

INTERNAL CATARRH

"Peruna Has Done Wonders For Me. I Was So Weak."



Mrs. M. P. Curry, P. O. Box 615, Petersburg, Va., writes: "I have been troubled with internal catarrh since childhood, and was sick in bed three months last year. When I was able to get up I was so weak and thin I could hardly walk. What I ate disagreed with me, and I had stomach and liver trouble, and my feet were swollen so I could scarcely drag around."

"I took Peruna and it has done wonders for me. My cure was a surprise to my friends for they never expected to see me well again. I just took two bottles of Peruna after doctoring for five months and growing worse all the time."

Continuous Headache.
Mrs. Esther M. Milner, Box 191, De Graff, Ohio, writes: "I was a terrible sufferer from internal catarrh, and had the headache continuously. I was not able to do my housework for myself and husband. Your recommended Peruna. I took four bottles and was completely cured. I think Peruna a wonderful medicine and have recommended it to my friends."

NOTICE TO CREDITORS—By order of Dow Beekman, Surrogate of Schoharie county: Notice is hereby given, according to law, to all persons having claims against the estate of David H. Miller, late of the town of Conesville, Schoharie county, New York, deceased, that they are required to exhibit the same, with the vouchers in support thereof, to the undersigned, one of the administrators of said estate, at his residence in the town of Conesville, N. Y., on or before the 25th day of March, next.

Dated Conesville this 16th day of September, A. D. 1914.
Belton Phelps, Administrator.
E. Jackson, attorney for administrator, Gilboa, N. Y.

STATE OF NEW YORK—SCHOHARIE COUNTY, ss

Schoharie County Courts: Pursuant to Section 192 of the Judiciary Law and Section 63 of the Code of Criminal Procedure, I hereby appoint the several terms of the County Court to be held at the Court House in the Village of Schoharie, in and for the County of Schoharie in the year 1914 and each year thereafter, until otherwise ordered, and to commence on the several days hereinafter mentioned, as follows:
For the trial of issues by Jury, hearing of Motions and other proceedings, and the trial of Original Cases, for which a trial Jury will be drawn and required to attend:
The third Monday of April.
The first Monday of December.
For the trial of issues by Jury, hearing of Motions and other proceedings, and the trial of Original Cases, for which a trial Jury will be drawn and required to attend:
On the second Monday in February.
On the third Monday in June.
On the third Monday in September.
After the disposition of Jury cases trials of issues of Law, Argument of Appeals and other proceedings will be heard by the consent of the Attorneys on both sides at each Court at which a Jury is required to attend.
Dated Schoharie, New York, December 18, 1914.
DOW BEEKMAN,
County Judge of Schoharie County

Fire Insurance

Protect your property against fire by keeping it insured. I represent reliable companies and will write your insurance at the lowest possible rates.

W. H. Long, Gilboa

D. & H.

COAL

Lewis Brothers

H. N. BROWN,
UNDERTAKING AND EMBALMING

A fine selection of Caskets and Funeral Supplies. Terms reasonable. Give me a call before purchasing elsewhere.
FLAT CREEK, N. Y.

Sidney Rivenburgh,

INSURANCE

Gilboa, New York

SOME KITCHEN KINKS

METHODS THAT MAY BE NEW TO MANY HOUSEWIVES.

Tiles Always Fast When One Can Afford Them—Scrubbing the Dish-cloth Fresh—Linoleum for the Floor Covering.

Tiles are so clean and nice if one is able to afford them. The young wife who has them will never regret the outlay, although they are rather expensive at the start. Round the kitchen walls they are splendid and most hygienic in every way.

The back of the sink is bound to get splashed with the washing up after each meal. Therefore here it is essential to have either tiles or zinc or something of the kind through which the water cannot penetrate. Zinc answers the purpose quite well if securely nailed flat against the wall. This is easily cleaned daily with a little dry brush.

The tiles, of course, are ideal, as all they need is a washdown with warm water daily. A little enamel bucket is so useful in the sink for tea leaves and such things which are more than likely to go down the sink and eventually stop it up. It is shaped so that it fits into the corner of the sink, perforated with holes, so that all liquid passes away, leaving the solid bodies in the basket.

