

CRITICAL TIME OF WOMAN'S LIFE

From 40 to 50 Years of Age. How It May Be Passed in Safety.

Odd, Va.:—"I am enjoying better health than I have for 20 years, and I believe I can safely say now that I am a well woman. I was reared on a farm and had all kinds of heavy work to do which caused the troubles that came on me later. For five years during the Change of Life I was not able to lift a pail of water. I had hemorrhages which would last for weeks and I was not able to sit up in bed. I suffered a great deal with my back and was so nervous I could scarcely sleep at night, and I did not do any housework for three years.

"Now I can do as much work as any woman of my age in the county, thanks to the benefit I have received from Lydia E. Pinkham's Vegetable Compound. I recommend your remedies to all suffering women."—Mrs. MARTHA L. HOLLOWAY, Odd, Va.

No other medicine for woman's ills has received such wide-spread and unqualified endorsement. We know of no other medicine which has such a record of success as has Lydia E. Pinkham's Vegetable Compound. For more than 30 years it has been the standard remedy for woman's ills.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Relieves Backache Instantly

Sloan's Liniment is a great remedy for backache. It penetrates and relieves the pain instantly—no rubbing necessary—just lay it on lightly.

Here's Proof.

"I had my back hurt in the Boer War and in San Francisco two years ago I was hit by a street car in the same place. I tried all kinds of dope without success. Two weeks ago I saw your liniment in a drug store and got a bottle to try. The first application caused instant relief, and now except for a little stiffness, I am almost well."

FLETCHER NORMAN, Whittier, Calif.

SLOAN'S LINIMENT

is the best remedy for rheumatism, neuralgia, sore throat and sprains.

Miss E. Rix of Brooklyn, N.Y., writes: "Sloan's Liniment is the best for rheumatism. I have used six bottles of it and it is grand."

Sold by all Dealers. Price, 25c., 50c., and \$1.00.



Sloan's Book on Horses, Cattle, Hogs and Poultry sent free. Address: Dr. Earl S. Sloan, Boston, Mass.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner—dissolve—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Beentwood

PARKER'S HAIR BALM
Gleams and beautifies the hair. Promotes a luxuriant growth. Stops itching and restores dry hair to its natural color. Prevents hair falling. 50c. and \$1.00 at drugists.

THE NEW FRENCH REMEDY, No. 1, No. 2, No. 3. THERAPION Used in French Hospitals with GREAT SUCCESS, CURES KIDNEY, BLADDER DISEASES, PILES, CHRONIC ILLS, SKIN ERUPTIONS—STYRIA—Etc. Send address for free trial bottle to Dr. J. C. LECLERC MED. CO., HAYESVILLE, N.C.

WHY INCUBATOR CHICKS DIE
Write for book saving young chicks. Send us names of 5 friends that use incubators and get book free. Kalsall Remedy Co., Blackwell, Okla.

Brown's Bronchial Troches
Nothing excels this Cough Remedy. No opiates. Sample free. J. I. Brown & Son, Boston, Mass.

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists. FOR COUGHS AND COLDS

The KITCHEN CABINET



To make better homes, happier families and higher ideals is the aim of household economics.

It is not the evolution which destroys machinery, but the friction.

—H. W. Beecher.

HOUSEKEEPING DON'TS.

Don't put off the cleaning of boxes and drawers until warm days come, when being out of doors is such a pleasure. Much of the work can be done on rainy days except, of course, the airing of clothing.

House cleaning now ought to be nothing more than an extra cleaning and sweeping day. The rugs can be taken out, laid on the ground and cleaned. Never hang a heavy rug on the line, as it breaks and ruins them. Rugs should not be shaken, either, as the threads are easily broken and the fringe, if any, torn off.

Don't forget to plan the spring so that some of each day may be spent enjoying the lovely weather. If housekeepers took more recreation their work would be better, and much happier, accomplished.

Don't forget that it is much better to keep well and happy than to have the reputation of being the best housekeeper in town, valuable as that may be to you.

Don't forget to plan out your vegetable garden on paper, order the seeds, and have everything ready for the busy time when gardens must be made.

