

SISTERS OF CHARITY

RELY ON PE-RU-NA TO FIGHT CATARRH, COUGHS, COLDS AND GRIP.



SISTER BEATRIX.
A letter recently received by Dr. Hartman from Sister Beatrix, 410 W. 30th street, New York, reads as follows:

Dear Sir:—I cannot say too much in praise of Peruna. Eight bottles of it cured me of catarrh of the lungs of four years standing, and I would not have been without it for anything. It helped me over all Sisters of Coughs and colds and I have yet to find one case of catarrh that it does not cure. —SISTER BEATRIX.

Interesting Letters from Catholic Institutions.

In every country of the civilized world the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs. With so many children to take care of and to protect from climate and disease, these wise and prudent sisters have found Peruna a never-failing safeguard. Dr. Hartman receives many letters from Catholic Sisters from all over the United States. A recommended recently received from a Catholic institution in Detroit, Mich., reads as follows:

Dr. S. B. Hartman, Columbus, Ohio.
Dear Sir:—The young girl who used

MOTHER USED IT 50 YEARS AGO.
Writing from Jackson, Miss., Mr. R. P. Howe says: "Dovla's Kidney was my mother's medicine 50 years ago. I have never found it equal for myself or family. It cures coughs, colds, pneumonia, croup."

Mary, Johnson & Lord, Props., Burlington, Vt.

Constipation Makes Bad Blood.

MULL'S GRAPE TONIC CURES CONSTIPATION

Constipation is the rotting and decaying of undigested food in the alimentary canal. Disease germs arise from this festering mass, which find their way into the blood. The blood becomes impure and clogs the entire system, giving way to the unsightly condition.

You cannot cure a case like this by taking pills or other cathartic. A laxative will not do. A blood medicine is ineffective. Mull's Grape Tonic is a gentle and safe medicine in addition to being a blood purifier and strengthening tonic which immediately builds up the wasted body and makes rich, strong blood that carries its health-giving strength to every tissue of every heart.

Mull's Grape Tonic is made of pure crushed fruit juices and is sold under a positive guarantee.

Doctors prescribe it. All druggists sell it at 50 cents a bottle. Send for the Lightning Medicine Co., N. York, N. Y., to cover postage on large sample bottles.

Bromo-Seltzer

Promptly cures all Headaches

IT TAKES THE ACHEs
out of muscles and joints. Heals old sores. Takes inflammation out of burns and bruises. Stops any pain that a perfect liniment can stop.

MEXICAN MUSTANG LINIMENT
for injuries or aches of MAN or BEAST.

WESTERN CANADA GRAIN GROWING, MIXED FARMING.

SAVE MONEY
Buy your goods at Wholesale Prices.

Our 1,000-page catalogue will be sent you free on 10 cents. This amount does not cover pay the postage, but it is a good trade. Hurry and for it now. Our catalogue trade with us—way out you also!

Montgomery Ward & Co.
CHICAGO
The store that tells the truth.

When answering Ad. please mention this page.

What Husband Considered Natural Accessory to Gown.

She was dressed for the dance and she thought she looked particularly well. It is when a woman thinks she looks particularly well that she expects an immediate and suitable reply to her requests. Besides, there is nothing like asking for a thing when one happens to think of it. So she spoke up promptly.

"By the way, Tom," she said, "don't forget to leave me some money to-morrow."

"What for?" he asked. "Husbands have a way of being so curious in these matters."

"Oh, I have some shopping to do. I need a number of things."

"What for, instance?"

"Oh, a lot of trines—some collars, for one thing."

He looked at her sharply. For the moment she had forgotten that he was somewhat prejudiced against decollete gowns and that he had had numerous arguments on the subject.

"For that gown?" he asked.

"Now, why do you ask such a 'fool' question as that?" she demanded. "Because," he replied, "if it's for that gown you could use a belt instead."

WHAT THE DOCTOR NOTES.

Small Noises in the Lungs That Speak Volumes.

The doctor hears a variety of noises when he places the stethoscope against your chest. When the lungs are in a healthy condition, the medical gentleman hears a pleasant, soft, rattling sound in tone, as you draw in the breath and expel it. Should the instrument convey to his ear a gurgling or bubbling sound he makes a mental note of the fact that you are in what is known as the moist stage of bronchitis. In the dry stage of the same complaint the sound is a whistling, whooping, rattling note of the signs of pneumonia is the crackling note that comes through the stethoscope. It is not unlike the sound that can be heard when your finger and thumb have touched a sticky substance, and then you part them, holding them close to your ear.

Doctors occasionally hear a dripping sound, and that indicates that air and water have found some part of the chest where they have no right to be. Blow across a bottle, and you will produce a sound which is actually to be heard in your chest. It is caused in the same way—that is, by air passing over a cavity.

Stevenson's Tact.

Will Low, the painter, recently told a story of the Latin Quarter days of Robert Louis Stevenson. Low and Stevenson were great friends in their youth. Their fondly, indeed, continued up to the time of the writer's death.

