

DOCTOR ENSOR Supt. South Carolina State Institution.

Encourages the Catarrhal Tonic Pe-ru-na— A Congressman's Letter.

Dr. J. F. Ensor, Postmaster of Columbia, S. C., late Superintendent and Physician in charge of State Insane Asylum at Columbia, S. C., writes:

"After using your Peruna myself for a short period, and my family having used and are now using the same with good results, and upon the information of others who have been benefited by it as a cure for catarrh and an invigorating tonic, I can cheerfully recommend it to all persons requiring so effective a remedy."—Dr. J. F. Ensor.

Hon. C. W. Butts, ex-member of Congress from North Dakota, in a letter from Washington, D. C., says:

"That Peruna is not only a vigorous, as well as an effective tonic, but also a cure of catarrh is beyond controversy. It is already established by its use by the thousands who have been benefited by it. I cannot too highly express my appreciation of its excellence."—C. W. Butts.

Dr. R. Robbins, Muskegoe, I. T., writes: "Peruna is the best medicine I know of for catarrh, to strengthen a weak stomach and to give appetite. Beside prescribing it for catarrh I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it is so many cases."

"I have a large practice, and have a change to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

Only the weak need a tonic. People are never weak except from some good cause. One of the obvious causes of weakness and the one often overlooked is catarrh.

Catarrh inflames the mucous membrane and causes the blood plasma to escape through the mucous membrane in the form of mucus. This discharge of mucus is the same as the loss of blood. It produces weakness.



Peruna stops the catarrh and prevents the discharge of mucus. This is why Peruna is called a tonic. Peruna does not give strength by stimulating the nervous system a little. It gives strength by preserving the mucous membranes against leakage. It gives strength by converting the blood fluids and preventing their draining away in mucous discharges. Constant spitting and blowing the nose will finally produce extreme weakness from the loss of mucus. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

HOUSEHOLD AFFAIRS



A REVIVAL

Frosted glass salad or berry dishes with metal frames are a revival from an old fashion and are quite attractive.

DAMPEN CLOTHES.

Dampen the clothes for ironing with hot water. This dampens them much more evenly than cold; also, the things will be found ready for the ironing more quickly.

ATTRACTIVE LAMPS.

Very attractive little alcohol lamps are made of silver in the form of street lamps, the bowl for the alcohol being made of colored glass and mounted on a long stem.

IMPORTED BAKING DISHES.

Recently imported baking dishes for fish or vegetables, an gratin, or baked puddings are of a deep cream porcelain, ornamented in a Greek key or vine pattern around the outside. They require no napkin around the outside nor a silver holder to make them presentable.

ARTISTIC JAPANESE JARS.

Now that the flower season is with us one turns to the Japanese store for artistic jars to hold them. Izumo with its characteristic and beautiful tones of yellow and green has several very suitable shapes, while Owari, Baku, Teto, Tosa, Ofuke, Awaji and Tokoname furnish many others, the latter sort being particularly reasonable.

TO CLEAN A SEWING MACHINE.

Place it near the fire to get warm, that the congealed oil that may melt, and then oil it thoroughly with paraffin. Work it quickly for a few minutes, then wipe off all the paraffin and dirt and treat it to a little more clean paraffin. Wipe it again, and after the application of a very little of the ordinary lubricating oil it will be ready for use. People often shirk the trouble of thoroughly cleaning their machines like this, but a clogged and "heavy" machine under this treatment will become like new, and its easy working will be an ample reward for any trouble incurred.

BOOT-DRIER A NECESSITY.

A boot-drier is, according to a shoe-maker, a necessity to every woman who wishes to keep her boots in fine condition, says the Philadelphia Inquirer. Upon it a wet boot or shoe is fitted, that it may dry in shape. As is now generally understood, in a multitude of boots and shoes there is economy. Certainly there should be fair-weather boots as well as fair-weather bonnets. Enveloping rubbers ruin shoes, and are rarely worn nowadays by the woman who understands the proper dressing of the feet. Instead, she chooses the storm boots that are water-proof and need no further protection. The same objection does not apply to the sandal rubber, which is often useful with light boots that must trend wet pavements.

