

**DOCTORS FAILED.
RESTORED BY PERUNA.**

Catarrh of the Lungs

Threatened Her Life.
Miss Ninette Porter, Braintree, Vermont, writes: "I have been cured by Peruna."

"I had several hemorrhages of the lungs. The doctors did not help me much and would never have cured me. I saw a testimonial in a Peruna almanac of a case similar to mine, and I commenced using it."

"I was not able to wait on myself when I began using it. I gained very slowly at first, but I could see that it was helping me."

"After I had taken it a while I commenced to raise up a stringy, sticky substance from my lungs. This grew less and less in quantity as I continued the treatment."

"I grew more fleshy than I had been for a long time, and now I call myself well."

LOVE AND MONEY.



They say "love makes the world go round." And may it never cease: Quite true, but please then don't forget, Money's the axle grease.

A BURNING ERUPTION FROM HEAD TO FEET

"Four years ago I suffered severely with a terrible eczema, being a mass of sores from head to feet and for six weeks confined to my bed. During that time I suffered continual torture from itching and burning. After being given up by my doctor I was advised to try Cuticura Remedies. After the first bath with Cuticura Soap and application of Cuticura Ointment I enjoyed the first good sleep during my entire illness. I also used Cuticura Resolvent and the treatment was continued for about three weeks. At the end of that time I was able to be about the house, entirely cured, and have felt no ill effects since. I would advise any person suffering from any form of skin trouble to try the Cuticura Remedies as I know what they did for me. Mrs. Edward Nanning, 1112 Salina St., Watertown, N. Y., Apr. 11, 1909."

Father's Method.

During a recent slight illness the five-year-old Teddy, usually so amiable, flatly and obstinately refused to take his medicine. After a somewhat prolonged and ineffectual argument with him, his mother at last set the glass of medicine down, leaned her head on her hands and "played" that she was crying.

A moment passed, and the tender-hearted Teddy, unable longer to bear the sight of his mother's stricken attitude, inquired, "What's the matter, mother, dear?"

Without removing her hands from her eyes, she replied: "I'm grieved that my son won't take his castor oil for me."

Whereupon Teddy sat up in bed and offered consolingly: "Oh, I wouldn't feel badly if I were you, mother, dear. Father will be home soon and he'll make me take it."—The Delineator.

Anticipation Safer Than Realization.

"It is not always necessary to make a direct accusation," said the lawyer who was asking damages because insinuations had been made against his client's good name. "You may have heard of the woman who called to the hired girl, 'Mary, Mary, come here and take the parrot down stairs—the master has dropped his collar button!'—Everybody's Magazine."

The happiness of our later life is in great part made up of the pleasurable memories of early years.—Dr. Alexander Bain.

A WOMAN DOCTOR

Was Quick to See that Coffee was Doing the Mischief.

A lady tells of a bad case of coffee poisoning and tells it in a way so simple and straightforward that literary skill could not improve it.

"I had neuralgic headaches for 12 years," she says, "and suffered untold agony. When I first began to have them I weighed 140 pounds, but they brought me down to 110. I went to many doctors and they gave me only temporary relief. So I suffered on, till one day a woman doctor told me to use Postum. She said I looked like I was coffee poisoned."

"So I began to drink Postum and I gained 15 pounds in the first few weeks and continued to gain, but not so fast as at first. My headaches began to leave me after I had used Postum about two weeks—long enough to get the coffee poison out of my system."

"Since I began to use Postum I can gladly say that I never know what a neuralgic headache is like any more, and it was nothing but Postum that made me well. Before I used Postum I never went out alone; I would get bewildered and would not know which way to turn. Now I go alone and my head is as clear as a bell. My brain and nerves are stronger than they have been for years."

Read the little book, "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.

Mourning Styles



By JULIA BOTTOMLEY.

All fabrics, whether selected for costumes or millinery, when one is in mourning, should be of good, substantial quality. All styles or modes selected should be quiet and unobtrusive and all workmanship faultless.

Gowns and coats should be made in the mode but not in any extreme of the mode. Simplicity of trimming lends distinction to mourning apparel, as well as "finish," and in this word is held the secret of the most elegant and desirable results in the making of mourning clothes. Everything must be beautifully finished and trimmings are most appropriate when they are placed to really or apparently finish the article which they adorn.

A well made, plain gown of good material will last out the term of mourning if one follows the conventional rules which govern in this matter of time. A well made hat of properly selected material will outlast the prescribed term of mourning. Poor taste in dress or conduct is never so inexcusable as when one is in mourning. Our friends are not charitable when we make mistakes; they cannot be. Our mistake must be credited either to carelessness or density.