"Lonia," said the artist, "was a true diplomat in his way. He could be fiery, and he could also be gracious and pacific. One night, I remember, we sat in a garden in Montmartre. The red wine had been flowing freely, and one of our party had got heated and aggressive. Finally some one said a thing that this fighting champion took to heart, and he sprang to his feet and hurled it at the other's head. It was a strong, true shot, and would have hit the bull's eye had not Stevenson sprung to his feet, and, with that singular grace and dexterity of his, caught the missile in mid air.

"Tut, tut, tut," growled he, "to the thrower, tut, tut. If the bottle is passed so quickly, none of us will be able to stand out the evening."

Wild Flowers.
We grow where none but God's gifts grow.
From the garden and the field,
Bestow his care.

Our morn and evening dew—
The morning dew,
That mingles all things new—
From heaven is sent,
And thither, never in vain,
We look for rain,
To find the plentiful rain
For sun or shade.

Appointed hour by hour
To every tree,
Alike of parent flower
Or nursing seed.

Till blossom duty done,
With its perfume,
We vanish one by one,
To sleep a while. —Father Tabb.

Has a Retentive Memory.

Elmer Dower, Senator Hanna's private secretary, went home to Cleveland for the holidays, and while there met a Toledo lawyer named Cooper. In the course of chat Cooper declared that he could name every man now in the United States senate and every man who had served in the Senate at any time in twenty years; also that he could name two-thirds of the present members of the House of Representatives, together with their states. Mr. Dower, naturally offered to bet him a box of the finest cigars on this proposition, and a number of others made the same offer. Cooper accepted all bets and called for a pad of paper. In just half an hour he had cigars enough to last him all summer.

Secretary Shaw Well Guarded.

Secretary Shaw went over to the treasury department one morning accompanied by a friend from Iowa. While the two were waiting in Mr. Shaw's private office the secretary found a letter which particularly interested him. Leaning back in his chair he put one leg on the desk of his desk. In a minute a man dashed in, revolver in hand, and covering the visitor, said: "Is this man trying to rob you, Mr. Shaw?" "No, no," shouted the secretary. "He is my friend." After some further excitement it developed that when he put his leg on the desk Mr. Shaw had pressed a button that calls a watchman. The man came in a hurry, just as he had been ordered to do.

French Legion of Honor.

The French Legion of Honor has 37,130 chevaliers, 5,990 officers, 1,009 commanders, 218 grand officers, and 65 Grand Croix.

NOT THAT GRAND OF APPLE.

As a Christmas gift to the Paris branch of the J. F. Morgan Co., the head of the great banking house sent ten barrels of the finest American apples. A glimpse of these apples prompted the remark "that those Frenchmen will feel now as though they never knew how a real apple tastes."

In selecting these luscious gifts Mr. Morgan experienced all the irritation of a Christmas shopper. Unable to say that he wanted the best. Samples were shown in the great quantities of one particular apple which the dealer asserted was the best on the market. The lenacity with which the dealer clung to this particular quality of apple annoyed Mr. Morgan, and he said sharply:

"If I've had tempted Adam with this apple that couple would still be in Paradise."

Greatly-Tested Fire Horses.

The horses of the New York fire department receive more petting probably than any other horses in the world. In nearly every engine home each of the stalls bears the name of the horse occupying it. Large black letters on aluminum marking the quarters of "Four," "Hundred and Twenty," "Dick," or "Major," as the case may be. The firemen are proud of their dual friends, and not only do every thing possible to make them comfortable when they are off duty, but take pleasure in providing them with little luxuries and comforts.

Many a small engine has a big whistle.

MACCABEES, ATTENTION!

Commander of Grand Prix, East Toledo, Ohio, writes to the following business firm: "As a special of the affair, said: 'I was pronounced incurable and hopeless by my doctor, and I was told that I had this dread disease and will write me if I can be cured. My wife and I are so much benefited by your medicine. Mrs. H. A. Keesee, 21 Moore St., Toledo, Ohio."

Every time you pass a woman on the street, holding her little boy, you will hear the boy say, "O, mamma, buy me some!"

How Snakes Snare Birds.

Peculiar Fascination Exerted by Swinging Movement.

The cobra of the cape exercises birds by coiling itself on a branch, erecting its head and swinging to and fro. "Sundowners" states that the snake will go on "fascinating" and keeping the bird twittering and unable to leave the tree in which it is "for hours," and that if the bird is driven away it comes back. This may be a "trick." But from the curious fascination which non-sensory objects such as "dark glitter," have for snakes, and their apparent inability to resist hovering round the lure the far greater fascination power of the serpent may be conjectured.

Movement, more or less regular, is always part of the means of fascination employed by the snakes. Their fondness for music of any kind is not extended to the sound of the human voice singing, which snakes clearly do not appreciate at all. They only care for "instrumental music," which includes the concertina, tom tom and jaw-harp. But from experiments made in this country it was evident that they like the bagpipes best—Spectator.

That Cry—"Oh, My Back!"

