

Lydia E. Pinkham's Vegetable Compound Cured Her

Knoxville, Iowa. — "I suffered with pains low down in my right side for a year or more and was so weak and ner-yous that I could not do my work. I wrote to Mrs. Pink-ham and took Lydia E. Pinkham's Vege-table Compound and Liver Pills, and am glad to say that



well at night. I believe there is noth-ing like the Pinkham remedies."-Mrs. CLARA FRANKS, R. F. D., No. 3, Inoxville, Iowa.

The success of Lydia E. Pinkham's Vegetable Compound. made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, fibroid tumors, ir-regularities, periodic pains, backache, bearing-down feeling, flatulency, indirestion, dizziness, or nervous prostra-

For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and suffering women owe it to themselves to at least give this medicine a trial Proof is abundant that it has cured thousands of others, and why should it not ours, you? not cure you?

If you want special advice write Mrs. Pinkham, Lynn, Mass., for it. It is free and always helpful.

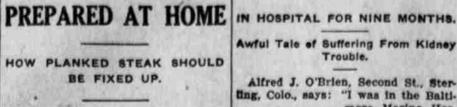


Stops Lameness

Much of the chronic lameness in horses is due to neglect.

See that your horse is not al-lowed to go lame. Keep Sloan's Liniment on hand and apply at Limiment on hand and apply at the first sign of stiffness. It's wonderfully penetrating — goes right to the spot — relieves the soreness — limbers up the joints and makes the muscles elastic and pliant.

Here's the Proof.



Trouble.

the hospital because they wanted to

operate on me. I went to St. Joseph's

Hospital at Omaha and put in three

months there without any gain. I was

pretty well discouraged when I was

advised to use Doan's Kidney Pills. I

one box, the pain in the back left me.

Remember the name-Doan's.

was the result."

kept right on and a perfect cure

For sale by all dealers. 50 cents s

box. Foster-Milburn Co., Buffalo., N. Y

WHAT DID HE MEAN?

Landlady-1 had to pay 25 cents a

BABY'S SKIN TORTURE

"When our baby was seven weeks

old he broke out with what we

thought was heat, but which gradually

grew worse. We called in a doctor.

time we doctored six months with

three of the best doctors in Atchison

but he only got worse. His face, head

Star Boarder-That's tough

pound for this steak.

more Marine Hos-

pital for nine

months. I had a

dull pain in the

small of my back

that completely

wore me out. The

urine was in a ter-

rible state, and

some days I would

pass half a gallon

of blood. I left

Sirioin Cut, About Two Inches Thick, Rubbed with Lemon and Butter and Tacked to the Heated Board, Is Necessary.

It is no longer necessary to go to some famous restaurant or popular grillroom to enjoy that almost mysterious, yet artistic dish that is the delight of every professional chef-a planked steak. With the purchase of a plank sold for the purpose and the services of a good all-round cook, plank steak can be served at home.

The steak ought to be a sirloin-a porterbouse is not fat enough-and cut about two inches thick. Rub it over with lemon juice and butter, tack am glad to say that your medicines and It to the heated board and place in a your medicines and kind letters of divery hot oven.

rections have done After leaving ten or twelve minutes. more for me than anything else and I had the best physi-cians here. I can draw the tacks, turn and tack it again tu place, returning to the oven for another ten minutes' cooking. This can be garnished with rice or potato cakes, latticed potatoes, little string beans or peas. Lamb or mutton chops can be cooked in the same way as the steak, an added savoriness being given by basting them quite often while cooking with a well sensoned tomato sauce

Tacking meats to the board is not really necessary when the cooking takes place in an oven, but it is pleasantly reminiscent of the days when the board was propped before the open fire and the food had to be tacked to keep it from slipping off.

Now for our bonne bouche-poached eggs. Prepare the necessary amount of well-seasoned, creamy mashed potutoes. With a pastry bag and tube cover the board with wreaths of potato puree. Brush with melted butter, make slight depressions and into each break an egg. Dust with pepper and salt and place in the oven until the eggs are cooked and the potatoes lightly browned.

NOVEL GARNISHINGS.