Nothing is more unpleasant than a greasy dishcloth. To keep this important article fresh and sweet, it should be scalded each time after use, or else washed out thoroughly in hot water and rinsed well in several waters.

A plate rack fixed above the sink is a great saving of labor. Plates put in the rack must be rinsed in cold water, then being washed in hot, if you do not want them to be smudgy.

When roasting meat, use a double meat D. Put cold water in the under one. This prevents the dripping burning and also keeps it from boiling away.

Plenty of hot water is essential for fish washing. Collect all the silver, place the knives blades downward in a tub of hot water. Pile up the plates neatly. A little arrangement saves the trouble one so often sees in connection with washing up. Wash all the cleanest things first to save the water. Rinse glass in cold water after washing in hot and polish well with a dry clean cloth.

The most useful and healthy floor covering for the kitchen is linoleum. Broad linoleum is the best to purchase. Here the pattern goes right through and therefore will be perfect to the last.

Clean your windows when the sun is not shining, for if the sun shines in a wet window no amount of rubbing will prevent it from being streaky and dry. Avoid a frosty day, too, for the glass is apt to break easily just as the windows are being rubbed.

Wash the glass with a sponge wrung out in tepid water with a few drops of ammonia in it. Dry with a clean cloth (with no fluff on it). Polish with pads of newspaper.

The Cook Says.
If your market basket or clothes basket of willow shows a few loose ends, put it to soak for twenty minutes or half an hour in lukewarm water.

A good way to do is to put the basket into the bathtub, resting it on the part that is to be repaired, then turn in enough water to soak this part. The important thing is to get the willow ends soft and pliable.

When this is accomplished the strips can be readily bent back into place, and if you push them in firmly, they will stay in place when dry. Never try to bend the willow strips while they are dry, as they will be sure to snap off.

A putty knife, with its short handle and broad blade, is an indispensable tool in the kitchen. It can be used for turning hash, fritters and fish. Its broad end is also most useful in scraping pots and pans.

Grease Spots on Woolen Clothing.
For removing greasy spots on black woolen clothing the following is excellent: Make a solution of borax and warm water and wash the soiled article in it, then rinse in clear water and dry in the sun. This is a good way to clean men's coat collars.

To Wash White Silk.
Add a tablespoonful of ammonia to every two quarts of warm water. Don't use soap. Dip garment up and down, and when it looks clean place in clean water, rinse and iron before dry.

Most Ancient of Customs.
The mind of man does not run back to the time when there was no dancing. Ever since the morning stars danced together for joy there have been dances grave and gay in celebration of all the happenings in the life of man. So interwoven with love, war and religion are the movements of the body that the dance has been an integral part of the history, art and literature in which are preserved the records of all generations.

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

P. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations incurred by him. NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Family Pills for constipation.

FOR THE SUCCULENT CARROT

Six Ways of Serving Vegetable That Should Be of More General Consumption.

Creamed Carrots.—Scrape and wash the carrots, cut in thin slices crosswise; boil in salted water until tender, drain of the water, cover with sweet milk, add salt to taste and a small piece of butter. Thicken with a spoonful of flour to the consistency of good cream.

Carrot Croquettes.—Boil four large carrots until tender; drain and rub through sieve, add one cupful of white sauce, mix well and season to taste. When cold, shape into croquettes, and fry same as other croquettes.

Carrot Soup.—One quart of thinly sliced carrots, one head of celery, three or four quarts of water, boil for two and one-half hours; add one-half cupful of rice and boil for an hour longer; season with salt and pepper and a small cupful of cream.

Carrot Pie.—Scrape and boil the carrots until very tender, then mash thoroughly, and to one cupful of carrot add one pint of milk, one-half teaspoonful each of salt, cinnamon and ginger, one well-beaten egg, sugar to sweeten to taste. Bake slowly in one crust like squash pie.

Carrot Preserve.—Boil the carrots until tender; peel and slice them and to each pound add one pound of granulated sugar and one-half cupful of water, flavor with lemon. Simmer slowly until rich and thick, then seal.

Carrot Marmalade.—Boil the carrots until perfectly tender, then mash to a fine smooth pulp, and to each pound allow one pound of sugar, six almonds, the grated rind of one lemon and the juice of two and a few drops of almond flavoring. Bring to a boil gradually, and let boil, stirring constantly for five minutes; then pour into jars and seal.

