

MAN-A-LIN



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MAN-A-LIN Is An Excellent Remedy for Constipation

There are many ailments directly dependent upon constipation, such as biliousness, discolored and pimpled skin, inactive liver, dyspepsia, overworked kidneys and headache.

Remove constipation and all of these ailments disappear.

MAN-A-LIN can be relied upon to produce a gentle action of the bowels, making pills and drastic cathartics entirely unnecessary.

A dose or two of Man-a-lin is advisable in slight febrile attacks, la grippe, colds and influenza.

THE MAN-A-LIN CO., COLUMBUS, OHIO, U. S. A.



Paint Secrets

A paint manufacturer always prefers to keep secret the fact that

he has substituted something else for white lead in his paint, but when the substitution is discovered he defends the adulteration as an improvement.

There is no mystery about good paint. Send for our handsome booklet. It will tell you why our Pure White Lead (look for the Dutch Boy Painter on the keg) makes the best paint, and will also give you a number of practical painting hints.

For sale by first class dealers

NATIONAL LEAD COMPANY
New York, Boston, Buffalo, Cleveland,
Cincinnati, Chicago, St. Louis,
Philadelphia (John T. Lewis & Bros. Co.),
Pittsburgh (National Lead & Oil Co.)

Don't Push

The horse can draw the load without help, if you reduce friction to almost nothing by applying

Mica Axle Grease

to the wheels. No other lubricant ever made wears so long and savess so much horse power. Next time try MICA AXLE GREASE. Standard Oil Co. Incorporated

DEFIANCE STARCH—16 ounces to the package—other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.

SPINACH FOR THE WINTER.

Directions for Canning This Healthful and Succulent Vegetable.

Pick over the spinach when you have washed it and strip the leaves from the main stems without bruising them. Cover with cold water and leave in this to freshen and crisp them. In an hour's time transfer the leaves, dripping wet, to a granite or porcelain pot, adding no water except that which drips from the spinach. Set this pot or jar in a larger vessel of cold water. Cover the inner vessel closely to keep in the steam and set both over the fire. When the water in the outer pot begins to boil, open the inner and stir the contents gently with your wooden ladle to make sure that they are heated to the center. Cover again and let the boil go on for half an hour more. There should be enough liquid from the succulent leaves to cover the spinach when packed into the jars. Seal immediately.

PROPER CARE OF SHOES.

Application of Petroleum Ointment is Good for Them.

An excellent preservative of shoe leather is petroleum ointment. If a small quantity be applied to new shoes it will soften the leather, and if enameled leather will keep it soft much longer than ordinarily and render it less liable to crack. If worn shoes are cleaned and blackened and then rubbed with the petroleum ointment their appearance and wearing qualities will be much improved. Have a box of oats handy and when the shoes are taken off remove all mud and dirt, lace or button them, fill half full with oats and stuff the tops with crumpled paper. When necessary to wear the shoes empty them and they will be found to have kept their shape, and will not be drawn if they were the least bit damp when taken off.

Evaporated Pears.

Soak the pears over night in lukewarm water, first washing thoroughly. When ready to cook put into a small pipkin or baking dish of earthenware, sprinkle with sugar or sweeten to taste with molasses; flavor with a little whole clove, cinnamon, or ginger, cover with water, then cover the whole with a close-fitting lid, and bake in a slow oven until the pears are tender and the liquid of a jellylike consistency. These are delicious served with hot gingerbread. If a gas range is used, and you do not wish to keep up the oven fire, simmer gently, covered, on top of the range, using either the simmerer or a small burner turned low.

Summer Pudding.

Prepare the dry bread as for dressing. Beat three eggs thoroughly, leaving out the whites; add one cup of water, one of milk; mix well, and pour over the steamed bread. Beat together well and beat in a thick vessel, stirring until solid. While hot add the beaten whites of the eggs with one-half cup of sugar. Stir briskly; then set aside to cool. Make a sauce of two teaspoons of flour, mixed dry with one-half cup of sugar; dissolve with a little cold water; then add boiling water until it is the consistency of thin starch. Drop in a generous lump of butter and after placing on each dish of the pudding, sprinkle with nutmeg.

Chicken Curry.

Cut a three-pound chicken in pieces for serving. Put butter in a hot frying pan and cook the chicken ten minutes, then add the liver and gizzard and cook ten minutes longer. Use one-third of a cup of butter. Cut two onions in thin slices and add to the chicken with one tablespoonful of curry powder and two teaspoonfuls of salt. Add enough boiling water to cover and simmer until chicken is tender. Remove the chicken, strain and thicken the liquor with flour, pour gravy over the chicken and serve with a border of rice.

Tinting Lace.

