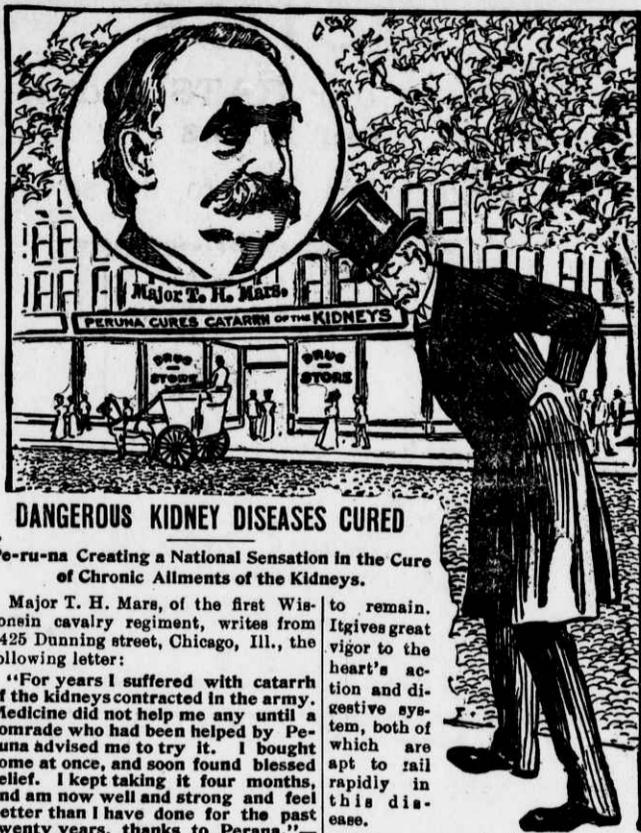


**FOR TWENTY YEARS MAJOR MARS
SUFFERED FROM CATARRH OF THE KIDNEYS**



PERUNA CURES CATARRH OF THE KIDNEYS

DANGEROUS KIDNEY DISEASES CURED
Pe-ru-na Creating a National Sensation in the Cure of Chronic Afflictions of the Kidneys.

Major T. H. Mars, of the first Wisconsin cavalry regiment, writes from 1425 Dunning street, Chicago, Ill., the following letter:

"For years I suffered with catarrh of the kidneys contracted in the army. Medicine did not help me any until a comrade who had been helped by Peruna advised me to try it. I bought some at once, and soon found blessed relief. I kept taking it four months, and am now well and strong and feel better than I have done for the past twenty years, thanks to Peruna."—T. H. Mars.

At the appearance of the first symptom of kidney trouble, Peruna should be taken. This remedy strikes at once the very roots of the disease. It at once relieves the catarrhal kidneys of the stagnant blood, preventing the escape of serum from the blood. Peruna stimulates the kidneys to excrete from the blood the accumulating poison, and thus prevents the convulsions which are sure to follow if the poisons are allowed

to remain. It gives great vigor to the heart's action and digestive system, both of which are apt to fail rapidly in this disease.

Peruna cures catarrh of the kidneys simply because it cures catarrh wherever located.

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 Ohio.

Wallace Man Appointed.

Boise, Idaho, July 28.—Governor Morrison has appointed James F. McCarthy of Wallace as regent of the state university at Moscow, vice John B. Goode, resigned. It is understood

Mr. McCarthy will give special attention to the mining department of the university.

Do not work longer than two hours without closing the eyes and resting them for five minutes.



Rice Cake.

A delicate rice cake for dessert may be made as follows: Put a pint of cold, fresh milk in a saucepan over a hot fire. When it boils add a heaping cup of well-washed rice. Let the rice cook slowly in the milk for twenty minutes, then cool it in the saucepan for half an hour. Add six heaping tablespoonfuls of sugar, and stir them in well. Then add three whole eggs and flavor with a tablespoonful of orange-flower water or orange extract. Roll some good puff paste very thin, line a tin pudding would, holding about three pints, with the paste; add the rice with the eggs, sugar and flavoring, and put the pudding in a moderate oven to bake for forty minutes. Then cool the pudding, cover it with an icing and serve. This makes a firm cake, which should be well flavored with orange extract and garnished with a little acid jelly. The orange extract is made by soaking the yellow peel of a California orange in ninety per cent. alcohol for at least two weeks. Grate the peel into the alcohol or pack it in thin slices, and see that there is enough of it to fill the bottle completely.

