

Yours for uniformity. Youre for greatest leavening powar.

Yours for never failing results. Yours for purity. Yours for economy.

Yours for everything that goes to make up a strictly high grade, ever-dependable baking

That is Calumet. Try it once and note the improvement in your baking. See how much more economical over the high-priced trust brands, how ch better than the cheap and big-oan kinds.

Calumet is highest in quality -moderate in cost.

eived Highest Award— World's Pure Food

I would say to all: Use your gent-"ast voice at home.—Elihu Burritt.

Pierco's pleasant Pellets ours constitution, tipation is the cause of many diseases. Cure suse and you cure the disease. Easy to take

The only certaint; is principle; as new as today, and as old as the universe.-Horatio Stebbens.

Faith is not a blind, irrational asset, but an intelligent reception of the truth on adequate grounds.-Charles

Local Enterprise.

Tourist-Why do you call this a volcano? I don't believe it has had an eruption for a thousand years!

Guide-Well, the hotel managers in this region club together and keep a fire going in it every year during the season.-Meggendorfer Blaetter.

Not That Meaning.

"The doctor said that Bill was drunk when we took the poor fellow to have his head attended to last night after he fell." Doctor never said anything of the

kind!"

"Didn't I hear him? Said it was s jagged cut."

Worth Remembering.

"One of the delegates to the convention of the Negro Business Men's league in New York was worth \$4,000,000," "Here's a pointer for the colored

brother." "Let's have it."

"That delegate didn't make his money shooting craps."

Speaking of Fires.

Roy Bone, a brother of United States District Attorney Harry Bone, several years ago was a reporter on the Wichita Beacon. In going to a fire one of the members of the fire department was thrown from a hose cart and killed. Bone wrote a head, with this as the first deck: "Gene to His Last Fire."

The piece got into the paper and Bone was promptly "fired."-Kansas City Journal.

Brings Cheer

to the breakfast table-

Post **Toasties**

with cream.

Crisp, golden-brown "crinkly" bits, made from white corn,

A most appetizing, convenient, pleasurable breakfast.

"The Memory Lingers"

Postum Cereal Co., Ltd. Battle Creek, Mich.

RIFGHEN



Yesterday hath no returning. And life's stream is flowing on; Flowing on with joy or sorrow Toward the dark unfathomed sea-That conceals eternity.

—C. Howard.

The Hot Box. We all know the discomfiture of a A few grains of sand out of place, the trouble. And so It is in the household. We are prepared to combat the br'ars that catch and fret" find us unpatience or ill temper will follow and even sweet dispositions seem easily

Seasonable Dishes for Breakfast. size and regular shape. Wash them dried in a towel and cut in pieces the and cut in halves crosswise. Remove the seeds and the white membrane ful of finely shredded cabbage. With and cook in boiling water ten minutes. Drain upside down and in each bail. either boiled or mayonnaise. Garnish Sprinkle a few buttered crumbs mixed with chopped ham, moistened with hard-cooked eggs. cream in each. Break an egg carefully in each pepper, season with salt is set. Serve with buttered toast for a breakfast dish.

Corn Cake. Take a cupful of fine Indian cornmeal and two cupfuls of flour, add one teaspoonful of salt and two teaspoonfuls of baking powder sifted well. Add the well beaten yolks of three eggs. Beat slowly into this two cupfuls of break the cake instead of cutting it.

Graham Muffins. Take one and one-half cupfuls of graham flour, one-half cupful of white flour, one-quarter of a cupful of sugar, one-half teaspoonful of salt and two well beaten eggs and one cupful of milk. Bake in hot gem pans twentyfive minutes. Thin slices of bread dipped in egg and fried on both sides in butter, served with minced ham put into the oven to melt the cheese and garnish with radish roses. is a nice dish for breakfast.



To enjoy life's present sun. For the past is past forever And the morrow may not come; Let us do the loving duties That await us on the way, And behold the myriad beauties That abound in life today.

