

HELPFUL ADVICE



You need tell your family doctor the whole story about your private illness—you are too modest. You need not be afraid to tell Mrs. Pinkham, at Lynn, Mass., the things you could not explain to the doctor. Your letter will be held in the strictest confidence.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

to conquer all female diseases. Mrs. Norman R. Barnard, of Allentown, Pa., writes: "Ever since I was sixteen years of age I had suffered from an organic derangement and female weakness; in consequence I had dreadful headaches and was extremely nervous. My physician said I must go through an operation to get well. A friend told me about Lydia E. Pinkham's Vegetable Compound, and I took it and wrote you for advice, following your directions carefully, and thanks to you I am today a well woman, and I am telling all my friends of my experience."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

Gloomy Outlook.

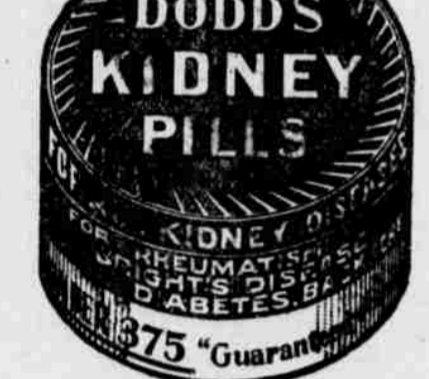
Long Winded Orator (lowering his voice to an impressive whisper)—Have you ever, O, my friends, allowed yourselves to wonder where you will be and what you will be doing when another century shall have rolled around?

Wearied Auditor (in an equally impressive whisper)—Yes—we'll still be here, waiting for you to finish your speech!

Nothing in That.

Sentimental Boarder—How true it is that "blessings brighten as they take their flight!"

Disputatious Boarder—What of it? So does a skyrocket.



WARM WEATHER



EMOLLIENTS

For Preserving, Purifying and Beautifying the Skin, Scalp, Hair, and Hands, for Sunburn, Heat Rash, Chafings, and for all the purposes of the Toilet.

THE HOUSEHOLD

Fine Corn Cake.

For a delicate corn cake try one baked in a short-handled fryingpan and mixed in a rather unusual manner. Put one and two-thirds cups of corn meal, one-third cup of flour, one-quarter cup of sugar, one level teaspoon each of salt and soda into a sifter and sift, then turn back and sift a second time. Beat two eggs in a bowl, add one cup of sour milk and one cup of sweet milk, beat, add the dry materials and beat again. Have two roundish tablespoons of butter melted in a frying pan, turn in the batter and pour one cup of sweet milk over the top, but do not stir it in. Set in the oven to bake half an hour. The cake will have a custard-like streak all through it.

The Perfect Baked Apple.

When the skins are thin and of a deep red color I frequently do not pare the apples, but at all times I am careful to remove all the core, especially every bit of the lining of the seed cells, and to bake them in granite or earthen, never in tin, as tin gives them an unpleasant flavor and a dingy color. Fill the core cavities with sugar, heaped or scant, according to the tartness of the apples; add also a few grains of salt, and sufficient water to cover the apples. Bake in a quick oven and baste frequently.—The Definitive.

Egg Substitutes.

Many egg substitutes are made, some from skim milk, some from mixtures of animal or vegetable fats, albumen, starch or flour, coloring matter and a leavening powder, in addition to the mineral waters similar to those found in the egg. Other egg substitutes are little more than starch, colored with some yellow substance. Of course, such products can not be made to replace fresh eggs, in that they do not contain much nitrogenous matter, or fat. Products made from them may be very harmful.

To Make Tough Steak Tender.

When meat is high priced it is not always possible to buy the most expensive cuts. The steak that is not porterioune can be improved by treating it as the French chefs prepare their steaks to make them tender. Put three tablespoons of olive oil and one and one-half tablespoons of vinegar on a plate and lay the steak in, then set in the icebox for four hours. Turn half a dozen times at intervals, then the meat is ready to broil.

Chop Suicy of Beef.

Break into a kettle half a package of spaghetti, cover with salt water and boil. When almost tender add half a can of tomatoes. Put butter in frying pan and fry in it three large onions, sliced, till brown. Add two pounds of beef run through the machine. When all is nicely browned add the spaghetti and tomatoes, stir, boil for a few minutes and serve hot.

Browned Potatoes.

