MOTHER OF SCHOOL GIRL

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health.

Plover, Iowa.—"From a small child my 13 year old daughter had female weakness. I spoke to three doctors about it and they did not help her any. Lydia E. Pinkham's Vegetable Compound had been of great benefit to me, so I decided to have her give it a trial. She has taken five bottles of the Vegetable Compound according to directions on the bottle and she is cured of this trouble. She was all run down when she started taking the Compound and her periods did not come right. She was so poorly and weak that I often had to help her dress herself, but now she is regular and is growing strong and healthy."—Mrs. MARTIN HELVIG, Plover, Iowa.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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 distress—cure indigestion, improve the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff.
For Restoring Color and Beauty to Gray or Faded Hair.
50c. and $1.00 at Druggists.

Different Meaning.

One of the principal owners of a promising gold mine was expatiating on its merits to a capitalist and prospective investor. He described the vein in which the miners were working, showed him specimens of the ore, and backed up his statements with the written opinions of experts.

"Well," admitted the capitalist, "it looks as if it might be a good investment. As my old Uncle Hiram would say, it has 'p'ints.'"

"Pints!" exclaimed the owner, carried away perhaps by his over-anxiety; "why, sir, we're in quartz right now!"

Uncertain.

The secretary of one of the college classes at Princeton, in sending out each year a list of questions to be answered by members of the class, in order that the results may be duly tabulated and set forth in the university annual, is said always to include in his list this question: "Are you engaged?"

It would seem that one of the members was cursed with doubt in this respect, for in the blank space given over to the query mentioned he made his return as follows:

"Do not know. Am awaiting letter."

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 Chas. H. Fletcher.

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

In With the Trusts.

"Did I understand you to say that Senator Flubb came up from the people?"

"Yes, and he's going back on them now."

Many a man who thinks he knows it all don't even know why a hen lays an egg instead of standing it on end.

Be happy. Use Red Cross Ball Blue; much better than liquid blue. Delights the laundress. All grocers. Adv.

Nothing pleases a homely woman so much as to have a man compliment her figure.

Stand up for your rights if you expect others to take a back seat.

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust and Wind** quickly relieved by **Murine Eye Remedy.** No Smarting, just Eye Comfort At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For **Book of the Eye Free** ask Druggists or **Murine Eye Remedy Co., Chicago**

The KITCHEN CABINET

Great pity were it if this beneficence of Providence should be marred in the ordering, so as to justly merit the reflection of the old proverb, that though God sends us meat, yet the devil sends us cooks.

WHAT TO DO WITH GRAPES.

Grape juice cannot be too highly recommended as a wholesome, nutritious and attractive drink. It may be served as an invalid's drink and prove a most valuable one, or as a refreshing drink for a hot day for anybody.

Wash, drain and stem the grapes. Put them in a deep kettle, mash well with a wooden potato masher and heat slowly, adding a very little water. Cook until the grapes look much lighter in color, then drain in a jelly bag, made of three thicknesses of cheese cloth. Wring the clothes out of hot water, put into it the hot pulp two quarts at a time, and hang up to drain. When no more of the juice drops, squeeze the pulp as dry as possible, keeping the cloudy portion separate. To a quart of the juice add a cupful of sugar or less, cook for twenty minutes, then bottle and seal the corks with wax.

Spiced Grapes.—Wash and stem the grapes, rejecting all that are not perfect. Remove the pulp by hand, dropping the pulp into a kettle and cook until the seeds may be easily separated in a sieve. To this sieved pulp add the skins, then measure. For four quarts add a half pint of good cider vinegar, three pounds of granulated sugar, one ounce of whole cloves, a half ounce of cassia buds and two ounces of stick cinnamon. Tie the spices in a cloth and put into the kettle with the vinegar and stir until the sugar is dissolved. Add the grape mixture and boil until thick as marmalade. Bottle and seal.

Grape Ice.—Boil together a pound of sugar and a pint of water, cool and add a pint of grape juice and the juice of one lemon. Freeze as usual.

Spiced grape jelly is most delicious for an accompaniment to game. For grape ice cream use a pint of cream, a cupful of sugar or less, a cupful of grape juice and a tablespoonful of cream. Freeze.

Grape Marmalade. — Prepare the grapes as for spiced grapes and mix the pulp with an equal measure of sugar, simmer until thick and smooth. Put up in jars and seal.

What a strange thing is man! And what a stranger
Is woman! What a whirlwind is her head,
And what a whirlpool full of depth and danger
Is all the rest about her.
—Byron.