C. Howard. Some Dishes for the Vegetarian.

Those who are strictly vegetarian in their tastes leave out all dishes made of eggs in their dietaries. Vegetables and cream soups have been discussed so often that this time I will treat of other things.

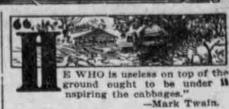
Savory Potato Pie. Peel and parboil a quart of petatoes, slice and put them in a deep pie dish with salt, pepper and two small onions, sliced; a tablespoonful of tapioca which has been seaked for an hour, a half a pint of water and a tablespoonful of butter. Half a cupful of celery or a dash of celery salt is an addition to the pie. Cover it with pastry and bake half an hour in a moderate oven.

Egg and Tomato Pudding. Cook six eggs in the shell until hard, cut each into eighths, lay them in a well-buttered pudding dish, pour over them two cupfuse or stewed tomatoes, thickened with a tablespoonful of nour rubbed in two tablespoonfuls of butter, season with pepper and salt and a teaspoonful of onion juice. Cover the top with buttered crumps and brown in the oven.

Savory Macaroni Boll half a pound of macaron, until tender in boiling salted water, drain and arrange in a shallow vegetable Wish, mave ready two or three hardcooked eggs, cut the whites in strips | ple who dislike them cooked alone and add to the macaroni. Prepare a cupful of white sauce by cooking together a tablespoonful each of flour and butter (sait a u pepper to taste); cream soup it is a general favorite. when bubbling add a cupful or rich milk. Into this when thick and smooth add a quarter of a cupful of grated cheese, take from the fire and pour Sprinkle with salt and pepper, dip in over the macaroni. Put the yolks of a fritter batter and fry in deep fat. the eggs through a ricer as a garnish | Serve very hot, with tomato sauce. over the top.

Fruit with gelatine is well liked and makes a change that is agreeable. Next in importance to fruits for the with try this: Pour hot milk over hot weather diet is the vegetable. the bread. Beat one egg, add a table Plain salads of vegetables are most spoonful of flour and enough milk to wholesome and appetizing. A slice of make a batter. Drain the bread and tomato or a leaf of lettuce with an oil dip in the batter, then fry a nice dressing is a food and a medicine.

An excellent binding for soups that may always be ready, is rice water. Drain the rice, setting the water away to cool. It will thicken and when added to a cream or puree it will require no other thickening.



Salads for Summer Festivities. There never has been a salad which is such a general favorite as the chicken. A hen is best for saind if a capon is not obtainable. Draw as for roasting, wash the inside carefully and scrub the skin with a vegetable delayed train caused by a "hot box." brush, using a spoonful of soda to a quart of warm water. The skin of a causing the friction and heat, make all chicken needs careful cleansing. Put the chicken into a kettle of boiling water, back down, cover and cook larger annoyances, but "the little slowly (so that the water just moves) until tender, but not so long that the awares. The smallest grain of im- flesh drops from the bones, as then it has lost its flavor in the broth. Let spoil a whole day. Let us be careful it cool in the broth to absorb as much to keep well oiled with cheerfulness as it will. Free the meat from the and good temper, especially during skin and gristle and cut in half-inch these trying days of hot weather when cubes. Marinate with French dressing, a half cupful to four cups of chicken, and stand on ice one hour. When ready to serve, add a cupful of Use large green peppers of uniform tender celery crisped in cold water,

Curled celery may also be used as an effective garnish. Cut it in inch or and pepper and bake until the white in inch and a half strips and shred nearly to the center from each end. Put into water which has been made slightly acid with lemon juice or vinegar, and it will curl. Use around the edge of the salad, in with the green of the lettuce-it makes a very pretty

size of the chicken cubes, and a cup-

this mix one cupful of good dressing,

the salad with water lilies made of

garnish. When a large quantity of salad is to be made, veal carefully cooked may milk and lastly add the stiffly beaten be added to the salad to eke out the whites. Bake in a shallow square and chicken, and the result will deceive the elect.

