

### LAYMAN FINDS STOMACH CURE

Good Christian and Family Man, But Had Poor Digestive Organs—What Cured Him You Can Get Free.

It is generally admitted that the stomach is the seat of many of our troubles. It is not often that the layman has a chance to "peek up on a good" and learn how to cure his troubles. Mr. Joseph Murphy, of Indianapolis, Ind., whose stomach was so poor that he could not eat anything, I could not get what I did out of my system. I tried everything, because my work, as engineer on a railroad train, makes it necessary that I feel strong and well. Finally, I found a good fortune in reading up with Dr. Caldwell's Syrup Pepsin, through the recommendation of a friend. I took it and was cured. That is some time ago, but I am still cured.



**REASON FOR SOBRIETY.**

"Say, Sam, is ya' afraid of snakes?" "Deed I is: I done swore off all mebbe ago."



**REST AND PEACE**

Fall Upon Distracted Households When Cuticura Enters.

Sleep for skin tortured babies and rest for tired, fretted mothers is found in a hot bath with Cuticura Soap and a gentle anointing with Cuticura Ointment. This treatment, in the majority of cases, affords immediate relief in the most distressing forms of itching, burning, scaly, and crusted humors, eczema, rashes, inflammations, irritations, and chafings, of infancy and childhood, permits rest and sleep to both parent and child, and points to a speedy cure, when other remedies fail. Worn-out and worried parents will find this pure, sweet and economical treatment realizes their highest expectations, and may be applied to the youngest infants as well as the children of all ages. The Cuticura Remedies are sold by druggists everywhere. Send to Foster Bros. & Chem. Corp., sole proprietors, Boston, Mass., for their free 22-page Cuticura Book on the care and treatment of skin and scalp of infants, children and adults.

**Civilization and Missions.**

There is a question that is larger than government or trade, and that is the moral well-being of the vast millions who have come under the protection of modern governments. The representative of the Christian religion must have his place side by side with the man of government and trade, and for generations that representative must be supplied in the person of the foreign missionary from America and Europe. Civilization can only be permanent and continue a blessing to any people if, in addition to promoting their material well-being, it also stands for an orderly individual liberty, for the growth of intelligence, and for equal justice in the administration of law. Christianity alone meets these fundamental requirements. The change of settlements in favor of the foreign missionary in a single generation has been remarkable.

**Evidently Not.**

They had met at Bluepoint, L. I., two years before and were celebrating it by a little dinner at a cafe.

"I shall never forget how we became acquainted," he was saying. "So romantic. In swimming. That was when I first saw you. You went into three feet of water and got frightened. I rescued you from a watery grave and we were friends at once." He called the waiter. "Bring me the wine list," he said, explaining. "Because we began our acquaintance in a watery way, it needn't always be watery."

**How's This?**

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by ELLI'S CURE.

E. J. CHENEY & CO., Toledo, O.

What Did He Mean?

III—What will be done when all the fools are dead?

III—He'll never live to see that day.—Yonkers Statesman.

**Physical Messengers.**

He (gushing)—Your eyes tell me much.

She (silly)—Your breath tells me more.—Cornell Widow.

**The World's Volcanoes.**

There are 270 active volcanoes in the world, many of them being comparatively small.

**It's Pettit's Eye Salve.**

That gives instant relief to eyes, irritated from dust, heat, sun or wind. See All Druggists or Howard Bros., Buffalo, N. Y.

Put the wrong foot out of bed first when you get up in the morning and you will be cross all day. Always get up with the right foot foremost.

### INFECTIOUS DISEASES OF LIVE STOCK EXPLAINED

Twenty-Fifth Annual Report of Bureau of Animal Industry of Agricultural Department Contains Articles on Tuberculosis and Many Other Maladies.