Select potatoes of rather small size, peel and cut into quarters. Throw into salted cold water and leave them for half an hour. Take them out and dry them on a clean towel. Have ready in a deep frying pan or a shallow saucpan clean hot fat, boiling hot, and drop the potatoes into this. Fry to a light brown and drain in a colander before serving.

Attractive Service of Tomatoes.

Take a large sized plate, garnish around edges with lettuce leaves or parsley, place slices of deep red tomatoes, peeled, around edge of plate on the leaves, and heap sliced cucumbers in center of dish. The effect is pretty.

Graham Gems.

To one teaspoon soda add three pints of sour milk, two eggs, one teaspoon salt, one tablespoon fryings, one-half pint of wheat flour, and enough graham flour to make it thick enough to drop from spoon. Sugar to sweeten if desired.

Baked Ham.

Wash and scrub ham and put in a baking pan two cups water. Bake twenty minutes to the pound. Take it up and remove the skin. Stick into the fat cloves and cover with grated bread crumbs. Brown lightly in the oven.

Short Suggestions.

Chewing gum will stop gas leakage in the illuminating jets that often escapes at the joints.

Old jelly gets insipid. It can be made like new by heating. Add a little water and sugar.

Cutting onions, turpids and carrots across the fiber makes them more tender when cooked.

A weak solution of turpentine poured down the water pipes once a week will drive the water bugs away.

Save old paraffin from jellies and the like, melt and mold in patty pans and it will be useful for smoothing the frons.

Hang woollens out on the line dripping wet, without wringing them at all. If dried in this way they will not shrink.

Wash dishes used in preparing foods for a meal while the foods are cooking and thus learn to get dishwashing simplified.

Half a lemon dipped in salt is excellent for cleaning copper articles. Oxalic acid, too, is equally successful both for copper and brass.

A few drops of alcohol rubbed on the inside of lamp chimneys will remove all trace of greasy smoke when water alone is of no avail.

Sliver that is in daily use may be kept bright by placing it occasionally in hot borax water and allowing it to stand an hour or two. Rinse with clear hot water, then wipe with a clean dry towel.

FARMS AND FARMERS

was this sorenness forward—and he was actually lame—that caused the great Jay Eye See to pass.—Field and Farm.

Southport Globe Onions.

Connecticut's famous Southport globe onions stand unsurpassed among popular American varieties of the onion. They are in high favor in some of the finest commercial onion growing districts of Ohio and New York and during a few years past have made a steady advance in standing everywhere as a highly bred, perfect onion. Eastern onion growers use the red and white Southport Globes to produce the exceptionally large, solid, beautifully formed bulbs that bring top prices in the New York City markets.

Besides the two varieties named, there is a yellow Southport Globe that resembles the others in shape and general character, but is of a rich yellow color.

The white is one of those beautifully white, perfectly globe shaped onions that take the eye and bring highest price in any market. Its skin is thin and papery, the flesh fine grained, crisp and mild flavored. Add to this that it is a tremendous cropper, and it represents almost an ideal product in its line.

The twenty-four-inch size disk plow can safely be recommended as being superior to any other size. The smaller size pulls easier, but it does not pulverize the soil so well. The disk plow is capable of handling ground that has become too dry and hard for the mold-board plow. It is of somewhat lighter draft, does not require sharpening so often, cuts through trash better and does not clog so easily. Do not try to cut a furrow wider than eight or ten inches with a disk. The wider the furrow the deeper will corrugations be and the poorer will be the work. It is better to use two twenty-four-inch plows, each cutting eight inches in width, than to use a single twenty-eight or thirty-inch plow cutting sixteen inches.

Prof. Rane of the New Hampshire Experiment Station recommends the American purple-top ruta-baga for the reason that it is a fine market sort, often selling in the markets for double the price of the early white trump. It is also a splendid keeper, and is usually free from sponginess. While it can not be planted as late as the early trump, it can be used as a follow crop after early peas, provided the seed is sown not later than July 10.

Milk for Calves.

The calf finds in fresh milk while it is still warm with the animal heat of the cow, it is said, a constituent value not found in the milk after it is allowed to get cold. The chemist can not define it, and it can not be restored again by warming the milk. If every calf could be fed its milk sweet, and while it still retained its animal heat, there would no doubt be fewer cat-hammed steers going to the block.

Wants a New Wheat.

