

## CATARRH OF THE STOMACH

Could Hardly Eat. Gradually Grow Worse. Relieved by Peruna.



Mr. A. M. Ikerd.

stomach and there was no cure. I almost thought the same, for my breath was offensive and I could not eat anything without great misery, and I gradually grew worse.

"Finally I concluded to try Peruna, and I found relief and a cure for that dreadful disease, catarrh. I took five bottles of Peruna and two of Manalin, and I now feel like a new man. There is nothing better than Peruna, and I keep a bottle of it in my house all the time."

### JUST MAKING OUT A CASE

Uncle Jeth Had Deep Reason for Occupation That Was Seemingly Unprofitable.

John Collier, the secretary of New York's board of moving picture censors, said the other day:

"It's no good getting up objectionable picture plays. We never pass them, in fact, we turn them down so invariably that it seems to me the composers of such plays are animated by a spirit of perversity. They remind me of old Uncle Jethro Husk."

"Uncle Jethro sat fishing on the bank of a tiny rivulet when a stranger stopped beside him and said: 'Is it possible that there are any fish in such a small stream as that?' 'No, there ain't none,' Uncle Jeth granted. 'But you're fishing!' 'Yep,' said Uncle Jeth. 'What, then, is your object?' 'My object,' said Uncle Jeth, 'is to show my wife I ain't got no time to sift the ashes.'"

### Business Instinct Strong.

A photographer tells as a joke on himself that a woman, accompanied by a little boy, came into his studio the other day. "I want you to take pickers for four dollars a dozen this week, so I come for mine. And I want this little boy to take the same picker with me." "Yes, madam—but, of course, we made an extra charge outside this special rate when two pictures are taken at once." "Oh," says the lady, "but I'll keep the boy in my lap. That's the way I do in the street cars, and no body ever says anything."

When one is sad or out of sorts for any cause whatever, there is no remedy so infallible as trying to make somebody else happy.—J. W. Carney.

Wisdom, like flowers, require culture.—Bailon.

The moment a man begins to love his enemies he has the devil's hate.

## A "Teaser" For Jaded Appetites—Post Toasties

with cream or preserved fruit.

Ready to serve instantly—just open the box and enjoy an extra good dish—Convenient, crisp, delicious, wholesome.

"The Memory Lingers"

Sold by Grocers

Made at the POSTUM CEREAL CO., Ltd., Pure Food Factories, Battle Creek, Mich.

## COOKING DRIED FRUIT

FIRELESS METHOD MAKES IT AS GOOD AS PRESERVES.

Dried and Canned Vegetables May Be Treated in the Same Way With the Most Satisfactory Results.

Very few women really know how to get the best out of dried fruit and vegetables. They have become accustomed to thinking that these articles of food are at best unpalatable. No greater mistake could be made. The truth is that they are not usually cooked long enough or slow enough to bring out the flavor.

Fresh fruit just now is so expensive that most families cannot afford to have much of it. Dried and evaporated fruits may be obtained reasonably at all seasons.

The fireless method is the best way to cook them. You need not buy a fireless cooker for the purpose unless you wish to. Make one yourself. Simply get a small dry goods box, or large pail, or any receptacle that can be made airtight. Line with asbestos paper, and then stuff tightly all around the top, bottom and sides with layers of newspapers to the depth of three or four inches. What you must remember is that it must be absolutely airtight. Another thing to remember is that your receptacle must be nearly full. If you cook a small quantity you must have a small receptacle, as the fruit is not as likely to cook off before thoroughly done as it would if placed in a half-filled pail.

Wash your fruit thoroughly first, and to one pound of same add one-half pound of sugar; put water enough in to cover by about one inch. Boil seven minutes over a flame, and then as quickly as possible place in your fireless cooker and allow to remain in there about eight hours. Place a cushion on top of the cooker and weigh that down with something that is heavy.