TREATMENT OF WINDOWS.

To insure having nice-looking windows clean them on a dull day or when the sun is shining on another part of the house, otherwise they will be streaked, and no amount of rubbing will remove the streaks. Dust the window first both inside and out; for this purpose I always use a painter's brush. Next clean all inside woodwork before commencing on the panes. Then add a little ammonia to some warm water and wash the glass with it. Get the dust out of the corners with a piece of duster whole wrapped in a corner of a cloth. Wipe the windows dry with a cotton cloth, and then polish with old newspaper or tissue paper. If steam collects on the window rub it over with a very little paraffin after it is quite clean.—Pearson's Weekly.



Tea Cakes—Rub two level table-spoonfuls of butter into four cupfuls of sifted flour; add enough thin cream to make a dough for rolling out; then add one cupful of currants; toss on a floured board; roll half an inch thick; cut into rounds with a biscuit cutter; bake on a hot griddle or in the oven; split, butter and serve hot.

Fudge—Place in a saucepan one cup of rich, sweet milk and three table-spoonfuls of butter, and when hot pour it over one pound of wheat flour to which has been added a little salt. Mix well, roll out on a pasteboard nearly an inch in thickness, cut into cakes, turning them often to prevent burning. Serve hot with butter.

Salmon Cutlets—Mix equal parts of cold flaked salmon and hot mashed potatoes; season with salt and pepper; shape like cutlet; cover with crumbs; dip in beaten egg; then in crumbs again; put several in the frying basket and fry a good brown in smoking hot fat; drain on paper; serve on a folded napkin; garnish with parsley; serve with a rich cream sauce.

Creamed Celery—Cut celery into inch pieces until there is one pint; wash thoroughly, put into boiling water and cook until tender; melt two level table-spoonfuls of butter; add two level table-spoonfuls of flour; stir until smooth; add gradually one cup of milk; stir until boiling; add salt and pepper to season and a little nutmeg. When the celery is tender add it to the sauce and serve hot.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. 231 Arch St., Philadelphia, Pa.

An opportunity seldom comes back for a second trial.

Deafness Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surface.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Kline's Catarrh Cure. Circulars sent free. P. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

Hall's Family Pills are the best.

When a man is heckped he is not apt to crowd about it.

Laundering the Baby's Clothes.

Many mothers are ignorant of the serious injury that may result from washing the clothing of an infant with strong washing powders and impure soap. For this reason it should be laundered at home under the mother's direction and only Ivory Soap used. To throw the little garments into the ordinary wash shows great carelessness.

ELEANOR R. PARKER.

The one thing that every man is willing to share is trouble.

Ladies Can Wear Shoes

One size smaller after using Allen's Foot-Powder, a powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, itching feet, itching and sore toes, and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Trial package FREE by mail. Address, Allen S. Olmsted, LeRoy, N.Y.

A fellow generally gives a lame excuse when he has his leg pulled.

Jamaica Pico's Cure for Consumption saved my life three years ago.—Mrs. THOMAS ROSS, Maple St., Norwich, N. Y., Feb. 17, 1903.

A girl may have a far away look in her eyes and still be near sighted.

PUTNAM FADELESS DYES cost but 10 cents per package.

You can't have a blow-out without having something to blow in.

A New Wireless System.

A system of wireless telegraphy, which has been operated experimentally for a short distance and at sea, is about to be brought forward, apparently in competition with the Marconi system. It is the outcome of the joint labors of Sir Oliver Lodge, principal of the University of Birmingham, and Dr. Alexander Muirhead, a well known telegraphic expert, and employs Professor Lodge's inventions, which Marconi and others are using, and also one, at least, of Lord Kelvin's inventions. British scientists generally regard Professor Lodge as the inventor of a workable system of etherography, holding that his inventions first made it possible to put to practical use the discoveries of Professor Hertz, although Professor Lodge refrained for years from putting his system forward, not believing that the results obtained warranted its commercial adoption. Experts who have seen the present Lodge-Muirhead system working pronounce it to be more rapid and clearer than anything yet exhibited. Professor Lodge's new coherer, which is the integral feature of the system, consists of a small steel disk rotating in light contact with a column of mercury through an oil film. It is stated that the sensitiveness of the coherer is remarkable, as are its extreme simplicity and freedom from derangement. Moreover, it does not require a decoder or relay circuit. It works direct upon the Kelvin-Muirhead siphon recorder, giving, it is said, signals almost equal to the best submarine telegraph work. It is stated that the submarine cable companies have so far abandoned the reserved attitude shown toward other systems as to take a practical interest in the Lodge-Muirhead system.