DAINTY BASKET OF MACARONI

For the Luncheon Table or the Afternoon Tea This Is a Delicious Confection.

Take two cupfuls sugar, one cupful boiling water and one-eighth teaspoonful cream of tartar. Put ingredients in a smooth saucepan, stir, place on range and heat to boiling point. Boil without stirring until sirup begins to dissolve. Remove from fire and place in larger pan of cold water to fasten by stop boiling. Remove from cold water and place in a saucepan of hot water. Now dip macaroni in sirup at regular intervals close to edge and put two together. When firm add a third macaroni and so on until a circle is formed large enough for base of basket.

Over these fit another layer of macaroni and over the second layer a third one. Make a handle of stretched candy twisted, and adjust same. Arrange basket on small plate, fill with ice cream, garnish with whipped cream, flavored and sweetened, and surround with holly.—Exchange.

Wash Chamois and Doekskin Gloves.

The secret of success in washing chamois and doekskin gloves lies in using lukewarm or cool water—better cool than even a few degrees too warm.

That, at least, is one of the secrets; the other is to use soapy water. The soaper the water, providing it is of the right temperature, the silkier and softer the gloves will be. They should first be freed from all dirt in a soap bath, and then put through another soapy bath in order that they may be rinsed from the dirt set free. They should then be pressed and squeezed in a thick towel until they are free from soap and water as nearly as possible. Then they are ready to be hung to dry in a cool, dry place. Never hang them near a fire, and never hang them in the sunshine if you would have them soft and pliable after laundering.

Date and Peanut Pudding.

Dates and peanuts make an exceptionally good combination. Beat two eggs well, add one cupful of granulated sugar, one cupful peanuts finely chopped, one-third of a cupful of flour sifted with one teaspoonful baking powder, and one-eighth teaspoonful of salt. Turn into a large layer cake pan, buttered and bake in a moderate oven about one hour. When cool sprinkle out upon a flat serving dish, turn out with two tablespoonfuls of lemon juice and cover with whipped cream.

Heavenly Hash.

Beat yolks of four eggs until very thick; beat into them gradually one cupful powdered sugar and one-half teaspoonful of salt. Beat until sugar is dissolved. Add juice of two lemons and beat again. Peel and slice thin six bananas and four oranges, put in a deep dish a layer of bananas, then a layer of dressing, then of oranges, and so on, having the bananas on top, and pour the remainder of dressing over it. Serve very cold.

Soup for Invalids.

Cut into small pieces one pound of beef or mutton or a part of both. Boil it gently in two quarts of water. Take out the scum and when reduced to a pint strain it and season with a little salt. Give one teaspoonful at a time.

Odd Use for Coffee Grounds.

Needles and pins will never rust if kept in a cushion filled with coffee grounds. Rinse the grounds in cold water, spread on a sheet of paper to dry thoroughly, and then stuff the cushion.

Territory Allotted to Beggars.

Beggars in China are taxed, and have certain districts allotted to them in which to make appeals for charity.

Powerful Windmill.

A windmill recently erected in India has a series of vanes forty feet in diameter.

WHO WAS THE GOAT?

By DOROTHY BLACKMORE.

"If you put it in water on your desk it will keep fresh for days," said Dorine Fable as she pinned a marigold on the coat lapel of young Doctor Hanscom.

"I'll do it and you'll see me wear it home every night while it lives," replied the doctor. "And for good behavior perhaps you'll do me the honor of pinning on another?"

Dorine nodded. Her dimples played about her mouth when she smiled and the sight of them had become a very interesting part of Doctor Hanscom's summer sojourn at the Laketon hotel.

He was a young veterinary surgeon and his office and visiting hours were not long, so that he had had the advantage over many of the summer men at the hotel by getting home early. And it seemed almost as if Dorine waited for him on the tennis court or on the veranda.

Several times on the suburban train that took him to the city he thought of the girl's face as she had reached up to put the little flower on his coat.

"That evening while he was at dinner Dorine came into the dining room with her mother, and they both wore automobile costumes."