When taken out one will find the fruit will rival the best preserves in appearance and flavor, in no respect suggesting that usually served, or the insipid canned product. Each shriveled piece will swell to its original size, unbroken, distended with a juicy, aromatic liquor, and charged with the flavors which characterize fruit in its prime state. Tapioca and sago are delicious with these fruit juices, in making tempting desserts.

Dried vegetables, such as lima beans, peas, etc., should be treated in the same way and given about the same time to cook. Canned vegetables which have been bought in the stores are also much improved by this additional process.

These fireless cookers are also excellent for doing home canning of vegetables and fruits. By canning them in this way the house is kept cool, fuel is saved and the housewife is free from the fear of water boiling away. Clean and prepare the same as for any canning process. Dip the jars in boiling water, fill with vegetables or fruit, pour in cold water until it overflows the jar, dip the caps in boiling water, place them on the jars, but do not seal tightly; allow for expansion. Put a perforated rest in the bottom of your kettle, place the prepared jars on the rest, fill the kettle with cold water up to the necks of the jars. Place the cover on the kettle, put on the stove and boil 15 minutes. At the end of that time place at once into the cooker and cover tightly. Allow the jars to remain in the cooker from two to three hours, then remove and tighten the caps.

### Ghost Apples.

Large perfect apples are cored and baked until soft, but not long enough to burst the skins. These are cooled and served singly to each person, together with a marshmallow, three cubes of sugar and a liquor glass of brandy. The marshmallows are pushed down into the bottom of the cavities left by the removal of the cores and the remaining space filled with the cubes of sugar. Upon these the brandy is poured and then lighted. It burns with a ghostly blue flame until the alcohol is consumed and the sugar melted. The apples are then eaten with cream.

### Nut Muffins.

Mix and sift one and a half cups of bread flour with three-fourths teaspoon salt one tablespoon sugar and three teaspoons baking powder. Beat one egg until light, add three-fourths cup of milk and stir it into the flour mixture. Beat well, add a half cup broken walnuts, then stir in three tablespoons melted butter. Fill buttered muffin pans two-thirds full and bake in hot oven from 15 to 20 minutes.

### To Whiten Boiled Fish.

Two tablespoonfuls of vinegar added to the water in which fish is boiled will not only tend to whiten the fish but will help to make the fish firm when cooked. A few drops of vinegar added to the water in which eggs are poached will prevent the white from spreading.—Suburban Life.

### Tender Ham.

Have ham cut from one and one-half to two inches thick, according to amount required. Parboil once and then simmer or cook in the fireless until tender. Then bring to a fry. This is not dry or tough as fried ham usually is and has even a better flavor.

# The Day of Thanksgiving

By Kenneth Harris

Let us give thanks! Amen! The season comes again That ranks Next to dear Christmas in our throbbing hearts. Imparts A glow of recollection fond and tender And reunites the loved ones (more or less) In thankfulness And one grand, gorgeous, gormandizing bender.

Let us give thanks for the family tie, Thanks that at least we are living, Thanks for the turkey and thanks for the pie, Thanks for the joys of Thanksgiving.

Let us give thanks, We cranks, For all the boons and blessings of the year That fall as thick as hops, Upon our heads—if we could only know it My recollection isn't very clear. But there's the crops—Bumper in most respects. Statistics show it. A yield Unprecedented from the fruitful field; Pumpkins glow golden by the rustling shocks, Hogs are hog-fat, And that Is—in the common, truthful term—what knocks. The bins and barns are busting, Full is the farmer's cup, And he is trusting To get some of the interest paid up.

They are happy, and gay, are the farmers today, In the best of all possible humors. If they have any luck they may get for their truck Five per cent of the price to consumers.

Let us give thanks That in the seas of troubles there were planks To keep us all afloat. Some raft Or boat Or other craft To justify the view of Mr. Taft And lend a kind of verity To his assurances of our prosperity. There's Standard Oil, Though not a hopeless wreck, Without a wriggle in its scaly coil Has got it in the neck. And while there is divergent Opinion Respecting probabilities of the domination Of the insurgent, Still at some future day We may Take a good lusty hack at Schedule K.

