

DOCTORS FAILED

Suffered Several Years With Kidney Trouble, "Peruna Cured Me."

Mr. John N. Watkins, 3133 Shennan road, Ave., St. Louis, Mo., writes: "Among all the greatly advertised medicines for kidney and bladder trouble there is nothing which equals Peruna. I suffered for several years with this trouble, spent hundreds of dollars on doctors and medicine and all to no purpose until I took Peruna."



"One bottle did me more good than all the others put together, as they only poisoned my system. Peruna cured me. I used it for four months before a complete cure was accomplished, but am truly grateful to you. The least I can do in return is to acknowledge the merits of Peruna, which I take pleasure in now doing."

Bladder Trouble.

Mr. C. B. Newhof, 19 Delaware street, Albany, N. Y., writes: "Since my advanced age I find that I have been frequently troubled with urinary ailments. The bladder seemed irritated, and my physician said that it was catarrh caused by a protracted cold which would be difficult to overcome on account of my advanced years. I took Peruna, hardly daring to believe that I would be helped, but found to my relief that I soon began to mend. The irritation gradually subsided, and the urinary difficulties passed away. I have enjoyed excellent health now for the past seven months. I enjoy my meals, sleep soundly, and am as well as I was twenty years ago. I give all praise to Peruna."

ROOSEVELT'S GREAT BOOK

"African Game Trails"



Needed a man in every place to tell the famous new book. Bring it to the families in your locality. We give you money for every copy of "African Game Trails" you sell. Write for prospectus. Charles Scribner's Sons, 110 N. 6th Ave., New York.

OLD SORES CURED

Allen's Ulcerative Cure. Chronic Ulcers, Bone Ulcers, Herpetic Ulcers, Varicose Ulcers, Inflammatory Ulcers, Venereal Ulcers, White Swelling, Malignant Ulcers, Fever Sores, All kinds. Full directions. Write for prospectus. J. P. Allen, Dept. 45, St. Paul, Minn.

Thompson's Eye Water

Uncle Calhoun Spoke Out

Answer No Doubt Truthful, but by No Means What the Orator Desired.

Booker T. Washington, congratulated by a New York reporter on the success he had made of his life, said with a smile:

"I suppose I must be modest and declare that luck has had more to do with my progress, or otherwise I'll be in Senator Dash's shoes."

"Senator Dash of Tallapoosa prided himself on his rise from the bottom, for Senator Dash in his youth had worked with the colored people in the cotton fields."

"Boasting at a political meeting about his rise, the senator singled out Uncle Calhoun Webster among his audience and said:

"I see before me old Calhoun Webster, beside whom, in the broiling southern sun, I toiled day after day. Now, ladies and gentlemen, I appeal to Uncle Calhoun. Tell us all, uncle, was I, or was I not, a good man in the cotton field?"

"'Yo' wuz a good man, senatuh,' the aged negro replied; 'yo' wuz a good man, fo' a fack; but yo' sut'ny didn't work much.'"

Not a Harmless Sport. Friend—You fought bareheaded? French Duellist—Yes, and got a fine sunstroke.—Journal Amusant.

You can't administer punishment and forgiveness at the same time.

HEALTH AND INCOME Both Kept Up on Scientific Food.

Good sturdy health helps one a lot to make money. With the loss of health one's income is liable to shrink, if not entirely dwindle away.

When a young lady has to make her own living, good health is her best asset.

"I am alone in the world," writes a Chicago girl, "dependent on my own efforts for my living. I am a clerk, and about two years ago through close application to work and a boarding-house diet, I became a nervous invalid, and got so bad off it was almost impossible for me to stay in the office a half day at a time."

"A friend suggested to me the idea of trying Grape-Nuts food which I did, making it a large part of at least two meals a day."

"Today, I am free from brain-tire, dyspepsia, and all the ills of an overworked and improperly nourished brain and body. To Grape-Nuts I owe the recovery of my health, and the ability to retain my position and income."