To color lace for a gown, procure a tube of oil paint, the color desired, and squeeze it into a cup of gasoline and stir until dissolved. Then pour into a larger vessel. Dip a small piece of the lace into it and if too deep add more gasoline until the shade desired is obtained. When it is the right color put all the lace into it. After a few minutes take out, shake gently and dry in the open air. Flowers and straw may be tinted by the same method.

Baked Peaches.

Not every one knows that peaches may be baked like apples with excellent results. Peel the fruit, put into a baking dish with sugar, bits of butter and a cupful of water. Bake until the peaches are tender. A few chopped nuts sprinkled over the top of the fruit is an improvement. They should be served cold.

Coal Miners of the World.

It is estimated that 1,250,000 men are occupied in digging coal for the world.

THIRST WAS FIRST THOUGHT.

Familiar Sound Cause of Young Man's Bad Break.

John C. Risley of Detroit, at the New York convention of the International Society of Hotel and Restaurant Employees—a convention notable for its condemnation of the tipping system—said to a reporter:

"The public thinks that we waiters get rich off our tips. The public is very ignorant in this matter. When I think of its dense ignorance I am reminded of a political meeting I attended last April. There was a chap at this meeting who knew nothing of parliamentary procedure, and, besides that, he was half full. Well, in the course of the meeting there was a lot of excitement and shouting. It grew worse and worse. The chairman, in the end, had to hammer on the table and yell:

"'Order! Order!'"

"'Beer for me,' said the ignorant young man."

VERY BAD FORM OF ECZEMA.

Suffered Three Years—Physicians Did No Good—Perfectly Well After Using Cuticura Remedies.

"I take great pleasure in informing you that I was a sufferer of eczema in a very bad form for the past three years. I consulted and treated with a number of physicians in Chicago, but to no avail. I commenced using the Cuticura Remedies, consisting of Cuticura Soap, Ointment and Pills, three months ago, and to-day I am perfectly well, the disease having left me entirely. I cannot recommend the Cuticura Remedies too highly to anyone suffering with the disease that I have had. Mrs. Florence E. Atwood, 18 Crilly Place, Chicago, Ill., October 2, 1905. Witness: L. S. Berger."

The Revised Psalm.

The father's peroration was superb. "And departing, leave behind you," he concluded, "footprints on the sands of—"

But here the son rudely interrupted.

"Footprints?" he sneered. "Who wants to leave footprints?"

"Then what would you leave, my boy?" the old man inquired.

"Tracks," said the youth, haughtily. "Tracks of my 90-horse power racer, to be sure. Am I a dog or a working-man that I should leave mere footprints?"

Due Process of Law.

At the time of the famous Eastman trial in Cambridge, Mass., two Irishmen, standing on a street corner, were overheard discussing the trial. One of them was trying to enlighten the other concerning a jury.

"Bedad!" he explained. "You're arrested. Thin if ye gets th' smartest lawyer, ye're innocent; but if th' other man gets th' best lawyer, ye're guilty."—Life.

Peculiar Medical Remedy.

It was stated at an inquest on a peasant in a Servian village that the man died from swallowing too many bullets, which he was accustomed to take, in common with all the peasants in that district whenever he felt ill.

Group of St. Mary's Churches.

There are in London a round dozen churches named after St. Mary, nearly all of them belonging to a single group closely packed together, showing that they all came from the one great parish of Aldermay.

BAD DREAMS

Frequently Due to Coffee Drinking.

One of the common symptoms of coffee poisoning is the bad dreams that spoil what should be restful sleep. A man who found the reason says:

"Formerly I was a slave to coffee. I was like a morphine fiend, could not sleep at night, would roll and toss in my bed and when I did get to sleep was disturbed by dreams and hobgoblins, would wake up with headaches and feel bad all day, so nervous I could not attend to business. My writing looked like bird tracks, I had sour belchings from the stomach, indigestion, heartburn and palpitation of the heart, constipation, irregularity of the kidneys, etc.

"Indeed, I began to feel I had all the troubles that human flesh could suffer, but when a friend advised me to leave off coffee I felt as if he had insulted me. I could not bear the idea, it had such a hold on me and I refused to believe it the cause.

"But it turned out that no advice was ever given at a more needed time for I finally consented to try Postum and with the going of coffee and the coming of Postum all my troubles have gone and health has returned. I eat and sleep well now, nerves steadied down and I write a fair hand (as you can see), can attend to business again and rejoice that I am free from the monster coffee."

Ten days' trial of Postum in place of coffee will bring sound, restful, refreshing sleep. "There's a Reason." Read "The Road to Wellville," in pkgs. Some physicians call it "a little health classic."

In Self-Defense.

Gabriel—Say, what did you let that pestiferous party in for?

St. Peter (wearily)—He used to be an insurance agent and I either had to let him in or be talked to death.

No Headache in the Morning.

