

DIZZY, HEADACHY, SICK, "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache. Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels. A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Would Jar Him, Too.

"Do you think that the new motor delivery business will ever displace the postman?" asked the conversational young man, when crossing the street, of his companion. "Certain to if it hits him."

Housework Is a Burden

It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.

Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered. Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

A MONTANA CASE

Mrs. N. L. Ferguson, 428 E. Fourth St., Anaconda, Mont., says: "I had a constant pain across my back that broke my rest at night. I felt worn out in the morning and had to walk around all bent over. If I did any stooping or lifting, it made me worse. I took different kidney remedies and tried plasters, but nothing helped me until I used Doan's Kidney Pills. They relieved me right away and three boxes cured me."

Get Doan's at Any Store, 50c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

CANADA'S OFFERING TO THE SETTLER

100 ACRE FARMS IN WESTERN CANADA IS INCREASING
Free Homesteads in the new Districts of Manitoba, Saskatchewan and Alberta there are thousands of Free Homesteads left, which to the man making entry in 3 years time will be worth from \$20 to \$50 per acre. These lands are well adapted to grain growing and cattle raising. EXCELLENT RAILWAY FACILITIES. In many cases the railways in Canada have been built in advance of settlements and in a short time there will be a settler who need be more than ten or twelve miles from a line of railway. Railway Rates are regulated by Government Commission. Social Conditions. The American Settler is at home in Western Canada. He is not a stranger in a strange land, but finds everywhere a people already settled there. If you desire to know more in the condition of the Canadian Settler is prospective write and send for literature, free, to **W. V. BENNETT,** Canadian Government Agent, or address Superintendent of Immigration, Ottawa, Canada.

UNBIASED TRUTH about California by the former Easterner. Nothing to sell. Free on valuable information for home-seekers, investors, tourists. Sent postpaid on receipt of 10c. W. A. Burt, Box 920, Sacramento, Cal.

Shipping Fever
Influenza, pink eye, epidemic, distemper, and all nose and throat diseases cured, and all others, no matter how "expensive," kept from having any of these diseases with **SPHON'S LIQUID DISTEMPER CURE.** Three to six doses often cure a case. One 10-cent bottle guaranteed to do so. Best thing for blood, nerves, acts on the blood, and is a bottle, 10c and 25c. Cures, Coughs, Hoarseness, and various ailments. Distributors—ALL WHOLE-SALE DRUGGISTS. **SPHON MEDICAL CO.,** Chemists and Bacteriologists, Goshen, Ind., U.S.A.

W. L. DOUGLAS
\$3.00 \$3.50 \$4.00
\$4.50 AND \$5.00
SHOES FOR MEN AND WOMEN
Best Made Shoes in the World \$2.00, \$2.50 and \$3.00
Ask your dealer to show you W. L. Douglas shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. / Shoes in all leathers, styles and shapes to suit every body. If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would also understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price. If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory. Shoes for every member of the family, all prices, by Patent Post, postage free. Write for Illustrated Catalogue. It will show you how to order by mail, and why you can save money on your footwear. **CAUTION!** Beware of cheap imitations. W. L. Douglas name is stamped on the bottom. W. L. Douglas, 221 South Street, Brockton, Mass. **TAKE NO SUBSTITUTE**

YOUR OWN NAME on 20 signs in big letters free. Send name and address for particulars. A. H. S., Box 1033, Philadelphia, Pa.

PATENTS Watson F. Coleman, Washington, D.C. Books free. High-class references. Best results.

LITTLE JOKE BY SKIMPS

Backed His Statement With Money, but Was Compelled to Compromise.

"Speaking of bantam chickens," remarked Skimps, when the conversation turned to poultry, "I have a hen whose eggs are so small that I put three dozen of them in a collar-box the other day."
"Give him the Ananias club medal!" shouted the rest, in chorus.
"Have any of you gentlemen money with which to back your doubts of my veracity?"
"I have a couple of dollars," replied Gaswell.
"So have I," added Dukane.
"Good enough! I'll cover both of those bets."
"Very well. Now show us those eggs in that collar-box."
"Well, I can do it if you insist, but perhaps it may not be necessary."
"Of course it's necessary! You don't expect to win our money without proof, do you?"
"Not at all, but I merely wish to observe that it was a horse-collar-box I put the eggs in."
With some difficulty the matter was compromised, and Skimps was warned that the next break of the kind would cost him his life.

