

MISS HARRINGTON OF DETROIT SAYS:



MISS CELIA HARRINGTON.

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I Began
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I Heartily
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MISS CELIA HARRINGTON, 303 Second Ave., Detroit, Mich., writes:

"Weakness has filled many months of my life with suffering. Through carelessness I caught a severe cold two years ago which settled in catarrh and seriously interfered with the regular functions of the body and made me nervous and irritable."

"I began taking Peruna and found in it a faithful helper, as it enriched my blood and invigorated the whole system."

"I have no pains now, and am always well."

"I heartily recommend Peruna as a reliable medicine."

Health and Strength Restored.

Mrs. A. E. Stouffer, Capioma, Kansas, writes:

"Peruna has given me health and strength; it is the best medicine that was ever made for women. My friends say they never saw such a change in a woman. I talk to every one about Peruna. I cannot say too much for it."

Pe-ru-na in Tablet Form.—For two years Dr. Hartman and his assistants have incessantly labored to create Peruna in tablet form, and their strenuous labors have just been crowned with success. People who object to liquid medicines can now secure Peruna Tablets, which represent the medicinal ingredients of Peruna. Each tablet is equivalent to one average dose of Peruna.

For Years an Invalid.

Mrs. Charles Gros Louis, Indian Lorette, Quebec, Canada, writes:

"For years I suffered from a disease that the doctors did not understand. One day I read in the paper about your excellent remedy, Peruna. I procured a bottle of it and took it according to directions. It was not long until I observed a change for the better. I can say that Peruna has cured me. I could not take any nourishment except milk."

"I will at all times say a good word for Peruna. I hold it in the highest esteem."

Catarrh of Head and Throat.

Mrs. William H. Hinchliffe, 20 Myrtle St., Beverly, Mass., writes that Peruna has done her a great deal of good for catarrh of head and throat.

and attractive garnish for most vegetables and fruit salads. Three or four of the balls may be nested in lettuce leaves, a watercress, and be dressed with oil and vinegar. Mixed olives or nuts are sometimes mixed with the cheese for the balls, or the balls are rolled sometimes in minced nuts or in minced parsley. They are also tastily mixed with green peppers. Green peppers and cream cheese, by the way, make a delicious sandwich filling.

Making Bologna Sausage.—Take 20 lbs beef, 2 lbs pork and chop fine. Put it through a meat-grinder twice, using the fine plate. Add about ½ pt fine salt, 1 lb sugar, 3 lbs black pepper, 1 tablespoon saltpetre dissolved in water, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon allspice. Pepper should be added to suit taste. If much pepper is desired, add ¼ teaspoon red pepper. Stuff in large beef casings or muslin sacks; make as tight as the casing will allow. Tie each one as it is filled and hang up so that they will not settle. Smoke the same as for ham in a smoke-house. Do not let them freeze before or after smoking; it is liable to make them hollow and oily. It is advisable to put the seasoning in the material after it passes through the grinder the first time, and when it goes through the grinder the second time it is thoroughly mixed. If done in this way it does not require much chopping or mixing.

Frosted Cingalese Pudding.—Ingredients: Three bananas, three eggs, three ounces of currants, thin bread and butter, sugar and nutmeg to taste. Method: Line a buttered pudding with bread-and-butter, place over this a layer of sliced banana, sprinkle with currants, and add seasoning. Then put another layer of bread-and-butter and more banana, currants, sugar, and nutmeg, and continue this until the dish is nearly full. Beat the y-lks of eggs in the cream, and pour the mixture over the contents of the dish. Bake very gently for half an hour. Remove from the oven, and cover with a meringue made from the whites of eggs, sweetened and flavored. Replace in oven, and let remain till the meringue is delicately flavored. Srew with sifted sugar, and serve with cream.

Grainville Tartlets.—Ingredients: Two ounces butter, two ounces currants, one ounce ground rice, two whites of egg, one ounce candied peel, three ounces spongecake crumbs, three ounces sugar, three-quarters pound puff paste, a little water icing, one teaspoonful desiccated cocoanut, six drops lemon essence, one tablespoonful cream. Method: Cream the butter and sugar until perfectly smooth, add the ground rice and cake-crumbs, chop the peel finely, and add it,

together with the currants, cream, and flavoring essence. Beat up the whites of eggs, and amalgamate with the mixture. Roll out the paste, cut it into rounds, line some tartlet moulds with the rounds of paste, put in each a spoonful of the mixture. Bake the tartlets in a moderately heated oven. Glaze over the tops with a layer of transparent or water icing, then sprinkle over each a little desiccated cocoanut.

Make Chair Seat Good as New.—Sunken cane seats in chairs will be as good as new if washed in soap suds and left in the open air to dry.

Tri-c Hat with Duster.—The tops of two vari-colored leather dusters at 10 cents each make a pretty pompon for a hat.

Leather Cleanser.—To clean leather, such as purses, handbags, suitcases, undressed leather, and colored skins, use a reliable wall paper cleaner. Mix as directed and apply in the usual manner, rubbing one way only.

