Always Makes Good

You'll be delighted with the results of Calumet Baking Powder. No disappointments—no flat, heavy, soggy biscuits, cake, or pastry.

Just the lightest, daintiest, most uniformly raised and most delicious food you ever ate.

Received highest award World's Pure Food Exposition, Chicago, 1907.

PUT YOUTH ON HIS GUARD

Evidently Recital of Romance Long Passed Made No Appeal to His Feelings.

"Charles," said a sharp-voiced woman to her husband in a railway carriage, "do you know that you and I once had a romance in a railway carriage?"

"Never heard of it," replied Charles in a subdued tone.

"I thought you hadn't; but don't you remember, it was that pair of slippers I presented to you the Christmas before we were married that led to our union? You remember how nicely they fitted, don't you? Well, Charles, one day when we were going to a picnic you had your feet upon a seat, and when you were not looking I took your measure. But for that pair of slippers I don't believe we'd have ever been married."

A young unmarried man sitting by immediately took down his feet from the seat.—Ideas Magazine.

No Excuse at All.

N. C. Goodwin, the comedian, was condemning a new comedy at a dinner in New York.

"Its climax," he said, "is false and unsatisfactory—as false and unsatisfactory as Rowndar's excuse.

"On Rowndar's return at a very late hour, his wife said reproachfully:

"'You used to vow I was the sunshine of your life, but now you stay out night after night.'

"'Well, my love,' said Rowndar, 'I don't ask for sunshine after dark.'"

Truth a Trouble Maker.

A West Philadelphia man and his wife have separated. None of their friends know why, but one, being curious, asked the husband:

"What was the trouble between you and your wife?"

"O, nothing much. She bought a new hat for $20 and asked me what I thought of it. And I told her. That's all."

REASONED IT OUT

And Found a Change in Food Put Him Right.

A man does not count as wasted the time he spends in thinking over his business, but he seems loth to give the same sort of careful attention to himself and to his health. And yet his business would be worth little without good health to care for it. A business man tells how he did himself good by carefully thinking over his physical condition, investigating to find out what was needed, and then changing to the right food.

"For some years I had been bothered a great deal after meals. My food seemed to lay like lead in my stomach, producing heaviness and dullness and sometimes positive pain. Of course this rendered me more or less unfit for business, and I made up my mind that something would have to be done.

"Reflection led me to the conclusion that over-eating, filling the stomach with indigestible food, was responsible for many of the ills that human flesh endures, and that I was punishing myself in that way—that was what was making me so dull, heavy and uncomfortable, and unfit for business after meals. I concluded to try Grape-Nuts food to see what it could do for me.

"I have been using it for some months now, and am glad to say that I do not suffer any longer after meals; my food seems to assimilate easily and perfectly, and to do the work for which it was intended.

"I have regained my normal weight, and find that business is a pleasure once more—can take more interest in it, and my mind is clearer and more alert."

Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

The KITCHEN CABINET

"HOME'S not merely four square walls
Though with pictures hung and gilded,
Home is where affection calls,
Home's a shrine the heart has builded."

Skim Milk.

Many people have an idea that skimmed milk is only fit for the chickens or pigs, when even after the average milk is skimmed it still contains nearly ten per cent. of solids or nutritive ingredients.

Taken by itself, skim milk is rather thin, and one has to drink a large quantity to get the necessary nourishment. A pound of round steak contains 0.18 pound of protein and has a fuel value of 870 calories. Five pounds of milk, or two and a half quarts, will furnish nearly the same amount of protein, and has the same amount of fuel value as a pound of round steak.

A lunch of bread and skim milk is very nutritious.

The cooking of milk makes the proteids somewhat more difficult of digestion for most persons, but there are exceptions. There are some who cannot take fresh milk with comfort, but with whom boiled milk agrees very well.

When milk is taken into the stomach it is curdled at once by the action of the pepsin and the gastric juice. When milk is drunk as a beverage in large quantities the casein gathers in large lumps, which cause indigestion in some.

Milk ranks among the most digestible of the animal foods in respect to all its ingredients.

Many delicious puddings, like suet and bread and custards of all kinds, may be made of skim milk. Bread is made more nourishing by the addition of milk instead of using all water.

Indian Pudding.

Take two quarts of milk (skim milk will be as good as the whole milk), scald one quart and stir in a cup of cornmeal, a cup of suet, stir until the meal is well scalded, then add a cup of raisins, one and a fourth cupfuls of brown sugar, two well beaten eggs. Bake three hours, stirring occasionally the first hour. Sprinkle a little flour over the top the last half of the baking, which makes a nice brown crust with the suet which stays at the top.

