowa City, Ia., have a sure cure

# GOOD LUCK

It's to Your Interest

to use Good Luck Baking Powder—for its quality, for its economy and for the premiums you get by saving the coupon on the label of every can.

## GOOD LUCK Baking Powder

is a superior article of unexcelled leavening force and positive purity. Its sales have reached tremendous proportions, by reason of which the little price at ten cents per pound can is made possible.

Above is pictured the coupon which appears on every can. The little premium book in every can shows the many articles and tells how to get them free.

Buy "Good Luck" and save the coupons. Write us, if your grocer can't supply you. It's to your interest.

THE SOUTHERN MFG. CO. Richmond, Va.

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