

CATARRH ANNOYING-DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. I put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

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WET WEATHER WISDOM! THE ORIGINAL 1832 TOWER'S FISH BRAND SLICKER. BLACK OR YELLOW. WILL KEEP YOU DRY. NOTHING ELSE WILL TAKE NO SUBSTITUTES. CATALOGUES FREE. SHOWING FULL LINE OF GARMENTS AND HATS. A. J. TOWER CO., BOSTON, MASS., U.S.A. TOWER CANADIAN CO., LTD., TORONTO, CANADA.

Count Witte may think he has a hard task before him in Russia, but he has never tried to enforce the prohibitory law in Kansas.—Kansas City Star.

Start the New Year Right!

START the new year with a clean mind and a clean body! Most people are very neat and clean in their outward appearance, but how about the inside? Are you clean inside? And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and your full share of capacity for work and enjoyment.

pleasant company to themselves and others. But, you say—"I'll take a course of Spring medicine to clean me out next April." Not considering your duty to yourself and family, isn't it certain that to leave the body full of poison all winter, and then suddenly attempt to force out all impurities by one violent attack is dangerous, absurd and unreasonable?

The holidays are over and everybody's had a good time—perhaps a little too much of a good time. Over-eating and over-drinking have been the rule ever since Thanksgiving Day. Many people get little exercise in winter and breathe much stuffy, over-heated inside air. At the same time they eat too much rich and indigestible food, while fresh fruit and fresh vegetables are scarce in the market. So stomach and bowels are liable to be over-taxed.

Keep clean inside all the time. That's the simple solution. If you can not diet, or keep your mechanism going by proper exercise, the self-evident alternative is to take Cascarets, the sweet, fragrant, harmless little vegetable tablets, that "act like exercise" on your bowels, and gently but powerfully clean out and disinfect the whole digestive canal. A Cascaret every night before going to bed will "work while you sleep" and make you "feel fine in the morning."

Clog up, stretch and paralyze the large intestine by over-stuffing it with undigested food, so it can not carry off the useless refuse, and it "backs up" the sewage, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment. That's what must happen. Isn't it plain as day? What's the result? Nearly everybody "gains in flesh" in the winter time, but it's pussy fat—not healthy flesh and muscle. The liver gets inactive; the bile doesn't "work off"; the eyes get yellow; the skin gets dead like putty and pale like dough, with boils, pimples, blackheads, liver-spots to break the monotony. Dizziness, headaches, blurred vision, foul breath, sleeplessness and a temper like a wild cat make such persons very

Cascarets are sold by all druggists, 10c, 25c and 50c. The 10c size trial box is a neat fit for the vest pocket or lady's purse. Be sure to get the genuine, with the "long-tailed C" on the box and the letters "CCC" on each tablet. They are never sold in bulk.

FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed GOLD-PLATED BUNION BOX hand-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets with which this dainty trinket is loaded. 711 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.

SERMONS OF THE WEEK

Friendship.—Generosity is one of the lovely traits of true friendship. It comes out in feeling, in conduct and in special tokens in the form of gifts.—Rev. J. D. Burrell, Presbyterian, Brooklyn, N. Y.

The School of Life.—Life is a school for eternity and the door of hope for entering into a higher life. How often during the past week have you had an opportunity to forgive that man who has done you so great a wrong? The door is now open.—Rev. B. P. Lee, Episcopalian, Los Angeles, Cal.

The Atonement.—All the Scriptures center in the sacrifice on Calvary. It is by faith that the doctrines of Atonement must be accepted. To accept is the declared recognition of God; to reject it will have no other substitute for the penalty. So there is the one unpardonable sin, to reject Jesus as the Son of God offered to redeem mankind.—Bishop C. R. Fowler, Methodist, New York City.

The Church Beautiful.—What is it that makes the church beautiful? Not the massive architecture, the music or eloquent sermon; these are only the accessories of worship. The true beauty of the church must come from the spirit of the worshippers. The sincere worship of God is the fairest ornament; the earnest endeavor to help men the greatest charm.—Rev. J. P. Forbes, Unitarian, Brooklyn, N. Y.

Slow and Sure.—Remember that neither truth or reform are achieved instantly. There is many a backward movement of the spring after the sun has crossed the line. Many a cold dreary day in the sunny month of June. Many an early frost that blights our hopes and chills the opening rose. But with all the drawback spring moves forward and summer draws and falls.—Rev. Robert MacDonald, Baptist, Brooklyn, N. Y.

Sweet Pickle. Two gallons of chopped cabbage, five tablespoonfuls of mustard, three gills of mustard seed, two spoonfuls of ground pepper, two of ground cloves, one gill of salt, one quart of onions chopped fine, half a gallon of chopped celery, a little celery seed, three pounds of sugar and three quarts of vinegar. Put all together in a porcelain-lined kettle, boil well and stir frequently. Tie the ground spices together in a little muslin bag.

Chrysanthemum Cake. Cream a half-pint of butter with a pound of sugar, and the beaten whites of eight eggs, one and a half pints of flour that has been sifted with one and a half teaspoonfuls of baking powder, add a half-pint of milk and the grated rind of one orange. Color the batter to a light pink with cochineal and bake in layer tins. Cover with a red or deep pink icing.

The Earth's Area. One of the best authorities estimates the area of the earth's surface at 196,791,984 square miles, of which about 58,000,000 square miles is land, the rest water. Throughout most of this 58,000,000 square miles Pillsbury's VITOS has made its way because it's so good. It is the ideal breakfast food, and may be had at any up-to-date grocery.

