

HAIR GROWTH

Promoted by



Shampoos of Cuticura SOAP

And light dressings of CUTICURA, the great Skin Cure and sweetest of emollients.

This treatment at once stops falling hair, removes crusts, scales, and dandruff, destroys hair parasites, soothes irritated, itching surfaces, stimulates the hair follicles, loosens the scalp skin, supplies the roots with energy and nourishment and makes the hair grow upon a sweet, wholesome, healthy scalp, when all else fails.

N. B. Complete External and Internal Treatment for every Humor from Pimples to Scrofula, from Infancy to Age, consisting of CUTICURA Soap, Ointment, and Pills, may now be had of all Druggists for One Dollar.

50,000 AMERICANS Were Welcomed to Western Canada during last Year.



A prominent club woman, Mrs. Danforth, of St. Joseph, Mich., tells how she was cured of falling of the womb and its accompanying pains and misery by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Life looks dark indeed when a woman feels that her strength is fading away and she has no hopes of ever being restored. Such was my feeling a few months ago when I was advised that my poor health was caused by prolapsus or falling of the womb. The words sounded like a knell to me, I felt that my sun had set; but Lydia E. Pinkham's Vegetable Compound came to me as an elixir of life; it restored the lost forces and built me up until my good health returned to me. For four months I took the medicine daily, and each dose added health and strength. I am so thankful for the help I obtained through its use."—Mrs. FLORENCE DANFORTH, 1027 Miles Ave., St. Joseph, Mich.—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

"FREE MEDICAL ADVICE TO WOMEN." Women would save time and much sickness if they would write to Mrs. Pinkham for advice as soon as any distressing symptoms appear. It is free, and has put thousands of women on the right road to recovery.

A SKIN OF BEAUTY IS A JOY FOREVER.

DR. T. FELIX GOURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER. Removes Tan, Pimples, Freckles, Redness, Itching, and every blemish on the face, neck, and hands. It is the most perfect skin beautifier ever discovered. It is the most delicate and most effective of all skin preparations. It is the most perfect skin beautifier ever discovered. It is the most delicate and most effective of all skin preparations. It is the most perfect skin beautifier ever discovered. It is the most delicate and most effective of all skin preparations.

50,000 AMERICANS

Were Welcomed to Western Canada during last Year.

They are settled and settling on the Grain and Grazing Lands, and are proving profitable and satisfied. The Western Canadian Government Agent who has the land of the West open for settlement and offers a home for himself now turns his gaze to Canada. There is ROOM FOR MILLIONS. For a descriptive Atlas and other information, apply to the Canadian Government Agent in your own city, or to the Western Canadian Government Agent, 111 New York Life Bldg., Omaha, Neb.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send to the largest number of trade marks cut from a ten cent, 16 ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Nebr., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 6th. Starch or sale by all dealers.

False teeth made of paper are in use in Germany, and are reputed to be highly satisfactory.

These paper teeth have several advantages over the ordinary ones of porcelain or mineral composition. They are very cheap, do not break or chip, are not sensitive to heat or cold, nor has the moisture of the mouth any injurious effect upon them. A log cabin and a camp outfit from Old Forge N. Y., is included in the Empire State's forestry exhibit at the world's fair.

\$500 Given Away Write us or see Alabastine dealer for particulars and free sample card of **Alabastine**. The most perfect skin beautifier ever discovered. It is the most delicate and most effective of all skin preparations. It is the most perfect skin beautifier ever discovered. It is the most delicate and most effective of all skin preparations.

An Illinois Farmer in Western Canada.

A recent issue of the Shelbyville, Ill., Democrat contains a long and interesting letter from Mr. Elias Kost, formerly a prosperous farmer of that State, who recently emigrated to Western Canada, taking up a claim for himself and for each of his three sons.

From Mr. Kost's letter, which was written Feb. 3, 1904, we publish the following, believing it will prove of great interest to those who have contemplated settling in the Canadian Northwest:

"I had in August, 1902, secured a claim for myself, and filed on three quarter sections for my sons. My claim is one-half mile south of the Edmonton and Lake St. Anne trail.

"Coming so late in the season, we had little opportunity to break and to prepare ground for a first year's crop, still we raised over 100 bushels of very fine potatoes, and sowed a few acres of barley, but the season was too far advanced for the barley. However, we secured good feed from it, and on rented ground 18 miles east of us, raised a fine crop of oats, so that we will have plenty of feed for horses. We cut about 60 tons of hay and thus will have an abundance. We have, all told, about 240 acres of hay meadow, which would yield the past year over three tons to the acre, and in an ordinary season the meadow would furnish 600 tons of hay. The grass is very nutritious, and cattle on the ranges become very fat without being fed a pound of grain.