Stewed Prunes.

Weigh out eight ounces of prunes. Look them over carefully, and soak over night. In the morning drain thoroughly, and cook in half a pint of water, with the yellow peel of a lemon, a two-inch piece of cinnamon, two tablespoonfuls of butter and four heaping tablespoonfuls of sugar. Simmer for two hours slowly, and at the end of this time draw the saucepan forward and add a pint of claret wine. Set the prunes back on the stove to be thoroughly heated. Stir well, but do not break them, and be careful not to let them boil again. Then turn them into a stone jar and boil when cold. There is a great variety in the quality of the prunes offered in the market, but excellent ones, which rival the best imported fruit, are now sent from California.

Strawberry Shortcake.

Mix thoroughly a quart of flour, two teaspoonfuls of baking-powder, a little salt and a tablespoonful of sugar, and into this chop three tablespoonfuls of butter or butter and good sweet lard mixed. Add one cupful of milk and one well-beaten egg. Put together as quickly and with as little handling as possible. Roll into sheets one-half inch thick. Bake in a well-greased pan, laying one sheet on top of the other. As soon as baked separate them and spread between the crusts a thick layer of well sweetened berries, also cover the top with berries. Serve with sugar and cream.

Onion Soup.

Melt two tablespoonfuls of butter in a spider, when it bubbles add four large onions, washed, skinned and cut in slices, let them simmer without browning for about half an hour, then stir in a slightly heaping tablespoonful of flour. When it thickens pour in gradually a pint and a half of boiling milk, season with salt and pepper to taste, press through a puree sieve and return to the fire. While it is getting hot, beat together two egg yolks and half a cup of cream, remove from the stove and stir the eggs and cream into it rapidly, pour at once into the tureen and serve.

Canned Corn.

It is hard to can this vegetable so that it will keep well, unless it is put up with some other vegetables, as tomatoes or beans. But I give the recipe as requested. Put ripe corn on the fire in salted boiling water and cook for twenty minutes. Take from the fire and cut from the cob. Put into jars, cover the corn with the water in which it was boiled and set the jars over the fire in a broad pot or saucepan. Pour hot water all about the jars, bring it to a hard boil and seal at once. Keep in a dark place or else wrap the jars in dark paper.

Rhubarb Brown Betty.

Skin rhubarb and chop very fine. Put a thick layer in the bottom of a buttered pudding dish and strew this with a quantity of granulated sugar. Cover with fine breadcrumbs, dotted thickly with bits of butter. Put in more rhubarb, more sugar, then buttered crumbs and proceed in this way until the dish is full, having the top layer of buttered crumbs. Bake covered for about an hour, then uncover and brown. Eat hot with sugar and cream or with a hard sauce flavored with nutmeg.

Home-Made Anchovy Paste.

Remove the skins from canned anchovies and mash them to a paste, then rub this through a vegetable press. Beat into this enough butter to make a smooth and light paste. Season to taste, and rub with the back of a silver spoon, until creamlike in consistency and free from all lumps.

TRADE REPORT.

R. G. Dun & Co.'s Weekly Review of trade says: The tenor of dispatches from every section of the country indicates that there is less than the customary midsummer dullness in business, and collections are more promptly met than usual. Earnings of railroads reported for July exceed last year's by 12.9 per cent. Farm work still retards retail distribution of merchandise in western sections. Foreign trade at this port for the week shows a gain of \$2,599,209 in value of imports, as compared with the same week last year, while exports decreased \$502,022.

Good news as to the progress being made toward settlement of labor disputes was neutralized by the decline in securities insofar as the iron and steel industries are concerned.

There were many indications that the interruption from strikes would be less frequent in the immediate future, and there was a general disposition to fully sustain prices.

Footwear factories have much work in sight, buyers having placed orders freely. Thus far there is no reflection of this activity in the leather market.

Control Lumber Market.