Let's be thankful, my dear, on the whole, for the year And not look with an aspect too critical—In the optimist's sight rays of rosy light Shine athwart the horizon political.

Let us give thanks That here and there we get some sorts and sizes Of prizes Among our blanks, Some cheering specimens of ten cent pottery In this life's lottery If she we wooed is won Let us be grateful. If when our plea is done We get the fateful "Nit!" We will not let that worry us a bit Many a fellow that is turned down flat Has cause for fervent thankfulness at that. Give praise And grateful thanks if stocks you've bought go kiting And you sell out before They tumble, And make a raise; But if it is the other way, don't grumble. There's no use getting sore, Back off next time you see the suckers biting; Be grateful if you've learned How not to get your clumsy fingers burned.

Not to linger, just be grateful for the measure of your mercies You, my friend, who read these verses. For a day be gay and happy, flaws for one day don't be picking; Stop your everlasting kicking. Make the faces bright around you, be the outlook ne'er so murky, Fill your self with pie and turkey And give thanks!



### GOOD CAUSE TO GIVE THANKS

Happiness and Prosperity Abound Throughout the Land, and Make for Rejoicing.

Of a truth, it has been a great year for our people. Abundance has been upon the fields. Peace and prosperity have dwelt in the factories and shops. No pestilence has devastated the land. Our schools were never so numerous, so strong or so helpful. Our art and literature and press and reforms have

never made progress more rapid or substantial. The whole people have gained in good morals, prudence and self-restraint. Toleration and charity have become universal. On Thanksgiving day boys and girls return home from school and college, homes resound with laughter. Thanksgiving lies upon the land like a flood of golden sunshine. Eighty millions of people ought to take up this year one refrain—"Verily God hath not dealt so with any other nation." For it has been a glorious year in the history of the republic.—Christian Herald.

**A Hunting Story.**  
An old backwoodsman that Abraham Lincoln often told of had very heavy, overhanging eyebrows, and wore big spectacles with brass rims. One day he came rushing into his cabin and seizing his rifle, aimed it carefully through a crack of the door at a great oak tree that stood near, and fired.  
"What is it?" whispered his wife.  
"A wildcat, Sairy," he said, excitedly, "an' I missed him!"  
He hastily loaded and fired again, and then again.  
"Now, hold on, Joshua," said his good wife. "Let me look at you. Why, laws-a-daisy, it's nothin' but a little bug on one o' your eyebrows!"—Housekeeper.

**Wanted to Be More Earnest.**  
Rev. Sylvester Horne, the Liberal M. P. from London, was talking about religion at a dinner in New York.  
"Too many of us in our religious observances," he said, "are like a little Tottenham Court Road girl.  
"This little girl said one night to her new nurse:  
"Oh, must I sleep in the dark?"  
"Yes, miss," the nurse answered.  
"Then wait a minute," said the little girl. "I'll get up and say my prayers more carefully!"

**Incurable.**  
"You say you are your wife's third husband?" said one man to another during a talk.  
"No, I am her fourth husband," was the reply.  
"Heavens, man!" said the first speaker. "You are not a husband—you're a habit."

For over fifty years Rheumatism, Neuralgia, and other painful ailments have been cured by Hamlin's Wizard Oil. It is a good, honest remedy and you will not regret having a bottle ready for use.

**Tenses.**  
Teacher—Tommie, what is the future of "I give?"  
Tommie—"You take."—Life.

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To strive at all involves a victory achieved over sloth, inertness and indifference.—Dickens.

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

The bright side is sure to be the right side.—Mary D. Brine.

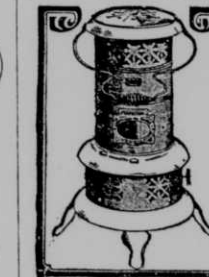
## When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle. While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain.

**Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.**

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If you want a book that tells all about woman's diseases, and how to cure them at home, send 21 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 31 stamps.



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