

MISS HARRINGTON OF DETROIT SAYS:



MISS CELIA HARRINGTON.

"I Caught a Severe Cold Which Settled in Catarrh. I Began Taking Pe-ru-na And Found it a Faithful Helper. I Heartily Recommend Pe-ru-na."

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 Lorelle, 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.

About the House

COOKING RECIPES.

Brown Bread Pudding.—Half a pound of stale brown bread grated, half a pound of currants, ditto of shred suet, sugar and nutmeg. Mix up with four eggs, a spoonful of brandy, and twice as much cream. Boil it in a cloth or basin for three or four hours.

Turkey Stuffing.—Boil sweet potatoes with skins on until tender, then peel and mash. To each pint add one teaspoon salt, three shakes pepper, two tablespoons butter, three tablespoons sweet cream, one teaspoon sugar, one cup pecan nuts, chopped fine. Mix and fill turkey, but do not stuff too full.

Veal Stew.—Two pounds of veal steak are rolled in plenty of flour, placed in an iron skillet which contains hot lard, and fried quickly to a nice brown. Over the meat is then thinly sliced an onion and a carrot, with plenty of salt and pepper. It is then covered with boiling water and allowed to simmer gently about one and a half hours. The gravy prepares itself, and the vegetables give a fine flavor.

Chinese Fried Rice.—Boil one cup rice in large kettle of water till flakes are done through. Drain. After frying one good sized slice of ham, chop fine with one hard boiled egg. Place in skillet with rice and a little of the ham drippings and a few mushrooms cut fine. Heat and salt to taste. Cut fine a few green onions, and scatter in on placing in dish. Inexpensive, wholesome, and makes a pretty dish.

African Creams.—Whip one pint of cream to a stiff froth; take off all the froth that rises and set on ice. Make a custard of one pint of milk and two tablespoons of cornstarch. Dissolve one-half package of gelatine in two pints cold water. Mix gelatine with sweetened custard; flavor with vanilla then stir in whipped cream and set on ice to harden.

Homemade Chop Suey.—Four cents (half pound) beef suet. Chop this in small pieces, but in warm skillet, and leave on stove until melted. Then add three good sized onions chopped fine and the same amount of celery. At

low these to boil until tender. When tender add chopped meat (previously cooked). Also add nearly a cup of rice (cooked), salt, and pepper to taste.

Banbury Cakes.—Make a good puff-paste, and roll it out thin; divide it into halves, and cover one-half with Banbury mince; then moisten the edge with the white of an egg, lay the other half of the paste over it, press together, and mark it out in oval forms. Glaze it over with the white of egg and pounded sugar, and bake on a tin in a well-heated oven for half an hour. When done, divide the cakes with a sharp knife the moment they are taken from the oven, and serve them when required.

Roast Gosling.—Select a young goose about five pounds in weight, singe, when necessary. This is delicious when served with whipped cream.

Light Buns.—One-half teaspoonful tartaric acid, one-half teaspoonful bicarbonate of soda, one pound flour, two ounces loaf sugar, plenty of currants, one-half pint milk, one egg. Method—Rub the tartaric acid, soda and flour together through a hair sieve, work the butter into the flour, add sugar and currants. Mix these well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough on baking-tins, and bake the buns for about twenty minutes. This mixture makes a very good cake, and if put into a tin should be baked one and a half hours. The same quantity of flour, soda, and tartaric acid, with half a pint of milk and a little salt, will make either bread or tea-cakes, if wanted quickly.

HOUSEHOLD HINTS.

Iron should always be kept in a dry place.

Keep dry supplies in glass preserve jars, labelled.

Keep a roll of cheesecloth for bags and strainers.

To clean a markingsh, sponge it with alcohol and other equal parts.

Apples should never be baked in tin, which darkens both apples and juice.

A big apron, a basin of warm water clean carefully, wash and wipe dry. Cut off the feet and head (but not the skin) on a line with the top of the breast bone, then truss as a turkey. Pass four good sized fresh boiled potatoes through a ricer, add an onion chopped fine and a red in a tablespoon of butter a level teaspoonful of salt, two

tablespoonfuls of butter, the whites of two eggs, and two shakes of pepper. Mix thoroughly and use to fill the goose. Rub over with salt and pepper, and set to cook in a hot oven. Baste on the platter, dispose the apples at the two sides of the dish. Fill the centres of the apples with currant jelly and put a few springs of cress between them.