Read "The Road to Wellville," in page "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.

HAPPENINGS IN THE CITIES

Forging the Big Panama Canal Gates



PITTSBURG, PA.—Mischievous boys dreaming of gates to be carried away and future Hallowe'en trophies would not in the wildest nightmares imagine such enormous gates as are being made in Pittsburg for the Panama canal.

They will be the largest gates in the world. Any one of the 92 of them will be about as high as a six-story building, as wide as many city buildings are (65 feet), and seven feet deep or thick.

The structural steel that will go to make them will weigh 66,000 tons, or more than eight times as much as was used to build the Eiffel tower in Paris.

The mighty portals, designed to admit a world's commerce from one ocean to another, must withstand a tide of criticism as well as a tremendous pressure of water and possible convulsions of earth. For years the controversy over gates or no gates, locks or sea level, has been the dividing issue of the canal project.

In the face of fear in some quarters that the foundations on the isthmus are not sure enough for locks, that earthquakes or water pressure would dislodge them, and that an ene-

my's mines or accidental explosion might easily destroy them, the government has begun to build the gates. The cost will be \$5,500,000.

Of the 60,000 tons of steel required, the heaviest single piece will weigh about eighteen tons. The thousands of individual pieces, numbered and fitted to go together as easily as children's blocks, will be shipped by steamer via Baltimore and with them will go more than four hundred skilled structural steel builders from Pittsburg to set them. The advance guard of experts will leave here in December and the first work probably will begin early in 1911.

The location of the 46 pairs of gates will be, 20 at the Gatun dam on the Pacific side, 12 at Pedro Miguel, and 14 at Miraflores, near the Atlantic entrance. The gates are designed to hold back water 47.4 feet deep in a channel 110 feet wide, which means a pressure of a million pounds. The weight of a single gate will be about 600 tons, and the dimensions are 77 to 82 feet high, 60 to 75 feet wide and 7 feet thick.

Each lock will be ample for a ship 50 per cent. larger than any vessel afloat, and it has been estimated that as many as a hundred ocean ships may be handled in a single day.

There are no locks approaching these in size. The famous Suez canal is a sea level affair and the few great lock canals would have to combine their gates to equal the size and strength of the great doors of Panama.

Tragic Fate Long Pursues a Family



NEW YORK.—Another is likely to be added to the list of tragic deaths in the family of Miss Adelaide Cumming of this city. She is now in Boston, summoned there by a peculiar accident to her sister who, on her thirty-second birthday put on a new dress of the hobble-skirt variety, and as she was going downstairs, tripped and fell. Her hip bone was broken and various complications have set in which may cause her death.

Miss Cumming is still a young woman, but misfortune has been with her all her life. Her grandfather was wrecked and drowned at sea; her father killed in a boiler explosion; one sister crushed by a trunk, another killed by a snowball and a third by gangrene; a nephew went down in the Maine, another was killed in the San Francisco earthquake, and their mother is now insane.

James G. Cumming, grandfather of the family fate or not.

Everybody Helps to Make City Clean



KANSAS CITY, KAN.—The Armourdale district has set the pace and now this city is going to be a spotless town. An idea, a circular letter and a few postage stamps did the work in Armourdale.

Mr. Dean, commissioner of parks, selected the town-cleaning day and then mailed the letters to all of the business and professional men in that part of town, inviting them to meet, properly equipped with implements, at Shawnee park.

As early as 7:30 the Shawnee park district looked like a brickyard district when a mad-dog alarm has been sounded. There were men of all sizes and wearing all sorts of working apparel and carrying many descriptions of implements. When all hands had gathered around the bandstand, it was found that the group included lawyers, doctors, ministers and business men, and that they meant business.

The party was divided into three sections. Wagons furnished by the city and by business firms were on hand to follow the workers and collect the results of their labor.

