

ENDS DYSPEPSIA, INDIGESTION, GAS

"Paper's Digestin" cures sick, sour stomachs in five minutes -Time H!

"Really does" put bad stomachs in order - "really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes - that - just that - makes Paper's Digestin the largest selling stomach regulator in the world.

A large fifty-cent case of Paper's Digestin will give you a hundred dollars worth of satisfaction.

Covers for Plants. Fading covers, easily put into use, have been invented for protecting plants from cold.

CLEAR YOUR COMPLEXION While You Sleep With Cuticura Soap and Ointment - Trial Free.

On retiring, gently smear the face with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water, and continue bathing a few minutes with the soap.

Free sample each by mail with Book, Address postcard, Cuticura, Dept. L, Boston. Sold everywhere. -Adv.

AMERICAN SHOES IN MOSCOW Even With Freight and Import Charges Added Prices Lower Than Russian Footwear.

American shoes which were put on sale in Moscow, late in the autumn, seem to have made a good impression, remarks Hagada, a Journal of Russian-American trade.

Sweden's Iron Deposits. Experts have estimated the iron ore deposits of Sweden at about 1,800,000,000 tons.

A motor-driven machine has been invented that polishes a cuspidor in half a minute.

Have You Ever Suspected that the cause of various annoying ills might lie in the daily cup of tea or coffee? A sure and easy way out of coffee and tea troubles is to shift to Instant Postum. There's no caffeine nor anything harmful in this delightful, pure food-drink - just the nourishing goodness of wheat. Postum has put thousands of former tea and coffee drinkers on the Road to wellville. "There's a Reason"

THE KITCHEN CABINET

Take every good thing that comes your way. There are so many delicious little things that would send you home satisfied and with a different viewpoint, but you think up some excuse and go on your way.

FOR THE FAMILY MEAL. A chafing dish is a most useful utensil to use in preparing a late lunch, a Sunday night supper or light refreshments at almost any time or season.

Tomato Golden Duck. Prepare a Welsh rabbit in the chafing dish with a tablespoonful of butter, half a pound of finely minced cheese, a teaspoonful of Worcestershire sauce, a tablespoonful of dry mustard, half a cupful of strained tomato puree, a pinch of soda and salt and paprika to taste.

Golden Dressing. Take a fourth of a cupful each of pineapple juice, orange or cherry juice, and lemon juice, heat in a double boiler, beat two eggs lightly, add a half cupful of sugar, pour over the hot juice and cook until smooth, remove to a dish of cold. This dressing is good with any fruit salad.

Virginia Baked Ham. Soak six or eight pounds of smoked ham over night, drain and bring to the boiling point. Remove the skin, dot over with peanut butter, stick in a dozen cloves and place fat side up in the roasting pan.

Delicious Sweet Potatoes. Peel and cook sweet potatoes, mash, using three cupfuls; add a half cupful of sugar, a fourth of a cupful each of butter and raisins, a fourth of a cupful of pecans, a third of a teaspoonful of salt and a few grains of cinnamon or nutmeg.

Cymlins or Summer Squash. This delicious vegetable is in season in the South and for those who can afford them in the North. Cook, mash and season them generously with butter and salt, with a dash of pepper.

Glazed Eggs. Heat until very hot the small individual shirring dishes, greased with butter and spread with buttered crumbs to line them. Break into each a fresh egg, being careful not to break the yolk.

Glazed Tongue. Wash the tongue and soak it overnight. In the morning place it in a kettle with cold water to cover. Bring to the simmering point and cook until the meat is tender enough to pierce with a fork.

Sausage Omelet. Drop a bologna into water and cook for five minutes, then cool and slice; cut in dice. Take three eggs, a tablespoonful of butter, one-half teaspoonful of finely minced onion and a fourth of a sausage. Put the butter into a smooth frying pan, add the onion and cook gently in the butter without browning.

Sausage Eggs. Mix two tablespoonfuls of fine bread crumbs with half a pound of sausage meat, adding sufficient seasoning to taste. Cook three eggs in the shell until hard, then divide into quarters. Put a layer of the sausage meat round each piece of egg and smooth it with a knife dipped into boiling water.

Oyster Sausage. Take two dozen oysters, rinse them well to remove pieces of shell, mix with bread crumbs and suet, finely chopped and well blended, using two tablespoonfuls of bread crumbs to one of suet, add salt, pepper, grated nutmeg and a half pound of sausage meat, with the yolks of two eggs. Let this stand until firm.

Another good luncheon dish using toast, is prepared by using a little well-seasoned tomato poured over buttered toast, serving hot with tea.