Lettuces may be grown for the table at least two weeks ahead of the open ground sowing, by preparing a box set into the ground and covered with thin cheese cloth, through which the rain can penetrate. The cloth protects the tender plants at night and they grow like weeds when the sun warms them.

Don't allow your reserve shelf for hospitality to get low, as unexpected company will find you unprepared.

Don't neglect to wear a close veil when out on a windy day. Dust is a great menace to health, and many microbes lodge on grains of dust.

Don't try to prepare too elaborate a meal for company. Simple food well served is most pleasing. A roasted fowl for first course is too often seen at many tables.

THOUGH it rains like the rains of the flood, little man, And the clouds are forbidding and thick, You can make the sun shine in your soul, little man, Do something for somebody quick.

INVALID COOKERY IN PAPER BAGS.

Chop up half a raw chicken, wash a tablespoonful of rice, and mix with the chicken. Add a teaspoonful of pearl barley and add with a pint of cold water. Put all into a small buttered bag and cook for an hour in a slow oven. Rice is not always tender in a specified time; the older rice is, the longer it takes to cook.

Chicken Quenelles.—Take the breast of a fowl, add a pint of white sauce and a tablespoonful of butter. Pound the meat until fine, pass through a sieve, mix with an egg. Place in a basin, add a quarter of a pint of cream and stir well. Form small balls in the tablespoon, place in a well-buttered bag, lay carefully on a broiler and cook six minutes.

Minced Chicken.—Finely mince the breast of a chicken, add a tablespoonful of cream, the yolk of an egg and a little salt. Lay in a small bag well greased. Cook for five minutes and serve in the bag. The chicken should be accompanied with toast.

Filled Poultry.—Mince a carrot, turnip and onion, add a little chopped ham, a pinch of sugar and salt, place in the bottom of a well buttered bag. Slice the breast of a fowl, lay the slices on the prepared vegetables, sprinkle with melted butter, seal and cook in a slow oven six minutes. The meat and vegetables are all previously cooked.

Beef Tea.—Put a pound of thick round steak in a buttered bag and cook in a hot oven for fifteen minutes. Remove and take out the meat, cut in small pieces and squeeze through a press. Season the juice and serve hot.

Sweetbreads cut and served in a white sauce, heated and served in a small paper bag is an attractive dish which will appeal to a delicate appetite.

OH, THE music and the beauty Of a soft and gentle voice! How it fills the soul with sunshine! How it makes the heart rejoice!

CARE OF THE SICK.

When coal is needed on the fire in a sick room, wrap it in a newspaper or in a paper bag, so that it may be noiselessly placed.

It often takes real diplomacy and

genius to persuade a child to take food and medicine in time of illness.

Any device, trick or plan by which the small people may be cheerfully coerced into taking the things which are necessary for their health is most welcome to any who have the care of such small charges.

If the charge is a boy and fond of soldiers, small squares of paper rolled in the form of tents and a small flag pinned on top, will cover a dish of broth or other food and he may play at being the captain, lift the tent and partake of the dish prepared.

This game may be varied to suit circumstances and the age of the child. A child may be taught to eat if the nurse will have some of the food at the same time, each taking a spoonful out of his own dish at the same time, telling an imaginary story about the food going on a journey "down the little red lane." One mother solved the problem, giving the child toy money and she being the soda water man, selling hot drinks. Any method which will get the results without friction is desirable.

The child in a happy frame of mind is much farther on the way to Wellville. A log cabin made out of dainty strips of buttered toast will be eaten much more happily than toast cut in the usual form, served in the usual way.

A cup of steaming broth or beef tea may stand inside the log cabin and the imagination of the child will be so wrought upon that he will forget that he is eating food.

Little surprises concealed in the tray for the good child who eats, is another inducement. A transfer picture on the bottom of a glass, which can be seen only when the contents is drunk, is another good way of accomplishing the purpose. The individuality of the child will give the nurse ideas to use if she is thinking and looking for such things.

THE difference between a Christian and a heathen is, one fashions himself after his God while the other fashions his god after himself.

THE UNDERSIDE OF THINGS.

There are many women who have established a reputation for good housekeepers because on the surface and things in sight were always kept neat and in order, while disorder and even filth might run riot in unseen corners and out of the way places.