This pudding is served hot and will warm up as good the last day as it was at the first.

AND see how everywhere
Love comforts, strengthens,
helps and saves us all;
What opportunities of good befall
To make life sweet and fair.
—Celia Thaxter.

A Few Unusual Recipes.

Here are some recipes that the cooks will like to try:

Norwegian Potato Sausage.

Put nine peeled potatoes through a meat chopper with one and a half pounds of round beef and one small onion; season with salt and pepper. Fill large sausage casings with the mixture, tie securely and keep in a heavy brine until needed. When wanted to serve, boil an hour, and serve sliced on a platter well garnished.

When a little ham is left over from dinner, chop it and use it in an omelet for another meal. This will prove sufficiently nutritive and will save the meat bill.

German Rice.

Cook a cup of rice in boiling water to cover, stirring occasionally with a fork to keep from scorching. Add a teaspoonful each of salt and butter, and when nearly done add a cup of milk. Serve with browned butter, sugar and cinnamon sprinkled on top.

Peanut Soup.

Put a pint of freshly-roasted peanuts through a meat chopper several times. Heat one pint of milk with a pint of water; thicken with a tablespoonful each of flour and butter cooked together. Season with salt and pepper. Add the peanuts and cook ten minutes.

Rice Muffins.

Take a cupful of boiled rice, one cup of sweet milk, two eggs, two tablespoonfuls of melted butter, one teaspoonful of sugar and two teaspoons of baking powder sifted with two cups of flour, and a teaspoonful of salt. Bake half an hour.

When making custard pie, add a few diced slices of well sugared pineapple to the custard.

Date and Nut Salad.

Prepare lettuce and serve with dates cut in strips and sprinkled with walnuts. Served with French dressing. Melted butter may be used in the place of olive oil.

SOME souls there are like the cactus blossom, surrounded by a prickling mass of ugliness, themselves a marvel of sweetness.

More About Fish.

Fish should be perfectly fresh, although it may be kept well if frozen and cooked as soon as it is thawed.

Another thing to be remembered in serving fish is to have it thoroughly cooked, or it will be indigestible. Very serious poisoning has resulted from fish that has begun to decompose.

All varieties of fish need an accompaniment of starchy food to make a well balanced meal.

As the juices of fish have a tendency to alkalinity, the use of acids, lemon and vinegar, is desirable to neutralize the food.

The flesh of fresh fish is firm and hard and will rise when pressed with the fingers.

See that the eyes are bright and stand out well in the head and the gills bright. When fish lose their firmness they are not considered good food.

Frozen fish should be thawed in cold water. Salt fish should be soaked skin side up, to draw out the salt.

When scaling fish that are difficult, dip them quickly into boiling water an instant and the scales will come off much better.

If fish must be kept, wrap it in a cloth wrung out of cold water and well sprinkled with salt. Keep in a cool place, away from butter and milk.

To Bone a Fish.—Clean and strip off the skin, lay on a board, begin at the tail. Run a knife under the flesh close to the bone, and scrape away clean from the bone, holding the fish carefully, not to break the flakes.

When the flesh is removed on one side, slip the knife under the bone and remove it. Then pull out all the small bones left. Only fish with large bones should be used for boning.

Fillets of fish are the flesh separated from the bone.

When boiling fish, tie up in a piece of white cloth, then it may be served without breaking, if handled carefully.

Fish that are lacking in fat, like cod or bass, should have fat supplied in the cooking or serving.

LEISURE misused, an idle hour waiting to be employed, idle hands with no occupation, idle and empty minds with nothing to think of—these are the main temptations to evil. Fill up that empty void, employ those vacant hours, occupy those listless hands, and evil will depart because it has no place to enter in, because it is conquered by good.
—Dean Stanley.

Ways of Serving Meats.

An economical dish which is both appetizing and may be made attractive, is mutton with peas. Buy a cheap cut of mutton and stew it in simmering water until tender, or nearly so, then add a cupful of peas and serve the stew garnished with peas.

Mutton Stew for Two.

Take two mutton chops cut from near the shoulder. Put them in a shallow pan having a tight cover. Pour over boiling water and simmer, adding water as it boils away, using just enough to keep the meat from burning. Add two slices of turnip, two small onions and a half an hour before serving two common-sized potatoes. Add salt and pepper, remove the meat and vegetables and thicken the gravy with flour. Season with catsup and serve.

Sheep's Tongue, Braised.

Wash the tongues, dredge with flour and salt and brown in salt pork fat with two onions chopped fine.