Sweet Bread and Cucumber Salad. When the cucumbers come from the market, put into cold water to remove the blood. Parboil 20 minutes in acidulated water and remove the teaspoonfuls of baking powder, well pipes and membrane. Cut in half-inch sifted with the flour. Add to this two cubes, mix with equal parts of diced cucumber, season with salt and pepper and chill. Serve with a sour cream dressing, using sour cream seasoned to taste with onion juice, salt and pepper and a little vinegar or and cheese sprinkled over them and lemon juice. Make nests of lettuce



And, counting, find One self-denying act, one word That eased the heart of him who heard, One glance most kind, That fell like sunshine where it went,

Then we may count the day well spent.

But if through all the livelong day ve eased no heart by yea or nay; If through it all We've done no thing that we can trace, That brought sunshine to a face; No act, most small,

That helped some soul and nothing cost. Then count that day as worse than lost

Appetizing Celery.

That celery is a well-known nerve tonic is demonstrated in the patent medicines found on our market that contain celery. It is also a valuable food and often rather expensive, as so many housewives discard the coarse green stalks and all the green leaves. Every sound bit of celery is valuable, the outside stalks contain all the nerve stimulants in an even greater proportion than do the tender white ones in the center of the bunch. The coarser parts are good stewed and served in a white sauce, which at the same time builds up wasted tissue and supplies nerve power. When one has a little celery, but not enough for a dish, try cooking it with cabbage. It will be found that the cabbage partakes of the flavor of the celery.

The leaves and coarse stalks may be used in vegetable soups for flavor. A few celery leaves and coarse stalks added to stewed onlons give the latter a most agreeable flavor, and make onions acceptable to many peo-

In combination with vegetables, fruits, fish and meats, celery has a valuable place. As a flavoring for a

Here is a way of serving celery which is not common: Parboll (celery cut in three-inch pieces) until soft.

Use for Dry Bread.

When you have some slices of bread that you don't know what to do brown in a little hot fat.

Nellie Maxwell

Alry Pun. "He's the same old blowhead be used to be, isn't he?" "Yes, he's as windy as zephyr."

A STUNNER.



Secke-Mrs. Swellington is a stunning woman, isn't she?

Weeks-I should think so. She hit me with her automobile the other day, and it was two hours before I woke

ARE YOUR KIDNEYS WELLT

The kidney secretions tell if disease is lurking in the system. Too frequent or scanty urination, discolored urine, lack of control at night, indi-

cate that the kidneys are disordered. Doan's Kidney Pills cure sick kidneys. J. F. Haynie, 7th St., Forest Grove, Ore., says: "Doan's Kidney Pills saved my life. I was in bed for weeks, passed blood and was in terrible condition. Doan's Kidney Pills removed my trouble and I have not had an attack for

over a year. Remember the name-Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Red Cross Christmas Seals. Arrangements for the sale of Red Cross Christmas seals for 1910 have been announced by the National Association for the Study and Prevention of Tuberculosis and the American Red Cross. "A Million for Tuberculosis" will be the slogan of the 1910 campaign. Two features of the sale this year are unique and will bring considerable capital to the tuberculosis fighters. The American National Red Cross is to issue the stamps as in former years, but this organization will work in close co-operation with the National Association for the Study and Prevention of Tuberculosis, which body will share in the proceeds of the sales. The charge to local associations for the use of the national stamps has been reduced also from 20 per cent. to 121/2 per cent., which will mean at least \$50,000 more for tuberculosis work in all parts of the United States. The stamps are to be designated as "Red Cross Scals" this year and are to be placed on the back of letter instead of on the front.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive sure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it tails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c.

Take Hall's Family Pills for constitution.

Not Impregnable. Horace Avory, K. C., just appointed a judge, is one of the mordant wits of the British bar. One day cross-examining a recalcitrant witness he asked:

"What are you?" "A retired gentleman," proudly asserted the ex-cheesemonger. "Well," snarled Avery, "when you achieved the position of gentleman, why did you retire from it?"

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 Chart Hitcher. In Use For Over 30 Years. The Kind You Have Always Bought.

