

Try This In November.

Thousands upon thousands of families who have not been regular eaters of Quaker Oats will begin on the first of November and eat Quaker Oats once or twice every day for thirty days of this month; the result in good health and more strength and vigor will mean that every other month in the year will find them doing the same thing.

Try It! Serve Quaker Oats plentifully and frequently for the thirty days of November and leave off a corresponding amount of meat and greasy foods. You'll get more health, more vigor and strength than you ever got in thirty days of any other kind of eating.

While you are trying this see that the children get a full share.

Quaker Oats is packed in regular size packages and large size family packages.

Object of Increased Solitude. "There never was a time when the farmer was so highly considered as he is to-day," said the gentle jolliter.

"That's right," answered Mr. Corn-tassel; "they're making a heap of fuss over us agricultural folks. You see, crops has been kind o' good lately. In addition to votes we've got a little spare change that's worth lookin' after."—Washington Star.

Ladies Can Wear Shoes. One size smaller after using Allen's Foot-Ease, the antiseptic powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails. Always use it to break in new shoes. At all Drug Stores. Don't accept any substitute. Total package 10c. By mail, Address Allen S. Olmsted, Lowell, N. Y.

Much Time on the Road. She—I reached my thirtieth birthday yesterday.

He—It must have taken you at least 40 years to get there.—Fleegende Blatter.

Stop guessing! Try the best and most certain remedy for all painful ailments—Hamlin's Wizard Oil. The way it relieves all soreness from sprains, cuts, wounds, burns, scalds, etc., is wonderful.

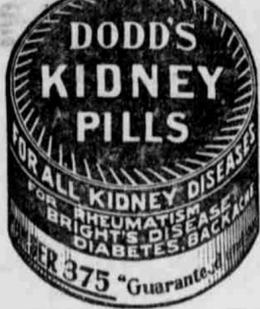
The rule of three is fully recognized by the man who lives with his mother-in-law, his wife and his first baby.

SPRAINS AND BRUISES. Disappear like magic under the soothing touch of Perry Davis' Pain-Expeller. During this hot weather household should be without it. In 2c. 50c. and 1.00 sizes.

Don't think that because a man is willing to lend you a helping hand he'll stand for a touch.

Constipation causes many serious diseases. It is thoroughly cured by Carter's Little Liver Pills. Use a laxative three or four times.

When duty calls on a man he is apt to be out.



DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
BRONCHITIS, RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE
No. 375 "Guaranteed"

For Lame Back

An aching back is instantly relieved by an application of Sloan's Liniment.

This liniment takes the place of massage and is better than sticky plasters. It penetrates—without rubbing—through the skin and muscular tissue right to the bone, quickens the blood, relieves congestion, and gives permanent as well as temporary relief.

Here's the Proof.
Mr. JAMES G. LEE, of 1009 9th St., S. E., Washington, D. C., writes: "Thirty years ago I fell from a scaffold and seriously injured my back. I suffered terribly at times; from the small of my back all around my stomach was just as if I had been beaten with a club. I used every plaster I could get with no relief. Sloan's Liniment took the pain right out, and I can now do as much indoor work as any man in the shop, thanks to Sloan's Liniment."

Sloan's Liniment

Mr. J. P. EVANS, of Mt. Airy, Ga., says: "After being afflicted for three years with rheumatism, I used Sloan's Liniment, and was cured, sound and well, and am glad to say I haven't been troubled with rheumatism since. My leg was badly swollen from my hip to my knee. One-half a bottle took the pain and swelling out."

Sloan's Liniment has no equal as a remedy for Rheumatism, Neuralgia or any pain or stiffness in the muscles or joints.

Prices, 25c., 50c. and \$1.00

Sloan's Book on Rheumatism, Neuralgia and Stiffness sent free.

Dr. Earl S. Sloan,
Boston, Mass., U.S.A.

As supplied with Thompson's Eye Water

Styles in Hats



The three hats illustrated here are entirely different from each other. Each one is typical of one of the three distinct classes of millinery—the "dress" hat, the "semi-dress" hat and the "utility" hat. Milliners usually distinguish these classes by the terms—dress hats, trimmed hats and tailored hats.

Fig. 1 is an example of the "dress" hat, which we are all prone to call a pattern hat. It is a chamola colored felt trimmed with marabout down and coque feathers; not an extreme example of dainty and fragile millinery, but too light and too elaborate for ordinary wear. The time when one hat had to do service for all occasions, is long past. This hat and others of its class are out of place for general wear. If one can only afford a single hat, she must turn her face resolutely away from this character of millinery.

