

HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice.—It will be confidential.

The Army of Constipation

Is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible—the only give relief—they permanently cure Constipation. Millions use them for Coughs, Bronchitis, Indigestion, Sick Headache, Sallow Skin. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

ANY INDUSTRIOUS MAN may devote his time to good advantage selling low-priced tires. The Cut-Edge Tire business is a money maker. \$25 non-skid casing, \$28. Other sizes in proportion. Small capital required. For full particulars write to E. F. Adams, 159 Broadway, New York City.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

"ROUGH ON RATS" Kills Rats, Mice, Snags the outdoors. See and try.

CONTEST ENDED RIGHT THERE After Mr. Jigson's Statement All Felt That It Would Be Mere Folly to Continue.

It was the annual reunion of all the members of the Globe Trotters' club. Speeches had been made by everybody who was anybody; and that proposition had been seconded by So-and-so, and all the usual business inevitable at such a gathering had been waded through. Then the chairman rose to his feet, holding in his hand a handsome gold watch.

"Gentlemen," he said, impressively, "by way of a novelty the club will present this watch to the member who tells us all the most palpable lie."

Then the contest started. All sorts of yarns were narrated, describing sundry wildly impossible adventures, and then it was the turn of Jigson, a gentleman with a mania for angling.

"Gentlemen," he said, apologetically, "I trust that you will allow me to refrain from entering this peculiar contest."

"Why?" they all cried. "On principle," replied Jigson, proudly. "I have no inclination to tell lies."

Then everybody yelled, "You've won!" And he had.

A Massacre. I saw it hobbling down a flight of steps, slashed and torn to shreds. Barely enough was left to hold the shreds together. It was a pitiful sight. My curiosity was aroused.

"What are you?" I asked, "and how came you in such horrible condition?" "I am a reputation," the wreck replied, "and I have just been released from a female bridge whist party."—Life.

Call a man a diplomat, instead of a liar, and he will be pleased. Yet it amounts to the same thing!

When The Doctor Says "Quit"

—many tea or coffee drinkers find themselves in the grip of a "habit" and think they can't. But they can—easily—by changing to the delicious, pure food-drink,

POSTUM

This fine cereal beverage contains true nourishment, but no caffeine, as do tea and coffee.

Postum makes for comfort, health, and efficiency.

"There's a Reason"

Philosophy of the Simple Life

By JOHN BURROUGHS.

If you should ask me what counsel I would give to a young man starting in life—how I would attempt to set him on the road to happiness—it would run something like this: Be industrious. Be honest. Be serious and sincere; don't slur your work. Deal fairly; like your neighbor; lend a helping hand. And don't forget how to play. Play will keep you young. Lucky is he who gets his grapes to market with the bloom on.



Reading the lesson of my life to myself, it seems to teach one thing: that one may have a happy and not altogether useless life on cheap and easy terms. The essential things—the true values—are all simple and near at hand—home, friends, books, Nature, a little leisure, a little money, and, above all things, congenial work—something you can put your heart in. But uncongenial work, even drudgery, is better than idleness and indifference. A heritage of inestimable value is wholesome instincts, especially an instinct for the truth.

I have never bothered myself with any regularly thought out philosophy of life. I have simply loved and most of the things and the people about me. Things become tools when you learn to grasp the right handle, and people will lend a hand if you are naturally disposed to lend a hand in return. Sympathy begets sympathy, love begets love, and in the end if a man does not magnify his duties he is pretty sure to get all that is coming to him in life. I have never seriously thought about my dues, or if I had any dues. I have simply looked about me for things worthy of my love and interest. I seem to have been getting my dues and more every day of my life. With health and friends and Nature, with the sweet air to breathe and the husky old earth to walk on, or till, or study; with the press of one's foot to the ground, as Whitman says, springing a hundred affections, how could one fail to get his dues?

Invest yourself in the people and things about you; deal honestly with yourself and your neighbor; think not of rewards; think how well you can do your work, how much you can get in the way of satisfaction out of each day. Young men often write me that they want to be nature writers like myself, and ask me how to begin, what books to read, and so on. I tell them to begin where they are, at their own doorstep, and to read their own hearts to see if there is any real nature love in them. Can they serve the great trio, the True, the Beautiful, the Good, disinterestedly, or are they after fame or money?