Krause's Headache Capsules for over-indulgence in food or drink. Druggists, 25c. Norman Lichty Mfg. Co., Des Moines, Ia.

Man's True Worth.

It is not what he has, nor even what he does, that directly expresses the worth of a man, but what he is.—Henri F. Amiel.

The best preparation for the future is the present well seen to, the last duty well done.—George Macdonald.

Guns, Traps, Decoys, Etc.

Lowest prices. Write for free catalog No. 1 N. W. Hyde & Fur Co., Minneapolis, Minn.

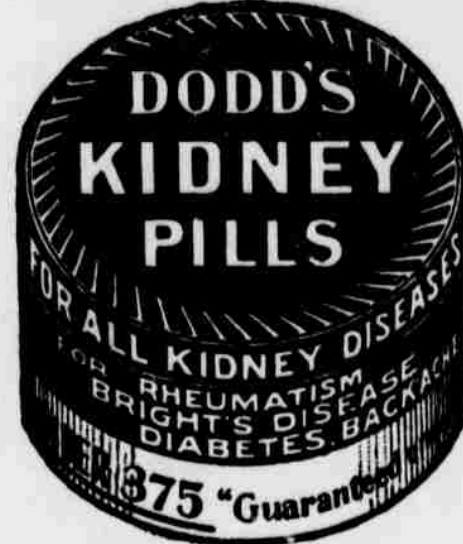
It is the cause, and not the death, that makes the martyr.—Napoleon.

Lewis' Single Binder straight 5c cigar is good quality all the time. Your dealer or Lewis' Factory, Peoria, Ill.

"A man's ideal must be his guide, as well as his goal.—Ainsworth.

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

Who builds on the mob builds on sand.—Italian.



SORE SHOULDERS

I would like very much to personally meet every reader of this paper who owns any horses that have sore shoulders and tell him about Security Gail Salve. This is possible so I am going to tell you through the paper.

You and I both know that horses working with sore shoulders are in pain, and that they can't do as much work without running down as when they are free from pain. I also know perfectly well that Security Gail Salve will cure these shoulders, but you do not know it. If you did you would buy a box of your dealer at once and cure them up, for you have no doubt often wished that you knew of something you could rely on. You can rely absolutely on Security Gail Salve. It will do its work every time, or if you prefer to try it first I will mail you a sample can free. Just write for it—it will go to you on first mail.

Also I want to tell you that Security Antiseptic is as good for barns as Security Gail Salve is for horses' soles. Dealers carry them in 25c, 50c and \$1.00 sizes. Use them for your needs; I guarantee you perfect satisfaction.

FRANK B. DENNIS, President, SECURITY REMEDY CO., Minneapolis, Minn.

W. L. DOUGLAS

\$3.00 & \$3.50 SHOES BEST IN THE WORLD

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

\$25,000 Reward To any one who can prove W. L. Douglas does not make & sell more Men's \$3 & \$3.50 shoes than any other manufacturer.

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, easy-fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

My \$3 & \$3.50 Edge and \$5 Gold Band Shoes cannot be equaled at any price.

CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.



Dainty, Crisp, Dressy

Summer Skirts

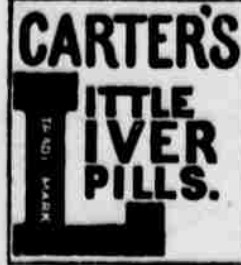
are a delight to the refined woman everywhere. In order to get this result see that the material is good, that it is cut in the latest fashion and use

Defiance Starch

in the laundry. All three things are important, but the last is absolutely necessary. No matter how fine the material or how daintily made, bad starch and poor laundry work will spoil the effect and ruin the clothes. DEFIANCE STARCH is pure, will not rot the clothes nor cause them to crack. It sells at 10c a sixteen ounce package everywhere. Other starches, much inferior, sell at 10c for twelve ounce package. Insist on getting "DEFIANCE STARCH" and be sure of results.

Defiance Starch Company, Omaha, Nebraska.

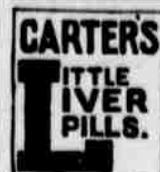
SICK HEADACHE



Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear Fac-Simile Signature

W. D. Carter
REFUSE SUBSTITUTES.

FREE

To convince any woman that Paxtine will improve her health and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE

cleanses and heals mucous membrane infections, such as nasal catarrh, pelvic catarrh and inflammation caused by feminine ills; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over those troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT. THE H. PAXTON CO., Boston, Mass.



WANTED

AGENTS to sell and distribute Haller's Celebrated remedies, Toilet Articles, Spices and Extracts. Good salesmen make large earnings. The most liberal terms given to Agents.

THE HALLER PROPRIETARY CO. BLAIR NEBRASKA

W. N. U., LINCOLN, NO. 35, 1907.