"On the upland the grass grows from eight to ten inches tall. This is called range grass, and is suitable for stock at any time, even in the winter when the ground is not covered too deep with snow. Horses subsist on it alone, at all times, provided they are native stock. The grass in the hay meadows here is called red-top, and grows from five to six feet in length, and when cut at the proper time yields an abundant crop of nutritious hay.

"Our cattle have not cost us a cent since we came on our homestead, only the small outlay for salt and labor in putting up hay and shelter. All cattle have been doing well this winter, and feeding up to the first of January was unnecessary, as there was good range up to that time.

"All the snow up to that date were followed by winds from the Northwest that melted it very rapidly; these winds are called Chinook winds, and are always warm. In one night a Chinook wind may take away three or four inches of snow.

"We have built on our claim a comfortable house of hewn logs, 20x28 feet, one and one-half stories in height, with a good cellar. During the latter part of June we rafted logs down the Sturgeon to a sawmill, about eight miles away, and thus secured 5,000 feet of good lumber which was needed for the house. Later in the season a shingle mill located six miles away. To this we hauled logs and had shingles cut for the roof.

"We had an abundance of wild fruit the past season, consisting of gooseberries, strawberries, raspberries, elderberries, blueberries, cherries and aska toons. The latter are a fine looking thing, but not much to be desired in cooking. The strawberries are the same as those that grow wild in Ill. large and equal to any of the tame varieties, and so are the gooseberries. The cranberries consist of the high and trailing varieties. The latter are now sought and contiguous to the swamps. The ground is literally covered with them as with a red carpet, but the best and most sought is the blueberry, so called by the Indians. This is the famous huckleberry (whortleberry) of the Blue Ridge Mountains in Pennsylvania, and cannot be excelled for excellence by any fruit cultivated. It is found here both on the prairie and in the timber in immense quantities.

"Game is very plentiful so far as prairie chickens, pheasants, ducks of all kinds and geese are concerned. I have taken nearly 500 chickens and pheasants, also a great many ducks.

"An occasional deer is seen, but not plentiful, only one having been taken during the season in this settlement.

"Fish are very plentiful at all seasons of the year. Fish wagons and sleds are passing almost daily along the trail with heavy loads of fish, destined for St. Albert and Edmonton. From the latter point they are shipped south on the Calgary and Edmonton Railroad to points along the line and also to Assiniboia, on the Canadian Pacific Railroad."

For further information apply to an authorized Canadian Government Agent whose address appears elsewhere.

The famous Astor battery will have a reunion at the world's fair August 13. The association has met annually in New York since mustered out of service, after the war with Spain, in February, 1899.

James H. B. Kaye, who will be the head of the Northern Michigan State Normal School, at Marquette next year, is a graduate of the University of Michigan, in the class of '92. Since 1896 he has been superintendent of schools at Cadillac, Mich.



HOUSEHOLD

Pressed Chicken. Use the meat from half a boiled chicken; chop very fine and mix it with four skinned sausages; this should be chopped to a paste. Grate enough bread crumbs to make equal bulk with the chicken meat and have the sausage about equal also; that is, a third of each. Mix well and add pepper, salt and lemon juice to taste, with a pinch of grated nutmeg. Cover the chicken bones with boiling water, add three cloves, half a dozen allspice and a bit of garlic; boil about half an hour, take some of it to moisten the paste, then add three well-beaten eggs. A square tin mold with straight sides should be used; line the sides and bottom with strips of salt pork, covering every inch; pour in the paste, put more pork slices on top, tie a buttered paper on top and bake about an hour in a moderate oven. Set aside to cool, turn out, remove the slices of pork and serve the loaf on a bed of jelly. It may also, after cooked and cool, be molded in jelly and turned out, or it may be served plain.

Cream Caramels or Candy.

To a pint of granulated sugar add just enough milk to dissolve it, stir in a quarter teaspoonful of cream of tartar and put over a slow fire. Stir steadily while boiling, until when a little is dropped into cold water it is of the consistency of putty. Pour into a pan and let it stand until cool enough to handle, or until your finger leaves a dent upon the stiffening mass. Beat until like dough, turn upon a board sprinkled with powdered sugar and knead for a minute before rolling into a sheet of the desired thickness, then cut into squares or strips. If you wish to flavor with vanilla add this before taking the candy from the fire.

Pork Cake.

Cut all the rind and lean part from salt pork. Of the fat part chop a pound so fine that it is like lard—or as nearly like that as it can be made. Into this stir a cup of boiling water, two cups of dark-brown sugar, a cup of dark molasses, into which a teaspoonful of baking soda has been stirred; a pound each of raisins and citron, chopped; a quarter pound of citron, shaved fine. Stir in enough sifted flour to make it of the consistency of ordinary cake batter, season with a teaspoonful each of cinnamon, cloves, allspice and nutmeg. Bake in a loaf tin in a steady oven.—Chicago News.