Certain fabrics have come to be recognized as belonging to and signifying mourning. Crape is appropriate for deep mourning, that is, mourning for a near relative, and should be used in millinery and as a finish for gowns. Nothing else can take its place. Next

PRINCESS DRESS.



Our model is in fine serge, but any other firm but not too thick material will answer equally well. The upper half is princess, with panel front and back reaching to the foot; the killing is turned up with a hem about three inches deep; it is taped in the center at the wrong side; a pretty passementerie about one and one-half inches in width is used for trimming. The vest is of tucked soft silk, with a box-pleat up center front that is ornamented with tiny jeweled buttons. Collar and undersleeves of piece lace.

Materials required: Seven and one-half yards 45 inches wide, six yards passementerie, one-half yard tucked silk, three-fourths yard lace, four yards binding.

to crape, silk grenadines are oftenest chosen. Nun's veiling, uncut velvet mourning silks and other fabrics having a deep, soft luster in pure black are available, but crape is, for first mourning, as nothing else is.

Three fine examples of mourning hats are shown here. They are from an establishment which makes a special feature of this class of millinery. Its best examples are found in America as the best fabrics are made in England.

In Fig. 1 a round hat which is part turban and part toque in outline is very neatly covered with crape and has the brim finished with tiny rows of folds set very close together. A beautiful crape veil is draped about the hat and falls from the back in flat plaits. An ornament of dull jet fastens the veil to the hat and serves to finish this excellent example of a hat for deep mourning.

An exquisite hat made of crape folds is shown in Fig. 2. Its only decoration is a large, beautifully made rosette also made of folds, placed at the left side. This is worn without a veil, for veils are not worn by all members of a family in mourning.

For those who wear mourning for an indefinite time, silk grenadine is usually chosen after the first mourning of crape has been discarded. Some people wear it from the start and there is enough latitude in the matter to allow one to do this. Fig. 3 illustrates a beautiful hat and veil of this charming fabric. The edge of the hat is finished with a ruffle made of a narrow gauge ribbon with border woven in. A similar double ruffle is placed about the top crown. The veil is laid in folds and draped about the hat, falling from the back. It has a woven in border. A large rosette of the gauge ribbon finishes this design, which may be accepted as an ideal hat of this material.

Time was when crape and grenadines were a luxury of the rich, for they were as fragile as they are beautiful. The process of cravenetting them has so changed this that they are now among the most durable of all fabrics manufactured. Their fibers are practically impervious to water. Rain runs through but is not absorbed by them. In selecting the material it should be tested, otherwise it will be impossible for the purchaser to be sure of getting the waterproofed variety. Water is ruinous to the fabrics that have not been made proof against it.

The Low-Neck Gown.

It is unnecessary for a girl or woman to wonder whether she shall wear a dinner gown or one cut at the neck when invited to dine at the home of a friend. For without exception if the invitation has been given 24 hours before the time set she may wear a regulation dinner frock without being overdressed. Incidentally, she may do the same thing even if she has been invited on the day of the evening set for the dinner.

In any city a woman is always more certain of being properly gowned if her dress is cut low, even though she may have been invited "informally." It is a fact just now of hostesses to write or otherwise invite friends informally.

Monograms on Table Linen.

The engaged girl who is leisurely preparing her home and table linen may be glad to know that the monogram is now worked in the center of table napkins instead of in one corner, as formerly. To show it, the napkin is folded in three folds lengthwise, and then in three crosswise, thus bringing the monogram in the center of a square as the napkin is placed on the table.—Vogue.

The KITCHEN CABINET



IS THERE a sweeter thing on earth Than pleasant thoughts, I wonder, Or a happier one than she Who has the greatest number?"

"The happiness of your life depends much upon the character of your thoughts."

Hints on Carving.

Because one is a woman does not exempt her from the duties of a carver, as the occasion often arises in the absence of the man of the family, when it is necessary to wield the carving knife. Carving is an art and to learn to do it easily under the gaze of a table full of watching eyes, is an accomplishment of no mean worth.

Did you ever notice how impossible it is to keep from watching the movements of a carver?

A man who is the least self-conscious is most grateful for a wife who can be so entertaining as to attract the attention to herself during the painful operation of carving a fowl.

Who has not a feeling of sympathy for the poor man who was carving a goose when it slipped from the platter, across the table and into the lap of a lady guest, the perturbed carver cried out: "Madam, I will trouble you for that goose."

She, no doubt, was glad to "deliver the goods." In carving, "practice makes perfect," but do not offer a carver a knife that is not sharp, for there is nothing more exasperating.