When making fritters cook sections of orange in water and sugar until it begins to thicken like a sirup. Dip each piece of orange into a delicate batter and fry in boiling lard to a golden brown. Dust with powdered sugar and serve in a ring around orange marmalade.

was no end to the suffering for him. Roll slices of calf's liver in a thin We had to tie his little hands to slice of bacon, hold together with a keep him from scratching. He never silver skewer, flour and cook a deliknew what it was to sleep well from cate brown. Serve on chop dish with the time he took the disease until he garnishings of cress, Pass a thick creamy gravy in silver sauce boat. bours of the night and his health Instead of cold deviled eggs try wasn't what you would call good. We these: Stuff in usual way, put two tried everything but the right thing. halves together, dip in egg and bread crumbs and fry at the last minute in Remedies and I am pleased to say bolling fat. Serve on round silver we did not use all of them until he platter with a center of green peas was cured. We have waited a year and a border of thick tomato puree. A refreshing drink at afternoon card parties is made from equal parts is clear and fair as it possibly could of ginger ale and grape juice. Serve be. I hope Cuticura may save some in straight, thin glasses with a maraschino cherry floating on top.



the Well-Known Chicago Social Worker.

Chicago .--- Glimpses of the childhood of Miss Jane Addams at Cedarville, Ill., her birthplace, full of interesting child ish fancies and experiences, are contained in the first installment of her "Autobiographical Notes on Twenty Years at Hull House," published in the April number of the American Magazine. In her girlhood life is traced the be-

ginning of the evolution of her ideas on social questions which led to the founding of Hull House and its growth to a position as the greatest social settlement in the world.

Included in her reminiscences is a reference to an attempt by an "in formal association of manufacturers" to persuade her with a gift of \$50,000 to Hull House to cease her efforts to



secure the passage of a sweatshop bill in Illinois, and her reply that she would first see the destruction of Hull House and if necessary "would cheer fully sing a Te Deum on its ruins." It is as the daughters of John H. Addams, who was a war-time member of the Illinois legislature,, that she in-

troduces herself to the reader. An insight into sociology came early, as Miss Addams relates as follows:

He said it was eczema and from that "I can remember an admonition on one occasion, when, as a little girl of eight years, arrayed in a new cloak, and hands were a solid sore. There gorgeous beyond anything I had ever worn before, I stood before my father for his approval. I was much chagrined by his remark that it was s very pretty cloak, in fact, so much prettier than any cloak the other girls in the Sunday school had, that he was cured. He kept us awake all would advise me to wear my old cloak, which would keep me quite as warm, with the added advantage of not making the other little girls feel badly. "Finally I got a set of the Cuticura I complied with the request, but I fear without inner consent, and I certainly was quite without the joy of self-sacrifice as I walked soberly through the village street by the side of my counselor.'

Cortez.

Including Ham Actors. Going to come and see me act

night? "No, I have joined the meat strike." "What has that to do with it?"

"I have cut out hams." No Funds. "Wasn't that a runaway marriage?"

"Yes, and a stay-at-home honey-000.

Easy to Win Back **Your Health**

It is not a very hard task to get back to the "highway of health" provided you act promptly at the first sign of weakness or ill-health and assist Nature in every way possible. Then this calls for the friendly aid of Hostetter's Stomach Bitters immediately. Delay or experimenting with unknown remedies only aggravates matters, prolongs your sickness and makes it just so much harder to win back your health. Thousands of people, who know from actual experience, keep a bottle of the Bitters handy at all times and a few doses at the right time always wards off a sick spell. Try this plan today. It is excellent in cases of Poor Appetite, Heartburn, Belching, Sick Headache, Indigestion, Dyspepsia, Costiveness, Billousness, Spring Ailments, Impure Blood, Malaria, Fever and Ague. Insist on having Hostetter's.







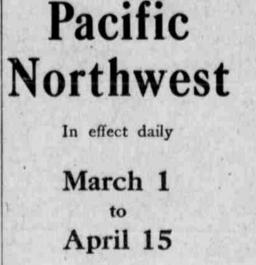


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60 ACRE

01

OMAHA

tion of land in Saskatchewan. Canada. He has said in an interview:

not a representative in Ma Baskatchewan or Alberta."