Sausage Turnover. Make some light pastry, cut into four-inch squares. Place in each a heap of finely minced, well-seasoned sausage meat. Fold each square in the form of a turnover, brush with the white of egg, dip in crushed

vermicelli and bake in a hot oven until a golden brown is reached. These are good hot or cold.

SOMETHING YOU WILL LIKE. Something new is hard to find, but someone will find among these something new as well as suggestive of other combinations which will be easy to prepare.

When eggs are reasonable in price, if they ever are, try them glazed.

When you are working for a man occasionally ask yourself whether if you were the employer you would hire a man like yourself. It is a sure way of getting a nose on yourself.

WAYS WITH SAUSAGE. One of the earliest methods of preparing meat was in the form of sausages, as the tough meat used was finely chopped, not knowing the more modern method of hanging meat to soften the fiber.

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PAYS FOR 160 ACRES OF LAND

From the Crop of Wheat on 53 Acres in Western Canada.

This story of paying for your land out of one year's crop is fully authenticated by a great many farmers in Western Canada.

And now, all that the farmer makes is value and you find him going more extensively into stock raising, for all authorities agree that in a short time there will be a demand for live stock, such as even will pay the vast resources of Western Canada. They will go into stock raising because of the adaptability of the country to provide food and fodder without feeding grain if necessary.

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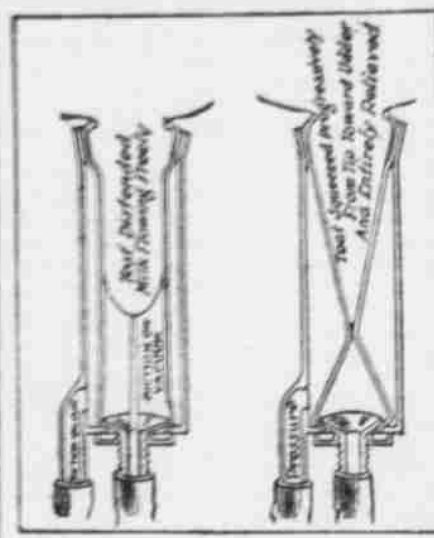
The DAIRY



GIVING AN UPWARD SQUEEZE

Illustration Given Summwith Shows How One of Standard Milk Machines is Operated.

The drawing shown here illustrates how one of the standard milking machines draws the milk from the cow's udder. The method of drawing the milk from the udder down through the teat also tends to draw blood from the veins of the teat.



Machine in Operation.

operator, by turning a little lever, can give a heavier squeeze to a big-teated cow and a lighter squeeze to a small-teated cow.

When the calf milks, its tongue has a squeezing action on the teat, the same as your tongue does if you place your finger in your mouth and suck it.

This squeezing action of the calf's tongue keeps the blood in the teat in circulation. If the calf stopped squeezing, just sucked each swallow, it would slowly suck so much blood down into the veins of the teat that the teat would appear red and swollen.

It is a good thing to keep records of all the farm operations. They may seem trivial at the time, yet some day are sure to be of great value and are a great help and satisfaction in clearing up difficulties that frequently arise.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and indigested food passes out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

VENTILATION OF DAIRY BARN. Where Air is Good, Cows Should Remain in Stalls at Night Both in Summer and Winter.

If ventilation of the barn is good, cows should remain in the stall all night, both in summer and in winter. If ventilation is imperfect in very hot weather it would be advisable to turn them out in some clean lot or pasture, but in doing this considerable manure is lost.

During some of the colder days of winter it would be advisable not to turn cattle out except during short periods for watering. Chilly weather has considerable influence in reducing milk flow and a good cow should not be exposed to too severe climatic changes.

CULL OUT ALL THE LOAFERS. Big Increase in Profits Made by Farmer Who Weeded Out All Unprofitable Animals.

Merely by culling out the unprofitable cows one farmer reports that he was able to raise the milk receipts per cow from \$80 one year to \$180 the next, and the live-stock receipts per \$100 worth of feed from \$76 to \$176.

It is the intention of the government of Uruguay to increase the manufacture of chemical products in the Institute of Industrial Chemistry.

RECORD OF BIG IMPORTANCE. Small Amount of Work Required to Keep Books if Done Regularly - Profit or Loss Shown.

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WOMAN NOW IN PERFECT HEALTH

What Came From Reading a Pinkham Advertisement.

Paterson, N. J. - "I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy."



decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman.

Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass, if you need special advice.

Cockroaches ARE FILTHY Kill Them By Using STEARNS' ELECTRIC PASTE U. S. Government Buys It SOLD EVERYWHERE - 25c and \$1.00

Constipation Vanishes Forever

Prompt Relief - Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable - act surely but gently on the liver.



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