Unconquerable Cat.

There is just one animal man has never conquered, never can conquer. Centuries ago every other beast became the slave of man or else fled far from human habitation. One and one only refused to flee or to submit. This only exception to a world of servants and of scared enemies is the domestic cat. When some animals became man's slaves and others fled from him, the cat did neither. It simply took all the favors and advantages man had to offer, and refused to do one lick of work in exchange. Beat a dog and he will fawn on you. Beat a cat and it will attack you and then desert you. You can't conquer the cat. You can't make it work.

No Need for More.

Giles met an acquaintance on the street the other day, although he artfully tried to avoid him.

"Hello, Giles, dear boy!" exclaimed the other. "So glad to see you. I'm going to London next week. Can I do anything for you?"
"No, going's enough, thanks," replied Giles, moving on.—Lippincott's.

Disquieting.
"Mamma, why did you marry papa?"
"So you've begun to wonder, too?"—Detroit Free Press.

Alas, that a wise man can't help looking like a fool at his own wedding!

Red Cross Ball Blue, all blue, best bluing value in the whole world, makes the laundry smile. Adv.

Where some women are concerned beauty is only enamel deep.

Rah! Rah! Rah!

Three cheers for a keen appetite, perfect digestion, liver activity and bowel regularity. If you do not possess these, you should take

HOSTETTER'S STOMACH BITTERS

before meals. It helps Nature overcome all Stomach, Liver and Bowel ills.

Figured Satin Makes Rich Coat



GRACEFUL enveloping coats of figured and brocaded fabrics, especially those of satin, are luxurious beyond all other garments except those of rich fur. In these figured satin coats the design breaks up and enhances the sheen of surfaces. Their high luster forms a playmate for color and light and the three dance together upon them. If one is looking for the luxurious, it is to be found in these garments. In the new, and what are termed "fancy," colors these coats are only suited to high occasions. Oftener they are developed in gray, or taupe, or in some rich brown shade and are more generally useful. Perhaps gray is the happiest choice of color for them; it is at home everywhere and it is very elegant and—by comparison—quiet. The figured satin coat does not pose as quiet, however—it is a showy garment. Linings are in contrasting colors, but they must be chosen carefully. Nothing conspicuous will do for them. For trimming, fur and marabout come into use. Both these, this season, are dyed into all sorts of colors. They are, after all, best in natural colors and in black and white.

PRETTY TURBAN SUITABLE FOR YOUTHFUL FACE

DESIGNED for the daughter in mourning, or for other youthful faces, this simple turban is a splendid example of fitness in millinery. Mourning silk—that is, silk in a special weave having a rich but dull surface—makes the band about the head. It is laid in a triple fold over a support of buckramette. The baretta crown is not so easy to manage as one might imagine. First a supporting crown of crinoline is shaped and sewed to the brim support. Over this a thin silk is placed, cut and shaped to follow the crinoline, exactly. On the foundation band of buckramette a covering of thin silk is first

Brown fox, martin, skunk anditch are among the most fashionable furs and favorites as a finish on satin coats. Marabout, next to fur (in the natural color), looks well on them. The coat of figured satin looks luxurious and comfortable and when made right, its performance is up to its appearance. It is expensive, but it excuses this characteristic by unusual beauty. Similar coats of figured crepe cost less, but cannot be classed as inexpensive. Mottelasse makes a beautiful coat much like its prototype in satin. In spite of the vogue for shorter coats than those worn last winter, there are plenty of examples of long coats in satin and in fur. Robert, of Paris, shows a model in sealskin trimmed with martin, much longer than the coat pictured here. Max shows one in moleskin trimmed with pure ermine considerably shorter. So the matter of length need not deter one from choosing a coat longer than those popularly worn and by this means achieving long, graceful lines and the utmost of the suggestion of comfort and elegance. **JULIA BOTTOMLEY.**

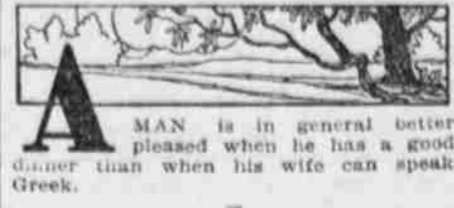
SOMETHING GOOD TO EAT.