Pot Apple Pie.—Peel and quarter enough nice tart apples (greenings are the best), and slice in strips about half a pound of fat salt pork, and mix a nice light biscuit dough. Then take an iron kettle and lay strips of the pork across the bottom about half an inch apart; then lay on that loosely some of the quartered apples, then sugar and cinnamon, then slice your biscuit dough in strips about the same as the pork and lay crosswise, leaving about an inch between each strip. Repeat this operation until you have used up your material, having the biscuit dough on top. Then pour down the side of the kettle carefully a cup of boiling water, cover and cook slowly for one hour and a half, adding boiling water and towels are essential when cooking.

White spots on furniture may be removed by rubbing with spirits of camphor.

Don't use much water for plants at this season of the year, as growth is at a standstill.

The down of milkweeds makes a softer and cleaner filling for pillows than do feather fillings.

Save wooden meat skewers, as they are useful for getting into corners when scrubbing paint, etc.

A discarded safety razor blade makes the finest ripper imaginable. Keep one in the sewing room.

When cooking fruit or jellies, if the syrup boils over, a little salt sprinkled on will stop the smudge.

Sugar, flour, soap and starch can be bought in large quantities at a saving, for they will not spoil.

Turn your plants at least once a week that all sides of them may have a chance at the sunshine.

Cotton cloth for puddings and dumplings bags will be needed; also bands for binding the beef roast.

Steel shoe buckles which have become rusty and tarnished may be successfully cleaned with emery powder.

Utilize the fire in range or heating stove the day before to give oatmeal the hours and hours of cooking it.

Heat, light and moisture are the arch enemies of canned fruit, preserves, jellies, and similar stores. For this reason the fruit closet should be cool, dark and dry.

Bent pieces of whalebone can be strengthened by being placed in cold water for two or three hours. This will make them pliable. They should then be pressed under a heavy weight.

To make potato cakes, peel enough potatoes; grate on a coarse grater, and stir in three to five eggs; then add a little flour; stir well and fry in hot lard.

When a cinder flies into one eye immediately close the other eye, put your finger on it to keep it closed. Then keep injured eye open as far as possible. Don't give in, but keep it up.

The best way to break in a new pen is to hold a lighted match under the pen for an instant, and then plunge it into the ink. This will remove all the oil or grease on the surface.

Use no fertilizers until your plants begin to grow again. A plant that is not growing is not in a condition to make use of strong food. The application of it will do harm, instead of good.

Slices of bread placed on the grate in the oven and allowed to brown through slowly will be found to have a rich nutty flavor unlike that of ordinary toast. Butter while hot or not, as desired.

To make good floor polish, place two small cakes of beeswax and a pint of turpentine in a gem jar. Stand jar in a kettle of warm water until wax is melted. Use with a soft cloth on the floor or furniture, with milk.

Dr. Louis Robinson, the eminent zoologist, has been investigating Nature's purpose in bestowing upon various animals the feeling of ticklishness. He asserts that it is for their preservation, and that it has played an important part in the survival of the fittest.

In puppies and kittens you will find that the neck is the most ticklish place, and in their playful romps these animals soon learn to defend that part of the anatomy. This lesson is useful to them in after life, as canines and felines almost invariably attack one another at the neck when they fight; it is the same with lions and tigers as with puppies and kittens, and their ticklishness in play is Nature's method of providing for their survival in maturity.

When monkeys are tickled, they grin and make a laughing sound almost like that made by a child.

It is interesting to note that the higher animals are much more ticklish than the lower—a fact worth mentioning when some sedate person assures you that he is "not in the least ticklish." Another point about this sensation is that it is almost unique, for it combines at once pleasure and pain, and the person tickled is generally at a loss to say which predominate.

NOISY.

Golfers: "Money in the hole." Grass: "Yes, and sometimes it talks too loud. I can hear that expensive vest of yours a block away."

MOSLEM WOMEN'S SHRINES.

Old Gun Covered With Prayer Symbols—The Tomb of Joshua.

Among the ruins of the old city of Bagdad, to the left of the Tigris, stands a large square brick structure in which the Moslem keepers solemnly assert the body of Joshua is buried, says the Sunday School Times. It is useless to test their statements by the apparent age of the building, for the small square bricks of its walls, gathered from the ruins of the Arabic period, may indicate only a reconstruction. The present building is not ancient. The entrance, protected by a portico, leads into a large open court, which is surrounded by chambers.