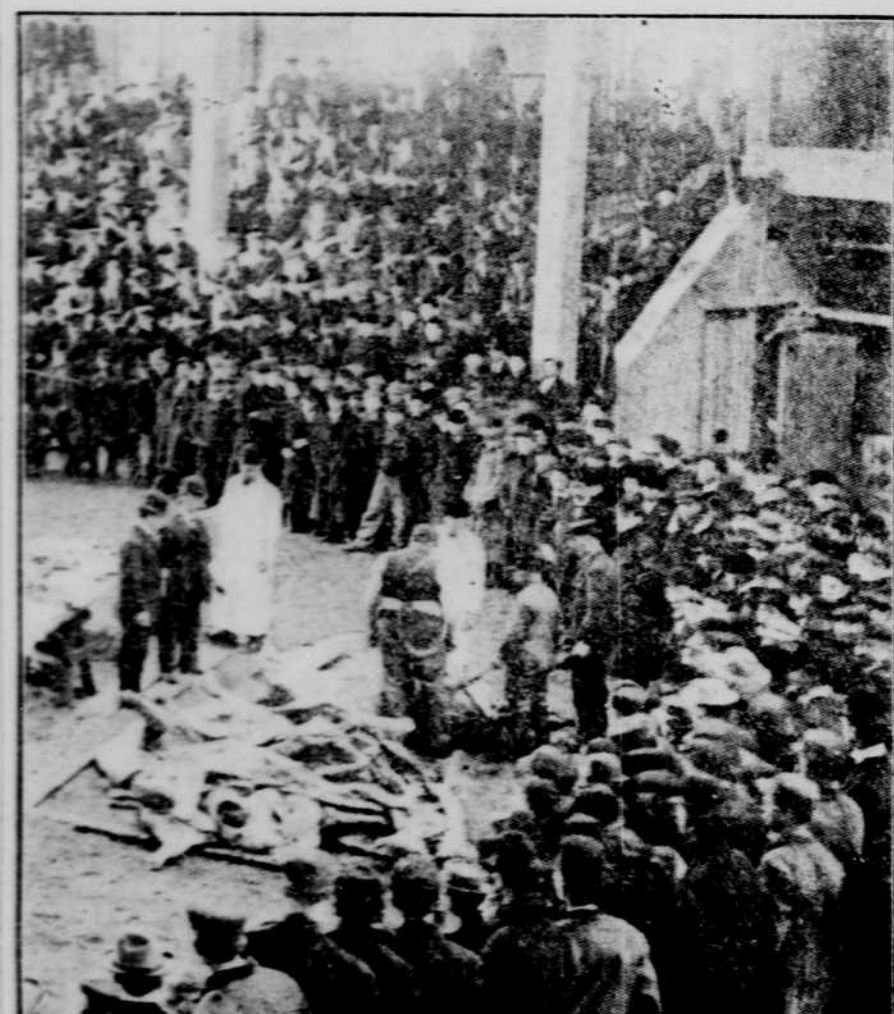
The twenty-fifth annual report of the bureau of animal industry of the United States department of agriculture, just published, is an illustrated cloth-bound volume of 562 pages containing special articles and information of both popular and scientific interest. This report is issued as a congressional publication, and a limited number of copies are assigned to each senator, representative and delegate in congress for distributing among his constituents. The department has no copies for general distribution, its quota being required for its employees and such outsiders as cooperate in its work. The book is on sale to the public by the superintendent of documents, government printing office, Washington, D. C.

Tuberculosis in its various aspects is the subject of three articles. Dr. A. D. Melvin, the chief of the bureau, in considering the economic importance of this disease among the food-producing animals, estimates that the financial loss from this cause is at least \$24,000,000 annually. Dr. E. C. Schroeder, superintendent of the bureau's experiment station, points out the danger from the tuberculous cow to human health. His paper is accompanied by a number of striking illustrations showing cows of fine appearance which are really affected with tuberculosis and giving off the germs

December, 1908, among livestock in Michigan, New York, Pennsylvania and Maryland, is described in a paper by Dr. A. D. Melvin. After a few months of vigorous work by federal and state officers the disease was eradicated at an expense of over \$300,000 to the department of agriculture and about \$112,000 to the states.

The history of an importation of Maltese goats by the department of agriculture a few years ago, and a description of Malta fever, are presented in an article by Drs. John J. Mohler and George H. Hart. The goats, which were imported with a view to building up a milk goat industry in this country, were found to be affected by Malta fever, a disease which prevails to a considerable extent among people, as well as goats, on the island of Malta and other places on the Mediterranean. After keeping the goats under strict quarantine for some time it was finally considered necessary to destroy them all.

Other articles contained in the report are as follows: "The Need of State and Municipal Meat Inspection to Supplement Federal Inspection," by Dr. A. M. Farrington; "State Legislation Regulating the Standing of Stallions and Jacks for Public Service," by Roy A. Cave; "The Development of Livestock Shows and Their Influence on Cattle Breeding and Feeding," by E. G.