Poultry Pointers

Chickens should be hatched early according to the period of maturity of the breed used, so that they will commence to lay when the last year's hens are beginning to molt, and the price of eggs is high.

Some kind of a grinding machine is necessary on every farm for making chop or crushing grain, especially for the young chickens, which, after the first week or two will eat almost anything which is ground finely enough.

It is not the number of birds that will guarantee better results next season than you had this year, but the quality of the birds.

Anything that is tough and stringy, like strong grass, pieces of muscle in meat, etc., should not be fed to the fowls, for it is likely to become lodged in the crop and produce crop-bound.

Avoid crowding of chicks by keeping them in small flocks and by providing roomy coops. Thin out if there are too many.

It is seldom that any money is saved by economizing when buying poultry feed. The cheapest food to feed is that which will keep the hen healthy and make her lay well.

Cockerels in good condition bring a fancy price in the market. Common sense is an important factor in the poultry yard.

It is most important never to select eggs for hatching from hens which have been laying heavily. The best are those which have laid after a hard winter or a period of rest.

Equal parts of boiled oats, corn and wheat, with now and then the addition of table scraps makes a good egg-producing ration.

In the breeding pens the roosters should be changed whenever necessary; inbreeding produces weak progeny.

A Little Bit of Everything. A wall tie that grips half a dozen bricks instead of two, as customary, has been invented by a Scotch builder. In the present war seven men die in battle to one of illness. During our Civil war five died from disease for one slain in battle.

Buttons in Favor.

One could talk forever about the buttons used this season. Almost every new costume shows a new button. Engraved crystal and aluminum are elaborate, a mosaic shell button is odd. The buckle button serves two purposes. Enamel and rhinestone and steel are artistic combinations. Ribbon covered molds, molds covered with bunched beads and some in leather in pinwheel effect are products of the dressmakers' art. Some buttons are braided, many embroidered, and some even covered with straw. Hand-painted glass buttons are used on lingerie, while buttons edged with wired braid loops are surely a novelty.

Not a Pigtail to Be Seen in the Chinese Parliament

The opening ceremonies of the Chinese parliament in Peking marked the full turn of the circle to Republican publicity from the antique formalities and gorgeous ritual which President Yuan restored in the brief period when he was emperor-elect. But the frock coat of the president who walked in and sat down while all the members were standing around gossiping was not such a surprise as the gentility and courtesy which prevailed. Old rivals shook hands and chatted of the prospects in a manner which was impossible when everybody was wondering if his neighbor had sold himself or would sell him, and the air of suspicion which hung about the place like a cloud in the Yuan days completely absent. Even the guards at the door were an unknown quantity in the old times.

There were present 456 legislators and not a pigtail among them. Very few were in uniform. A good many wore modern Chinese dress, but those who hold official positions mostly came in Prince Alberts.

License Gave Privilege. Angelo walking down the street saw Tony coming the opposite way leading his dog. Being deathly afraid of it, as it was playful, he said to Tony: "Say, if your dog bites me I'll have him arrested." "Go on," said Tony, "this dog has a license; he's allowed to bite anybody."

STAR OF THE MOVIES



Lillian Lorraine. Pretty actress who has won big following among devotees of the silent drama.

Wise and Otherwise.

The demand for twins never exceeds the supply. Men seldom follow good advice unless they pay for it. It takes an all-round hustler to make both ends meet. It is easy for a woman to keep a secret that isn't interesting.

Some music hath charms to, incite a man to start a rough house. Many a business man has been swamped by the weight of his dignity. It is much easier to break a dead man's will than a live woman's won't.

If we could only see ourselves as others see us—but we can't, so what's the use worrying? Don't try to guess a woman's age. Take it for granted that she is somewhat older than she thinks she looks, and let it go at that.

Tired of the Tune. "I thought when my neighbor borrowed my favorite ragtime record and broke it that the accident was unavoidable." "Yes?" "But I have my suspicions now." "Why so?" "He wants to replace it with something else."