Dorine gave him her usual bright smile and nod, and then her eyes fell on his coat lapel, which was glistening with adornment. A slight flush burned her cheeks and after that she gave him only cursory glances, and when he asked her to walk with him as he passed her in the corridor she declined almost rigidly.

For three days he did not have conversation with her. He saw her across the dining room with her father, mother and brother, and he received each time a cool little nod from Dorine. It was Saturday night at the weekly dance that he determined to talk with her.

He waited for her at the big double door leading into the ballroom. He had fully decided to force her to listen to him. As she came down stairs, lovely in a white dancing dress, he met her face to face.

"This has been our dance all summer, Dorine. Have it with me now." He put his arm about her and they stepped off together in the hesitation waltz they had learned to dance so well as partners.

When the dance was over he led her out through the French windows that opened onto a secluded veranda. "Sit down," Joe said, drawing up a chair. Himself, he sat on the railing facing her.

"Now," he began, "what is the matter? Why have you deliberately avoided me for days? He paused. "I know—it was because you thought I was careless about your flower—"

"That I had forgotten," she said. "You were—you were very well with asperity, but I don't know why I was so—"

"Dorine," began Joe, but she interrupted him. "Wait—let me tell you! Let me show you that I realize all about it before you tell me your excuse." She laid emphasis on the last word.

"George—my brother—told me when he saw me pinning it on you that you would never be seen wearing a yellow flower—that it was the emblem of the suffragist! So you let some one ridicule you out of it. I did not do it on you because of my views on this woman question—though they are very strongly in favor of it—but because I was beginning to—well, to like you, and I always give father and George a buttonhole bouquet when they leave in the morning. I—I was very foolish to do it," she said.

"Dorine Fable, listen to me," the young man said, earnestly. "This sounds so funny I can hardly talk to you, though I assure you it isn't funny to me. The morning you gave me that flower I was called out to the estate of Mr. Phillips to see what was the matter with the foot of a very fine goat. While I was looking at its foot the animal chewed my flower off very foolishly to do it," she said.

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Found Worms for Her to Eat.
African jungle people are not very particular concerning their food, says the Christian Herald. One of our missionary ladies was down with an attack of fever some time ago. This was a source of sorrow to the poor, unlearned, yet sympathetic natives, who in their own way are really compassionate and want to help. One of these "bush mammies" tried to express her sorrow because the "white mammy missionary" was so ill. After a time she left the station with a bright idea in her head, and started for the jungle. A little later she returned with a large tropical leaf from one of the trees. Upon it were several big crawling green worms, which she had caught and brought to the sick missionary. She thought they would be nice and tender for her to eat during her illness.

Silver Ingots Long Laid Up.
In the Bank of England there are many silver ingots which have lain untouched for nearly 200 years.

Daily Thought.
The inviolable nature of wisdom is to see the spirit of things.

GARDENS AND THE GIRL

By HARMONY WELLER.

(Copyright, 1914, by the McClure Newspaper.)
The gardens in the little suburban village that nestled at the foot of the Chiltern hills were beginning to show the lack of care. The war had robbed those tiny cottages and left them stripped of masculine hands. Wives and mothers and sisters who were left behind to grieve and toil had no time for gardening when there were children to care for and homes to keep tidy against the day when the soldiers would once again be welcomed back.

However, there was one pair of masculine hands in the village that might not fire shots at the enemy because his physical body had been shorted far too weak to stand the strenuous life of a battlefield. George Bassington grieved sorely that he was unfit to go with his fellow men to fight the great fight, but he realized there must be some way in which he could be of service to those left behind.

"I could take care of those gardens," he pondered as he walked through Laurel lane and witnessed the condition of growing things. Perhaps it will help the struggling women as much as the outdoor work will benefit my own body."

At the end of two weeks George Bassington had done wonders with six small gardens. Flowers again raised joyful heads, vines clambered over gate posts and vegetables continued to add table necessities to the six tables.

There was one house on Laurel lane that Bassington took infinite care over and that one was the home of James Holiday. Bassington realized that because of the inmate he found himself lured there in spite of himself. He supposed the fair woman within to be the wife of Holiday because she tended Holiday's two tiny children and seemed ever busy with household cares. So busy was she that Bassington had never, during his short stay in the garden, had more than a word or two of conversation with her.