Remove Shoe Polish Stains.—To remove shoe polish from wash goods, soak spots in sweet milk before wetting in water. If spots are dry soak longer. This is safe and sure.

To Mend Hemstitching.—Cover the space of the worn hemstitching with insertion and stitch both edges on to tray cloth, and it will then be as good as new, and ever prettier.

Save Bathroom Light.—As the bathroom is generally small, half the gas for lighting can be saved by filling the gas-tip half full of cement or some hard substance and still have gas enough to light the room.

Prolong Life of Shoes.—A coat of gum of copal varnish applied to the soles of boots and shoes, and repeated as it dries until the pores are filled and the surface shines like polished mahogany, will make the soles waterproof and make them last three times as long.

Repairing Torn Music.—When the covers to sheet music become detached bind them together with white passe partout paper. This paper, being of a tough texture, makes a firm and durable binding, and if applied to new music will prevent much mutilation.

To Renovate Velvet.—Dip a velvet brush in damp sand and see the velvet come forth as fresh as though it were new. It is a cleaning process, too, for the slight moisture removes dust, and the harsh action of the sandy friction gives new life to the "nap" which has been worn down.

Care of Coat Collars.—An application of alcohol and salt will take out grease and dirt.

Homemade Snow Shovel.—Make of a board four feet long and one foot high, with a rake handle attached. It can be used to advantage in the fall when the leaves come down in such quantities. Instead of raking them every week, push them into a pile with the snow plow. It can be done in about a third of the time it takes to rake them.

Hubby Gets Suspicious.

"John, do you love me?"

"Yes."

"Do you adore me?"

"I adore."

"Will you always love me?"

"Yes—look here, woman, what have you been and gone and ordered sent home now?"

"I have ordered sent home your old, worn, and shabby velvet coat."

"What do you mean?"

"I mean that I have ordered sent home your old, worn, and shabby velvet coat."

"Why?"

"Because it is so shabby and worn that it is no longer fit to wear."

"But it is my favorite coat!"

"That is your own fault, for you have worn it so long that it is no longer fit to wear."

"But I will have it mended!"

"No, you will not. It is too shabby and worn to be mended."

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The Perfect Peace

"Whoso Harkeneth Unto Me Shall Dwell Safely and Shall Be Quiet From Fear of Evil."

"Thou wilt keep him in perfect peace whose mind is stayed on Thee."—Isaiah xxxvi., 3.

What is the boon? "Perfect peace." What is the condition of the boon? A "mind stayed on God." What is meant by staying the mind on God? First of all, what is the significance of the term "mind" as used in the setting of our text? A little analysis may help to sharpen our thought. There are at least three distinct elements in its composition. There is imagination, the element of vision and dream. There is purpose, the element of plan and design. And there is desire, the emotional element of yearning and hope. But amid all the distinctions there is one dominant characteristic. Imagination looks forward! Purpose looks forward! It is that forward element which we must seize and emphasize. It may be only the things of the coming morn-tide, or the things of the coming night, or the things of to-morrow, or the things of a day more remote. It matters not whether they be the things of a quarter of an hour hence, or the things of a century hence; they both lie forward in the midst. Now, the word "mind" in my text denotes the thought which deals with the forward, misty things—the things which have not yet taken definite shape. It is thought which concerns itself with "What next?" and "next?" and "next?" with the successions which lie beyond.

THE IMMEDIATE DAY.

It is this thought of "What next?" which works such dire destruction with the peace of men. The things which hide there in the misty morrow—those are the things which trouble us, and fill the life with unrest. "Sufficient unto the day is the evil thereof." Yet still the timid, wondering heart will ask "What next, and next?" And back to the anxious tremblings there comes the soft, gentle counsel of my text: "Thou wilt keep him in perfect peace whose mind"—whose thought about "What next?"—is stayed on Thee."

The "mind," then, is the forward-looking thought, and I am counselled to let it be stayed on God. Now, all forward-looking must rely upon something. It must stay itself somewhere, and there lean and depend. Every thought which enshrines a place and a purpose has some basis of dependence, implied or fully expressed. Here is my life to-day. This life will have a next day. Upon what am I depending as to what the nature of the next day shall be? Upon what is my mind stayed? Upon what am I depending for my life's successes? Upon luck? upon some happy chance? upon some favorable turn of fortune? Luck is playing a large and influential part in the life concerns of many in our modern times. I am not sure that even the professed believers in Christ altogether ex-ist this pernicious influence from their thought and speech. The very words "luck" and "lucky" occupy much too sovereign a place in the speech of common life, and from any man's favorite words you may infer the substance and trend of his thought.

REV. J. A. JOWETT, M.A.

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WHAT DO WE MEAN BY LUCK?

We mean something casual, something happening without a desire. Events do not happen as the consequence of honesty or dishonesty, of falsehood or rectitude. They come and they go, independent of moral qualities, a whirl of morally lawless occasions, blessing and cursing by sheerest chance. We are lucky when the whirl drops into our laps a boon; we are unlucky when disappointment is hurled into our lot. And some men stay their mind upon luck. Life to them is a lottery; it is also a fever! There is a fearful watchfulness in the life that is staying on luck. There is a bloodshot eagerness in the eyes that wait the arrival of chance. Yes, luck turns into feverishness and fills the days with a losing unrest. He shall be kept in perfect unrest whose mind is stayed on luck.