Cover with stock or water, add a sprig of parsley and cook until tender. Remove the skin, and trim neatly at the roots. Place on a mound of spinach in the center of a dish and arrange the tongues around the spinach.

Cold Boiled Ham.

Melt half a glass of currant jelly, add a teaspoonful of butter, a little pepper, and when hot add several thin slices of boiled ham. Serve when hot.

Brains, Spanish Style.

Skin and wash the brains and boil 20 minutes in salted water. Have ready four boiled potatoes cut into dice. Put in a frying pan two tablespoonfuls of butter; when it is hot add a small finely-minced onion, a teaspoonful of minced red pepper and garlic and four tomatoes sliced thin. Season with salt and pepper and stir until well cooked. Add the potatoes and brains and season.

When nice sweet cider is obtainable try cooking a slice of ham until brown on both sides, then add a half cup of cider and simmer, using the cider as a sauce when it is served.

Nellie Maxwell.

Good Word for the Departed.

Here is the kind of an obituary a Georgia editor put up for a man: "Poor Jim Jones slung his earthly garments on a limb and swam the river yesterday. He did not stand back because the water was cold, but plunged right in and struck out for the other shore and met the angels smiling. Jim was a poor man, but had his subscription to his home paper paid up and got there in good shape. Peace to his memory."

The Reason.

"Do you think the boy will say what he sees put in the sausages?"

"No, he's only thankful he isn't put into them himself."

Lucky.

"I am afraid," said the doctor, after he had thumped the gentleman on the chest and again and again tried his pulse, "that there is something radically wrong with your heart. I don't want to scare you, but be careful about running to catch trains and don't hurry when you go upstairs. If you are careful you may live for years. Still, if you have not made your will and arranged your affairs so that they will be in good condition if you should be suddenly taken off it might be well for you to attend to those matters. I would not tell you this if I did not feel that it was—"

"Thank heaven!"

"What do you mean?"

"Now, I'll have an effective excuse when life insurance agents come to see me and I wish to get rid of them in a hurry. Just put it all in writing, will you, doc?"

Size is not the only thing that makes a home run in the great game of success.

Spring Turbans

Everybody may be pleased in the new spring millinery. There are hats large and hats small, but more especially hats small. There are hats soft and collapsible, and there are pressed shapes. There are hats of braid on wire frames and hats of braid on no frames. There are hats grave and hats gay, and there are hats expensive. There may be hats inexpensive, but they are hardly classed as millinery. Here is a good place to observe and point out that it is only in the west one may find genteel looking hats of good materials at moderate prices. This is accounted for by the fact that the grade of intelligence of the millinery worker of the west is apt to be much higher than that of the worker on the Atlantic coast. Taste and intelligence show in the hat. The young ladies in a western house look as if they had graduated from a high school or academy, and naturally have an advantage in many ways over the young person recently belched forth from the steerage. Therefore, if you are looking for real millinery in a not expensive hat, look close home if you live west of the Alleghaenies. Your millinery will be less freakish, of better material and workmanship and incomparably more ladylike.

The hats shown here show a braid hat, a pressed shape and a soft wireless hat. They represent real millinery. They are not poised at a drunken angle, nor set too primly straight. They have style and are very generally becoming, no matter what style is preferred.

JULIA BOTTOMLEY.

USEFUL COSTUME.

Here is a very compact little costume for every-day wear; it is suitable for almost any firm woolen material, especially tweed, in which there are so many soft colorings this season.

The skirt is a seven-gored pattern and is made quite a short walking length; all the seams are wrapped.

The left front of coat is cut to wrap over with a square sort of tab, that is fastened by hooks and eyes or press studs.

Frill With a Collar.

The frill that has been worn so long flat around the neck has been given a new touch by joining a standing collar to it.

NEW STYLES IN BLOUSES

Care Should Be Used in Selecting Material That Will Harmonize With Wardrobe.

The introduction of color on blouses for everyday wear is attractive. The use of anything but white has its disadvantage in that it compels the wearer to cling to one color scheme throughout the costume; and every woman knows how annoying it is to find that she only has a blue blouse clean when she is wearing a brown suit.

The way to overcome this is to choose one's blouses rather carefully after one has made up a plan for the summer wardrobe. If you make your blouses now in haphazard fashion, you may be compelled to get suits and hats to go with them—which is putting the cart before the horse.

Some women keep to one color scheme as nearly as possible throughout the season; they know that blue and green and black, possibly, are their chief colors, and they hold on to these regardless of what the dyers and the manufacturers produce. This is the secret of really good dressing, and you will find, upon observation, that it is the method of nearly all the women who are conspicuous for taste in clothes.