The Usual Ending. "This is a rather affecting poem." "What is it about?" "An automobile racer is bidding farewell to his car." "And the circumstances?" "He's going to the hospital and the car to the scrap heap."

His Class. "Blinks says he is an optimist." "So he is—the kind who when things come their way, are always telling other people not to worry." Fitting the Name. She—Why will you drink so much? You are a monster! He—All right, then. I'll be one of them tank monsters.

CHICKEN PIE WORTH WHILE

Recipe That Has Been Long in Use and Can Be Recommended as Excellent.

One chicken boned (reserve bones to make stock), one-quarter pound bacon, one-half pound sausage, one or two hard-boiled eggs. Cut the chicken into joints and place on bones with an onion, one or two peppercorns, a blade of mace, and a little lemon rind. Simmer for three or four hours. Pack chicken in layers in a pie-dish along with sausage, bacon, hard-boiled eggs and seasoning; half fill with the stock.

Flaky pastry for covering: One-half pound flour, one-quarter pound butter, one-half teaspoonful baking powder, water, pinch of salt. Method: Mix flour and baking powder; add the butter cut in small pieces, and the salt. Make into a stiff paste with water. Form paste into a long piece; roll it out. Fold in three equal pieces. Turn the paste round and repeat rolling and folding two and one-half times. Roll out paste a little larger than the pie-dish. Cut a strip off and line rim of pie-dish. Cover top with large piece. Make a hole in top for ventilation. Use scraps of paste to make a rose and leaves for decoration. Brush over with beaten egg. Bake in hot oven at first for half an hour. Then continue for one and one-half hours in a more moderate heat.

ROUND STEAK AT ITS BEST

Proper Method of Preparation Has Much to Do With the Appetizing Quality of Meat.

Lay out in a hot iron frying-pan three thin slices of fat salt pork, three by four inches, and add one onion peeled and cut in thin slices. Cook, stirring constantly until broken. Wipe a 2½-pound slice of round steak, put in frying pan, pour over 1½ cupsful of cold water and add one-fourth teaspoonful of salt. Bring quickly to the boiling point, cover closely, remove to back of range and let simmer slowly until tender. Remove steak to hot platter and strain stock (there should be one cupful). Melt one tablespoonful of butter, add two tablespoonfuls of flour and stir until well blended; then pour on gradually, while stirring constantly, the hot stock. Bring to the boiling point, let boil two minutes, season with salt and pepper and pour over and around the steak. Garnish with baked stuffed tomatoes around the edge, and with overlapping slices of tomatoes and sprigs of parsley in the center.

Beef Ramekins.

Take one-half pound of cooked beef, two cupfuls of mashed potatoes, one teaspoonful of minced parsley, one teaspoonful of chopped gherkins, salt and pepper to taste, and gravy or sauce to moisten. First wash some boiled potatoes finely so that they will be free of lumps, adding one teaspoonful of butter and sufficient hot milk to make them soft and creamy. Cut the meat into dice, freeing it from skin and gristle. Mix it with the parsley and gherkin and enough sauce or gravy to moisten all well. Fill ramekins three parts full of the mixture. Cover the meat with potatoes, heaping it well in the center and marking it neatly with a silver fork. Bake for ten minutes in a hot oven or until heated through and well browned.

Chicken a la Monte Carlo.

Melt two tablespoonfuls of butter in an earthen dish or casserole with one carrot, three onions sliced, two bay leaves, salt, pepper and some thyme. Add a young fat fowl, cut into joints and let it get brown. Then add one pint of consommé and cover airtight. Cook three-quarters of an hour. It must simmer all the time. If the fowl is old, it will take longer to cook. Add two tablespoonfuls sherry, a dozen potato balls fried in butter, a dozen button mushrooms and some chopped parsley. Let it cook ten minutes more and serve in the sauce dish or the charm of it will be lost.

Bubble Pudding.

Put one pint of milk on to heat in a double boiler. Dissolve two tablespoonfuls of cornstarch in two of cold milk and stir it into milk. Then add the yolks of two eggs well beaten and one tablespoonful of sugar. Whip rapidly for a moment. Remove from fire and pour into a buttered mold or bowl. Cover closely and boil one hour. Serve with lemon sauce.