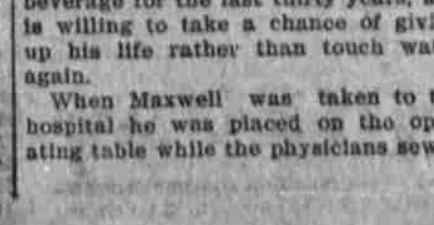
Up one side of the street and down the other they worked, cleaning the street and parkings of weeds and papers and piling them for the wagons to collect and cart away. And school boys who had not been detained at home to clean yards followed the shovel and hoe brigade with brooms, sweeping up the dirt the shovellers had missed.

And the women were working, too. While their husbands were cleaning the streets, they were sweeping the yards, picking up tin cans and papers and cutting the dead weeds. In all parts of the city women could be seen, raking up leaves and trash and even repairing fences. The churches had men working cleaning and repairing the property and the school janitors were busy in the schoolhouse yards.

It is the intention before long to have the 14,000 school children of the city organized in juvenile leagues for the purpose of assisting in this work.

"This is only a starter," Mr. Dean explained. "All of Kansas City, Kan., will be cleaned the same way."

Refusal of Water May Cost His Life



PHILADELPHIA, PA.—Lying in a critical condition from a badly lacerated scalp, which he sustained when hit by a street car, Albert Maxwell, fifty-one years of age, steadfastly refuses to drink water in any form because he doesn't like it. He declares he has been a total abstainer from nature's beverage for the last thirty years, and is willing to take a chance of giving up his life rather than touch water again.

up his scalp, which had been almost completely torn off the skull. Maxwell stood the operation well. As he straightened up ready to be assigned a bed Doctors Ross and Silk offered him a glass of water.

"I never use it," was Maxwell's response to the proffered drink. The physicians and the nurses regarded the statement as a joke. Next morning the nurse offered Maxwell medicine in the form of pills. A glass of water was offered him to take with the medicine, but Maxwell refused it. He swallowed the pills without water.

The white of an egg was prescribed in the evening, but after inspecting the food Maxwell declared he thought there was water in it and refused to take it.

Hospital attaches are in a quandary, as to what to feed the man. Mrs. Maxwell says it is useless to coax her husband to drink water.

The KITCHEN CABINET



WOMEN BELIEVE—That the most profitable, the most interesting study for women is the home, for in it center all the issues of life.

Breads. Since bread is considered the staff of life, it is quite necessary that we make it a substantial staff, able to support life. The study of bread and bread making is too important to be treated lightly, as a large per cent. of our people live mainly on bread, it is necessary that it should be good and wholesome.

Wheat flour is best adapted for bread making, as it contains gluten in the proportion to hold the gases, thus making a spongy loaf. When we add butter to bread, we have a well-balanced food. Rye is also good for bread making, but is less sticky and heavy, if used in combination with flour.

Good bread is far too often an uncommon sight and one who has mastered the art of bread making has a talent of which to feel proud. The French cook works months to master the art, and the perfect loaves which they produce show skill and perseverance.

Breads which have the real flavor of the wheat are made with water, salt, yeast and a little sugar. Such bread has a flavor, which one is trained to appreciate it much more delicate than the milk breads which have a portion of shortening added. Entire wheat flour bread is made of flour that contains all the gluten, with only the outer husk of the kernel removed.

The gradual improvement in bread making has kept pace with civilization, so that the most highly civilized people are today making the best bread. In the early days of bread making the grain was ground by hand between two stones, mixed with water and baked on stones before the fire.

Oatmeal Bread.—Four cups of hot water over two cups of oatmeal, add a half cup of molasses and let stand to cool. At noon put one yeast cake into a cup of potato water and add flour enough at night to make a batter. Mix all together and in the morning add two tablespoonfuls of shortening, a half teaspoonful of soda, and make into loaves. When risen bake in a hot oven.

A good yeast may be made of a mashed potato, a cup of hot water, a tablespoonful of sugar and a teaspoonful of salt, a dry yeastcake and flour enough to make a thin batter. Let stand over night, and it will be ready to use. This will keep ten days and is sufficient yeast for three bakings of four loaves each.