A trimmed hat which will be very generally useful is shown in Fig. 2. It is of black corded silk trimmed with a very large bow made of black taffeta silk, having the ends fringed out. The bow is mounted with a large bunch of black silk violets at one side and the hat is one of those becoming new shapes which turn up in the back and are lifted, in a slight angle, from the crown. These silk hats come in all the season's fashionable colors, so that one's choice is not limited in the matter of color. White hats with black accents (and the reverse) are made up with black trimming into models of great distinction. This hat is a good choice for women who do not

go out often and who feel a dressier model unnecessary. It is a beautiful hat for church wear. Worn with bright, dressy gowns, it will serve for a multitude of social occasions. In fact a hat of this character is very generally useful and comes nearer to answering all requirements, than any other sort.

In Fig. 3, a tailored hat is shown. The shape is nobby and mannish and is covered with plain taffeta silk shirred onto the frame. This and similar shapes are shown covered with the moire and corded silks which are found on all kinds of millinery this season. For these hats the trimming is of the very simplest character. It amounts to only a finish of some sort. A band and flat bow of velvet, kid or ribbon. Sometimes a buckle or other ornament is used. A simple rain-proof feather is not out of place, but the best effects are those in which feathers and flowers are conspicuous by their absence. This is the hat for the tailor-made costume for the street and for traveling. In the estimation of many people of excellent taste and judgment, it is the sort of millinery which should be worn at church. It is smart, inconspicuous and well made, like a tailored gown. Those hats that are made of plain silk are easier to keep from dust than the shirred varieties. In passing it should be remembered that hats must be dusted with very soft brushes or wiped off with a scrap of plush or velvet. Nothing is quite so good as a piece of silk plush for keeping millinery clean.

PRINCESS COSTUME



This costume is in old rose cashmere; the dress is a semi-fitting Princess, with panel back and front stitched at each edge; two flat pleats extend from the panel each side, and are fixed under a pointed tail of silk; folds of silk are laid under the edge of panel, and partly fill in the round neck, the over-sleeves being bound with the same. The small yoke is of silk muslin.

Materials required: Three yards, 46 inches wide, 3/4 yard silk.

Scarf Skirts.

In spite of the many rumors to the contrary, the newest skirts still give the scarf effect about the feet. They are, many of them, especially those having the Byzantine yoke, made quite full above the knees by means of side pleats and in other ways, but about the ankles they again become tight fitting. This is done by the use of weights in the hem, and also by the absence of stiff petticoats, oftentimes the soft satin lining of the skirt itself being the only covering below the knees.

Home Gowns.

The marked departures in home gowns are a short skirt and a collarless and half-decollete neck. The semi-decolletes are not only allowed, but commanded by fashion. If the neck is covered at all by the afternoon dress, it is only by transparent fabrics that never rise above the collar line.—Harper's Bazar.

RUSSIAN CAFTAN MUCH LIKED

Practical Fashion Has Been Eagerly Taken Up and Made a Season's Mode.

One of the newest and most practical of fashions that are being adopted is the Russian caftan, a coat-like garment which is similar to that worn by Tolstoy, the great Russian author, in pictures, with which we are familiar. The coat has a round or square neck, a slightly bloused bodice part and a straight bottom edge that ends just above the knees. It is confined at the waist line by a satin belt; or, to make it more realistic, a silk cord. The edges of the coat are bound with satin; for winter garment bands of fur will be used. The fastening is of ornamental or perfectly plain buttons.

This style may be developed to the extreme, but in its simpler form is more dignified.

The style promises to be a popular one for smart fall and winter costumes. Procks of woolen fabric, with blouses of net and silk and a caftan of the material trimmed with satin in a harmonizing tone, or, what is safer yet, black, will be in good taste for the well-dressed woman.

New Type of Gown.

Pretty semi-evening gowns, called abroad casino gowns, are being worn with but slight décollete and transparent guimpes of tulle or mousseline. The materials used on gowns of this type are embroideries, lace or crepe de chine, for satin seems to be somewhat passe. Many of them are trimmed with deep silk fringe, and as the guimpe is always collarless beautiful dog collars of jeweled velvet or jet are worn, so that the gown may be becoming with a hat.

