



YOURS

Yours for uniformity. Yours for greatest leavening power. 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 powder.

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 much better than the cheap and big-osa kinds.

Calumet is highest in quality—moderate in cost. Received Highest Award—World's Pure Food Exposition.

I would say to all: Use your best voice at home.—Ellis Burritt.

Dr. Pierce's pleasant Pilelets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take.

The only certain principle; as new as today, and as old as the universe.—Horatio Stebbins.

Faith is not a blind, irrational asset, but an intelligent recognition of the truth on adequate grounds.—Charles Hodge.

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!"

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 horse cart and killed. Bone wrote a head, with this as the first deck: "Gone 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.

The Kitchen Cabinet

TARRY NOT in idle yearning For the moments that are gone; Yesterday hath no returning, And life's stream is flowing on; Flowing on with joy or sorrow Toward the dark unfathomed sea— Ever onward to the morrow That conceals eternity.—C. Howard.

The Hot Box.

We all know the discomfort of a delayed train caused by a "hot box." A few grains of sand out of place, causing the friction and heat, make all the trouble. And so it is in the household. We are prepared to combat the larger annoyances, but "the little things" that catch and fret find us unawares. The smallest grain of impatience or ill temper will follow and spoil a whole day. Let us be careful to keep well oiled with cheerfulness and good temper, especially during these trying days of hot weather when even sweet dispositions seem easily soured.

Seasonable Dishes for Breakfast.

Use large green peppers of uniform size and regular shape. Wash them and cut in halves crosswise. Remove the seeds and the white membrane and cook in boiling water ten minutes. Drain upside down and in each half. Sprinkle a few buttered crumbs mixed with chopped ham, moistened with cream in each. Break an egg carefully in each pepper, season with salt and pepper and bake until the white 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, well sifted with the flour. Add to this two well beaten eggs and one cupful of milk. Bake in hot gem pans twenty-five minutes. Thin slices of bread dipped in egg and fried on both sides in butter, served with minced ham and cheese sprinkled over them and put into the oven to melt the cheese is a nice dish for breakfast.

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 teaspoonfuls of baking powder, well sifted with the flour. Add to this two well beaten eggs and one cupful of milk. Bake in hot gem pans twenty-five minutes. Thin slices of bread dipped in egg and fried on both sides in butter, served with minced ham and cheese sprinkled over them and put into the oven to melt the cheese is a nice dish for breakfast.

LET us then today endeavor To enjoy life's present sun, For the past is past forever And the morrow may not come; Let us do the loving duty 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 vegetarians 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 potatoes, slice and put them in a deep pie dish with salt, pepper and two small onions, sliced; a tablespoonful of tapioca which has been soaked 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 cupfuls of stewed tomatoes, thickened with a tablespoonful of flour rubbed in two tablespoonfuls of butter, season with pepper and salt and a teaspoonful of onion juice. Cover the top with buttered crumbs and brown in the oven.

Savory Macaroni.

Boil half a pound of macaroni, until tender in boiling salted water, drain and arrange in a shallow vegetable dish. Have ready two or three hard-cooked eggs, cut the whites in strips and add to the macaroni. Prepare a cupful of white sauce by cooking together a tablespoonful each of flour and butter (salt and a pepper to taste); when bubbling add a cupful of rich milk. Into this when thick and smooth add a quarter of a cupful of grated cheese, take from the fire and pour over the macaroni. Put the yolks of the eggs through a ricer as a garnish over the top.

Fruit with gelatine is well liked and makes a change that is agreeable. Next in importance to fruits for the hot weather diet is the vegetable. Plain salads of vegetables are most wholesome and appetizing. A slice of tomato or a leaf of lettuce with an oil dressing is a food and a medicine.

Rice Water.

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.

HE WHO is useless on top of the ground ought to be under it sipping the cabbages.—Mark Twain.

Salads for Summer Festivities.