No room in the house needs such care as the cellar, and she who throws things into and makes a dumping ground of the cellar, closets and dark places is not deserving of the name of a "good housekeeper."

Cellars where fruits and vegetables are stored should be carefully aired and all decaying vegetables removed at once.

Be lavish in the use of lime as a cleanser; it is also an excellent disinfectant. An open box of it is an ornament in any cellar.

The average housekeeper is constantly talking about "good or bad luck" in regard to housekeeping; in cooking especially. If we turn this matter over and look at it from both sides, we will see that there is no such thing as luck. We are successful in our undertakings only as we meet and fulfill conditions, and when the conditions are not fulfilled we have what is termed "bad luck."

Coffee Cakes.—Use any sour cream cake recipe, add coffee for flavoring, and bake in small patty pans. When cool, frost with an icing colored and flavored with strong coffee.

A dainty and delicious salad for Lent is made of cottage cheese and the seasoned yolks of hard-cooked eggs put through a sieve or potato ricer. Arrange nice crisp lettuce in the form of nests, arrange a border of cottage cheese put through a ricer and in the form of a ring on the lettuce, in the center place the rice yolks, and serve with any cooked salad dressing. A very inviting salad to look at and also a most tempting one to eat is a simple lettuce sprinkled with peanuts and the tiny pearl onions. Serve with French dressing which has a bit of chopped red pepper in it.

Nellie Maxwell.

Persistent Advertising Wins.

All the great advertising businesses, that now bring princely fortunes to those engaged in them, have been made what they are by unflinching continuance in this course (persistent advertising); and many could tell you that they have been often upon the point of relinquishing the system, because success did not seem immediately to favor them, but some friendly voice has persuaded them that there was a "good time coming" if they would "try a little longer." They did so, and the business to which many have walked almost penniless and encumbered with debts, now sees the proprietor come to town of a morning in his carriage, a free, wealthy, independent man.—How, When and Where to Advertise, London 1863.

PUT "GHOST" ON DEFENSIVE

Irishman Was in Tight Place, but Not Too Frightened to Be Ready With Retort.

To illustrate the ever ready wit of the Irish, the following story was told at a banquet held recently:

An Irishman on his way home at night was in the habit of cutting through a cemetery in order to shorten the distance. A group of friends evolved a scheme to have some fun at his expense. Accordingly they found a sunken grave across which his path lay, dug it out and covered it with boards in such a manner that he must fall into the yawning cavity.

The Irishman came along and everything happened as per schedule. While he was still squirming about in the bottom of the hole, striving to extricate himself, three or four of his friends, attired in white sheets and other ghostly accoutrements, suddenly made their appearance. Pat was frightened out of his wits and almost fainted when one of them said:

"What are you doing in my grave?" The tone was sepulchral. It made the Irishman's hair stand almost on end, but he could not forego a witty retort.

"Faith, and what are you doing out of it?" he asked.

Chilly.

A certain member of a Boston club habitually evinces such a frigid demeanor that many of his acquaintances have facetiously averred that "it gives one a cold to shake hands with him."

One evening a group at the club were discussing the disposition of the said member, when a newcomer ventured this:

"Why, gentlemen, I understand that it is the custom in this club when that chap attends a dinner here to ice the claret in order that it may be at the same temperature as the dining room."—Harper's Magazine.

Happiness Postponed.

An awkward predicament in which a sailor bridegroom and his bride were placed in St. Mary Major's church, Exeter, Devonshire, England, recently, caused the postponement of their wedding. The bans had been duly called at the church, but when the parties presented themselves at the altar the bridegroom, who had been recently paid off from his ship at Portsmouth, was unable to produce the necessary permission from his commander. The bride swooned, and eventually returned home, while the bridegroom left for Plymouth to get the required document.

His Coming Out.

A fond Chicago mother is to give a coming-out party for her son. Of course, we have no means of knowing the youth, but we fancy he must be exactly that kind of son—and we await with bated anxiety a full description of the coming-out costume.

What will be done with the gentle youth after this severe social ordeal isn't stated, but it can be believed that he is to be rushed around to all sorts of society functions—and, of course, carefully guarded against the matrimonial designs of fortune-hunting females.

Pleasing Irregularities.

There are wild irregularities that are pleasing. In the north station a boy tripped while running toward his father and mother who were on the back platform of the car just starting down.