But now let us turn to the man of my text, "whose mind is stayed on God." His support, upon which he depends, is not found in his own uncertain self, or in the caprice of chance, or in any cold tendency, but in a living and abiding personality. It is our privilege to give to the Old Testament word the New Testament context. "God" to us means "Jesus," and the counsel of the Almighty is expressed in the evangel of grace. We can stay our minds upon God, for "He calleth his sheep by name." No one is lost in the indiscriminate crowd. It is one of the inspiring characteristics of the life of the Saviour that he was always making individual calls, and speaking to people by name.

"ZACCHEUS, COME DOWN!"

"Simon, Satan hath desired to have thee!" "Thomas, reach hither thy finger!" "Mary!" Our Lord is familiar with the individual lot. He does not generalize providences; they are suited to the personal needs. God's attention can anticipate the morrow confidently. When the soul looks out, with its forward-reaching thought, and asks "What next?" Faith answers, "The Father of Jesus." And what next? And again comes the reply, "The Father of Jesus." Always and everywhere the next and certain thing to come is the presence and goodness of God.

And this is the stay that brings "peace." It brings peace of mind, freedom from panic, the absence of fear. "Whoso hearkeneth unto Me shall dwell safely, and shall be quiet from fear of evil." And it brings peace of heart. The life is no longer disturbed by disquieting ambition. Violent ambition is like a vulture in a dove-coil. Violent ambition destroys the sweet and delicate dispositions of life—sympathy, gentleness and goodwill. But when a life is quietly committed unto the Lord, and the mind stays on Him for the next and the next, destructive ambitions entirely cease. And, thirdly, it will bring peace of conscience. The conscience will no longer be a threatening bell, full of alarm. It will be to us like the vesper bell, that sweetly calls to evening prayer. "He shall be kept in perfect peace whose mind is stayed on Thee."

REV. J. A. JOWETT, M.A.

DRINK PLENTY WATER

Tells How to Cure Rheumatism and the Kidneys.

Gives Readers Advice—Also Tells of a Simple Prescription to Make a Home-Made Mixture.

Now is the time when the doctor gets busy, and the patent medicine manufacturers reap the harvest, unless great care is taken to dress warmly and keep the feet dry. This is the advice of an old eminent authority, who says that Rheumatism and Kidney trouble weather is here, and also tells what to do in case of an attack.

Get from any good prescription pharmacy one-half ounce Fluid Extract Dandelion, one ounce Compound Kagon, three ounces Compound Syrup Sarsaparilla. Mix by shaking in a bottle and take a teaspoonful after meals and at bedtime. Also drink plenty of water. You can't drink too much of it.

Just try this simple home made mixture, and don't forget the water, at the first sign of Rheumatism, or if your back aches or you feel that the kidneys are not acting just right. This is said to be a splendid kidney regulator, and almost certain remedy for all forms of Rheumatism, which is caused by uric acid in the blood, which the kidneys fail to filter out. Any one can easily prepare this at home and at small cost.

Almost any druggist in the smaller towns can supply the ingredients named, as they are commonly used in the prescription department.

BRITISH COLUMBIA FURS.

Beaver Plentiful Along a Tributary of the Fraser River.

The impression that the beaver is almost extinct in this country is a mistake, says George H. Hower, of Vancouver, B. C. On the Elk River, a tributary of the Fraser, in British Columbia, there are this season thousands of these little animals, whose fur is so valuable, building their winter quarters. The Elk River has always been a favorite spot for the beaver, but this year the influx has been so marked that even the most experienced trapper cannot tell whence they came.

There are now a large number of trappers on the river engaged in catching them as fast as possible. Most of the skins are shipped to San Francisco, while some go to Montreal and Toronto. From these cities they will go to others in all parts of this country and Europe.

HOW TO BE HAPPY.

In the Land of Little Care
Gossips have no tongues at all;
Not a spirit lingers there
That is either mean or small.
Greed was banished long ago
From that fair and favored land,
And the only inn they know
They have called The Helping Hand.

In the Land of Little Care
Envy never rears its head;
Worth is never from the fair
Highways into darkness led.
Long ago they buried spite,
Long ago they raised a stone
That is tall and slim and white
Where Revenge's grave is shown.

In the Land of Little Care
Each is left to do his best;
This is their one statute there—
"Bring no evil on the rest."
No man scorns another's creed,
And the women all are fair,
For no bruised hearts ever bleed
In the Land of Little Care.

HUBBY GETS SUSPICIOUS.

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Nursing baby?

It's a heavy strain on mother.

Her system is called upon to supply nourishment for two.

Some form of nourishment that will be easily taken up by mother's system is needed.

Scott's Emulsion contains the greatest possible amount of nourishment in easily digested form.

Mother and baby are wonderfully helped by its use.

ALL DRUGGISTS: 50c. AND \$1.00