125 Million Bushels of

Wheat in 1909

Western Canada field crops for 9 will easily yield to the farm-8170.000,000.00 in cash. Free Homesternic of teach.

or \$170,000,000,00 fm cash. Froe Momenteads of 160 acres, and pre-emptions of 100 acres t \$5,00 an acres. Railway and Land Companies have iand for sale at reasonable prices. Many farm-ers have peid for their land out of the proceeds of one crop. Splendic climate, good schools, excellent railway facilities, low freight rates, wood, water and import easily obtained. For pamphiat "Last Hest West." Particulars as to suitable location and low settlers' rate, apply to gupt of Immigration. Of tawa, Can., or to Cansalian Gov't Agent.

W. V. BENNETT

PLAT

an interview: "As an American I am delighted to soo the re-markable progress of Western Gandla. Our people are flocking acrows the boundary in thou-made, and I have not yes met one who admitted had made a mistake. They are ail doing well. There is scarcely a com-munity in the Middle or Western States that has presentative in Manitoba.

Mr. G. T. Roberts of Resaca, Ga., R.F.D. No. t, Box 43, writes : — "I have used your Liniment on a horse for swee-ney and effected a thorough cure. I al-so removed a spavin on a mule. This spavin was as large as a guinea egg. In my estimation the best remedy for lameas and soreness is

Sloan's niment

Mr. H. M. Gibbs, of Lawrence, Kans., R.F.D. No. 3, writes :-- "Your Lini-ment is the best that I have ever used. I had a mare with an abscess on her neck and one soc. bottle of Sloan's Liniment entirely cured her. I keep it around all the time for galls and small swellings and for everything about the stock."



Sloan's Liniment will kill a spavin, curb or splint, re-duce wind puffs and swollen joints, and is a sure and speedy remedy for fistula, sweeney, founder and thrush.

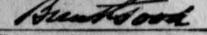
Price 60c. and \$1.00 floan's book on horses, cattle, sheep and poultry sons free. Address

Dr. Earl S. Sloan

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A Eucalyptus Grove, Best Life Insurance

CALIMEX PLANTATION COMPANY besurity Bidg. Los Angeles, California

A Casserole of Left-Overs.

Cut bits of cooked beef, veal or lamb into neat dice. Mince fine a small white onion. Parboll a green pepper and mince a section of it. Have ready a cupful of stewed tomatoes or a whole raw tomato. Heat istrate. some stock or gravy and thicken slightly. Mix all these ingredients and season to taste. Put into a covered casserole and simmer for an hour in a slow oven. Then sift finely rolled crackers over the surface and stick bits of butter in the cracker dust. Shut up again in the oven and brown, uncovered.

This will be a nice family luncheon served with sweet pickles.

To Remove Stains.

Ink, fruit or vegetable stains on fingers are inexcusable, as they can be easily removed.

The quickest eradicator is a piece of pumice stone kept on the washstand. Wet before using and rub steadily, but not vigorously, or the skin may suffer.

A stain remover that has proved successful with fruit and vegetable discoloration is made by adding four drops of carbolic acid to a half pint bottle of glycerin and rosewater.

Chocolate Cream Filling.

Melt a square and a quarter of chocolate in the oven or over the tes kettle; mix together one cup of sugar and three-quarters of a cup of flour andl a pinch of sait; add two eggs slightly beaten with two cups of milk and cook in a double boiler until creamy and thick; add the melted chocolate and a teaspoonful of vanilla and when cool spread between layers.

Charlotte Russe Without Gelatine.

Whip one pint of rich cream to a stiff froth, flavoring with either wine or vanilla to taste. Beat well the whites of two eggs, add a cup of powdered sugar. Mix into the cream and set on ice until it stiffens. When ready to serve line a bowl with sponge cake or macaroons soaked in sherry and fill in with the whipped cream.

Horseradish Butter

Pound a teaspoonful of grated horseradish in a mortar with an ounce Our INSURANCE CONTRACT protects Pur-masser's likeling. Excelliption directions on conservative milimates, pay better than ENDOW MENT POL-ICY. Buy a five-acre grove on Easy forma, BANK THUSTREESHIP secure you. Income from Call-forma Alfaira Fields pays DIVIDENDS ON THE BER INVESTMENT from the start. Interesting Bookies cullining our proposition, will interest you Postal bringsit, B's FREE.

a half to see if it would return but it never has and to-day his skin one else's little ones suffering and also their pocket-books. John Leason, 1403 Atchison St., Atchison, Kan., Oct. 19, 1909."

