

RECIPES.

A Good Sandwich—A nice sandwich is made as below: Slice graham bread very thin; spread it thinly with "made" mustard; over this, on one slice, put a layer of cottage or sour milk cheese; on the other side, spread thickly finely-chopped olives mixed with mayonnaise, and place the slices together. For another, spread with rye bread are buttered, spread with mustard, then with cottage cheese, and put the slices together.

Ham Muffins.—Cream one-fourth cupful of butter, add gradually nearly three-fourths of a cupful of cold boiled ham, chopped fine, also a well beaten egg; then alternately one cupful of Graham flour and one cupful of white flour, sifted, with three teaspoonfuls of baking powder and a cupful of milk. Bake in a hot, well buttered muffin pan about twenty-five minutes.

Cheese Fritters—Cheese fritters can be concocted with a chafing dish and they are very toothsome to any cheese lover. Mix four tablespoons of grated Parmesan cheese with two tablespoons of stale bread crumbs. Beat four eggs well and add to first mixture. Season with salt and paprika. Drop from tip of spoon in small cakes on a hot, buttered blazer. Brown on one side, then turn and brown on the other side.

Eelless Denmark. Denmark, for reasons partly of gastronomy and partly of trade, is distressed at the aversion shown by the eel for its shores. The fish is now, and for some years has been, abandoning the Little Belt in great numbers for the Atlantic—never to return. People are beginning to ask themselves if the taste of eel pie is to vanish from Denmark forever. An ichthyologist who has spent some time in observing the creatures has come to the conclusion that they always glide off in dark waters. This has suggested the bright idea of running a deep sea cable along the track most frequented by the emigrants, and lighting the water up with electric lights, so as to fascinate the fish into remaining where they are.—New York Tribune.

Healed in 30 minutes by Woolford's Sanitary Lotion; never fails. Sold by Druggists. Mail orders promptly filled by Dr. E. D. Cheney Med. Co., Crawfordsville, Ind. \$1.

Sympathy is the solace of the poor, but for the rich there is consolation.

Garfield Tea, the herb laxative, is mild and potent; take it to regulate a sluggish liver and to overcome constipation.

Unity is a precious diamond.—Holidays.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. H. B. Kline, L.D., 381 Arch St., Phila., Pa.

Victory gives no account of her actions.—Curtis the Batavian.

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

If the time don't suit you, suit yourself to the time.—Dutch.

Piles Cured in 6 to 14 Days. Pazo Ointment is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

When the door is low one must stoop

HICKS' CAPUDINE CURES ALL ACHES AND NERVOUSNESS. Trial bottle 10c. At drug stores.

Dropsy CURED Gives Relief. Removes all swelling in 8 to 20 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Nothing can be faster. Write Dr. H. K. Gray's Sons, Specialists, Box 21 Atlanta, Ga. So. 9-07.

Pure White Lead is the Natural Paint Pigment. Numerous compounds are being offered to take the place of white lead as a paint, but no real substitute for it has yet been found. Pure White Lead has a peculiar property of amalgamating with the wood upon which it is used—added to this it has an elasticity which permits the paint to follow the natural expansion and contraction of the wood. Pure White Lead (with its full natural tenacity and elasticity, unimpaired by adulterants), alone fulfills all the requirements of the ideal paint. Every keg which bears the Dutch Boy trade mark is positively guaranteed to be absolutely Pure White Lead made by the Old Dutch Process. SEND FOR BOOK "A Talk on Paint," gives valuable information on the paint subject. Sent free upon request. NATIONAL LEAD COMPANY in whatever of the following cities is nearest you: New York, Boston, Buffalo, Cleveland, Cincinnati, Chicago, St. Louis, Philadelphia (John T. Lewis & Bros. Co.), Pittsburgh (National Lead & Oil Co.)

U. S. DISPENSARY

Describes the Principal Ingredients Contained in Pe-ru-na.

Are we claiming too much for Peru-na when we claim it to be an effective remedy for chronic catarrh? Have we abundant proof that Peru-na is in reality such a catarrh remedy? Let us see what the United States Dispensary says of the principal ingredients of Peru-na.

Take, for instance, the ingredient hydrastis canadensis, or golden seal. The United States Dispensary says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes, chronic rhinitis (nasal catarrh), atonic dyspepsia (catarrh of the stomach), chronic intestinal catarrh, catarrhal jaundice (catarrh of the liver), and in diseased mucous membranes of the pelvic organs. It is also recommended for the treatment of various forms of diseases peculiar to women.