SEASONABLE DISHES.

A good dish for supper, breakfast or luncheon is an omelet, and they may be varied with different seasonings as to make them constantly new.

Savory Omelet.—Beat the yolks of two eggs until thick, add a teaspoonful of finely chopped parsley, add seasonings of pepper, salt and onion juice or a bit of grated onion. Put a tablespoonful of butter into a hot omelet pan, stir in the well beaten whites and pour into the pan. Stir with a spoon until it sets. Fold and cook well done on both sides. Cheese may be used instead of parsley for variety in flavor.

An omelet pan is best kept for that purpose exclusively as it must be smooth in order to have a good looking omelet when turned out.

Bombay Toast.—Beat well four eggs, add one half tablespoonful of salt, one tablespoonful of chopped capers, a dash of cayenne. Put two tablespoonfuls of butter in a saucepan and when hot stir in a tablespoonful of anchovy paste and the egg mixture. When it thickens take from the fire and spread on thin slices of buttered toast and serve at once.

Cucumber Fritters.—Peel and grate a number of large cucumbers, press out all the juice from the pulp and measure. To each pint allow one tablespoonful of melted butter, three tablespoonfuls of cream, two eggs, salt and pepper to taste, and one-half cupful of sifted flour with a teaspoonful of baking powder added. Beat well and drop by spoonfuls into smoking hot fat. Drain on paper and serve hot.

Tomatoes a la Indian.—Cut rounds of bread and saute in butter until brown on both sides. Cut firm tomatoes in thick slices, two for each slice. Shape a good sized green pepper into strips, dip in boiling water, then drop into ice water. Wipe the tomatoes and fry in hot butter. Lay a slice of each on each slice of bread, season well and sprinkle with the pepper, cover with another slice of tomato. Garnish with yolk of egg hard cooked and put through a ricer, with a little parsley.

Man's mind a mirror is of heavenly sights,
A brief wherein all marvels summed lie,
Of fairest forms and sweetest shapes the store,
Most graceful all, yet thought may grace them more.
—Robert Southwell.

SUMMER FOODS.

Green corn is so good in its natural state cooked on the cob that it is usually served in that manner. There are, however, many good dishes which may be prepared with it which are both appetizing and wholesome.

Green Corn Pudding.—Score the kernels of two dozen ears of sweet corn and press out the pulp. Add a cupful and a quarter of milk, three eggs well beaten, two tablespoonfuls of flour, three tablespoonfuls of butter, half a tablespoonful of sugar, and a teaspoonful of salt, season well with pepper. Turn into a well greased baking dish and bake one hour in a moderate oven.

Jersey Pie.—Line a pie plate with a crust filled with apples, add sugar, nutmeg, bits of butter and bake; then pour over sweetened whipped cream for the top crust and serve.

Peach Trifle.—Boil together for five minutes one cupful of sugar and a cupful of water, dropping into it the pits from a quart of ripe peaches. Skim them out and lay in the pared peaches, stewing slowly until they are tender. Set aside until cold, then press through a sieve. Line a glass dish with pieces of cake dipped in orange juice, pour over the peach pulp and cover with sweetened whipped cream, flavored with almond.

Breakfast Corn Cake.—Cream two-thirds of a cupful of butter. Beat into it one cupful of sugar, the yolks of three eggs, two cupfuls of milk and two cupfuls each of corn meal and white flour, sifted with one teaspoonful of soda and three of cream of tarter. Lastly add the beaten whites of the eggs and bake.

Egyptian Salad.—Take cold boiled corn, but from the cob, a bit of chopped onion and red pepper, a few cooked peas and bits of potato and a sprinkling of parsley, mix with French dressing and serve on lettuce.

We suffer from disease through ignorance. We escape through knowledge.
We make them hope and hope is health.
Science stands holding out resources, devices and remedies we are too stupid to use.

BITS OF INFORMATION.

To keep the kitchen range black and clean looking, wash it off each time with the dish water, using a cloth kept for that purpose.

Keep a large mouthed jar near the sink to take all the scraps of soap and when there is sufficient, add a little boiling water and have a soap jelly which will be nice for dish washing.

When stubborn spots refuse to be removed from the kitchen flour, especially grease spots, soak newspapers in soda water and lay on the spots, wetting the paper occasionally to keep them moist.

When a candle is too large for the stick, hold the candle in a little hot water to soften then push it into place and it will hold firmly.

Cream cheese beaten until it is almost foamy, served with plum jelly and wafers makes a most tasty dessert.