There never has been a salad which is such a general favorite as the chicken. A hen is best for salad if a capon is not obtainable. Draw as for roasting, wash the inside carefully and scrub the skin with a vegetable brush, using a spoonful of soda to a quart of warm water. The skin of a chicken needs careful cleansing. Put the chicken into a kettle of boiling water, back down, cover and cook slowly (so that the water just moves) until tender, but not so long that the flesh drops from the bones, as then it has lost its flavor in the broth. Let it cool in the broth to absorb as much as it will. Free the meat from the skin and gristle and cut in half-inch 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 tender celery crisped in cold water, dried in a towel and cut in pieces the size of the chicken cubes, and a cupful of finely shredded cabbage. With this mix one cupful of good dressing, either boiled or mayonnaise. Garnish the salad with water lilies made of hard-cooked eggs.

Curled celery may also be used as an effective garnish. Cut it in inch or 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 garnish.

When a large quantity of salad is to be made, veal carefully cooked may be added to the salad to eke out the 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 pipes and membrane. Cut in half-inch 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 lemon juice. Make nests of lettuce and garnish with radish roses.

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 Avory, "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 *Dr. J. C. Ayer* 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 piffing, eh?"

A Fallen 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 PITTET'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 succors than food and fire. We owe to man, man.—Emerson.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays the pain, cures wind colic. 25c 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.

Nellie Maxwell.

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

A STUNNER.



Becke—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 up.

ARE YOUR KIDNEYS WELL?

The kidney secretions tell if disease is lurking in the system. Too frequent or scanty urination, discolored urine, lack of control at night, indicate 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 12 1/2 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 Seals" 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 cure 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 enabling 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 fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Send for Dealer's Name and Style Book.

No matter whether you want a dress 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 dealer in your district. Desnoyers Shoe Company, 2234 Pine St., St. Louis, Mo.

Do You Feel This Way? Do you feel all tired out? Do you sometimes think you just can't work away at your profession or trade any longer? Do you have a poor appetite, and lay awake at nights unable to sleep? Are your nerves all gone, and your stomach too? Has ambition to forge ahead 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 things right in your stomach, 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 of known 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 Rayo Lamp. Once a Rayo user, always one. The Rayo Lamp is a high grade lamp, sold at a low price. There are lamps that cost more, but there is no better lamp made at any price. Constructed of solid brass, nickel plated—many other cheap ornaments to any room in any house. There is nothing known to the art of lamp making that can add to the value of the Rayo Lamp as a lighting device. Every dealer everywhere. If not at your store, write for descriptive circular to the nearest agency of the STANDARD OIL COMPANY (Incorporated).

The ONLY Guaranteed Shoe on Earth! 500 Big Shoe Men Fighting Our Plan. We have started the nation with our Six Months' Guarantee offer on shoes! Never before have shoes been sold under a written, money-back guarantee! 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.

Desnoyers "SIX MONTHS" Shoes. Guaranteed for Full Six Months' Wear. We send you to Switzerland and France for the hides from which we make these shoes. Our Swiss and French hides are from Switzerland and France. 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 water-proof and flexible through our secret tanning process. We use Army Dressing Machine and other machinery, using the very highest grade silk thread.

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 home. New districts being opened up for settlement. Many farmers will net, this year, \$10 to \$25 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.

OLD SORES CURED. Allen's Ulcerine Salve cures Chronic Ulcers, Bone Ulcers, Scrofulous Ulcers, Varicose Ulcers, Indolent Ulcers, Mercurial Ulcers, White Swelling, Milk Leg, Fever Sores, Stiff Joints, Psoriasis, etc. By mail 5c. F. J. ALLEN, Dept. A-21, Fall, Minn.

DEFIANCE STARCH—16 ounces to the package. Other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY. W. N. U., OMAHA, NO. 38-1910.

MICA AXLE GREASE. Keeps the spindle bright and free from grit. Try a box. Sold by dealers everywhere. MICA STANDARD OIL CO. (Incorporated).

PUTNAM FADELESS DYES. 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 booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.