Canned Grapes.

Wash the bunches, pick off the firm grapes, and pack them into glass jars as firmly as possible without crushing. Then steam the jars as directed for canning peaches by the steaming method until the grapes are thoroughly heated; this as a rule usually takes from 20 to 30 minutes.

Peanut Cream Dressing.

Two tablespoonfuls of peanut butter, one teaspoonful of mustard, one teaspoonful of sugar, salt and pepper. Mix well into this two tablespoonfuls of thick cream and one tablespoonful of chopped olives. Thin with vinegar and pour over either lettuce or chopped celery.

Good Filling of Beans.

Press cold baked beans through a colander; add two tablespoonfuls of horseradish to each cupful of beans. Put between very thin slices of brown bread with butter and a little prepared mustard. Cut in fancy shapes.—Yorkers Magazine.

Using Paraffin.

If paraffin is used on top of jellies and jams, when it is removed from the jar, wash it, melt it and strain it through coarse cotton, such as a salt bag. It is then ready to use again.

Laundry Bit.

To wash scorched goods, boil them in a mixture of one part soap and one teaspoonful turpentine in a gallon of milk.

To Remove Iodine Stains.

Immerse the stained articles immediately in a gallon of water to which has been added about two teaspoonfuls of plain household ammonia.



WRIGLEY'S

The Flavor Lasts!

Rosy cheeks, bright teeth, good appetites and digestions — yes, the reward for the regular use of Wrigley's is benefit as well as pleasure!

Sealed Tight—Kept Right

Write Wm. Wrigley Jr. Co., Chicago, for free copy of the Wrigley Gumption Book.



"Chew it after every meal!"

She Let Him Have It. "Getting on nicely," said the doctor—"very nicely! I think he might have a little solid food directly, he begins to be convalescent." "But what are the signs of convalescence?" asked the wife. "Oh, it's always a good sign when the patient displays irritability and a disposition to argue and a certain peevishness."

On his visit next day the doctor found the little wife very cheerful. "And how is the patient?" he asked. "Oh, much better, I think, doctor! I gave him a fried steak and onions yesterday."

"Fried steak and onions?" gasped the medico. "But why on earth—" "Well, I followed your instructions, doctor. You said that if he was at all peevish or disposed to argue it was a sign that he could stand some solid food. He asked me last night if he could have a fried steak and onions, and I said I didn't think he ought to, so he got up and went into the kitchen, smashed fourteen soup plates, a tea service and two milk jugs. So, in view of what you said, I let him have it!"

One Who Doesn't Worry. Miss Paul—Grace doesn't obey anybody. Miss Pry—No; she doesn't even mind her own business.—Town Topics.

SWAMP-ROOT STOPS SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, remember it is needless to suffer—go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for diseases of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This prescription was used by Dr. Kilmer in his private practice and was so very effective that it has been placed on sale everywhere. Get a bottle, 50c and \$1.00, at your nearest druggist.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

It Looked Suspicious.

They were taking an old-fashioned buggy ride in the mellow twilight and their engagement was still in its infancy. "Darling," he said, "are you sure I am the first and only man whose lips have ever come in contact with yours?" "Of course you are, dearest," she replied. "You don't doubt me, do you?" "No, no, sweetheart," he answered, "I love you too dearly for that. But when I put my arm around your waist a moment ago and you made a swift grab for the lines, I couldn't help thinking you possessed wonderful intuition."

And the horse meandered slowly on.

No Mistakes.

"I don't believe that is a live wire." "Well, touch it if you want to be dead sure about it." Holland's mines are now producing coal at a rate of about 2,000,000 tons a year. Synthetic milk is being produced from peanuts by European chemists. London's metropolitan police area has 7,600,000 population. English people use an average of eight matches each person a day.

Table Dainties from Sunny Climes

From tropical Hawaii, home of the sweetest, most luscious pineapple, comes the one; and California, where the tenderest asparagus grows, supplies the other. The Libby care and cleanliness back of both is a warrant of a product that will please you. Insist on Libby's at your grocer's.

Libby, McNeill & Libby, Chicago