Prof. Herbert F. Roberts of the Kansas State Agricultural College and Experiment Station will visit Europe during the summer. He is commissioned from the Kansas Experiment Station to inspect the wheat regions of Central and Southern Europe in search of superior sorts of hard wheats for introduction into Kansas.

Smoothing Drag.

To break down clods and give a fine surface the field drag serves a useful purpose. It may be used in connection with the spring tooth harrow or even with the disk. The 650 inch pieces are 6 to 10 feet in length and are laid edge-wise, being bound together by cross pieces made of 1 1/2 x 6 inch stuff.

Farm News Notes.

In New Zealand the best demand is for Shorthorn bulls of the milking strain.

Kangaroo rats are destroying the vineyards near Santa Cruz, Cal. They have appeared in thousands and are feeding on the young buds and vines.

While attending a mule on a farm in Morgan County, W. Va., Frank Culp, a farm boy, was attacked by the animal and had his leg nearly chewed off.

Secretary Wilson says we ought to have bumper crops throughout the country this season. All conditions are favorable for record-breaking yields of all sorts.

Spain raises one-fifth of all the cattle in the United States, but they are not all finished in that State. A few days ago 10,000 Panhandle steers sold for \$250,000.

While one class of stock may pay better than another, do not lose sight of the fact that the average farm needs a few head of every sort in order to make the best and closest use of all the products.

A Connecticut farmer is reported to use the incubator system in starting his potato crop. The seed potatoes are placed in a warm room in a rack, where they sprout, and are then transplanted in the field.

A story comes from Washington, Pa., that a farmer has a sheep-killing horse. The animal was seen to rush into the flock, trample a sheep to death, pick it up in its teeth and carry it out. The performance was repeated until the farmer interfered.

Trousseau gowns are lovelier than ever," says the fashion editor of the Woman's Home Companion, "but as they have increased in beauty, they have lessened in number. Very few brides of to-day, no matter how fashionable they may be, order a trousseau consisting of a great number of costumes. The reason for this is that fashionable change so that it is necessary every little while to have a new-style gown if one is to keep pace with the capricious modes.

"The bridal princess gown is a style which will be in fashion for a long time to come. One can wear it as long as the material lasts by merely changing the sleeves to meet the requirements of the prevailing fashion."

A KENTUCKY CASE

That Will Interest All Suffering Women.

Mrs. Della Keenes, 328 E. Front St., Mayville, Ky., writes: "Seven years ago I began to notice sharp pain in the kidneys and a bearing down sensation through the hips, dull headache and dizzy spells. Dropsy appeared and my feet and ankles swelled so I could not get my shoes on. I was in misery and had despaired of ever getting cured

when I decided to try Doan's Kidney Pills. One box helped me so much that I kept on until entirely cured."

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

Calling His Attention.

Mr. Lingerlong—I had a queer adventure this afternoon—

Miss de Muir (with a swift glance at the clock)—You mean yesterday afternoon, I presume.

SORES AS BIG AS PENNIES.

Whole Head and Neck Covered—Hair All Came Out—Cured in Three Weeks by Cuticura.

"After having the measles my whole head and neck were covered with sores about as large as a penny. They were just as thick as they could be. My hair all came out. I let the trouble run along, taking the doctor's blood remedies and rubbing on salve, but it did not seem to get any better. It stayed that way for about six months; then I got a set of the Cuticura Remedies, and in about a week I noticed a big difference, and in three weeks it was well entirely and I have not had the trouble any more, and as this was seven years ago, I consider myself cured. Mrs. Henry Porter, Albion, Neb., Aug. 25, 1906."

The Proper Fee.

"What do I get for this stunt?" asked the vain, but execrable, amateur. "If I were a police magistrate," answered the manager, "you would get 30 days; but, as I am not, you'll simply get out."

This Will Interest Many.

F. W. Parkhurst, the Boston publisher, says that if anyone afflicted with rheumatism in any form, neuralgia or kidney trouble, will send their address to him at 704-25 Carney Building, Boston, Mass., he will direct them to a perfect cure. He has no interest in anything to sell, only a desire to tell those afflicted how he was cured after years of search for relief. Hundreds have tested it with success.

The eyes of seven persons out of ten are not matched as far as their power is concerned.

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

Applying the Final Test. "Doctor," asked the patient, whose eyes had been undergoing treatment for a period of six months or more, "do you think they're all right now?"