Hold the carving fork firmly in the left hand, and fix it in the breast bone. First cut off both drum sticks at the first joint; next remove the second joints; second cut off the wings, and the wish bone, then carve the breast in thin slices, serving a piece of white and dark meat with the stuffing, to each person. By studying the location of the joints, and by practice, carving will become an easy matter.

In carving a roast, cut across the grain of the meat. A steak is carved by first cutting around the bone, then cut the meat in narrow pieces, serving a small piece of the tenderloin with a piece of the less tender portion.

Sand Tarts.

Cream one-half cupful of butter, add one cupful of sugar gradually, one egg well beaten; then one and three-fourths cups of flour sifted with two teaspoonfuls of baking powder. Chill and roll out, cut with a doughnut cutter. Brush over with the white of egg and sprinkle with one tablespoonful of sugar mixed with a fourth of a tablespoonful of cinnamon. Split halved almonds and arrange three blades on each at equal distances. Place on buttered sheet and bake.



GOOD health is a great prerequisite of successful or happy living. Very much of the peevishness and impatience seen in men and women has its root in bodily illness. The very morals suffer from disease of the body. Correct living and intelligent physical training will eliminate many of the tendencies to ill health which we bring into the world with us.

—Mary A. Livermore.

Things Worth Trying.

Any dish calling for mixed spices will be found much improved by mixing and keeping ready for use the following spices: Two tablespoonfuls of cinnamon; two tablespoonfuls of mace; one tablespoonful of cloves, and one grated nutmeg. Mix thoroughly and then put into an air tight can or box.

Here is a method for removing scorched places from linen, when one can not wait to wash, boil and hang in the sun:

Take half a pint of vinegar, to this add the juice of a large onion and two ounces of Fuller's earth. Boil for five minutes, strain, cool and bottle. The negro laundress who used this preparation rubbed the spot with a rag moistened with the liquid. Several applications may be necessary.

Season sausage with a slight grating of nutmeg and notice the improvement.

Try using prunes soaked over night and then cut fine with celery and nut meats for a salad. The result is good and wholesome. A mayonnaise dressing may be used or any simple boiled dressing.

Try cooking rice in a pudding bag, allowing room for it to swell. Salt it well and drop the bag into rapidly boiling water. A cupful of rice should be used in a bag holding a quart. When done, turn from the bag and serve with cream and sugar.

Put your grape juice bottles on their sides to keep the cork moist and the juice will never spoil as the air can not get through the moist cork.

Grilled Almonds.

Blanch a cup of almonds and dry thoroughly. Boil a cup of sugar and one-quarter of a cup of water till it hairs, then add the almonds. Stir until they are a light brown in color; then remove from the fire and stir until the syrup turns to sugar and clings to the nuts.



WHY need we complain? Each setting sun, in truth, a rising one; And whether it be in your world or mine That stars shall gleam, or sun shall shine.

What does it matter? The fact holds true— It's day time some where all the year through."

—L. Bigelow.

The Value of Skim Milk.

So many people labor under the impression that skimmed milk isn't good for much in the household. This prejudice is due to a lack of knowledge of the food value of skim milk. The chief elements in milk are fat, casein, or curd, water, sugar and mineral matter. Whole milk is a perfect food, and when the fat is removed by skimming, all the other valuable portions of the milk are still there. All the curd which promotes growth, is left in the skim milk. Mothers of large families who must economize, will find this milk a great food for the children. A pitcher of skim milk on the table, if cold, is very refreshing, and most certainly wholesome.

As a food it is lacking of course in fat, but used with other foods, bread and butter, fat of meat, cheese and such foods, the lack is supplied. Skimmed milk is valuable in cookery. In the old days, cooks used skim milk and preferred it for the Indian puddings. The suet supplied the fat. Today there are few who can resist one of the old-fashioned puddings. In the preparation of cream soup, skim milk may be used with butter, which is always added to the flour for binding and supplies the fat taken off in the cream.

For bread making, skim milk may be used instead of whole milk and water. White sauces for escalloped dishes, also rice and tapioca puddings.

Care of the Sick.

Never leave food, especially milk, standing exposed in the room.

Remove cut flowers from the room during the night.

Whispering should not be allowed in the sick room.

Change the pictures occasionally and have them bright and cheerful subjects.



DO NOT hurry. Do not worry. As this world you travel through, No regretting, Fuming, fretting, Ever can advantage you. Be content with what you've won. What on earth you leave undone, There are plenty left to do."

Economy in Little Things.

The conscientious housekeeper is as careful of little wastes as she is to buy good materials.

The old proverb that a woman will throw out of the kitchen door with a tablespoon more than a man can bring in, in a shovel, is true as many can testify. It is the little leak that sinks the great ship of household finance.