Here is a prize recipe for pound cake which somebody will like to try: Cream two-thirds of a cup of butter to a cream, add a cup of sugar, the well beaten yolks of four eggs; add a little of a cup and a half of flour sifted with a teaspoonful of baking powder, and then add a teaspoon of milk. Add the rest of the flour and the beaten whites. Bake in a paper lined tin forty minutes. Raisin and Celery Salad.—Cut in small pieces two cups of celery, two oranges broken in bits and two-thirds of a cup of raisins, seeded and plumped over steam. Add a cup of grated apple to a cup of mayonnaise and cover the mixture with this. This is an especially delicious combination. Cassole.—This is a famous French dish, and is both historical and appetizing. Soak over night a quart of lima beans; in the morning bring to the boiling point, then drain. Add fresh boiling water, a teaspoonful of salt, and let them cook until nearly soft. Place in a casserole two cups of cold cooked chicken or duck, add the beans, drained, an onion, sliced, half a cup of strained tomato, a quart of hot broth and a teaspoonful of kitchen bouquet. Bake one hour, uncovered, sprinkle with a little chopped parsley, brown and serve. A new way to serve apple dumplings is to set muffin rings into an agate pan, fill the rings with sliced apple packed well, then drop a rich biscuit dough on each, spreading out well to cover the top. Green Corn and Green Pepper.—Cut the corn from four ears, put it into a frying pan with a tablespoonful of hot fat; add a chopped or shredded green

Beauty's Hour Book.
When you rise in the morning run to the window, which should have been open all night, and take 20 deep, full breaths. Practice simple all-around exercises for five minutes. Take either a warm or cold sponge bath, or both. If you do not react well after a cold plunge, omit it in the future, as it is not for you. Go downstairs and 20 minutes before your breakfast drink two glasses of hot water; not so warm that it scalds the mouth nor so cool that it nauseates. Eat a light breakfast, refraining from meat. Take a short walk for a mile or more, walking along briskly with chest thrown up and out and head held erect. Work. Twenty minutes before lunch drink two glasses of hot water. Eat a simple lunch. Rest for half an hour. Work.



The KITCHEN CABINET



IDEAS FOR HALLOWE'EN.
The last of October is the season when we revel in the beautiful autumn fruits and vegetables. Pumpkins and gourds lend themselves so well to decoration, the rich red of the apple, the blue and purple of the grape and the brown of the chestnut gives a richness of color not found any other time of year. The chestnut is the nut par excellence for this season, and its delicacy of flavor makes it always a delight. Chestnut Entree.—Mash a pound of roasted chestnuts to a paste, season well, add two well beaten eggs and a teaspoon of chopped parsley. Pour into buttered timbale cups and set in a pan of hot water. Bake twenty-five minutes and serve with a cream of rich tomato sauce. Delicious soups may be made of chestnuts. Cook a quart of the meats in boiling water until the skins will come off. Remove them and drop again into boiling water, add a small onion and a stalk of celery, a blade of mace and a bay leaf. When the nuts are tender, mash through a sieve, return to the fire with two quarts of white stock, a teaspoonful of salt, a few dashes of paprika and a pint of hot milk. When the milk boils, remove from the stove and add two beaten yolks and a half cup of cream. Serve in bouillon cups. For an evening entertainment, nuts, apples, popcorn and sweet cider are the refreshments most appropriate if one wants something more substantial, hot coffee and doughnuts are great favorites. Chestnut Bavarian Cream.—Soften half a package of gelatine in a half cup of cold water. Press a cup of preserved chestnuts through a sieve. To this puree and the gelatine add a fourth of a cup of sugar and two tablespoonfuls of vanilla. Set the dish in ice water and stir constantly until the mixture begins to thicken, then fold in a cup of whipped cream and one cup of thin cream. Continue to fold the two mixtures together until the mass will hold its shape, then put into small molds, decorated with glace or maraschino cherries, cut in bits. Dip the molds in hot water when ready to serve, and they will unroll smoothly.

pepper. Season with salt and pepper, add more fat if necessary and let cook for twenty minutes, stirring to keep it from burning.