When preparing pumpkin for pies cut up the pumpkin skin and all, just removing the seeds. Cook until soft then put through a sieve or colander and let it slowly dry out on the stove or in the oven.

When string comes around packages do not spend time rolling it, hang it on a nail out of sights where a string may quickly be pulled when needed.

When stains get under the nails use an orange wood stick dipped in oxalic acid.

Nellie Maxwell.

How to Detect a Noise.

If something happens that an abnormal noise is heard from the mechanism of a motor car or other machine and that it is difficult to find just what part of it is responsible. In such cases many skilled mechanics proceed as follows, and there is no better way: They take a flat piece of metal, a flat file, for example, and place one end of it between their teeth, the other end they apply to the parts of the machine that may be suspected, of course while ti is in motion. By stopping the ears the abnormal sound can be distinguished from other noises, and with a little experience the exact point from which it comes can be discovered.

A Scruple.

"Did that stout and stupid prodigal show any qualms when his overjoyed father set him down to a feast to celebrate his return?"

"No; why should he?"

"I thought he might feel like a cannibal if he were to eat the fatted calf."

HIGHWAY IMPROVEMENT

DEMAND FOR BETTER ROADS

No Reason Why Portion of Tax Should Not Be Used in Putting Highways in Better Condition.

There is a growing demand for more and better road making during the autumn months. In many localities the roads become filled with deep ruts and the wheel tracks so depressed during the summer that they collect rains which soon wash them into gutters which soon ruin the roads for heavy loads and comfortable travel. There is no reason why a portion of

A Durable Stone Culvert.

the road tax should not be used for putting the highways in good condition for travel, says Northwestern Agriculturist. The split log drag and other road-making implements should be put to work before the ground freezes. The outside of the roads should be brought into the center of the track which will establish a crust that will shed the water, rather than retain rains, which are sure to occur during the late fall and early spring months. Roads having a full-high center are quite sure to remain in good condition during the rainy season of fall and spring. Steep hills, where water is apt to collect in wheel tracks, should be provided with open gutters on each side into which rains may be diverted with an occasional crest over which water cannot pass. Approaches to bridges and culverts should be so filled with earth that vehicles of all kinds may pass over them without serious jolts and jars. Roads are much improved when covered with gravel. This is a season of the year when such work can be accomplished at a minimum expense. Every township should own gravel pits from which road-making material can be cheaply obtained. Concrete roads will soon become popular. The cement material only should be used in making small bridges and culverts. A good quality of sand and gravel is necessary to make serviceable concrete. Every farmer should have a special interest in all roads adjoining his premises and leading to market.

INCREASE THE LAND VALUES

Strong Argument in Favor of Good Roads Is That They Enhance Value of Bordering Farms.

It takes all kinds of arguments to interest the numerous types of men found in every community in public improvements. One man will sanction and work for good roads when he is convinced that they will shorten and expedite the haul of some special crop that he produces. Another will assist because he owns a motorcar. One of the most effective arguments is that good roads will enhance the value of farms bordering upon them, says Breeder's Gazette.

Several real estate dealers in Iowa have begun to advertise land as located "on the Lincoln Highway." Experience has shown that this is a strong "talking point." Of course the great national road is not finished, but it is already famous, and since it will steadily increase in historic interest many properties abutting it will probably acquire an augmented selling value. Unfortunately only a small percentage of farms are located on the Lincoln Highway, but that thoroughfare marks the inauguration in this country of the old-world attitude toward convenient and pleasant highways and byways as a means of socializing and upbuilding a large-hearted, broad-minded citizenship.

Age of Progress.

The age is progressive. Fifty or sixty years ago this country began to build railroads, and now we have more than nearly all the rest of the world together. In place of crude industrial facilities, we have the very best on earth; yet we are behind other civilized nations in the improvement of our roads. We are beginning now to do with our highways what should have been done long ago.

The spirit of good roads is hereditary.

WITH TRAGEDY IN HIS MIND

Husband Dashed Home in Response to Telephone Call to Find His Worst Fears Were Groundless.

Smithson said a thunderstorm always reminded him of this absurd incident in his early married life. He said it happened when their first baby was only two months old, so he might be pardoned if his solicitude exceeded his sober judgment. He was at his office one afternoon when a terrific thunderstorm broke which crashed enough to frighten anyone, so when the 'phone rang and his wife's voice tremulously asked "George, dear, can you come home right away?" he said, "yes," quickly, nor paused to question, but frantic with misgivings, grabbed his hat and almost ran through town to his home.

Arriving all breathless, he found his wife awaiting him on the porch, her face the very picture of distress.