The garbage pail will tell the tale of many thriftless households that cannot get ahead. Often it is a lack of knowing how, many times it is indifference, for most women, if they think enough about a proposition, putting brains and time to it, will make good managers.

In this age of extravagant living it takes real courage to live simply, entertaining one's friends within the means, knowing that thus far she may go and no farther. Is it not a pleasure to be entertained in a home when there is no feeling that the hostess has strained every nerve as well as her purse strings to make the entertainment a success? When there is no maid, a jolly little informal dinner may be served, each guest feeling that something is expected of him to help along the good fellowship.

There are many women who will not entertain because they cannot do it as well as Mrs. Jones who keeps three servants and has a plenty of money. How much such a woman is denying herself as well as others. Her courage in doing what she can would put heart into others to go and do likewise.

Never waste a teaspoonful of good shortening. Frying fats may be used over and over again, unless used for fish. Strain what is left into a bowl half full of hot water and set aside to cool; the sediment will go to the bottom and the hardened fat may be removed clean and wholesome. A bit of soda the size of a pea may be added to the hot water.

Lemons may be kept indefinitely by keeping them in cold water.

In paring potatoes learn to do it with the least possible waste. It is just as easy as to pare them wastefully.

Save the feet of all fowls, scald and remove the skin, then cook for broth, season with onion juice, and add cream or milk, bind with butter and flour and you have a nourishing soup.

Nellie Maxwell.

"QUANTITY, QUALITY AND PRICE"

THE THREE ESSENTIALS THAT ARE GIVING WESTERN CANADA Greater Impulse Than Ever This Year.

The reports from the grain fields of Central Canada, (which comprises the Provinces of Manitoba, Saskatchewan and Alberta) are to hand. The year 1909 has not only kept pace with previous years in proving that this portion of the Continent is capable of producing a splendid yield of all the smaller grains, but it has thoroughly outstripped previous seasons. There is quantity, quality and price and from all parts of an area of about 320,000 square miles there comes the strong refrain of "contentment and satisfaction." In the distribution of the conditions causing it no district has been overlooked.

Various estimates of the total yield of wheat for the country have been made, but it is not the vast total that influences the general reader so much as what has been done individually. The grand total—say 130 million bushels—may have its effect on the grain price of the world; it may be interesting to know that in the world's markets the wheat crop of Canada has suddenly broken upon the trading boards, and with the Argentine, and with Russia and India, is now a factor in the making of prices. If so today, what will be its effect five or ten years from now, when, instead of there being seven million acres under crop with a total yield of 125 or 130 million bushels, there will be from 17 to 30 million acres in wheat with a yield of from 325 to 600 million bushels. When it is considered that the largest yield in the United States but slightly exceeded 700 million bushels, the greatness of these figures may be understood. Well, such is a safe forecast, for Canada has the land and it has the soil. Even today the Province of Saskatchewan, one of the three great wheat growing provinces of Canada, with 400,000 acres under wheat, produces nearly 90 million bushels, or upwards of one-tenth of the greatest yield of the United States. And Saskatchewan is yet only in the beginning of its development. As Lord Grey recently pointed out in speaking on this very subject, this year's crop does not represent one-tenth of the soil equally fertile that is yet to be brought under the plough.

Individually, reports are to hand of yields of twenty-five, thirty and thirty-five bushels to the acre. Scores of yields are reported of forty and some as high as sixty bushels. The farmer, who takes care of his soil, who gets his seed-bed ready early, is certain of a splendid crop.

The news of the magnificent crop yield throughout the Canadian West will be pleasing to the friends of the thousands of Americans who are residents in that country and who are vastly instrumental in the assistance they are rendering to let the world know its capabilities.

THAT'S RIGHT.



Tommy—Say, auntie, what did Uncle John marry you for?
Aunt—Why, for love, of course.
Tommy (meditatively)—H'm! Love will make a man do almost anything, won't it, auntie?

Lightning Change.

"Maria, who is the spider-legged gawk that comes to see Bessie two or three times a week?"
"Why, don't you know, John? That's young Mr. Welph, the junior partner in the firm of Spotcash & Co."

"Well, confound her, why doesn't she give him a little more encouragement?"

Sarcastic.

"I am afraid Dobby is putting an enemy into his mouth to steal away his brains."
"Yes," answered Miss Cayenne; "and it's a case of petty larceny, at that."

Dr. Pierce's Peppets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

Don't blame the phonograph if it has a bad record.

Lewis' Single Binder straight 5c cigar. You pay 10c for cigars not so good.

Sometimes a man's wisdom is due to the possession of a clever wife.