Tuberculosis Demonstration at Madison.

of that disease in such a way as to be dangerous to consumers of their milk. Drs. John R. Mohler and Henry J. Washburn of the pathological division have a paper dealing with the causation and character of animal tuberculosis and federal measures for its repression.

The bureau's field experiments with serum for the prevention of hog cholera are described in a paper by Dr. W. B. Niles. Doctor Melvin in another paper presents a plan for the control of hog cholera by the systematic use of serum.

Three diseases of live stock about which little has heretofore been known—namely, infectious anemia, or swamp fever of horses, and chronic bacterial dysentery of cattle—are described in an article by Dr. John R. Mohler. An article by Dr. R. J. Forman presents the results of an investigation as to the damage caused to the livestock industry by smelter fumes in the Deer Lodge valley of Montana. Dr. B. H. Ransom describes methods of preventing losses from stomach worms in sheep. The results of experiments to determine the length of time that typhoid bacilli will remain alive in milk and butter are given in an article by Dr. Henry J. Washburn.

George M. Rommel, in "Notes on the Animal Industry of Argentina," gives information about that country, which is a growing competitor with the United States for the English meat trade.

In a paper on "Improved Methods for the Production of Market Milk by Ordinary Dairies," Messrs. C. B. Lane and Karl E. Parks describe simple and inexpensive methods within the reach of the average dairymen by which clean and wholesome milk may be produced.

The outbreak of foot-and-mouth disease which appeared in November and

Ritzman; "The Value of the Poultry Show," by Rob. R. Slocum. The volume also contains statistics of the livestock markets and meat inspection and other miscellaneous information regarding the livestock industry.

Some of the articles in the report have been issued separately in pamphlet form and can be obtained in this form on application to the department of agriculture.

The illustration shows a tuberculosis post-mortem demonstration before 2,000 farmers at the farmers' course recently held at the University of Wisconsin. Several cows, previously tested with tuberculin to determine that they were infested with tuberculosis, were killed and the diseased tissues, showing nodules of the disease, shown to the farmers.

**Get Rid of Poor Hens.**

Is there any good reason for keeping a lot of hens around year after year when they do not yield a profit nor even enough to pay for their keep? Better get rid of that kind which is usually the old birds of the flock. A trap nest will tell which hens lay the eggs, but the trouble with our folks is that they are too busy to sit around all day checking up the hens in a trap nest and the most of them will not do it.

**Pruning Peach Trees.**

In case of the peach tree, annual pruning is an essential to profitable fruit production. The fruit of the peach is borne only on the wood which grew the preceding year, and for this reason nature endows this tree with a strong growth, the shoots usually growing three feet and more. As near as any rule can be laid down, it may be said that this new growth should be cut back from one-third to one-half.

**Spinach Salad.**

Chop fine cold boiled spinach, season with salt, pepper and a suspicion of nutmeg and mold in small cups. Turn out when formed onto lettuce leaves and garnish with hard-boiled eggs sliced or the yolks rolled through a ricer. Strips of Spanish red peppers may be used for a garnish if preferred. Serve with mayonnaise or a French dressing.

**Persian Ice.**

Mix with a plain lemon sherbet the same quantity of finely chopped figs, dates, raisins and nuts. Prepare for serving by pouring the mixture into tall, thin glasses. Place on the top a bit of whipped cream and a bit of preserved ginger.

**Shamrock Pudding.**

One pint of milk, two eggs well beaten, pinch of salt, three table-spoonsful of sugar, four crackers rolled fine, juice of half a lemon and grated rind of same. Bake.

**Potato Hint.**

When there are almost but not quite enough potatoes for luncheon, hard boil two or three eggs, slice, mix with the cut-up potatoes and pour cream gravy over them.

### BRAISED SHOULDER OF VEAL

Good to Serve When Family Is Tired of the Daily Roast and Its Appurtenances.

Fry a shoulder of veal and ask the butcher to bone it and send the bones with the meat. Cover the bones with cold water, and when it comes to a boil, skim, then add a little onion and carrot and a few seasoning herbs and any spices desired. Simmer gently for an hour or so until you have a pint of stock. To make the stuffing take a stale loaf, cut off the crust and soak in a little cold water until soft. Rub the crumbs of the loaf fine in the hands, then add to the soaked and softening crust. Chop one-half cup of suet, fine; put into a frying pan a tablespoonful of the suet, and when hot add onion, chopped fine; cook until brown, then add to the bread with regular poultry seasoning of salt, pepper and a bit of thyme. Mix and stuff the cavity in the shoulder, then pull the flaps of the meat over and sew. Put the rest of the suet in the frying pan, and having dusted the meat with flour, salt, pepper and a sprinkling of sugar, brown on all sides in the fat. Into the bottom of the braising pan, which may be any shallow iron pot or granite kettle with a tight cover, put a layer of thin sliced onions and carrot, a bit of bay leaf and sprigs of parsley, and on this lay the meat. Add two or three cloves, pour the stock around it, cover closely and braise in a hot oven for three hours.