Somehow a collarless gown and a picture hat are not always a pretty combination.

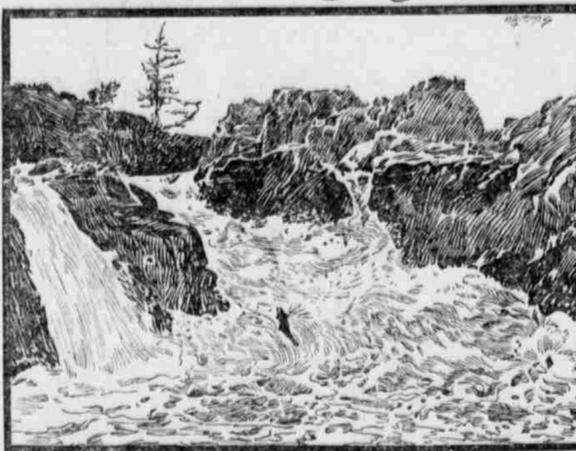
Tunics.

Curiously lovely effects are gained in little informal evening and afternoon gowns by the use of a chiffon draped tunic over a gown of a contrasting shade of satin, with a bit of embroidery on the edge of the tunic. Some striking combinations are nasturtium orange chiffon with touches of gold over gray green satin; dark gray chiffon with silver over light blue, and brilliant currant red chiffon over deep purple color, the embroidery in bronze, gold and deep reds.

Correct Veils.

Taupe is the leading shade in plain mesh veils, and those made of a wiry thread in the large, hexagonal type, are unusually becoming to the complexion. Another mesh veil, of finer weave, is covered with flat velvety pastilles, square in shape and scattered over the surface at close intervals.

SALMON AT THE FALL



SHOOTING UP THROUGH THE FOAM

WHEN we read of King Robert the Bruce that he was so greatly impressed and inspired by the spectacle of the spider accomplishing, after very many efforts, that task which it was unable to do at first, we find ourselves beginning to wonder whether it had ever happened to that royal fugitive to see a salmon or sea-trout leaping at a fall. There is no doubt whatever that in his journeyings by flood and field this is a sight that must have often met his eyes. Perhaps it was really too familiar to strike his spirit as the spider struck it—to great issues. This leaping of the anadromous fishes at a fall is at once an exhibition of the most monumental perseverance and also of the most wonderful achievement of muscle that we are able to see. You may watch little fish, like the grilse in the picture, leaping sheer over the height of man, hanging there a moment in the down-rush of water, with tail quivering after the amazing effort that has provided all the impetus, then swept down again, like a helpless mass of fotsam, into the turmoil of water below. It is not until you begin to regard that turmoil that you realize half the wonder of it. This leap, or goodness only can tell exactly how many times of its own height, would be a wonder even if it were taken from a favorable, or at least a firm, leaping board. Instead, it is taken from that mass of fluid sliding, rushing in a direction contrary to that in which the leap has to be made. Recognizing that, the wonder becomes little less than a miracle. If it were not done, we should say it was an impossibility. Closely watching, as far as we can, the preparations of the fish for the leap, we may see that it takes what we should call a long run, allows itself to be carried some distance down stream before repeating the attempt, and, when it essays the jump, comes to it almost vertically up through the water, cleaving the foam at the fall's foot. This action has led some to think that the fish does not, in fact, have such a bad "take off" as appears, for it is argued that there is a back rush, underneath the surface movement of the stream, towards the foot of the fall, and that the fish takes advantage of this to get up its impetus for the final vertical effort. The fish shown in the picture are grilse, and the grilse, for their size, are, perhaps, the most active of all, as it is right that they should be, seeing that they are at the young and athletic age; but the sight is hardly as impressive as that of a big salmon jumping.