The busy mind has no time to think Of sorrow, care or gloom; And anxious thoughts may be swept away As we busily wield the broom. —L. M. Alcott.

SHORT-NOTICE DISHES.

The forehanded, careful housekeeper has something on hand which may be put together in a hurry when unexpected company drops in. A plain cake or small drop cakes will make delicious puddings when steamed, and a good sauce is made for them. The sauce for a pudding must be well flavored and smooth.

For such a pudding as the above, take a tablespoonful or two of flour, a cup of sugar, mix well and pour on boiling water to make a smooth paste. Cook until smooth, add two tablespoonfuls of vinegar, a grating of nutmeg and a tablespoonful of butter. Do not omit the butter or the sauce will be flat. This is a delicious sauce to serve with a cottage pudding or any sponge cake.

A white sauce is a dish one may prepare in a hurry, and different materials, such as hard cooked eggs, cold potatoes or any vegetable may be added. Crackers served with canned apricots poured over them and heated makes a very nice emergency dessert.

An omelet is always good, and as we should be always well supplied with eggs, it makes a good emergency dish. A can or two of prepared soup should be on your emergency shelf, and a nice hot soup can be quickly prepared.

If you have a cup of cold cooked rice, put it with a little butter and a shredded onion into a frying pan; brown the rice and onion, add three well beaten eggs and a half cup of milk, season well and serve as a hot dish.

A can of salmon or tongue, or if you live on a farm you will no doubt have different kinds of meat which may be quickly prepared. Sausages slightly cooked and put down in jars covered with hot fat will keep well.

Crackers sprinkled with grated cheese and baked, make a good accompaniment to a simple salad. Butter the crackers, spread with the cheese, season with red pepper and salt and put it in the oven.

Bacon is another good meat which keeps, and is so good in a number of dishes. He causeth the grass to grow for the cattle, and herb for the service of man, that he may bring forth food out of the earth.

Cookery means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. —Tuskin.

A VARIETY OF ENTREES.

Entrees, or dishes which come between, include fritters, souffles, patties, rissoles, croquettes and timbales. At this season, when chestnuts are in the market the following is a dish worth trying: Lamb Cutlets With Chestnuts.—Take a pound of chestnuts and make an incision in each; put them into a sauce pan with cold water to cover, bring to the boiling point and boil five minutes. Drain and peel off the shells and inner skin. Put them into a sauce pan with three tablespoonfuls of butter, a few dashes of salt, and sugar, and cook until tender, then put through a sieve. Return the puree to the stew pan, add stock, water or milk, season well. Trim the cutlets evenly, brush with beaten egg and dip in fine bread crumbs. Press them well in and shake off all loose ones. Melt two tablespoonfuls of fat in a frying pan, and when smoking hot lay in the cutlets, being careful that they all lie in the same direction as when cooked the first side is usually the best looking. Fry on both sides and drain well on brown paper before serving. They will require ten to twelve minutes to cook. Arrange the cutlets in a crown, all bones to the center, with the chestnut puree in the center. Pour a good brown sauce over and serve.

Potato Border.—Take a pint of potatoes, cooked and mashed, two tablespoonfuls of butter, the yolk of an egg and a little milk. Season with salt, and work all together, using care not to get it too soft. Flour a board and turn the potato out on it, roll into a straight, even roll. Make a round piece for the center, lay on the roll, flute with a knife or fork, and fill the center with any desired mixture as creamed chicken, peas or celery.

Nellie Maxwell.

Deduction.
Personally we do not pretend to be much of a hand at reading character, but when we see a young man carrying a pair of kid gloves in one hand and a cane in the other we know he isn't looking for a plowing job.—Galveston News.

Music Within Her.
"It is true I can't sing well," said the cat, that had just swallowed the canary, "but I have a good deal of music in me all the same."

Hanging Stories to Him.
No matter how high a man may climb in the councils of the nation, no matter how worthy, or useful, or dignified he may be, there is nothing that will prevent the irreverent from tying wheezy old stories to him.

Women as a Power.
"If ever the time comes when women shall come together simply and purely for the benefit of mankind, it will be a power such as the world has never dreamed of."—Matthew Arnold.