Steam and Trolley.

The development of the trolley system in New England, where it has made the greatest progress, is beginning to attract wide attention, especially as it promises to become a dangerous competitor with the steam railroad system. Already rails of the same weight are used on the electric as on the steam roads and well nigh equal speed is made in rural districts, while greater is made inside city limits. The cars are being made nearly as large if not so heavy as those on steam roads, and in nearly all country places mails and light freight are carried as well as passengers. Trolley lines are connecting country towns which could only be reached by wagons, and by bringing them into communication with railroad stations are developing their business. Nearly every state in New England can now be crossed, north and south and east and west, by electric cars and in some cases cities as far apart as Portland, Boston, Providence, Hartford and New York have been connected by "the broomstick train." One of the latest developments of the system is the use for the first time by a steam and a trolley road of the same track. The New York Central is to use a stretch of track near Oxford, Mass., about five miles from Worcester, for delivery of coal to a section it cannot now reach easily. This track was laid and is used by the Worcester and Southbridge street railway. The fact that a locomotive and freight cars can run upon rails originally laid for trolley cars is opening up a wide field of speculative possibilities among railroad people.

Blinds the Pope's Books.

Miss Nichols of London, a rich young woman who studied bookbinding under Cobden-Sanderson, so excels in this art that King Edward has commissioned her to bind several volumes for the library at Windsor. The czar has paid her large sums for her tooled leather covers, says the Chicago Inter-Ocean. Her crowning triumph, however, was a recent order from the pope requesting her to bind his own poems and his favorite Latin classics, all of which volumes are to be deposited in the Vatican library.



I Did Not Feel That I Could Walk

"DEAR MRS. PINKHAM:—It is with thankfulness I write that Lydia E. Pinkham's Vegetable Compound has been of the greatest help to me. My work keeps me standing on my feet all day and the hours are long. Some months ago it didn't seem as though I could stand it. I would get so dreadfully tired and my back ached so I wanted to scream with the pain. When I got home at night I was so worn out I had to go right to bed, and I was terribly blue and downhearted. I was irregular and the flow was scanty, and I was pale and had no appetite. I told a girl friend who was taking your medicine how I felt, and she said I ought to take it too. So I got a bottle of Lydia E. Pinkham's Vegetable Compound and commenced to take it. It helped me right off. After the first few doses menstruation started and was fuller than for some time. It seemed to lift a load off me. My back stopped aching and I felt brighter than I had for months. I took three bottles in all. Now I never have an ache or pain, and I go out after work and have a good time. I am regular and strong and am thankful to you for the change. I recommend Lydia E. Pinkham's Vegetable Compound whenever I hear of a girl suffering, for I know how hard it is to work when you feel so sick."—Miss MAMIE KEHNS, 553 9th Ave., New York City.

Women should not fail to profit by the experiences of these women; just as surely as they were cured of the troubles enumerated in their letters, just so certainly will Lydia E. Pinkham's Vegetable Compound cure others who suffer from womb troubles, inflammation of the ovaries, kidney troubles, irregular and painful menstruation, nervous excitability, and nervous prostration; remember that it is Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sell you anything else in its place.

Miss Amanda T. Petterson, Box 131, Atwater, Minn., says:

"DEAR MRS. PINKHAM.—I hope that you will publish this testimonial so that it may reach others and let them know about your wonderful medicine. Before taking Lydia E. Pinkham's Vegetable Compound I was troubled with the worst kind of fainting spells. The blood would rush to my head, was very nervous and always felt tired, had dark circles around eyes. I have now taken several bottles of Lydia E. Pinkham's Vegetable Compound and am entirely cured. I had taken doctor's medicine for many years but it did me no good. Please accept my thanks for this most excellent medicine which is able to restore health to suffering women."