Another ingredient of Peru-na, corydalis formosa, is classed in the United States Dispensary as a tonic. So also is cubebs classed as a stomachic and as a tonic for the mucous membranes.

Cedron seeds is another ingredient of Peru-na, an excellent drug that has been very largely overlooked by the medical profession for the past fifty years. The seeds are to be found in very few drug stores. The United States Dispensary says of the action of cedron that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a substitute for quinine.

Oil of copaiba, another ingredient of Peru-na, is classed by the United States Dispensary as a mild stimulant and diuretic. It acts on the stomach and intestinal tract. It acts as a stimulant on the genito-urinary membranes. Useful in chronic cystitis, chronic dysentery and diarrhoea, and some chronic diseases of the liver and kidneys.

Send to us for a free book of testimonials of what the people think of Peru-na as a catarrh remedy. The best evidence is the testimony of those who have tried it.

Peru-na is sold by your local druggist. Buy a bottle today.

There's always work for workers.

STATE OF OHIO, CITY OF TOLEDO, ss. LUCAS COUNTY. FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1906. A. W. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O. Sold by all Druggists, 75c. Hall's Family Pills are the best. Gifts break rocks.

Of Interest To Women.

To such women as are not seriously out of health, but who have exacting duties to perform, either in the way of household cares or in social duties and functions which seriously tax their strength, as well as to nursing mothers, Dr. Pierce's Favorite Prescription has proved a most valuable supporting tonic and invigorating nerve. By its timely use, much serious sickness and suffering may be avoided. The operating table and the surgeon's knife would, it is believed, seldom have to be employed if this most valuable woman's remedy were resorted to in good time. The "Favorite Prescription" has proven a great boon to expectant mothers by preparing the system for the coming of baby, thereby rendering childbirth safe, easy, and almost painless.

Bear in mind, please that Dr. Pierce's Favorite Prescription is not a secret or patent medicine, against which the most intelligent people are quite naturally averse, because of the uncertainty as to their composition and harmless character, but is a MEDICINE OF KNOWN COMPOSITION, a full list of all its ingredients being printed, in plain English, on every bottle wrapper. An examination of this list of ingredients will disclose the fact that it is non-alcoholic in its composition, chemically pure, triple-refined glycerine taking the place of the commonly used alcohol. In its make-up. In this connection it may not be out of place to state that the "Favorite Prescription" of Dr. Pierce is the only medicine put up for the cure of woman's peculiar weaknesses and ailments, and sold through druggists, all the ingredients of which have the unanimous endorsement of all the leading medical writers of practice, and that too several schools of practice, and that too several remedies for the ailments for which "Favorite Prescription" is recommended.

A little book of these endorsements will be sent to any address, post-paid, and absolutely free if you request same by postal card, or letter, of Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take as candy. It is base to speak vain words.

HARDSHIPS OF ARMY LIFE

Left Thousands of Veterans With Kidney Troubles.

The experience of David W. Martin, a retired merchant, of Bolivar, Mo., is just like thousands of others. Mr. Martin says: "I think I have had kidney disease ever since the war. During an engagement my horse fell on me, straining my back and injuring the kidneys. I have been told I had a floating kidney. I had intense pain in the back, headaches and dizzy spells and the action of the bladder was very irregular. About three years ago I tried Doan's Kidney Pills, and found such great relief that I continued, and inside a comparatively short time was entirely rid of kidney trouble."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

TERRIBLE ITCHING.

Eczema Affected Whole System—Unable to Rest Night or Day—Suffered 4 Years—Cuticura Cures.

"I suffered severely for four years from poison oak and ivy. My condition was serious, as I could not rest night or day and be free from a terrible itching sensation from scratching on my hands between the fingers, my feet and face. I got the best of advice and treatment from six different doctors who were anxious to cure me. One of the doctors told me that when the poison was cured, eczema (a worse disease) would follow, which became true. My eyesight was affected, and I went to a hospital especially for the eyes and got relief, but eczema got a terrible hold on my system. I was about to give up all hope of ever being cured, yet I could not be reconciled to such results, as my health had been good and free from any disease all my life. My age is seventy-three years. In my extremity I happened to read of Cuticura Remedies for skin diseases. I was anxious about my condition and desired to evade any spurious imitation. This was in July, 1905, and I called on a certain druggist for the Cuticura Remedies. I bought five boxes Cuticura Ointment, also some Cuticura Soap and Cuticura Pills as I required them. In four weeks' treatment my face was smooth, and the itching gradually left my hands and feet and I could rest comfortably, for which I am grateful and happy. W. Field Cowen, Justice of the Peace and Notary Public, Hartly, Del., May 15, 1906."