At the further end of the court, occupying the entire rear of the building, is the shrine, a spacious windowless chamber, lighted only by the doorway and entirely destitute of furniture save for the coarse reed mats which cover the brick floor. Its centre is capped by a large dome, and the walls have recently been whitewashed, yet in places beneath the thin white coat appear the more ancient Hebrew inscriptions which were once the interior decorations.

The tomb beneath the centre of the dome is protected by a large rectangular paneled case of dark wood, and excepting in one place, where a panel is missing, it is invisible. At the head of the case are two tin projections, about which are tied a number of strings or rags torn from the garments of the visiting pilgrims. One day, while I was standing at the head of the sacred tomb, a young Moslem woman entered, and with eyes wet with weeping she tore a small rag from her garment and tied it about one of the projections, while she mumbled a prayer to God that before a year hence, when she should come to untie the rag, she might present her husband with a child.

It was but a repetition of the picture of Hannah, the mother of Samuel, while she was at the temple weeping and praying before Eli the priest. In the shrines of the East the picture is still common. Before the Government buildings at Bagdad stands a big cannon which the ignorant Arab women, aware of its tremendous power, believe can answer prayer. The old gun is half hidden with the strings and rags tied about it, each to represent a prayer, and could it speak it might tell strange stories of the confessions which the confiding women have poured out to it. So with the tomb of Joshua. There the women gather, and pray for all kinds of favors, firm in the belief that the prophet will in some way cause them to be granted.

Less than half a century ago the tomb of Joshua was in Jewish hands, but the Turkish officials caused a number of them to be arrested as they were bearing the body of a noted rabbi there for burial. They were imprisoned for attempting to bury a Jew at the shrine of the great prophet. They were finally released upon the payment of large sums of money, but the care of the tomb was taken from them. Since then the tomb has been forbidden to the Jews, and, like most Moslem things, it now shows sad neglect. Yet should we follow the Jewish woman as she crosses the old boat bridge we might see her turn toward the tomb and from a distance look longingly at the doorway which she is forbidden to enter, while her lips utter a prayer with the hope that the long buried leader, even so far away, may hear and answer it.

GAS MOTORS FOR SHIPS.

Steam-turbines, says a writer in La Nature, have hardly entered the domain of the practical as a motive power for great ships before they are threatened with the rivalry of gas-motors. Mr. James MacKechnie of Barrow-in-Furness, England, regards recent experiments as having demonstrated the practicability of powerful gas-motors for ocean-going vessels. Among the advantages claimed for gas-motors are their more effective transformation of heat into work, their relative lightness and compactness, and the absence of smoke-stacks. This last item is urged as a matter of prime importance for warships.

DRINK PLENTY WATER

TILLS 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 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.

RUIN THROUGH A NAME.

When People Have Committed Suicide on Account of a Surname.

Dr. C. B. Gravestone, a physician of England, who was made a bankrupt recently, informed his creditors the other day that he had been ruined by his name.

After a similar fashion an Islington baker named Shortweight was brought to undeserved poverty a couple of months back; while an alien butcher, summoned at the Whitechapel County Court about the same time, attributed his insolvency to the fact of his being named Katzmelt.

At the time when all London was flocking to see Pinero's clever play, The Notorious Mrs. Ebbsmith, a real Mrs. Ebbsmith committed suicide. At the inquest it transpired that certain creditable passages in the early life of the mythical heroine of the drama coincided with certain passages in the life of the deceased. These coming to the knowledge of her clients—she was a Court dressmaker—her business suffered, and in the end she chose death in preference to facing the ordeal of the bankruptcy court. Needless to say, that the nomenclature coincidence was altogether fortuitous, so far as Mr. Pinero was concerned.

Perhaps, however, the most wholesale series of instances of ruin brought about through a name occurred during the Boer war, when dozens of people whose surnames chanced to be identical with that of the late president of the now defunct South African Republic, were literally hounded out of house and home by unsympathetic people of ultra-patriotic tendencies.

Thus, in one week, during the height of the war fever, an East End London fishmonger named Kruger was forced to abandon a flourishing and lucrative business; a journeyman baker hanged himself because he could not face the jeers and taunts entailed by his possession of the same unpopular patronymic; while a certain Emily Kruger, a factory worker, was driven insane by her companions' senseless and cruel banter.

THE THING TO DO.

"When a passenger offers you a collar to take his fare out of," said the old conductor, "you want to size him up to see if he objects to pennies."

"What for?" asked the beginner.

"So's you kin scrape together all you've got an' give 'em to him, or course."

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