The little missionary, Doan's Kidney Pills, "free trial," carries ease, rest, comfort. Most people need kidney help; they who choose Doan's get it—help that lasts.

DREWFIELD, Ind.—"When I used for the trial box of Doan's Kidney Pills I had been afflicted for two months with pain in my back so bad that I could not get from the house to the barn. It was called rheumatism. I could get no relief from the doctors. I began to improve on taking a sample and got two boxes at our drug store. I am now, although 58 years of age, I am almost a new man. I was troubled a good deal with my back. That trouble is over and five times a night. That trouble is over with and once more I can rest the night through. My backache is all gone and I thank you ever so much for the wonderful medicine, Doan's Kidney Pills.—Jas. H. Hennes, President Ridgewayville, Indiana, State Bank.

Bellevue, Mich., Jan. 14, 1903.—"I received trial box of Doan's Kidney Pills. They did me lots of good. I can now go to bed and lie on my right side—the pain there in all gone, also the stomach distress and belching of gas is all stopped, with the use of two boxes.—Mrs. J. S. Hesse, R. F. D. No. 2, Reading, Mich.

If the heart should not be worn upon the sleeve, neither should the worries be laid upon the forehead.

In Writing Use Allen's Foot-Powder.

A powder. Your feet feel uncomfortable, nervous and often cold and numb. If you have sweating, sore feet or tight shoes, try Allen's Foot-Powder. Sold by all druggists and shoe stores, 25 cents. Sample sent free. Address Allen S. Olmsted, 101 Rev. N. Y.

To break our mirrors will not make us beautiful.

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To break our mirrors will not make us beautiful.

When a man becomes cross he loses an umbrella, it is a sign that he needs a tonic.

DO YOUR CLOTHES LOOK YELLOW? Use our Best Cross-Bleed Blue. It will make them white as snow. 50c. per package 3 cents.

It is easy to advocate Christianism when you feel you are called to be a martyr.

Toniline Cures Sore Throat.

Some men would just about as soon see the cutting of their hair as they would see the cutting of their hair. It is said that the German Emperor does not like electric cars.



Please send your name, without charge, trial box Doan's Kidney Pills.

Name _____
Post-office _____
State _____

(This card expires on dated line and must be returned to Doan's Kidney Pills, P.O. Box 233, Worcester, Mass., U.S.A.)

Here's a Recipe for Making Bread.

- WHEN a well bred girl expects to wed, 'Tis well to remember that men like bread. We're going to show the steps to take, So she may learn good bread to make.
- FIRST, mix a lukewarm quart, my daughter, One-half of milk and one-half of water; To this please add two cakes of yeast, Or the liquid kind if preferred in the least.
- NEXT stir in a teaspoonful of fine clear salt, If this bread is to be good, it won't be our fault. Now add the sugar, table-spoonfuls three, Mix well together, for dissolved they must be.
- POUR the whole mixture into an earthen bowl, A pan's just as good, if it hasn't a hole. It's the cook and the flour, not the bowl or the pan, That—"Makes the bread that makes the man."
- NOW let the mixture stand a minute or two. You've other things of great importance to do. First sift the flour—use the finest in the land. Three quarts is the measure, "GOLD MEDAL" the brand.
- SOME people like a little shortening power, If this is your choice, just add to the flour Two tablespoonfuls of lard, and jumble it about, Till the flour and lard are mixed without doubt.
- NEXT stir the flour into the mixture that's stood Waiting to play its part, to make the bread good. Mix it up thoroughly, but not too thick; Some flours make bread that's more like a brick.
- NOW grease well a bowl and put the dough in, Don't fill the bowl full, that would be a sin; For the dough is all right and it's going to rise, Till you will declare that it's twice the old size.

Here is the Same Thing in Prose. GOLD MEDAL FLOUR.

BREAD RECIPE.
To one quart of lukewarm water—half water and half milk, or water alone—add two half-ounce compressed yeast cakes, or the usual quantity of liquid yeast, and stir until dissolved. Add one teaspoonful of salt and three tablespoonfuls of sugar and when well dissolved, stir in two wooden spoons, three quarts of well sifted flour, or until dough is sufficiently stiff to be turned from the mixing board in a mass.

If shortening is desired add two tablespoonfuls lard.

Knead this dough, adding if necessary from time to time, flour until it becomes smooth and elastic and ceases to stick to fingers or board. Do not make dough too stiff. Spring Wheat Flour needs a little more working than Winter Wheat Flour, and should be a little softer to make it rise properly.

Put dough into well greased earthen bowl, brush lightly with melted butter or dripping, cover with towel and set in warm place, about 75 degrees for two hours, or until light, then knead well and roll to bowl, cover as before and set for another hour's rising or until light.

When light, form gently into loaves or rolls, place in greased bread pans, brush with butter or dripping, cover again and let stand for one and one-half hours, then bake.

READ IT AGAIN

WASHBURN-CROSBY'S GOLD MEDAL FLOUR
Makes the Finest Bread and is Best For Biscuits Also.