To Roast and Carve a Turkey. Place the dressed and stuffed turkey in a dripping pan on a rack. Rub the entire surface with salt and spread the breast, wings and legs with a third of a cup of butter, rubbed to a cream and mixed with a fourth of a cup of flour. Dredge the bottom of the pan with flour. Place in a hot oven and when the flour begins to brown reduce the heat. Baste with fat in the pan, and add two cupfuls of boiling water. Continue to baste every 15 minutes until the turkey is cooked, which will require about three hours for a ten-pound turkey.

For basting use half a cup each of water and butter, and after this the fat in the pan. Turn the turkey frequently while baking so that it will brown evenly. If the turkey browns too fast, cover it with a buttered paper. A turkey that has not been basted while cooking cannot be compared in flavor with one which has. Remove all strings and skewers before serving. Garnish with celery tips and fresh cranberries.

Chestnut Stuffing.—Shell and blanch three cupfuls of chestnuts. Cook in boiling water until soft. Drain and mash, using a potato ricer. Add one-fourth of a cup of butter, a teaspoonful of salt, a few dashes of red pepper and a fourth of a cup of cream. Melt a fourth of a cup of butter and add a cup of bread crumbs, then combine the mixture and stuff the turkey. How to Carve.—To carve the turkey, place it on its back, with the head at the left. Place the fork across the breast bone, holding firmly in the left hand, with the knife in the right hand cut off the leg close to the body, pull it off and disjoint. Then cut off the wing. Separate the joints from the drum sticks and divide the wings at the joint. Carve breast meat in thin, crosswise slices. For a small family one side of a turkey is all that need to be carved, which leaves the remainder in condition for another serving.

Nellie Maxwell. Life is always difficult in proportion to its intensity and reality.—Edward Howard Griggs.



LET us rest ourselves a bit! Worry? Wave your hand to it— Kiss your finger-tips and smile. It fare well a little while. —J. W. Riley.

Coffee Making. A good cup of coffee is something that every girl and boy should know how to make, but, alas! there are many cooks, or so-called cooks, who do not know a good cup when they meet it. In the first place, one must have good coffee to prepare; one can not expect to get a cup of the fragrant beverage from an inferior grade of coffee or coffee extract. Grind it just before using, and the aroma is not lost. Use a tablespoonful to a cup of boiling water, allowing one for each person and one for the pot. A small portion of beaten egg well mixed with the coffee and a little cold water will settle it if made in the old-fashioned way by boiling five minutes.

The drip coffee pot or the percolator are the best, as the grounds are never left in the coffee. When using a filter or percolator the coffee should be finely ground.

A cup of coffee at breakfast serves as a mild stimulant and is a valuable food adjunct, but it should never be given to a child or a dyspeptic.

In times of war coffee has been found to be more valuable than alcohol to keep up the endurance of the soldiers. Coffee acts as an antidote for various poisons.

Coffee should always be taken in moderation; its excessive use causes palpitation of the heart, insomnia and other nervous troubles.

Nowadays, when the processes of browning coffee is done in the coffee houses, it is best to buy only in small quantities, as after browning, unless carefully sealed, it soon deteriorates. If not bought in airtight cans it should be put into cans as soon as brought from the store.

Coffee is often adulterated in various ways, the most common is the use of chicory. This can easily be recognized by adding water to the mixture. Coffee will float and chicory will drop to the bottom.

Sometimes beans, peas and cereals are roasted and ground and used to adulterate coffee.

We get large quantities of coffee from Brazil, some from Central America, Java and Arabia.

The stimulating property of coffee is due to the alkaloid caffeine and the essential oil. Like tea, it contains an astringent. Coffee is more stimulating than tea, as we use more of it.