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles. Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Sold by Druggists everywhere. Refuse all substitutes.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

The university at Four Bay, Sierra Leone, is said to be the smallest in the world. It has five professors, but less than 20 students.

THERE IS NO SLICKER LIKE TOWER'S FISH BRAND

Forty years ago and after many years of use on the eastern coast, Tower's Waterproof Oiled Coats were introduced in the West and were called Slickers by the pioneers and cowboys. This graphic name has come into such general use that it is frequently though wrongly applied to many substitutes. You want the genuine Look for the Sign of the Fish and the name Tower on the buttons.

MADE IN MADE AND YELLOW AND GOLD BY REPRESENTATIVE TRADE THE WORLD OVER.

T. J. TOWER CO. BOSTON, MASS., U.S.A. TOWER CANADIAN CO. LIMITED TORONTO, CAN.

The Little Folks

Never Turn their Backs on Hires Rootbeer

Hires Rootbeer makes a palatable, refreshing beverage. Sold every where, by mail, for 50c.

CHARLES E. HIRSH CO., Malvern, Pa.

W. L. DOUGLAS

\$3.00 and \$3.00 Shoes Made

You can save from \$3.00 to \$5.00 yearly by wearing W. L. Douglas \$3.50 or \$3 Shoes.

They are just as good in every way as those that have been costing you from \$4.00 to \$5.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes.

Shoes by mail, 25c extra. CATALOG FREE.

BEST \$3.50 & \$3.00 SHOES IN THE WORLD

W. L. Douglas makes and sells more men's shoes than any other manufacturer in the world. He has been making shoes for 35 years. He has a \$25,000 reward on anyone who can prove that he does not make shoes.

W. L. Douglas's name and price stamped on the bottom. Take no substitute. First Color Extra used. W. L. Douglas \$4 Gift Edge. Lisle cannot be equalled at any price.

"Klean, Kool Kitchen Kind"

This Trade Mark appears on Cooking Stoves of highest merit. The make no smoke, smell, soot, dirt, ashes or excessive heat. Save time, work and worry. Economical and safe and always ready. Can be moved from room to room. Cooking and baking can be done on the "Klean, Kool Kitchen Kind" as readily as on any other stove; but quicker, with more comfort and in a clean, Kool kitchen. Sold at good stove stores. Ask for the Trade Mark.

DENSION JOHN W. BOHNS

Successfully Prosecutes Claims. Free. Dr. H. H. GLENN'S BUREAU, Box 2, Atlanta, Ga.

DROPSY NEW DISCOVERY

Free. Dr. H. H. GLENN'S BUREAU, Box 2, Atlanta, Ga.

P. N. U. 20, '03.

CHURCH CHAINED TO EARTH.

Novel Place of Worship in Iceland, Where Winds Are Wild.

Writing in the May Housekeeper of the many strange places of worship she had visited during her world travels, Jessie Ackermann says: "Inherent in humanity is the instinct of devotion, but morality does not necessarily follow religion. A native Australian will steal sheep, assault his neighbors and wage unjust war upon other tribes, and return to his wretched hut to engage in some act of devotion expressive of gratitude to a higher power for his success. Without a grain of conscience a Chinaman will declare black to be white, gather in the last 'cash' from his best friend at the gambling table, and spend the last of his fillet-gotten gains in the purchase of some bauble wherewith to propitiate his favorite idol. It is remarkable how much one can tell of a creed or religion by the appearance, exterior and interior of its places of worship. The Roman Catholic Church in every part of the world is designated by the sign of the cross. The missionaries of this faith have always been most energetic in their work at the outposts of civilization, and go where you will find their little missions flourishing. The most interesting, though probably the smallest of their outposts, is on the northern shores of Iceland. Most of the people of Iceland belong to the Lutheran Church and for many years it was the only denomination represented on the island. During the visit of a wealthy Icelandic and his wife to the continent of Europe they became converted to the Catholic faith, and upon their return home erected the present church on the northern shores. It is situated on the spot where the winds have full sweep from the northern seas, and for fear the lone church might be borne away by some of the mighty blasts of winter, it is made fast to rocks driven deep in the earth, by a great chain, one of the heaviest ever constructed. On a cold night in January it is wondrous experience to sit in this church and try to listen to sermon or song, while outside the Boreas is howling and his blasts cause the tiny shrine to sway like a ship at sea. But it is firmly anchored, and the danger is more imaginary than real."