A blow threatened was never well given.—Italian.

Stimulate the Blood.

Brandreth's Pills are the great blood purifier. They are a laxative and blood tonic, they act equally on the bowels, the kidneys and the skin, thus cleansing the system by the natural outlet of the body. They stimulate the blood so as to enable nature to throw off all morbid humors and cure all troubles arising from an impure state of the blood. One or two taken every night will prove invaluable. Each pill contains one grain of solid extract of sarsaparilla, which, with other valuable vegetable products, make it a blood purifier of excellent character.

Brandreth's Pills have been in use for over a century and are sold in every drug and medicine store, plain or sugar-coated.

No one ever repented of having held his tongue.—Italian.

Only One "Bromo Quinine" That is Laxative Bromo Quinine. Similarly named remedies sometimes deceive. The first and original Cold Tablet is a White Package, with black and red lettering, and bears the signature of E. W. Grove, 25c.

After ebb comes food and friends with good.—Dutch.

Did you see in last week's paper an item telling you how you could obtain a dozen cans of Argo Red Salmon, an Argo Cook Book and a can opener, delivered at your freight depot prepaid? No? Better look it up.

No thoroughly occupied man was ever miserable.—Italian.

Garfield Tea is made of Heros—a great point in its favor. Take it for constipation, indigestion and liver disturbances. Guaranteed under the Pure Food and Drugs Act.

Use can almost change the stamp of nature.—Shakespeare.

AILING WOMEN

How Many Perfectly Well Women Do You Know?



MISS GRACE E. MILLER MRS. W. S. FORD

"I am not feeling very well," "I am so nervous it seems as though I should fly." "My back aches as though it would break."

How often do you hear these significant expressions from women friends. More than likely you speak the same words yourself, and there is a cause.

More than thirty years ago Lydia E. Pinkham of Lynn, Mass. discovered the source of nearly all the suffering endured by her sex. "Woman's Ills," these two words are full of more misery to women than any other two words that can be found in the English language. Sudden fainting, depression of spirits, reluctance to go anywhere, backaches, headaches, nervousness, sleeplessness, bearing-down sensations, displacements and irregularities are the bane of woman's existence.

The same woman who discovered the cause of all this misery also discovered a remedy, Lydia E. Pinkham's Vegetable Compound made from native roots and herbs holds the record for a greater number of absolute cures of female ills than any other one remedy the world has ever known and it is the greatest blessing which ever came into the lives of suffering women.

Don't try to endure, but cure the cause of all your suffering. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. The following letters prove this:

Mrs. W. S. Ford of 1938 Lansdowne St., Baltimore, Md. writes: Dear Mrs. Pinkham:—For four years my life was a misery to me. I suffered from irregularities, suppression, terrible dragging sensations and extreme nervousness. I had given up all hope of ever being well again when Lydia E. Pinkham's Vegetable Compound was recommended. It cured my weakness and made me well and strong."

Miss Grace E. Miller, of 1213 Michigan St., Buffalo, N. Y. writes: Dear Mrs. Pinkham:—I was in a very bad condition of health generally; irritable, cross, backache and suffered from a feminine weakness. Lydia E. Pinkham's Vegetable Compound cured me after all other medicines had failed."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ford and Miss Miller it will do for other women in like condition. Every suffering woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Invitation to Women.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. Out of her vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Her advice is free and always helpful.

USE TAYLOR'S Cherokee Remedy of Sweet Gum and Mullein Coughs, Colds, LaGrippe

Help OFFERED WORTHY YOUNG PEOPLE. No matter how limited your means or education, if you wish a thorough business training and good position, write today for Our Great Half-Rate Offer. Success, independence and probable FORTUNE guaranteed. Don't delay—write today. G. A. ALA. BUS. COLLEGE, MACON, GA.

Snowdrift HOGLESS LARD The Uppermost Standard of Highest Quality. Inspected by the United States Government.

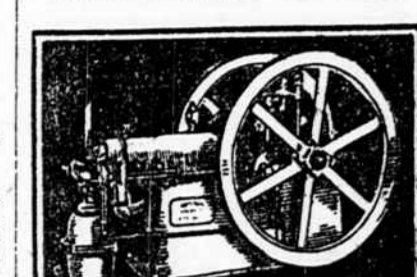
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STEAM ENGINES AND BOILERS GRIST MILLS, STEAM PUMPS

Everything in MACHINERY AND MILL SUPPLIES.