Rushing up to her he said anxiously: "Why, darling, what's the matter?"

Much to his surprise came this reply: "Oh, George, dear, we have moths!"—Kansas City Star.

A Good Shot.

A San Franciscan, who had been hunting in the vicinity of Lake Tahoe without bagging any game, came upon a mountaineer who was feeding a caged wildcat he had caught the day before.

"How much will you take for that beast?" he asked.

The captor said $5, and the money was paid over.

"Now," said the Nimrod, "tie one end of a strong cord to that tree and another to the cat's neck, and then open the door of the cage."

This was finally accomplished and the fierce animal stood straining at its tether.

The sportsman, who was watching the exercises from the interior of the cabin, leveled his rifle across the window sill, took careful aim and blazed away. The wildcat gave a joyful yell and disappeared in the forest. The bullet had cut the rope.

The Pumps.

Lord Mersey, head of the Empress of Ireland-Storstad investigation board, said to a New York reporter the other day:

"Much is still left to be desired, but ships are safer than they used to be."

With a smile the veteran jurist added:

"We no longer hear of skippers offering such excuses for slow passages as the one offered by the skipper of the collier, who said:

"'Well, gentlemen, no wonder we're late. We pumped the whole Atlantic three times through that ship coming across.'"

The Stomach's Function.

The teacher was examining the class in physiology.

"Mary, you tell us," she asked, "what is the function of the stomach?"

"The function of the stomach," the little girl answered, "is to hold up the petticoat."

Summer Days

Call for a dainty, wholesome food—such as

Post Toasties

with cream.

There's little work, and much satisfaction in every package of these crisp bits of perfectly cooked and toasted Indian Corn.

Appetizing flavour, substantial nourishment and convenience of serving are all found in Post Toasties.

Sold by Grocers

Confident an Enemy Will Appear.

The Irish people are managing to get some old-fashioned fun out of the menacing situation in Ulster. The London Chronicle (which is for home rule) says that at the moment when both bands of volunteers were swarming through on Ulster town a volunteer of some kind, in full panoply of war, was met in the street by a friend.

"So you are going to fight?" said the friend.

"Yes."

"Who are you going to fight, the Nationalists?"

"No, we are not going to fight the Nationalists."

"Are you going to fight the police?"

"No, I do not think we are going to fight the police?"

"Are you going to fight the English soldiers?"

"No, I don't think we shall fight the English soldiers."

"Then who are you going to fight?"

"The Lord will provide."

FACE FULL OF PIMPLES

4240 So. California Ave., Chicago, Ill. —"About a year ago my face was full of pimples and red spots. To sleep one night without itching was almost impossible. Some of the pimples would get big and red and if I touched them they would pain, while others would get white heads on them and when they broke open some matter came out. They would burn and itch and I scratched them so that sometimes they would break and bleed. That always caused them to be worse.

"I bought all kinds of salves and creams and I found out that they did me no good. I noticed the Cuticura Soap and Ointment advertisement and I sent for a free sample. I went to the drug store and bought a cake of Cuticura Soap and some Cuticura Ointment and I found the pimples were drying out. In two months I was well." (Signed) Chas. J. Peck, May 7, 1914.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

A Loyal Friend.

A section foreman on a southern railway heard the following conversation between two of his dusky laborers:

"Jim, you bettah come here an' he'p he. I's talkin' up fer you."

"How's dat?"

"W'y, dis here man say you ain't fit for de dawgs, an' Ah tole him yes you is!"—Everybody's Magazine.

Ten smiles for a nickel. Always buy Red Cross Ball Blue; have beautiful clear white clothes. Adv.

Happiness is merely getting what you want and forgetting what you don't.

Lots of people are thoroughly satisfied with themselves because they don't know any better.

WAR ATLAS

16 PAGES OF LARGE MAPS

Statistics of all Nations involved.
Every home should have one.

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All stock consigned to us is sold by members of the firm, and all employees have been selected and trained for the work which they do. Write, phone, ship us

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Rooms from $1.00 up single, 75 cents up double.
CAFE PRICES REASONABLE

WANTED SALESMEN
in every country town to represent us selling oil, kerosene and gasoline to the consumer. Good commissions payable weekly. PEERLESS OIL COMPANY, OMAHA, NEBRASKA

DEFIANCE STARCH
is constantly growing in favor because it
Does Not Stick to the Iron
and it will not injure the finest fabric. For laundry purpose sit has no equal. 16 oz. package 10c. 1-3 more starch for same money.
DEFIANCE STARCH CO., Omaha, Nebraska