Murphy.

The prisoner at the bar was of swarthy complexion and was charged with peddling without a license. "What is your name?" asked the mag-

"He says his name is Murphy," repeated the policeman on the bridge. "An Irishman peddling bananas, ch? What part of Ireland do you come from?' "He says he was born in Italy,"

again repeated the bridge policeman. "Umph! The Murphys are numerous, but I didn't think they had spread to Italy," said the judge as he made the fine \$1 and asked the man to spell his name.

The prisoner wrote on a piece of paper "Gluseppe Muerfee."-New York Sun.

Money and expense are not essential to artistic homes and attractive rooms. One dollar and fifty cents' worth of material will completely transform a crude, inar-tistic room into a graceful, dainty apart-ment

tistic room into a graceful, dainty apart-ment. Really it is good taste and skill that makes the home homelike. That dainty touch is worth twice as much as money. Wall paper is expensive—it costs money to buy it, to hang it and again to re-move it. With the use of the alabastined wall there is only the slight cost of the material—any one can brush it on—and it is not necessary to wash it off the wall when a fresh coat is required. It is very easy to mix, very simple to apply, but the results are simply beauti-ful. A whole house can be done at just a little more than the cost of a single room when ordinary materials are used. And this is true, that now that we have so much better materials for use in the decoration of our homes, that wall paper, common kalaomine and paint are now as much out of date as the old time white wash, tallow candles and rough hewm floors. Mere money is no longer an es-sential in good housefurnishing in artistie home making. The new materials and labor-saving ma chines are most welcome to us all—and

The new materials and labor-saving ma chines are most welcome to us all-and every thoughtful woman; every woman who cares for her home, is quick to utilize them.

Alas.

A little five-year-old who had been watching her mother dress for an evening entertainment surprised her mother with the following question: "Mother, didn't you say you were almost 40 years old ?"

"Yes," replied the mother.

"Well," answered the little girl, "you don't look it to-night, but you will tomorrow morning."-Judge.

Of course, women are a triffe vain, but did you ever see a man pass up an opportunity to look in a mirror?

When life's all love. 'tis life; aught else, 'tis naught,-Sidney Lanier





career. The relic at one time saved the life of Cortez during battle. But for it

conquistador carried it throughout his

Statuette of the Virgin Mary.

Mexico's history would have been

One hand has been replaced by a

hand of silver. This hand was shot

away by a bullet that would other-

wise have killed Cortez. He gave the

statue to Acxotecatlec, captain of the

republic of Tlaxcala, who was his

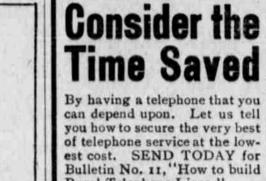
Ever since his days it has re-

may crumble away unless quickly at-

different.

ally.

tended to.







is in daily use in all the leading Agricultural Colleges and Experiment stations throughout the United States. Read the fol-

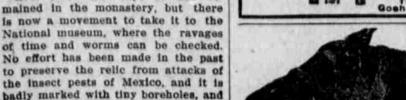
Medford, Minn., May 21, 1309, Gentlemen

The Hastings Industrial Co., Chicago, Ill. Gentlomen: I have had my separator for six years and have never had to buy any extrastor it, and it has taken care of 20 cows' milk. Some of my neighbors got the D_____ and the U_____ S____ the same time and they have cost them a good deal to keep them up. I have the old price list but did not know but what they had changed it. I see the price of the cream screw is 5 cents and I will send that and if that is not snowgh when I send again I will make it all right with you. I gined: CHAS, BOYNTON. The National has nothing to get out of order. Runs light-iy, cleans easily, and gets all the cream. Furthermore, it will last a lifetime. Your dealer will demonstrate a National free if you inaist. Let us send you our illustrated catalogue. THE NATIONAL DAIRY MACHINE COMPANY

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No Hard

Lifting