If we can turn our thoughts from the wonder of the power which the fish shows in this leap, we must direct them on its untiring persistency. The pertinacity with which it is borne down, time after time, and returns to the charge, recalls the pathetic story of Sisyphus with his stone. On many rivers we know that the salmon's task is really as unending as that of Sisyphus himself. The purpose of the fish in attempting the ascent is, it need hardly be said, to get up to the gravelly reaches, probably nearer the sources of the big river or on some of its tributaries, where their ova may develop safely; and in all likelihood, though the story of their life has never been fully told, these are fish striving to return to the nurseries in which they were themselves reared. There are, however, certain falls on certain rivers which fish are now unable to ascend, or are able to do so only in such big spates as occur at very infrequent intervals. It may be that several years will elapse before the river is raised to such a height as will allow the fish to pass the fall. This may be owing to the natural changes produced by the action of the water on the rock in heightening the fall, making it steeper, or taking away the steps or landings, so to call them, which used to help the ascent, or it may be due to man's action in abstracting water by surface drainage or for use in his houses. In such a case as this the salmon never will surmount the fall, and it is evident that the natural result, in course of time, must be the gradual depletion of the river of its fish. Meantime such fish so may survive will continue their best efforts with a perseverance which wins our admiration, though a true understanding of their psychology must, perhaps, convince us that it is without moral value, being merely a

blind obedience to the inherited instinct of their race.

The great product of Labrador is its fisheries. Strip it of its marine products and you have left nothing but mosquitoes and a barren waste. In its fisheries, which amount annually to many hundreds of thousands of dollars, it is easy to see what has been the bone of contention in the past years between England, France and the United States. The business of catching fish is carried on for the most part by the large and enterprising houses of England, with their branch offices in Newfoundland. Each house has its dependents whom it furnishes in the spring with food, apparatus and boats necessary to obtain a catch. In the fall the accounts are settled. If the season has been a remunerative one the house obtains an ample return for its investment; but if, as often it happens, the season has been for some reason an unprofitable one, the house stands its loss, patiently looking to another year to reimburse it for its previous unprofitable outlay. Little money ever passes into the hands of the catchers of cod. It is a matter of barter wholly, and the balance of credit is always on the side of the house. Yet, with its manifest disadvantages, the system is a great practical help to the fisherman himself, since it frees him from direct competition in the open markets and guarantees him a home and means of support, which if left to himself he might often lack.

The method of catching fish differs from that employed by any other people except the Scandinavians. It was introduced from the Norwegian coast over 20 years ago and first put into operation off the shores of Newfoundland near St. John's. There it was so successful that trap fishing is now employed along the whole Labrador coast. The trap consists of an immense well, built in the form of a square, measuring eight fathoms to a side. These sides, which are made of strong netting, are connected at the bottom by a flooring of netting, the whole extending from the buoys at the surface to very near the bottom. From the square inclosure thus made a net is sprung to the shore, where it is fastened, generally at the foot of some perpendicular cliff, to serve the purpose of a leader. The fish in their passage to and from the harbor encounter this leader, and in trying to pass around it enter the trap, which they try in vain to leave. The average number of fish captured at one haul of the trap is 50 quintals in a good season, and as two hauls are made in a day the profits are large, especially when the fish sell, as during the last season, at from \$3.50 to \$4 a quintal.

The method of pulling the trap is interesting. A large boat, capable of carrying 40 quintals of fish and manned by six hands, is moored to one corner of the trap and the work of undermining begun, the object being to force the fish into one corner that they may the more easily be transferred to the boat by the dipnet. Beginning at this corner, the bottom and sides of the net are pulled gradually to the sides of the boat, as each new hold reaches the gunwale the preceding one being let go. In this way the fish are gradually forced into the corner, from which they are transferred to the boat. Oftentimes the sag of the net becomes caught on the bottom of the boat, which is then literally aground on the shoal of codfish. When the catch is too large for the boat to carry to the cleaning house a big is fastened to the top line of the net and the fish forced into it, where they remain till the next day, when they are taken at a special trip. A well-equipped trap costs \$400, and when badly torn or, as is sometimes the case in a storm, lost altogether, necessitates an additional hardship on the unfortunate owner.

Tench Household Economics. The Women's Educational and Industrial union of Boston has added expert visiting housekeepers to its department of household economics. For a small fee the visiting housekeeper will drop in and set the machinery of the household running smoothly by exhibiting new equipment or giving aid and instruction in whatever branch mistress or maid may need it.

If a man's credit is good it is because he seldom uses it.

THE CAT OUT OF THE BAG.



Mrs. Bauer—Tell my son-in-law that I thank him for his invitation, but am unable to accept it.

Servant—Good. He promised me half a dollar if you weren't able to come.

The Main Question.

This story is current in the Arkansas hills. A woman was telling some friends what a delicate childhood was hers.

"When I was born I weighed only four pounds. They put me in a cigar box for a cradle."

"Goodness gracious!" exclaimed one of the listening women, leaning forward with great interest, "and did you live?"—Kansas City Times.

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