"I can hardly ask her if she is Holiday's wife," laughed the temporary gardener to himself.

As weeks slipped past Bassington began to regain the health that had escaped him. The recruiting offices would not turn him back again, he felt, and with that thought in view he once again went into town in order to offer himself for active service.

This time he was not sent away from his medical examination with drooping head. He had been accepted for active service and he was to join his old regiment and leave for the front with them.

It was with joyful heart that he approached the little cottages in Laurel lane and saw that the new excellent friends of his success. "It was going to be a trifle difficult to tell Jim Holiday's wife, and as he dropped the shining brass knocker of her door he braced himself as if for the first volley of shot from the enemy.

Once inside the trim little house Bassington looked long and earnestly at the fair girl who seemed ever to elude his level glance.

"I am going to the front," he said in his straightforward manner, "and I wanted to tell you that I have arranged for another man to care for the gardens. I am off on Saturday."

"Oh," snapped the girl, "then you are not a shirker! I have been thinking you were a coward not to enlist when all our brave brothers and husbands have gone to fight for us."

A deep flush spread even up to his temples at the girl's words.

"I am sorry you thought me a shirker, Mrs. Holiday," was all he said.

The quick apology in Jean Holiday's eyes was mingled with amused surprise.

"But I am not Mrs. Holiday," she told him, "I am Jim's sister. Mrs. Holiday has gone down to be near Jim as long as possible before he goes to the front. He's in camp now."

"Not anybody's wife?" questioned Bassington, and realized that he would change that situation when he returned from the war. "I am sorry you thought me a shirker," he said, "and that I thought you a wife and mother. Otherwise we might have spent many wonderful hours here in the shadow of the Chiltern hills—just you and I."

"The hills will always be here," Jean said with dignity, because she had loved Bassington in spite of herself. "I, too, expect to be here—when you return."

"May that day be soon," Bassington said, and took both of her proffered hands in a warm clasp and raised them in turn to his lips. "Until that day," he added softly.

Life's Tangles.
The time you spend getting the tangles out of your worried, and the knots out of your thread, might have been used to better purpose if you had been a little more patient or a little less careless. Life has difficulties, of course, but as a rule its tangles could be avoided by care and patience—Girls' Companion.

For Your Baby.

The Signature of

is the only guarantee that you have the

Genuine CASTORIA

prepared by him for over 30 years.

YOU'LL give YOUR baby the BEST

Your Physician Knows Fletcher's Castoria. Sold only in one size bottle, never in bulk or otherwise; to protect the babies.

The Centaur Company, Chas. H. Fletcher, Pres't.

C. L. ANDRUS, President. C. W. HENDALL, Cashier

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Capital, \$75,000 Surplus, \$125,000

SAFETY TO DEPOSITORS IS ONE OF THE MOST IMPORTANT FEATURES OF A BANK

The Surplus of The National Bank of Stamford was at the last meeting of Directors increased to \$125,000. With a combined Capital and Surplus of \$200,000, this Bank is one of the strongest National Banks in this section of the State.

Mail accounts are given careful attention.

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At Extraordinary Price Reductions

This will present an unusual opportunity for securing reliable goods at a remarkable price concession. It will pay you to visit our store as your savings will be great.

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Clothiers to the Whole Family From Head to Foot

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A Certificate of Deposit

In simple terms is an interest bearing receipt for a deposit issued by the bank accepting a sum of money to remain on deposit a stated time, usually six months or a year.

THE FIRST NATIONAL BANK

pays 3 percent interest on such time deposits in any amount. The entire assets of this old and strong institution protect the deposit. If you have any funds temporarily idle, it will pay you to lock into this method of employing your surplus.

THE FIRST NATIONAL BANK, GRAND GORGE

PE-RU-NA

J. O. METCALE, Mabel, Mo.

"After Using Peruna Many Years"

I can say that Peruna is a fine remedy for catarrh and discharges of the tonsils and many other ailments. It is manufactured by a well-known company, who are perfectly reliable.

A Tonic with slight laxative qualities.

"I have noticed a great many others taking this remedy, and I have yet failed to see a case where the continued use of Peruna did not complete a satisfactory cure in reasonable time."

LAXATIVE-TONIC