"Yes," said the oculist; "I think I can assure you, Mr. Pienickel, that your eyes are cured. But there is one more test I should like to apply. See if you can read that at a distance of twelve or fourteen inches without blinking."

Whereupon he laid his bill before him. —Chicago Tribune.

CASTORIA

For Infants and Children. The Kind You Have Always Bought

Bears the Signature of J. C. Hathorn

The ostrich farming industry of southern California represents an investment of \$700,000 and the annual output of feathers is worth about \$100,000.

New York Central Lines

TO

NEW YORK

The "DIFFERENT" Route

WHY?

It Lands you "IN" New York City Grand Central Station

Only railroad terminal in New York. Right in the heart of the hotel and residence district. Subway station under same roof. Fifteen minutes to Brooklyn without change.

All you have to do is—

Get on the train "IN" Chicago or St. Louis
Get off the train "IN" New York
—Then you're there

"LAKE SHORE"
VIA CHICAGO
The Route of the "21st Century Limited"
"MICHIGAN CENTRAL"
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"The Niagara Falls Route"
"BIG FOUR ROUTE"
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WE GIVE AWAY OVER 1000

Valuable Household and Fancy Presents Free, in Exchange for Carton Tops and Soap Wrappers from "20-Mule-Team" Borax and Borax Products. Send Postcard for 40-page Illustrated Catalogue. Address PACIFIC COAST BORAX CO., CHICAGO, ILL.

GRAND TRUNK RAILWAY SYSTEM

Double Track

SPECIAL EXCURSION FARES

From Chicago

SUMMER 1908

TORONTO, ONT., and Return (after July 1st, \$15.60)	\$13.60
MONTEBELL, QUE., and Return	28.00
QUEBEC, QUE., and Return	24.00
ROYAL MUSKOKA, ONT., and Return (Highlands of Ontario)	17.95
NORWAY POINT, ONT., and Return (New Hotel "Wawa," Lake of Bays)	17.95
NIAGARA FALLS and Return (during June only)	16.00
BOSTON, MASS., and Return	25.25
PORTLAND, ME., and Return	27.75
OLD ORCHARD, ME., and Return	27.75

Also to about one hundred other favorably situated places in Canada and New England. Tickets on sale daily June 1st to September 30th, 1908. Good thirty days from date of sale. St. Lawrence River trip can be included at somewhat higher fares. Longer limit tickets at higher fares are also on sale. Liberal stop-over arrangements.

Full particulars can be obtained by writing
GEO. W. VAUX, Assistant General Passenger and Ticket Agent
135 Adams Street, Chicago

Paxtine

TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid. Large Trial Sample

WITH "HEALTH AND BEAUTY" BOOK SENT FREE
THE PAXTON TOILET CO., Boston, Mass.

If afflicted with Thompson's Eye Water
S. C. N. U. - No. 23-1908.

TEN MILLION BOXES A YEAR

The most wonderful record in all history—merit made it. The great sums of money spent in advertising have only served to make CASCARETS known, but the greatest advertisement ever printed could do no more than induce a person to try CASCARETS once—a free sample, or at most, a 10 cent box. Then comes the test, and if CASCARETS had not proved their merit beyond the highest expectations there would not today, after five years on the market, be a sale of nearly a million boxes a month. This great success has been made by the kind words of our friends. No one who has ever tried CASCARETS fails to be pleased and talk nicely about them. CASCARETS are not only easiest to buy, to carry, to take, to give, but are also the best medicine for the bowels ever discovered. Files full of voluntary testimonials

Cascarets

CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

prove that Cascarets are a perfect cure for Constipation, Appendicitis, Biliousness, Sour Stomach, Sick Headache, Insomnia, Palpitation of the Heart, Bad Breath, Bad Blood, Pimples, Piles, Worms and all bowel diseases of childhood and old age. They make mother's milk mildly purgative. Mama takes a CASCARET, baby gets the benefit. Children like to take them. They are the one perfect, unequalled family remedy. Nothing more can be said. Everybody should carry a box in the pocket and have another in the house. Don't forget "they work while you sleep," and "a CASCARET at night makes you feel all right—in the morning." The genuine tablet octagonal, stamped CCC, put up in light blue enameled metal boxes, and never sold in bulk. Sold by all druggists, 10c, 25c, 50c.

GREATEST SALE IN THE WORLD