### The Home.

Decorated china plates should be put away with round pieces of Canton flannel between them.

Pillows, too, should be treated in the same way if you want to keep them from getting musty.

Mattresses should be half-turned and allowed to stand in a draft, so that the air will play all round them.

Serve crisp celery with cold meat. It is always appreciated, and it is a nerve tonic of considerable effectiveness.

For washing coarse clothes soft soap is the best, and it has the advantage of going further than hard, yellow soap.

All beds should be stripped before breakfast and placed where they can get plenty of air and, if possible, a little sun, too.

Enameled baths may be cleaned of stains with a rag dipped in salt mixed with paraffin. Afterward rinse well with hot water to remove oil, and dry with a cloth.

Japanese ware should be washed with a sponge dampened in warm water and dried immediately with a soft cloth. Obstinate spots can quickly be removed by rubbing them with a woolen cloth dipped in a little sweet oil.

If your corn does not pop well, it may be because it is old. Soak it in cold water for 15 minutes, drain and try again. Better results will undoubtedly be obtained.

If you cannot use a scrub brush to get into all parts of the refrigerator when cleaning it, try a small stiff paint brush for the purpose. It reaches the corners.

In washing silk waists, handkerchiefs, underwear, etc., use only lukewarm water, and cold is better, for the hot water will yellow them as well as give the silk an unpleasant stiff effect. Do not have them damp when ironed, for the same reason. If they are rolled up in a cloth so that they will dry evenly they may be safely ironed when nearly dry.

Mattresses should be cleaned and remade every three years if you want them to keep their springiness. It is worth while to buy good mattresses in the first place if you can possibly afford it, as these clean again and again and come up as good as new. Cheap mattresses are not worth remarking and almost invariably get lumpy after a year or two's wear.

**Brown Bread.**

This is a fine recipe for brown bread made with baking powder. Sift together one cup each of corn meal, rye meal and Graham flour, one teaspoon of salt and two teaspoons of baking powder. Blend one cup of sour cream with three-fourths of a cup of molasses and beat three-fourths of a teaspoon of soda into the mixture. Then add two-thirds of a cup of water and the dry ingredients, beating all well together. Turn into buttered baking powder cans, filling not more than two-thirds full. Steam three hours and then remove from cases and dry in oven about fifteen minutes.

**Small Glass.**

Save the glass from all small picture frames that you discard for some reason or other to cover bowls of left-over food that you put away in a pantry or ice box, then when you want to use a certain one of them you see at a glance where it is without uncovering two or three others first. It will be found a great convenience.

**Rhubarb Fool.**

Cook half a pound of rhubarb with six table-spoonsful of sugar, two slices of lemon and nearly one cupful of water, until tender. Into a pitcher pour one pint of milk, three well-beaten eggs, three table-spoonsful of sugar and a pinch of salt. Stand the pitcher in a saucepan of boiling water and stir until it thickens; do not boil. Then very gradually add the cooked rhubarb, stirring all the time and giving an occasional stir until cold. Then put it into a glass bowl, stand it on a glass dish and fill in the space between with sliced cake.

**Bananas in Sirup.**

Heat an enamel-lined saucepan, some red currant jelly and raspberry jam dissolved in water, in all making a pint. When all boils drop into it a dozen peeled bananas and simmer gently for 20 minutes. Remove the bananas carefully, boil the sirup, add a few drops of lemon juice and strain over the fruit. Serve cold in a glass dish with a garnish of stiffly whipped cream.

**Cleaning Utensils.**

Get at the paint store or hardware shop a few sheets of medium grain sandpaper. Cut them up into squares about 2 by 2 inches and keep near the sink. When your pans or skillets are greasy, or blackened, or rusty, wet the article and rub with sandpaper. It will leave the pan perfectly clean and bright. Beats scouring powders. Try it.