If you know your own mind quite thoroughly in regard to the colors you will choose for your spring and summer suits, then it is quite wise to go ahead with your blouses; but if not, it is best to confine one's self to the choice of black, pin-dotted, with white, and dark bright blue, which goes with such a quantity of other colors.

The big bands are in very good style this year, and they are among the chief colors introduced on white materials. Golden browns, soft shades of green, and many tones of blue are used, as well as cerise, pomegranate red, and any of the new wine tones.

Pink is to be in high fashion this summer, in all shades but the pastel ones; Killarney pink, coral, flame and watermelon are among the tones we will see most used on white sheer blouses of muslin, marquisette and batiste. Finely dotted swiss will also come into favor as a fabric for blouses, and it will have many adherents, as it wears and washes well and looks exceptionally attractive under linen suits.

VERY EASY TO LOOK PRETTY

Knitted Sweaters and Caps Make Pretty Effect for Wear on Ocean Steamer.

Many women wear the smart steamer coat and hat only at the beginning and end of a voyage, loafing about the deck between times, in the comfortable knitted sweaters and caps which are just now the fad. These knitted caps are ideal for ocean wear, as they keep the hair from blowing untidily about and, unlike the chiffon veil, do not themselves whisk about in the breezes. The quaint bonnet cap matches the white sweater with blue border trimmings; the cap being of white worsted with a border of blue and blue ribbon rosettes and ties. There is a babyish suggestion about such a knitted bonnet with its big ear-rosettes that is charming on just the right type of face, and, of course, the girl with big blue eyes is ravishing in a blue ribboned baby cap. One sees these caps in lovely, soft shades of tan and brown, matching knitted sweaters in the same colors, and one pretty, fair-haired girl crossing recently wore a well-fitting knitted coat of sage green worsted with a bonnet in the same shade, tied with deeper green ribbons.—Jean Carrington in Columbian.

Silver and Gold Nets.

Instead of buying a hair net which will be invisible when worn over an elaborate coiffure, the fashionable woman now buys one of silver or gold with which to keep in order her lovely tresses.

The chignon, the most popular of new hair effects, is covered with this linked and shimmering metallic net, and when the hair is a lustrous black the effect of a gold net over the dark hair is distinctly unique.

German Linen for Aprons.

For a kitchen apron no material gives so long wear and such general satisfaction as German printed linen, which comes in plaids and stripes. The line has a smooth surface, which keeps in condition longer than the usual gingham.

Spring Debility

Felt by so many upon the return of warm weather is due to the impure, impoverished, devitalized condition of the blood which causes that tired feeling and loss of appetite as well as the pimples, boils and other eruptions so common at this season. It is cured by the great constitutional remedy

Hood's Sarsaparilla

which effects its wonderful cures, not simply because it contains sarsaparilla, but because it combines the utmost remedial values of more than twenty different ingredients. There is no real substitute for Hood's Sarsaparilla. If urged to buy any preparation said to be "just as good," you may be sure it is inferior, costs less to make, and yields the dealer a larger profit.

MADE HIS ESCAPE IN TIME

Metaphors of Millionaire Found No Response in the Breast of the Farmer.

The millionaire accepted the farmer's cordial invitation to ride, and with much scrambling gained a seat on top of the hay.

"My good man," said the millionaire, patronizingly, "this swaying, rolling, sweet-scented divan is a couch upon which I could win slumber and be irresistible to the arms of Morpheus whenever I courted sweet sleep."

The farmer stiffened. "I'll hear no more of your talk; I'm a respectable married man, an' I'll ask you where you're goin' so I can avoid the place."

Dreamily the millionaire smiled. "I'm getting back to Mother Nature, who has been outraged and abused by me for years; I am a broken man, and she will forgive me and bring me back to health."

The farmer stopped the team and pulled a three-tined pitchfork from the brace socket—but his passenger was gone.—Success Magazine.

PHYSICAL WRECK RESTORED TO HEALTH BY GREAT KIDNEY REMEDY

I feel it my duty to furnish you with my testimonial as to what your remedy, Swamp-Root, did for me when I was a physical wreck from kidney and bladder trouble.

Some years ago I was not able to do any work and could only just creep around and am satisfied that had it not been for Dr. Kilmer's Swamp-Root I would not have lived. After using the preparation for one month I was able to work some and when I had used $8.00 worth of Swamp-Root I could do a good day's work. I used about $10.00 worth altogether and would not take $10,000 for the good that it did me. I consider it a God-send to suffering humanity for the disease for which you recommend it, and have recommended it to many sufferers.

