## SISTERS OF CHARIT

RELY ON PE-RU-NA TO FIGHT

CATARRH, COUGHS, COLDS AND GRIP.



A letter recent's received by Dr. Hartman from Sister Beatrix, 410 W. 30th street, 'York, reads a follows:

Dr. S. B. Hariman, Colombus, Obio

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Dr. S. B. — I cannot say too much from years standing, and I would

not have been without it for anything. It helped reveal Sisters of Gogt's

and colds and I have yet to find one case of catarth that it does not care."

SISTER BEATRIX.

In every country of the civilized world
to Gisters of Charity are known. Not only
do they minister to the
spiritual and intellectual

Interesting Letters from Catholic Institutions.

In every equatry of the civilized world be the manufactor of the the control of the control

reads as follows:

Dr. S. B. Hartman, Columbus, Ohio:

Dear Sir:—"The young girl who used

Hartman, Sanitarum, Columbus, Ohio."

## MOTHER USED IT

# Constipation Makes Bad Blood. MULL'S GRAPE TONIC GURES CONSTIPATION Constipation is the rotting and decaying of undigented food in the alimentury canal. Disease germs arise from this fester was to the control of the

neat.
Mull's Grape Tonic is made of pure rushed fruit juices and is sold under a ositive guarantee.
I druggists sell it at 50 cents a bottle.
sek, Island, Ill., to cover postage on large sample bottle.

### Bromo-Seltzer Promptly cures all Headaches

# 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.





The sucrament That muketh all things new From heaven is sent;

And thither, ne'er in vals, We look for aid. To find the punctual raise Or sun or shade.

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 lowa. While the pair were seated in Mr. Shaw's private office the secretary to the secretary to the secretary to the secretary limits of the secretary of his desk. In half 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 Lesion of theory.

French Legion of Honor. has been this been stated to the community of the process of the process

QUART

A WELL GREASED

V.

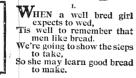
BOWL.

What Hustand Considered Natura.

Accessory to Goom.

The was deseased for the dance and with the second than t

# Here's a Recipe for Making Bread.

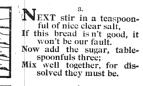


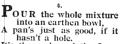
men like bread.

We're going to show the steps to take,

So she may learn good bread to make.

PIRST, 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.





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—
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 first the nour 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.

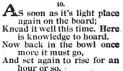
s.

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.



BRUSH the dough with melted butter, as the melted butter, as the recipes say; Cover with a bread towel, set in a warm place to stay Two hours or more, to rise

until light,
When you see it grow, you'll know it's all right.





Linker KNEAD IT WELL!

II.

ORM the dough gently into loaves when light, and place it in bread pans greased just right. Shape each loaf you make to half fill the pan, This bread will be good enough for any young man.



of pans—no more,

Have the temperature right—
don't set near a door.

We must be careful about
draughts; it isn't made

to freeze,
Keep the room good and
warm—say 72 degrees. 13.



Now put in the oven,—it's ready to bake,—
Keep uniform fire, great results are at stake.
One hour more of waiting and you'll be repaid,
By bread that is worthy "A Well Bred Maid."



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

BREAD RECIPE.

BREAD RECIPE.

To one quart of lucewarm wetting—half water and half milk, or water alone—add two half-ounce compressed yeast cakes, or the usual quantity of liquid yeast, and sitr until dissolved, usually of liquid yeast, and sitr until dissolved, usually and the state of the s

READ IT AGAIN

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