The San Francisco Bulletin says that E. H. Harriman and James J. Hill are uniting in a great timber deal whereby they, with a number of associates, will control the lumber market of the world. They are securing large tracts of forest lands in northern California and Oregon through their agents, who have been for some time quietly buying property on the coast. Among the associates of the two railroad magnates are Frederick Weyerhaeuser of Minneapolis, T. B. Walker of Minneapolis, Jacob Blodgett of Grand Rapids and a number of other men of influence in the various timber sections of the western states.

Ammonia Explosion.

New York, July 29.—A cylinder head of the ammonia machine at the Ruppert ice plant has exploded. Engineer Smith and John Vincensky were killed; Foreman Trau, Charles I. Fland were badly burned, and Policeman Goss seriously overcome by the ammonia fumes. Several others were overcome; also. Two hundred men were employed at the plant. The deadly fumes spread instantly throughout the seven floors of the building. The rescuers could not enter the building. The workmen finally made their way to the roof, where they were taken.

Still Higher Ambition.

Proud Father—Rick, my boy, if you live up to your oration, you'll be an honor to the family.

Valedictorian—I expect to do better than that, father. I am going to try to live up to the baccalaureate sermon.—Chicago Tribune.

Fatal St. Louis Wreck.

East St. Louis, July 29.—A train on the Vandavia road crashed into a street car, killing three and injuring a score, some of them fatally. The dead are John Roy, engineer; J. J. Lenharth and David H. Beattie.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder it cures hot, sweating, itching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Trains Collide, Head-on.

St. Paul, Minn., July 28.—Two trains met in a head-on collision on the Chicago Great Western and the result is four men killed and twenty-five to thirty passengers injured.

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

Dugan—Casey, yer clock is broke. It struck foive for six.
Casey—Faith, it's more lucky than meself, thin. Yistiddy whin Ool wor broke Oi hod to stroike foive for wan.—Kansas City Journal.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during teething period.

Dr. Jonathan Hutchinson of London, long the most noted authority on leprosy, supported his assertion that leprosy is caused by the eating of un-sound fish by the fact that lepers are the most numerous in India among converts to Catholicism, who must eat fish one or two days each week.

RELIABLE ASSAYS

Gold.....\$.75 | Gold and Silver.....\$1.00
Lead......75 | Gold, Silver, Copper.....1.50
ODDEN ASSAY COMPANY,
1725 Arapahoe St., Denver, Colo.

W. H. STOWELL & CO.

Assayers and Assayers' Supplies,
SPOKANE, WASH.

Hair Splits

"I have used Ayer's Hair Vigor for thirty years. It is elegant for a hair dressing and for keeping the hair from splitting at the ends."—J. A. Gruenfelder, Grantfork, Ill.

Hair-splitting splits friendships. If the hair-splitting is done on your own head, it loses friends for you, for every hair of your head is a friend.

Ayer's Hair Vigor in advance will prevent the splitting. If the splitting has begun, it will stop it.
\$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.

KOPALINE

USE KOPALINE TO BEAUTIFY YOUR HOMES FOR FINISHING CHAIRS, TABLES, FLOORS, ETC. LUSTROUS AND DURABLE DRIES HARD WILL NOT SCRATCH 24 SHADES & COLORS INSIST ON HAVING KOPALINE FROM DEALER.

TAPE WORMS

"A tape worm eighteen feet long at least came on the scene after my taking two JASCARETS. This I am sure has caused my bad health for the past three years. I am still taking Cascarets, the only cathartic worthy of notice by sensible people."
Geo. W. BOWLES, Baird, Minn.



Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens, or Gripe. 10c, 25c, 50c.
CURE CONSTIPATION.
Selling Ready Company, Chicago, Montreal, New York, St. Louis.

NO-TO-BAC Sold and guaranteed by all druggists to cure the Tobacco Habit.

LOUDEN HAY-SLING



IT CLEANS THE RACK

Hardware of all descriptions. We can save you money. Write for prices.

McGowan Bros
SPOKANE, WASH.

Fattens QUICK!

Cattle and Hogs for market. Shortens fattening period one-fourth. Saves Feed.

FATTEST CATTLE.

"I fed Prussian Stock Food last winter and turned out the fattest cattle I ever had for the same length of time." I consider Prussian Stock Food well worth the cost I would not be without it.—G. W. ARKLEY, Parker, S. D.



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Promptly cures all
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