HERE is ever a song somewhere, my dear. There's ever a something sings away, There's the song of the lark when the skies are clear. And the song of the thrush when the skies are gray. —Riley

The Home Maker. A boy usually has an idea what he wants to become when a man. He chooses his profession, and after changing his mind many times makes a decision and works toward that end. We wouldn't consider a person well balanced who would expect to practice a trade or profession without careful training in it. But our girls, a large majority of them, are to be home makers of the land. They may pursue a trade or profession for a while, but the real years of life will be put into the making of a home for somebody.

This most important profession of all has had few trained workers, the idea was held for years that a woman should know these things intuitively, as the bird gets her knowledge of nest building. The hard fact of the business is, they know little of home-making by intuition. Hard knocks, many burns and endless disappointment has been her teachers.

It is quite fair to our girls not to give them the training for their life work? The study of household economics in our public schools is helping to solve the problem; they are as yet far too few. Our rural schools need it, and with a very little outlay an equipment might be furnished which, though simple, would answer the purpose. Our summer schools all over the land are teaching teachers in this work. It can be applied to almost any branch of study, from language to arithmetic. Perhaps some day we will have somebody wise enough to write our school books from the standpoint of the scholar, dealing with subjects which are his every day life. It is more important for the majority of our boys and girls to know how to tell the number of bushels of corn in the crib, or coal in the bin, than to know the dimensions of the islands of the sea?

The first step in the right direction is to feel the need, and feel it hard enough to be willing to pay for the proper equipment and a teacher who is thoroughly interested, enough so to spend a few weeks in the summer to prepare for the work.

THE WRETCHEDNESS OF CONSTIPATION

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliary Colic, Headache, Dizziness, and Indigestion. They do their duty.

Small Pills, Small Dose, Small Price. Genuine must bear Signature

LIVE STOCK AND MISCELLANEOUS

Electrotypes

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY WESTERN NEWSPAPER UNION 554 W. Adams St., Chicago

Constipation— Nearly Every One Gets It

The bowels show first sign of things going wrong. A Cascarel taken every night as needed keeps the bowels working naturally without grip, gripe and that upset sick feeling.

Ten cent box, week's treatment. All drug stores. Biggest seller in the world—million boxes a month.

Its simplicity is a strong feature of the Gillette PATENTS

OWES HER LIFE TO

Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier I am to-day a well woman."



—Mrs. WILLIAM A. HENNS, 988 W. 21st St., Chicago, Ill.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

The Farmer's Son's Great Opportunity

Why wait for the old farm to become your inheritance? Begin now to prepare for your future prosperity and independence. A great opportunity awaits you in Manitoba, Saskatchewan or Alberta, where you can secure a Freehold—land for your own at reasonable prices.

Now's the Time—not a year from now, when land will be high. The profits secured from the abundant crops of Wheat, Oats and Barley, as well as cattle raising, are causing a steady advance in price. Government returns show that the number of settlers in Western Canada from the U. S. was 150 per cent larger in 1910 than the previous year.

Many farmers have paid for their land out of the proceeds of one crop. Free Homesteads of 160 acres and pre-emption of 160 acres for \$3.00 an acre. Fine climate, good schools, excellent roads, low freight rates, wool, water and lumber easily obtained.

For pamphlet "Last Best West," particulars as to suitable location and low settlers' rate, apply to sup. of Immigration, Ottawa, Ont., or to Canadian Gov't Agents.

W. V. BENNETT 601 New York Life Bldg. Omaha, Neb. Use address nearest you. 87

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliary Colic, Headache, Dizziness, and Indigestion. They do their duty.

Small Pills, Small Dose, Small Price. Genuine must bear Signature

LIVE STOCK AND MISCELLANEOUS

Electrotypes

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY WESTERN NEWSPAPER UNION 554 W. Adams St., Chicago

Constipation— Nearly Every One Gets It

The bowels show first sign of things going wrong. A Cascarel taken every night as needed keeps the bowels working naturally without grip, gripe and that upset sick feeling.

Ten cent box, week's treatment. All drug stores. Biggest seller in the world—million boxes a month.

Its simplicity is a strong feature of the Gillette PATENTS

W. N. U., OMAHA, NE. 48-1910.