H. L. HUGGINS,
Welch, Ark.

Personally appeared before me this 20th of September, 1909, H. L. Huggins, who subscribed the above statement and made oath that the same is true in substance and in fact.

W. A. PAGE, J. P.

Letter to Dr. Kilmer & Co. Binghamton, N. Y.

Prove What Swamp-Root Will Do For You

Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty cents and one-dollar.

Truly Wonderful Cat.

A wonderful cat is that owned by Mr. A. J. Gorringe, a tradesman of Ditching, England. Mr. Gorringe has a bantam which lays her eggs in different parts of the yard, but his cat never fails to find them. She takes the egg between her teeth, places it on the step, and rattles the door handle with her paws until her mistress arrives to take in the egg. Not one of the eggs has yet been broken.

Eye Salve in Aseptic Tubes
Prevents Infection—Murine Eye Salve in Tubes for all Eye Ills. No Morphine. Ask Druggists for New Size 25c. Valuable Eye Book in Each Package.

Indication of Wisdom.

"Why do they call the owl the bird of wisdom?"

"It stays out all night and doesn't tell what it sees or does."—Judge.

LADIES CAN WEAR SHOES
one size smaller after using Allen's Foot-Ease, the Antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Gives rest and comfort. Refuse substitutes. For FREE trial package, address Allen S. Olmsted, Le Roy, N. Y.

We always like those who admire us; we do not always like those whom we admire.—Francis Duc de Rochefaucauld.

You are not treating yourself or your family fairly if you don't keep Hamlins Wizard Oil in the house. It's the best substitute for family doctor and a mighty good friend in case of emergency.

Why quarrel over religion when all men agree—all men, that is, at the same grade of intellect?

Garfield Tea will win your approval. It is pleasant to take, mild in action and very health-giving. It overcomes constipation.

The proper time to do a thing is when it should be done.

Smokers like Lewis' Single Binder cigar for its rich mellow quality.

A pleasant smile and a sweet voice are great helps on life's journey.

WHAT DID HE MEAN?

City Man—Grow all your own vegetables, I suppose?

Farmer Grouch—Most of 'em. We get some cabbage heads from the city.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Classification.

"Sir," said a little blustering man to a religious opponent: "I say, sir, do you know to what sect I belong?"

"Well, I don't exactly know," was the answer; "but to judge by your make, shape, and size, I should say you belonged to a class called the insect."

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher
In Use For Over 30 Years.
Children Cry for Fletcher's Castoria

Feebre Guardianship.

"I wonder," said the Sweet Young Thing, "why a man is always so frightened when he proposes?"

"That," said the Chronic Bachelor, "is his guardian angel trying to hold him back."—Stray Stories.

Good breeding is benevolence in trifles, or the preference of others to ourselves in the little daily occurrences of life.—Chatham.

Plants have movement without will, animals have the will to live, human being have the will to live divinely.

A man doesn't have to be a detective in order to find fault.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right.

CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cure Constipation, Indigestion, Sick Headache, and Distress after Eating.

Small Pill, Small Dose, Small Price
Genuine must bear Signature
Brent Good

PARKER'S HAIR BALSAM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c, and $1.00 at Druggists

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured. Send for literature. Dr. Wray, 307 Bee Bldg., Omaha, Neb.

SWEEPSTAKES prize winning Reids Yellow Dent Seed Corn, $3.00 per bu., $2.50 per bu. for 20 bu. or more. Order from this ad or send for catalog. AYE BROS., BLAIR, (SEED CORN CENTER OF THE WORLD) NEBRASKA, BOX 14.

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

A Poor Weak Woman

As she is termed, will endure bravely and patiently agonies which a strong man would give way under. The feet in women are more patient than they ought to be under such troubles.

Every woman ought to know that she may obtain the most experienced medical advice *free of charge* and in *absolute confidence* and privacy by writing to the World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y. Dr. Pierce has been chief consulting physician of the Invalids' Hotel and Surgical Institute, of Buffalo, N. Y., for many years and has had a wider practical experience in the treatment of women's diseases than any other physician in this country. His medicines are world-famous for their astonishing efficacy.

The most perfect remedy ever devised for weak and delicate women is Dr. Pierce's Favorite Prescription.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

The many and varied symptoms of women's peculiar ailments are fully set forth in Plain English in the People's Medical Adviser (1008 pages), a newly revised and up-to-date Edition, cloth-bound, will be sent on receipt of 31 one-cent stamps to pay cost of wrapping and mailing only. Address as above.