The Mother—Little Johnny fell down.

The Father—Leave him lay.

This was wholly admirable.

Perpetual Worth.

"Why was it you never married again, Aunt Sallie?" inquired Mrs. McClane of an old colored woman in West Virginia.

"Deed, Miss Ellie," replied the old woman earnestly, "dat dard nigger's wuth moah to me dan a live one. I gits a pension."—Lippincott's.

Instead of Liquid Antiseptics, Tablets and Peroxide, for Toilet and Medicinal Uses, Many People Prefer Paxtine, which is cheaper and better. At drugists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

Same Old Story.

She—How did they ever come to marry?
He—Oh, it's the same old story. Started out to be good friends, you know, and later on changed their minds.—Puck.

Use Allen's Foot-Ease

The antiseptic powder to be shaken into the shoes for tired, tender, smarting, aching, swollen feet. It makes your feet feel easy and makes walking a Delight. Sold everywhere, 25c. For free trial package, address Allen S. Olmsted, Le Roy, N. Y.

Most of 'Em Do.

"You certainly started out with fine prospects. Your credit was good everywhere in town."
"That's why I failed."

Dr. Winslow's Soothing Syrup for Children

teething; softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

It doesn't require much inventive genius for a man to make a fool of himself.

"Pink Eye" is Epidemic in the Spring. Try Murine Eye Remedy for Reliable Relief.

Poverty does not destroy virtue, nor does wealth bestow it.—Yrliste.

There are imitations, don't be fooled. Ask for LEWIS' Single Binder cigar, 5c.

Measure the depth of the water before making your dive.

THE SAFE LAXATIVE FOR ELDERLY PEOPLE

Most elderly people are more or less troubled with a chronic, persistent constipation, due largely to lack of sufficient exercise. They experience difficulty in digesting even light food, with a consequent belching of stomach gases, drowsiness after eating, headache and a feeling of lassitude and general discomfort.

Doctors advise against cathartics and violent purgatives of every kind, recommending a mild, gentle laxative tonic, like Dr. Caldwell's Syrup Pepsin, to effect relief without disturbing the entire system.

Dr. Caldwell's Syrup Pepsin is the perfect laxative, easy in action, certain in effect and, withal, pleasant to the taste. It possesses tonic properties that strengthen the stomach, liver and bowels and is a remedy that has been for years the great standby in thousands of families, and should be in every family medicine chest. It is equally as valuable for children as for older people.

Druggists everywhere sell Dr. Caldwell's Syrup Pepsin in 50c and \$1.00 bottles. If you have never tried it send your name and address to Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill., and he will be very glad to send a sample bottle for trial.

THE ETERNAL FEMINE.

Mr. Hound—I think I'll have to get a license—

Miss Kyoodle—Oh! this is so sudden!

HANDS BURNED LIKE FIRE

"I can truthfully say Cuticura Remedies have cured me of four long years of eczema. About four years ago I noticed some little pimples coming on my little finger, and not giving it any attention, it soon became worse and spread all over my hands. If I would have them in water for a long time, they would burn like fire and large cracks would come. I could lay a pin in them. After using all the salves I could think of, I went to three different doctors, but all did me no good. The only relief I got was scratching."

"So after hearing so much about the wonderful Cuticura Remedies, I purchased one complete set, and after using them three days my hands were much better. Today my hands are entirely well, one set being all I used." (Signed) Miss Etta Narber, R. F. D. 2, Spring Lake, Mich., Sept. 26, 1910.

Although Cuticura Soap and Ointment are sold everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. L, Boston.

Gossip.

Polly—Miss Yellowleaf says she always tries to get her beauty sleep.

Dolly—Well, all I can say is she must suffer frightfully from insomnia.

—Woman's Home Companion.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Drugists refund money if it fails to cure. R. W. GROSS'S signature is on each box. 25c.

Many a man with one foot in the grave does enough kicking with the other to make up for it.

For constipation use a natural remedy. Garfield Tea is composed of carefully selected herbs only. At all drugstores.

Some men haven't sense enough to stop borrowing when they strike oil.