Hardly Worth While.

"Scientists state that the sun will continue to give out the present amount of heat for 30,000,000 years.' "That makes a two weeks' vacation look piffling, eh?"

A Failen Idol. "What makes you so sure the American public is fickle?" "The reception a player who used

to be on the home team gets when he comes visiting." Good for Sore Eyes, for 100 years PETTIT'S EYE SALVE has positively cured eye diseases everywhere. All druggists or Howard Bros., Buffalo, N.Y.

Generosity does not consist in giving money or money's worth. We owe to man higher succours than food and fire. We owe to man, man.-Emerson.

Mrs. Winslow's Soothing Syrup. lidren teething, softens the gums, reduces in-stion, allays pain, cures wind colle. He a bottle

There is genius and power in persistence.-Orison Swett Marden.

Lewis' Single Binder cigar. Original Tin Foil Smoker Package, 5c straight. The gentleman exists to help; he has no other vocation.-T. T. Munger. Do You Feel This Way?

Do you feel all tired out? Do you sometimes think you just ean't work away at your profession or trade any longer? Do you have a poor apetite, and lay awake at nights unable to sleep? Are your nerves all gone, and your stomach too? Has ambition to forge shead in the world left you? If so, you might as well put a stop to your misery. You can do it if you will. Dr. Pierce's Golden Medical Discovery will make you a different individual. It will set your lazy liver to work. It will set thinds right in your stomach and

make you a different individual. It will set your lazy liver to work. It will set things right in your stemach, and your appetite will come back. It will purify your blood. If there is any tendency in your family toward consumption, it will keep that dread destroyer away. Even after consumption has almost gained a foothold in the form of a lingering cough, bronchitis, or bleeding at the lungs, it will bring about a cure in 98 per cent. of all cases. It is a remedy prepared by Dr. R. V. Pierce, of Buffalo, N. Y., whose advice is given free to all who wish to write him. His great success has come from his wide experience and varied practice.

Don't be wheedled by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to be "just as good." Dr. Pierce's medicines are or enown composition. Their every ingredient printed on their wrappers. Made from roots without alcohol. Contain no habit-forming drugs. World's Dispensary Medical Association, Buffalo, N. Y.

THE Famous Lamp

STANDARD OIL COMPANY (Incorporated) The ONLY Guaranteed Shoe on Earth!

500 Big Shoe Men Fighting Our Plan

We have startled the nation with our Six Months' Guarantee offer on shoes! Never before have shoes been sold under a written, money-back guaranteel Never before has it been possible to make a shoe good enough to back such a guarantee. Shoe manufacturers' enormous selling expenses has prevented it.

our plan shatters the system that robe the public of Five Million Dollars a year—\$5,000,000 that is being spent on high-salaried traveling men and their outlandish expenses.

We have done away with this wholesale waste of money. We sail direct to dealers by letter, and make 5-cent stamps do the work of salesmen. The thousands of dollars saved has been spent on high grade foreign leathers and other quality materials that others can't afford. That's why "Six Months" shoes CAN be guaranteed.

FOR MEN

Guaranteed for Full Six Months' Wear We send way to Switzerland and France for the hides from which we make these shoes. Our Switzerland are from Switzerland hides. The uppers are from Paris Veals. These hides cost twice as much as ordinary hides, but they are the toughest and best raw materials procurable.

Wonderful wearing qualities are added to the leather and it is made perfectly waterpreof and fexible through our secret tanning process. We use Army Duck linings that toot twice as much as ordinary linings. The uppers are sewed together by local stick machines, using the very highest grade silk thread.

Lightest-Neatest-Most Stylish Our "Six Months Shoes" not only have wearing qualities that will surprise the hardest be wearer on earth, but they have a beautiful style and finish that will delight the most

Our Written Guarantee If either the soles or uppers wear out within of shoes entirely free of charge. If either the soles or uppers wear out during the lifth month we agree to refund \$2.00 in cash. If either the soles or uppers wear out during the sixth month we agree to refund \$2.00 in cash. If either the soles or uppers wear out during the sixth month we agree to refund \$1.00 in cash. In other words, if these shees should not give full six months' wear we refund more than the proportion they fall short.

