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#### FOR INTERNAL AND EXTERNAL USE.

Instantly stops the most excruciating pains, allays inflammation and cures congestions, whether of the Lungs, Stomach, Bowels, or c.les glands or mucous membranes.

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For headache (whether eick or nervous), toothache, neoralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Radway's Ready Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

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Dr. Rapway—With me your Relief has worked wonders. For the last three years I have had frequent and severe attacks of sciatics, sometimes extending from the lumbar regions to my ankles, and at times to

both lower limbs.

During the time I have been afflicted I have tried almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be

almest all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be failures.

I have tried various kinds of baths, manipulation, outward application of liniments too numerous to mention, and prescriptions of the most eminent physicians, all of which failed to give me relief.

Last September at the urgent request of a friend (who had been afflicted as myself, I was induced to try your remedy. I was then suffering fearfully with one of my old turns. To my surprise and delight the first application gave me ease, after bathing and rub bing the parts effected, leaving the limbs in a warm glow, created by the Relief. In a short time the pain passed entirely away. Although I have slight periodical attacks approaching a change of weather, I know now how to cure myself, and feel quite-master of the situation. RADWAY'S READY RELIEF is my friend. I never travel without a bottle in my valies.

Yours truly, GEO. STARR.

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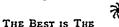
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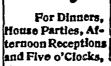
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2 Cents a day for 8 years and get \$100 ? 10 Cents a day for 8 years and get \$500 ? 20 Cents a day for 8 years and get \$1000 ? You can if you will.

So long as the masses of the people do not save anything out of their carnings, just so long will their SPENDINGS go into the ong will their SPENDINGS go into the hands of those who do save, and THEY are the capitalists. This is why the few own the housewand the many pay the rent. Do you wish to remain one of the "masses," or do you wish to become a capitalist?

Write for particulars.

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#### HEALTH AND HOUSEHOLD HINTS.

Fruit Salad Dressing.—A dressing for such a fruit salad as a mixture of bananas, white grapes and oranges is sometimes made from sugar, water and wine. Dissolve half a cup-ful of sugar in two tablespoonsfuls of water, then boil five minutes, and mix with the syrup after it cools a little a half cupful of good sherry. A little Maraschino improves the flavor. If wine is not used two table-spoonfuls of lemon juice may be added to the syrup.—New York Evening Post.

To Cook Spinach.—As spinach is often cooked it is a coarse dish, whereas it should be one of the most delicate and refined vegetables that come upon our table. In order to free it from a certain rankness of the green leaf it must be blanched. To do this wash it very thoroughly, cut off the stalks, and boil it in abundance of salted water for 15 minutes. Then drain it through a colander, and immerse it in the colander in a pan of cold water. When it has become thoroughly cold drain it again and chop it fine. It is now ready to be cooked, and is in the condition in which it is often found in the French markets. It may be kept in this condition over night or for a number of days. As a rule, spinach is cooked too long. It is not uncommon for New England housewives to cook it for one or two hours, and the result is a course, flavorless vegetable, poor in color and only made palatable by smothering it in vinegar.—New York Tribune.

DO YOU KNOW.

Do you know that bread crumbs cleanse silk gowns?

That berry stains on damask will disappear if soaked in milk before sending to the laundry?

That ink stains can be removed by dipping the spot in buttermilk and rinsing in clear water?

That coffee or tea stains are removed by boiling hot water? That salt as a tooth powder is better than

almost any dentifrice? That a heated bag of salt will relieve

neuralgia?
That salt will kill weeds, if applied in quantities?

SLEEPING ROOMS.

What shall we put into our sleepingrooms? Nothing that cannot be cleaned or removed. The "ideal" sleeping-room will have neither paint nor paper on its walls. The woodwork will be of hard wood, finished in oil, or simply varnished. The walls should be finished in hard plaster, and tinted; then they can be easily cleaned. The windows will be low and of large size, to let in all the sun and air possible. The floor will be of hard wood, oiled or varnished, and have the dust wiped up every day. There will be a fire-place, where a little fire on the hearth in cold weather will help ventilate, especially in cases of sickness. We may have rugs on our floor as cheap or costly as our purses will allow, but the less we have the better the air. The draperies at the window will be of thin, washable material, and often washed. The furniture will be light, without carvings to catch the dust. Stuffed chairs, lounges and wollen hangings will not find a place here. A set bowel, with hot and cold water, is very convenient, but not always safe; therefore leave it in the bath-room; bave a portable one in the sleeping-room, and be on the safe side.—Good Housekeeping.

SUMMER HINTS.

Bathe daily. Save your steps. Drink milk slowly. Eat your meals slowly.

For insomnia take a cold bath at bedtime. Sponge your babies with cold water at bedtime.

Have your house gowns made with open necks and elbow sleeves.

Have mercy on your cook in your arrangements of meals for hot days.

Allow double the amount of time in catch ing boats and trains than you do in winter. Press towels, folded as usual, through your clothes wringer and thereby save your laundress.

Give your children water to drink during the hot weather. They need this to make up for the loss from perspiration.

Place a large dish of water in a room where the heat is oppressive. Change once or twice and the temperature will be perceptibly lower-

Before going for a midday sail rub your face, neck and hands with simple cream, and powder gently with cornstarch. Wipe the powder off, and on returning wash well in warm water and with castile soap.

#### A Puny and Fretful Baby.

This is now quite unnecessary! Like many others, you may have your baby fat, laughing and happy, if you give it Scott's Emuision. Babies take it like cream.

Minard's Liniment Cures Dandruff.



Which—Man or Shirt? Has the man grown, or has the flannel shrunk? Usually. the shirt's to blame. No, not that, either-but the way it's washed.

Flannels ought to be washed with Pearline. If you're buying new ones, start right. Have them washed only with Pearline (direction on every package) and they won't shrink. As for the old ones, Pearline can't make them any larger, but begin with it at once; it will keep them from growing smaller. It will keep them from the wear of the washboard, too.

Danger As one wash is sufficient to rum flannels, great care should be exercised as to oldered as maximum as a construction of the many imitations which are being offered as maximum as a construction. offered in unscrupations grocers or peddlers. Pearly connected fled 314 James Pyle, N Y



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Length of Course four years,
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