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ADDRESS—MACH'Y DEPT. F.

ELMWOOD NURSERIES. We are Growers and offer a fine assortment of APPLE, PEACH, PLUM, APRICOT, NECTARINE, CHERRY, GRAPEVINE in large assortment. Gooseberries, Currants, Strawberries, Honeysuckle, Asparagus, "Cowberries" and an extensive line of SPECIALTY ASSORTMENT ORNAMENTAL and SHADE TREES, ORNAMENTAL SHRUBS, and BUSHES. Write for Catalogue.

J. B. WATKINS & BRO. Middleburg, Va.

CIGARETTE HABIT I have discovered this habit. It is strictly guaranteed. Any reference you want. Write for free book of Cigarette Habit. Dr. J. S. Hill, Greenville, Tex.

So. 9-07.

Light SAW MILLS LATH AND SHINGLE MACHINERY SAWS AND SUPPLIES, STEAM GASOLINE ENGINES. Try LOMBARD, AUG.

John White & Co. LOUISVILLE, KY. Established 1837.

Highest market price paid for FURS and Hides.

Light SAW MILLS LATH AND SHINGLE MACHINERY SAWS AND SUPPLIES, STEAM GASOLINE ENGINES. Try LOMBARD, AUG.

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Highest market price paid for FURS and Hides.

SWEET AND JUICY BLOODHOUND CORN BREAD NOT IN A TRUST. The Original "Break Plug" Tobacco. The Only "Advertised Brand" of North Carolina Flue-Cured Tobacco. Showing a GAIN EVERY YEAR since introduced. "IMITATED IN STYLE BUT NOT IN CHEW".

The Roses Were Gone. WRITE US FREELY and frankly, in strictest confidence, telling all your troubles, and stating your age. We will send you FREE ADVICE, in plain sealed envelope, and a valuable 64-page Book on "Home Treatment for Women." Address: Ladies' Advisory Department, The Chattanooga Medicine Co., Chattanooga, Tenn.

Cabbage Plants. I am now offering to sell orders for my Celebrated CABBAGE PLANTS in any quantity desired. EARLY JERSEY WAKEFIELD—Earliest and best sure header, small type. CHARLESTON WAKEFIELD—About ten days later than Early Jersey's, also a sure header of the size. Prices f. o. b. here, packed in light boxes: 500 for \$1.00, 1,000 to 5,000 at \$1.50 per M., 5,000 to 10,000 at \$1.75 per M. Special prices on larger quantities. All orders shipped G. O. D. when not accompanied by remittance. CHAS. M. GIBSON, Young's Island, S. C. CABBAGE Plants, CELERY Plants and all kinds of garden plants. Can now furnish all kinds of cabbage plants, grown in the open air and will stand severe cold without injury. All orders are filled from the same beds that I am using for my extensive cabbage farms. Satisfaction guaranteed. 34 YEARS SELLING DIRECT. Our vehicles and busses have been sold direct from our factory to user for a half a century. We ship for examination and approval and guarantee safe delivery. You are out nothing if not satisfied as to style, quality and price. We are the Largest Manufacturers in the World. Selling to the consumer exclusively. We make 200 styles of Vehicles, 60 sizes of Bicycles. Send for large, free catalogue. Elkhart Carriage & Harness Mfg. Co. Elkhart, Indiana.

"I Was Pale" writes Mrs. H. C. Robinson (formerly Miss Hazel Upson) of DeKalb, Ill., "as a result of six months suppression, following an attack of fever, that I never got over just right. I was weak and hardly able to get around. The best doctor in DeKalb gave me up and said I could not get well. Mamma was almost crazy about it. One afternoon lady friend came to see me and told mamma to get me a bottle of WINE OF CARDUI Woman's Relief. so she got it, though she had little hopes of its helping. But, praise God! I had it just three bottles, when I was relieved and began to get well right off. I kept right taking Cardui and now I am well and strong. I feel that I owe my life to Cardui, will never be through praising it." Thousands of ladies have written, like Mrs. Robinson, to tell of the wonderful relief it gave, in the various forms of female disease, such trouble as headache, backache falling feelings, nervousness, irregularity, displacement, etc., you will find Cardui of true and lasting benefit. Try it. AT ALL DRUGGISTS IN \$1.00 BOTTLES G100