**Biscuit Dough.**

When you have tea or baking powder biscuit dough ready for cutting, instead of making plain biscuit, spread the dough with butter, sprinkle with sugar and dust lightly with cinnamon, roll like a jelly roll, and cut into slices an inch thick, and bake in a moderate oven. These are excellent with tea or coffee for lunch or breakfast.

### USING LEFT-OVERS

MANY WAYS BY WHICH COOK MAY ECONOMIZE.

Portions of Meat Such as Are Frequently Thrown Away Make Attractive Dishes and Give Variety to the Menu.

Almost any meat bones can be used in soup making, and if the meat is not all removed from them the soup is better. But some bones, especially the rib bones, if they have a little meat on them, can be grilled or roasted into very palatable dishes. The "sparerib" of southern cooks is made of the rib bones from a roast of pork, and makes a favorite dish when well browned. The braised ribs of beef often served in high-class restaurants are made from the bones cut from rib roasts. In this connection it may be noted that many of the dishes popular in good hotels are made of portions of meat such as are frequently thrown away in private houses, but which with proper cooking and seasoning make attractive dishes and give most acceptable variety to the menu. An old recipe for "broiled bones" directs that the bones (beef ribs or sirloin bones on which the meat is not left too thick in any part) be sprinkled with salt and pepper (cayenne), and broiled over a clear fire until browned. Another example of the use of bones is boiled marrow bone. The bones are cut in convenient lengths, the ends covered with a little piece of dough over which a floured cloth is tied, and cooked in boiling water for two hours. After removing the cloth and dough, the bones are placed upright on toast and served. Prepared as above, the bones may also be baked in a deep dish. Marrow is sometimes removed from bones after cooking, seasoned and served on toast.

Trimnings from meat may be utilized in various "made dishes," or they can always be put to good use in the soup kettle. It is surprising how many economies may be practiced in such ways and also in the table use of left-over portions of cooked meat if attention is given to the matter.

**Celery Toast.**

A dainty dish for Sunday night tea is celery toast. For a small family, clean one moderate sized stalk of celery, using all the stalk, root and such leaves as are blanched and tender. Cut in small pieces, put over the fire and boil till tender, taking care not to have too much water, so that it may boil down and retain all substance. Add a generous pint of milk, keep over the fire until scalded, then thicken very slightly with flour, lastly adding a piece of butter the size of a hickory nut. You will need eight slices of toast, which should be brown and crisp. Butter these and lay in a deep covered dish. Turn the celery gravy over it and serve immediately. Do not dip the toast in the milk. This is a delicious dish of which a family does not easily tire. Convalescents usually enjoy it also.—Woman's Home Companion.

**Hannah More Pudding.**

Six ounces of apples, six ounces of beef suet, six ounces of bread, six ounces of raisins, six ounces of sugar, and three ounces of candied lemon peel, half a nutmeg and one glassful of brandy.

Chop the suet very fine; grate the bread, mince the apples and stone and chop the raisins; pound the sugar; cut the citron into thin slices; grate the nutmeg; beat the eggs; add them to the brandy; stir them all together. Mix the pudding and place it on ice the day before it is to be served. On the day of serving boil it in a well-buttered quart mold.

**Duke of Portland's Pudding.**

Half a pound of flour, quarter of a pound of sugar, five eggs, six ounces of butter, one pound of raisins, two ounces of candied orange peel, a pinch of salt and a little nutmeg.

Put the flour into a basin with the pounded sugar. Rub in the eggs well beaten, one at a time. When mixed, stir gently in the fresh butter, just melted and beat it up as you do for a cake. Add the stoned raisins, the spice and candied orange peel, cut into shreds. Pour into a mold or basin, leaving room for it to rise. Put it into boiling water. Let boil for about six hours. When done turn it out and serve with sauce.

**Getting Old.**

"Was your wife pleased with that birthday gift you took home last night?"

"Dee-lighted! She said that I didn't seem to have a thing to do but to sit around and remember her birthdays."

**Strength of Legs Differ.**

In 54 cases out of every hundred the left leg is stronger than the right.

# Stop Women And Consider

This Fact—that in addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience with women's diseases covers twenty-five years.

The present Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, was for years under her direction, and has ever since her decease continued to advise women.

Many women suffer in silence and drift along from bad to worse, knowing well that they ought to have immediate assistance, but a natural modesty causes them to shrink from exposing themselves to the questions and probable examinations of even their family physician. Such questioning and examination is unnecessary. Without cost you can consult a woman whose knowledge from actual experience is great.