Passing of the Cattle King.

The cattle king of the Western plains is passing away forever. A few years ago there were nearly 100 million exclusive cattlemen in the Southwest; now there are only 30.

Lost Hair

"My hair came out by the handful, and the gray hairs began to creep in. I tried Ayer's Hair Vigor, and it stopped the hair from coming out and restored the color."—Mrs. M. D. Gray, No. Salem, Mass.

There's a pleasure in offering such a preparation as Ayer's Hair Vigor. It gives to all who use it such satisfaction. The hair becomes thicker, longer, softer, and more glossy. And you feel so secure in using such an old and reliable preparation. \$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.

Cabaret's

CANDY CATHARTIC

Best for the bowels.

Genune stamped C.C.C. Never sold in bulk. Beware of the dealer who tries to sell "something just as good."

AROUND THE WORLD.

Telegraph Company Will Send Message in Forty Seconds.

E. C. Bradley, second vice president of the Postal Telegraph Company, announced that on July 4, in connection with the opening of the new cable to the insular possessions of the United States, an effort will be made to circle the globe in 40 seconds. A message will be sent from the main office of the Postal, in New York, to the Pacific coast. There it will go by Commercial Cable lines to Manila. At that point it will be taken up by the Eastern Telegraph Company and flashed to London, where it will again be turned into the lines of the Commercial Cable and sent under the Atlantic. Upon reaching the terminal at New York, it will be sent over the Postal wire to the office from which it started.

TIRED BACKS come to all who overtax the kidneys.

Don't neglect the aching back. Many dangerous kidney troubles follow in its wake. Mrs. C. B. Pare, of Columbia Avenue, Glasgow, Kentucky, wife of C. B. Pare, a prominent brick manufacturer of that city, says: "When Doan's Kidney Pills were first brought to my attention I was suffering from a complication of kidney troubles. Besides the bad back which usually results from kidney complaints, I had a great deal of trouble with the secretions, which were exceedingly variable, sometimes excessive and at other times scanty. The color was high, and passages were accompanied with a scalding sensation. Doan's Kidney Pills soon regulated the kidney secretions, making their color normal and banished the inflammation which caused the scalding sensation. I can rest well, my back is strong and sound and I feel much better in every way."

A FREE TRIAL of this great kidney medicine which cured Mrs. Pare will be mailed to any part of the United States on application. Address Postmaster, Buffalo, N. Y. For sale by all druggists, price 60 cents per box.

Wood in New York.

In the country a load of wood measuring a cord costs about 75 cents or \$1. It must measure about 128 cubic feet—4x4x8. In New York a load of wood measuring half a cord costs the consumer \$5 to \$7. And this wood of the city is not the clean wood of the country, but mostly consists of the charred timbers of burned buildings, second-hand building materials, worthless packing boxes, etc. Only millions can afford to burn wood in open fireplaces in New York. Coal at \$25 a ton is cheaper. The other day a friend of mine bought a load of kindling wood for \$5.50, and got with it enough hardware to start a small store—door knobs, hinges, locks, nails, window pulleys, latches, etc.—New York Press.

Electric Power at Niagara Falls.

The original development of 50,000 horse power on the American side of Niagara Falls is soon to be supplemented by an equal amount on the Canadian shore during the coming year, and contracts are already signed which contemplate a total of not less than 110,000 in units of 10,000 horse power each. It is, in fact, expected that about 350,000 horse power will soon be supplied, and the rental is estimated at about \$7,000,000 annually. Within 10 years it is prophesied that 1,000,000 horse power, at least, will be furnished by Niagara Falls. The most careful measurements fail to indicate any effect on the Falls themselves when the power is now turned on or off.

The lumber companies of Sweden have formed a trust.