Macaroni.

Good macaroni should be cream colored and when broken should not split. After boiling in water equal to eight times its bulk, turn into colander and run cold water over it to prevent the pieces sticking together. In scalloping put a layer of macaroni in the same as those that grow wild in Ill. large and equal to any of the tame varieties, and so are the gooseberries. The cranberries consist of the high and trailing varieties. The latter are now sought and contiguous to the swamps. The ground is literally covered with them as with a red carpet, but the best and most sought is the blueberry, so called by the Indians. This is the famous huckleberry (whortleberry) of the Blue Ridge Mountains in Pennsylvania, and cannot be excelled for excellence by any fruit cultivated. It is found here both on the prairie and in the timber in immense quantities.

Rhubarb Pudding.

Cut into inch lengths four unpeeled stalks of rhubarb. Stew very gently with two tablespoonfuls of sugar and a little grated ginger. Cut a thick slice of bread into strips, put a layer in the bottom of a dish and another layer crosswise on top, pour in some of the fruit and juice, then put in another layer of bread and more fruit until the dish is nearly full. Set aside to soak. Prepare a custard of a half-pint of milk, a tablespoonful of cornstarch, sugar and a lemon rind to taste and when thick pour over the pudding. Serve cold.

Citron Cheese Cakes.

Boil near a quart of cream; when cold, add the yolks of four eggs well beaten; boil this to a curd; blanch and beat two ounces of almonds, about half a dozen bitter; beat them with a little rose water; put all together, with three or four Naples biscuits, some citron shredded fine; sugar to taste; puff paste.

Short Suggestions.

For removing stains and spots from laundry basin and bathtub kerosene cannot be equalled. In making bread or rolls put a saucpan of boiling water into the oven. The steam will keep the crust smooth and tender. First hang up clothes by the thickest part, waist or neckbands, etc., because if hung by the thinner part the water would run into the thick part, lodge there and take longer to dry.

"PE-RU-NA," A VALUABLE PREPARATION, WRITES DR. KEMBALL.



Most of the Ailments Peculiar to the Female Sex are Due to Catarrh of the Pelvic Organs.

Rachael J. Kemball, M. D., 334 Virginia St., Buffalo, N. Y., is a graduate of the University of Buffalo, class 1884, and has been in the practice of medicine in that city since then. She writes as follows: "My conviction, supported by experience, is that Peruna is a valuable preparation for all catarrhal affections. I have taken one bottle of Peruna myself and just feel fine. I shall continue to take it."—Rachael J. Kemball, M. D.

Peruna has cured thousands of cases of female weakness. As a rule, however, before Peruna is resorted to several other remedies have been tried in vain. A great many of the patients have taken local treatment, submitted themselves to surgical operations, and taken all sorts of doctor's stuff, without any result.

The reason of so many failures is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh. These organs are lined by mucous membranes. Any mucous membrane is subject to catarrh. Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh.

A funny walking match was recently witnessed in Heywood, England, by an immense crowd of spectators. The contestants were a man with one leg and a crutch, and a man with a cork leg. The distance was one mile, and the wager £10 a side. The cork leg easily won.

Solid Measure—"Grace can you tell me what is meant by a cubic yard?" "I don't know, exactly, but I guess it's a yard that the Cuban children play in"—Boston Christian Register.

A coffee planter in Madras, India, recently became a father for the first time. He was particularly overjoyed, especially as the progeny was twins. The happy father grew up to the nearest telegraph office and wired to his wife's sister in Calcutta: "Twins today—more tomorrow."

Cigarettes made of the leaves of the tobacco plant are becoming popular in Paris. Those who have smoked them prefer them to tobacco cigarettes.

For Dainty Luncheons There is nothing so tempting and satisfying as Libby's Luncheon meats. There are many delicious ways Libby's Peerless Dried Beef, Potted and Deviled Ham, Chicken Loaf and Veal Loaf can be served for Luncheons. Libby's (Natural Flavor) Food Products. Send for our book, "How to Make Good Things to Eat." Libby's Atlas of the World sent postpaid for five stamps.

Sale Ten Million Boxes a Year. THE FAMILY'S FAVORITE MEDICINE. **Cascarets** CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP. BEST FOR THE BOWELS.

Signet batpens are new favorites. The smallest coin in the world having genuine circulation is probably the Maltese "grain," a tiny fragment of bronze about as big as the top of a slate pencil and worth one-twelfth of a penny.