### MRS. PINKHAM'S STANDING INVITATION:

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women. A woman can freely talk of her private illness to a woman; thus has been established this confidence between Mrs. Pinkham and the women of America which has never been broken. Never has she published a testimonial or used a letter without the written consent of the writer, and never has the company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which Mrs. Pinkham has to draw from, it is more than possible that she has gained the very knowledge needed in your case. She asks nothing in return except your good will, and her advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Mrs. Pinkham, care of Lydia E. Pinkham Medicine Co., Lynn, Mass.

### "TIN CAN" SEPARATORS

Are low in price, but they do not separate—consequently, in buying them you are simply throwing away your money. Remember, that in separating twice a day a little less in cream figures up a large amount at the end of the year. The

**National Cream Separator**

costs a little more, but it gets all the cream and is so simple and strong in construction that it will last a lifetime. In buying a separator the only safe way is to see it work. Your dealer will demonstrate a National to you free of expense if you insist. Complete catalog sent for the asking.

**THE NATIONAL DAIRY MACHINE COMPANY**  
Goshen, Indiana Chicago, Illinois

### LIMBURGER AND THE LAW

**Odorous Compound Responsible for Some Trouble and a Little Alleged "Wit."**

"Technically," said Judge Wells to William Rung in the municipal court, "you had the right on your side. However, you chose a form of cruel and unusual punishment that cannot be tolerated by this court. I'll have to fine you one dollar."

It appears from the evidence that Mr. Rung, who is a stereotyper, sat down to luncheon with Edward Snider, a fellow employee. The piece of resistance of Rung's luncheon consisted of limburger cheese, and Snider, who regards himself as something of a wag, had made certain remarks about the cheese, reflecting particularly on its odor. Thereupon Mr. Rung smeared a piece of the cheese over the humorous Snider's countenance.

"This," said Rung, as he stepped up to pay his fine, "is the kind of justice that smells to heaven."

"That will be about all from you," said the court bailiff; "cheese it!"—Chicago Record-Herald.

**Just the Job.**

Old Argus was boasting about his hundred eyes.

"A useful man for an office," cried the populace.

"Yes," added Argus, "and I can keep half of them closed when I want to." Here the populace clapped their hands wildly.

"We'll make him custom-house inspector," they declared.

In the London streets there are nearly 10,000 boy traders under 14 years of age, and over 900 girl traders.

## Day After Day

One will find

# Post Toasties

a constant delight.

The food is crisp and wholesome and so dainty and tempting, that it appeals to the appetite all the time—morning, noon and night.

Some folks have pronounced Post Toasties the choicest flavoured bits of cereal food ever produced.

Popular pkg. 10c. Family size 15c.

A Compound of Indian Corn, Sugar and Salt  
Postum Cereal Co., Limited  
Chicago, U.S.A.

## "The Memory Lingers"

Postum Cereal Co., Ltd., Battle Creek, Mich., U. S. A.

### DOES POULTRY ON FARMS PAY?

Ohio Experiment Station Conducting Investigation to Secure Data on Cost of Producing Eggs.

In January of this year eggs were retailed in Cleveland and in many other cities in Ohio at 55 cents per dozen. During much of the winter they were selling at 40 cents or higher. These prices almost prohibit the use of eggs as an article of food, and caused many consumers to jump at the conclusion that there was easy money in egg production.

Careful inquiry among a number of farmers would seem to indicate that not to exceed five per cent. of the hens were laying at all during these months of high prices, and that had the producer received for his product the price paid by the consumer, he would still, in many cases, have been a loser. Certain farms reporting to the Ohio experiment station at Wo-

ter, show an egg cost of from 7 to 13 cents each for the month of January. This does not argue that the poultry enterprise on these farms is an unprofitable one as a whole, for the entire year would have to be considered before arriving at a conclusion regarding this; whereas, no data are as yet available for consideration in this connection.

The experiment station is, however, conducting an investigation along this line in co-operation with an increasing number of farmers and poultrymen throughout the state and will doubtless secure data which will have a very distinct bearing upon the cost of living. The value of work of this kind can scarcely be overestimated. All accurate information regarding the cost of production will serve to bring the producer and consumer closer together.

Remember that good drainage is important on potato fields. Potatoes will stand less excess of moisture than most farm crops, and unless there is natural drainage resort should be had to artificial drainage.