Your dealer will make any redemption according to our guarantee. You don't have to send to the factory or deal with strangers.

Send for Dealer's Name and Style Book-No matter shoe, business shoe or work shoe, you will find the best styles and best values in a Desnoyers' "Six Months" Shoe. Send postal for style book and name of our dealer in your town.

Desnoyers Shoe Company, 2234 Pine St., St. Louis, Mo.

WESTERN CANADA'S 1910 CROPS

Wheat Yield in Many Districts Will Be From 25 to 35 Bushels Per Acre

Land sales and homestead entries increasing. No cessation in numbers going from United States. Wonderful opportunities remain for those who intend making Canada their bome. New districts being opened up for settlement. Many farmers will net, this year, \$10 to \$15 per acre from their wheat crop. All the advantages of old settled countries are there. Good schools, churches, splendid markets, excellent railway facilities. See the grain exhibit at the different State and some of the County fairs.

Letters similar to the following are received every day, testifying to satisfactory conditions; other districts are as favorably spoken of: THEY SENT FOR THEIR SON

"My paronts came here from Oedar Falls, lows, four years ago, and were so well pieased with this country they sent to Coour of Alene for me. I have taken up a homestead near them, and am perfectly satisfied to stop here."

Leonard Douglas. WANTS SETTLER'S BATE FOR HIS STOCK.

"Well I got up here from Forest City, Iowa, last Spring in good shape with the stock and everything. Now, I have got two boys back in lowayet, and I am going back there now soon to get them and another car up here this fall. What I would like to know is, if there is any chance to get a cheap rate back again, and when we return to Cauada I will call at your office for our certificates."

Yours truly, H. A. Wik,

WILL MAKE HIS HOME IN CANADA. Brainerd, Minn., Aug. 1st, 1910.

"I am going to Canada a week from loday and intend to make my home there. My husband has been there aix weeks and is well pleased with the country to be wants me to come as soon as possible. He filed on a claim near Landis, Saak, and by his description of it it must be a pretty place.

My prother-in-law, Mr. Frank J. Zimmer, Ilves there and it was through him that we decided to locate in Canada." Yours truly, Mrs. Hichard Henry Ehinger. TAKES HIS BROTHER-IN-LAW'S WORD FOR PL "I shall go to Camrose this Falls, Minn, Aug. 7, 1916
"I shall go to Camrose this Falls with my cettle and household goods. I got a poor crop hase this year and my brother-in-law, Axel Nordatronii in Camrose, wants me to come there. He formerly lived in Wilson, North Dakota. I am going to buy or take homestead when I get there, but I do not want to travel two times there, for lake my brother-in-law's word about the country, and want to get your low rate."

Peter A. Nelson.

, WANTS TO RETURN TO CANADA. WANTS TO RETURN TO CANADA.

Vesta, Minn., July 54th, 1919

"I went to Canada nine years age and took up a guarter section of ratiroad land and a homestead, but my boys have never taken up any land yet. I still hold the ratiroad land. I had to some back to the states on account of my health. Fisase let me know at once if I dan get the chunp rates to Poncka. Alberta."

Geo. Pasknwitz.

Geo. Pasknwitz.

Vesta, Minn.

Send for literature and ask the local Canadian Government Agents for Excursion Rates, best districts in which to locate, and when to go,

W. V. BENNETT, 801 New York Life Building, Omaha, Nebraska



DEFIANCE STARCH—16 ounces to "DEFIANCE" IS SUPERIOR QUALITY.

W. N. U., OMAHA, NO. 38-1910.

Keeps the spindle bright and free from grit. Try a box. Sold by dealers everywhere. STANDARD OIL CO.

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye You can dye any garment without ripping apart. Write for free bookiet—How to Dye, Bloach and Miz Colors. MONROE DRUG CO., Quincy, Illinois.