Woman's Power Over Man

Woman's most glorious endowment is the power to awaken and hold the pure and honest love of a worthy man. When she loses it and still loves on, no one in the wide world can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organism soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her amiability and her power and prestige as a woman. Dr. R. V. Pierce, of Buffalo, N. Y., with the assistance of his staff of able physicians, has prescribed for and cured many thousands of women. He has devised a successful remedy for woman's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and heals. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels.

FOR PINK EYE

DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the skin and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents and \$1.00 a bottle; \$5.00 and \$10.00 the dozen. Sold by all druggists and horse goods houses, or sent express paid, by the manufacturer.

SPohn MEDICAL CO., Chemists, GOSHEN, INDIANA

NEAL 3 Day Treatment

DRINK HABIT

The Neal Treatment neutralizes and eliminates all the stored up alcoholic poisoning in the system. When this is done the drinker is in the same physical and mental condition that he was in when he first began to drink. If it is the stored up alcoholic poison in the system that causes the appetite, and when the alcoholic poisoning is eliminated the appetite is gone, disease, distress, weakness, and the like, are all cured. Privacy and convenience of a first-class home, club or hotel. Names are never divulged. For particulars, write to Neal Institute, 1502 S. 10th Street, Omaha

Stop the Pain.
The hurt of a burn or a cut stops when Cole's Carbolic is applied. It heals quickly and prevents scars. 25c and 50c by druggists. For free sample write to J. W. Cole & Co., Black River Falls, Wis.

Keep your troubles to yourself and they will not expand.

There is no excuse for the dyspeptic, with Garfield Tea accessible at every drugstore.

Friendship and confidence are plants of slow growth.

DO YOU NEED A TONIC

this Spring? Then get the best—the one that is backed by a proven reputation—

HOSTETTER'S STOMACH BITTERS

It Invigorates, Rebuilds, Nourishes. Don't experiment.

INSIST ON GETTING HOSTETTER'S

44 Bu. to the Acre

is a heavy yield, but that's what John Kennedy of Edmonton, Alberta, Western Canada, got from 44 acres of Spring Wheat in 1910. Reports from other districts in that province show other excellent results—such as 4.4 bushels of wheat from 120 acres, or 53.1 bushels per acre, 25.30 and 40 bushels of clover per acre. As high as 152 bushels of oats to the acre were threshed from Alberta fields in 1910.

The Silver Cup

At the recent Spokane Fair was awarded to the Alberta government for its exhibit of grain, grasses and vegetables. Reports of excellent yields for 1910 come also from Saskatchewan and Manitoba in Western Canada.

Free homesteads of 160 acres (at \$3 per acre) are to be had in the choicest districts. Schools, convenient climate, excellent soil, the very best railroads close at hand, building lumber cheap, fuel easy to get, and reasonable in price, water easily procured, mixed farming a success.

Write us for place for settlement, settlers' low railway rates, descriptive illustrated "Last Best West" (sent free on application) and other information, to Dept. of Immigration, Ottawa, Can., or to the Canadian Government Agent.

W. V. BENNETT

Room 4 See Bldg. Omaha, Neb.

Please write to the agent nearest you

KOW KURE

MAKES COWS PROLIFIC

Don't sell your barren cow to the butcher. Kow Kure, the great cow remedy, will make her productive and prolific. Kow Kure is a medicine for cows only—positive cure for ABORTION, SCOURS, MILK FEVER, LOST APPETITE, and all other ailments that make cows sickly and unprofitable.

Send today for free book, "More Money From Your Cows."

DAIRY ASSOCIATION CO., MFRS.

Lyndonville, Vt., U. S. A.

Avoid Cold Wave

by buying the improved raisin alfalfa, wheat, corn, timothy, clover, horse, mules, cattle, hogs and fruit. The Hopp & Co., Howard, Pa.

FOR SALE—32 1/2 A. IN CUSTER CO., NEB.; 200 a. cult.; 5 r. h. outbuildg.; etc.; R. J. H. PRICE, Broken Bow, Neb., R. 1, Box 62.

STOCK AND GRAIN FARM, 320 A. IN CHEYENNE CO., NEB.; 30 a. cult.; 10 r. h. outbuildg., etc.; well located. PLANCK, Box 919, Chicago.

W. N. U., OMAHA, MO. 13-1912.