Mr. Rockefeller, having received something more than \$15,000,000 in the shape of all dividends during the current year, more than ever feels the danger of riches and more than ever feels that his advice to the youth of the country to go to work and be content with moderate incomes was just the very thing.—Cincinnati Commercial Tribune.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period. The scheme to organize a "national army" of 250,000 men in England, to be composed of militia and reserves, is a step toward conscription which is bound to come unless The Hague tribunal proves more potent than continental ambitions.—New York Evening Sun.

For coughs and colds there is no better medicine than Piso's Cure for Consumption. Price 25 cents.

Next year, when the South produces 18,000,000 bales of cotton, as is not improbable, we wish our farmers to get not less than 10 cents per pound. The Cotton Association and its officers should have next year in view when suggesting prices for this year's crop.—Columbia (S. C.) State.

Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free 63 trial bottle and treatise. Dr. R. L. Kline, Ltd., 93 Arch St., Philadelphia, Pa.

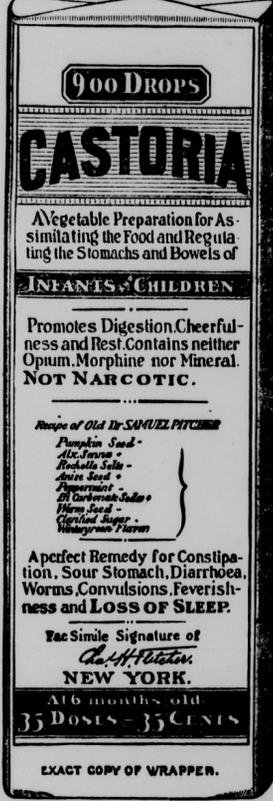
Baked Tomatoes. Cut slice from the blossom end, take out the seed and fill with dressing made of bread, butter, minced onion, salt and pepper. Bake half an hour.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CLENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cleney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm. WEST & TRUAX, Wholesale Druggists, Toledo, O. WALDRON, KINNAS & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all Druggists. Testimonials free. Hall's Family Pills are the best.

What is Castoria.

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."

Dr. Gustave A. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."

Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children."

Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."

Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E. Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."

Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. Is not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers."

Dr. Edwin F. Pardee, of New York City, says: "For several years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results."

Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

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Preaching.—Preaching the gospel is the great work of the church, but the gospel must be preached in such a manner as to pull down the strongholds of the devil. The church is God's instrument for the overthrow of Satan. Our preaching nowadays is too much on the soft order. The devil is not much disturbed at the present style of preaching, neither are sinners being disturbed.—Rev. A. R. Holderby, Baptist, Atlanta, Ga.

Simply because a lot of safe-blowers successfully attacked the safe in a life insurance office in Mississippi last Wednesday night, it is not to be taken that Mississippi is retrograding. Merely showing a return to the ancient methods of looting instead of the popular ways of syndicating.—Cincinnati Commercial Tribune.

English Cookies. Two cups, two cups brown sugar, one cup butter, six tablespoonfuls sour cream, one tablespoon soda, one cup raisins, one tablespoon of cinnamon and one tablespoon of cloves. Beat the butter and sugar together, add the eggs, then the cream, cinnamon, cloves, raisins, and soda. Add flour enough to make soft dough.

Frosted Apples. Peel as many apples as required, and stew whole until tender. Whip the white of two eggs to stiff froth and dip each apple in, having well sugared each one. Bake until the white becomes pale brown color.

Spiritual Growth.—The cry of the age is that religion must be practical; it must prove itself in its ability to touch and influence the life of to-day. True religion is not alone social service; for while that is the expression of it there is back of it all the source, the inspiration which demands a personal relationship with God. While there is not this communion there is no spiritual growth.—Rev. T. I. Rose, Episcopalian, Milton, Mass.

Evangelization.—The only hope of our republic is to evangelize our cities, and thus secure safe popular government, through genuine Christian character in the individual and in the home. As churches we must build more missions, found more Sunday schools, visit all the homes of the neglected and tempted, and win the masses to Christ by love, sympathy and practical everyday religion.—Rev. F. G. Partridge, Baptist, Pittsburg, Pa.

Theology.—Our human theologies are easily shaken because they are but human interpretation of the divine Scriptures. But the Gospel of the Son of God stands firm and immovable as the everlasting hills. Your theologies appeal only to part of the race, Christianity appeals to all. And Christianity is so universal in its spirit because it is so eternal in its power. It cannot be shaken because the spirit of Christ is resident within it.—Rev. John W. McCombe, Presbyterian, Bensonhurst, N. Y.

It is a wonder that some statistician has never found out how soon after a wedding the word "rights" begins to appear.

Creamed Salt Fish. Put a cup of the shredded codfish in a strainer and pour boiling water through it, then stir it into one cup of white sauce. Let it stand over hot water, and just before serving add one well-beaten egg. When prepared in this way, and eaten with a well-baked, hot, meaty potato, it will often prove more palatable than the more expensive breakfast of steak or chops.

Her First Impression. "Just to think," remarked Mr. Stubb, stirring his coffee thoughtfully, "of the Russian battleship Kniaz Potemkin cruising around with a red flag at the mast!" "It was rather unusual," replied Mrs. Stubb. "Who cares to buy a battleship at auction?"



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