FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters-Interesting Experiences of Misses Borman and Mills.



which is of vital interest to her young daughter.

Too often this is never imparted or is

critical period.

When a girl's thoughts become sluggish, with headache, dizziness or a dis-position to sleep, pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will at this time prepare the system for the coming change, and start this trying meriod in a young girl's life without the coming change. The compound has done for me."—Matilda Borman, Farmington, Iowa. period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished. She will receive advice absolutely free, for them, have been received by the Lydia E. Pinkham Medicine Co., at

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Every mother possesses information hich is of vital interest to her young helpful advice to girls in my condition, I am writing you."—Myrtle Mills, Oquawka, Ill. Dear Mrs. Pinkham:— (Second Letter.)
"It is with the feeling of utmost gratitude

Miss Matilda Borman writes Mrs.

Dear Mrs. Pinkham:—

"Before taking Lydia E. Pinkham's Vegetable Compound my periods were irregular and painful, and I always had such dreadful headaches.

"But since taking the Compound my headaches have aviirely left me my periods are

If you know of any young girl who is sick and needs motherly advice, ask how Cuticura cured his son of a ter-her to address Mrs. Pinkham at Lynn, rible eczema: "My little boy had from a source that has no rival in the experience of woman's ills, and it will, if had a physician treat him, but at the followed, put her on the right road to a

pound holds the record for the greatest

Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

WAS A REAL SURPRISE.

Charles Lever.

From the Fortnightly Review.

place in English literature.

BOY'S HEAD ONE SOLID SORE.

Hair All Came Out-Under Doctor

Three Months and No Better

-Cuticura Works Wonders. Mr. A. C. Barnett, proprietor of a

general store in Avard, Oklahoma,

tells in the following grateful letter

rible eczema: "My little boy had eczema. His head was one solid sore,

all over his scalp; his hair all came

out, and he suffered very much. I

end of three months he was no better.

I remembered that the Cuticura Reme-

dies had cured me, and after giving

him two bottles of Cuticura Resolv-

ent, according to directions, and using Cuticura Soap and Ointment on him daily, his eczema left him, his hair

grew again, and he has never had any eczema sin 2. We use the Cuticura Soap and Ointment, and they keep our skin soft and healthy. I cheerfully

recommend the Cuticura Remedies for

all cases of eczema. A. C. Barnett,

remained still eighteen inches above water, its insubmersibility was held to have been fully demonstrated. The company

has now five of these steamers under con-

Marion Harland.

The celebrated authoress, so highly esteemed by the women of America, says on pages 103 and 445 of her popular work, "Eve's Daughters; or, Common Sense for

struction.

Lever was well aware of his faults.

From the Washington Star. I wrote as I felt-sometimes in good When this jealous wife of a rather, spirits-sometimes in bad-always caregoodlooking husband several years here lessly-for, God help me! 1 can do no junior reached his office the other forebetter." he said at the beginning of his noon he had just been summoned to eareer in "Harry Lorrequer," and nearthe telephone y a score of years later he remarked adly: "I have only to look back upon

"Ha!" said the jealous wife to her-

career in "Harry Lorrequer," and nearly a score of years later he remarked sadly: "I have only to look back upon great opportunities neglected and fair abilities thrown away, capacity wasted and a whole life squandered. Yet if it were not for the necessity that has kept me before the world, perhaps I should have sunk down wearled and exhausted long ago; but as the old clown in the circus goes on grinning and grimacing even when the chalk won't hide his wrinkles, so do I make a show of light heartedness I have long ceased to feel, or, what is more, to wish for." The necessity was, it must be admitted, owing to a fondness for cards, in his case, atal because of his singularly bad luck, and the resultant urgent need of noney. This explains why he wrote so nuch and so quickly, but, though, it is more than once been pleaded in excentuation, it was not haste that gave him a loose style, although Lever himself wondered if he had written less he would have written better. This was, in great part, due to lack of revision, and he would not revise his manuscript because, knowing himself not to be a capable artist, he dreade lest probably he might at first, by happy chance, make the right improve it is manuscript because, knowing himself not to be a capable artist, he dreade lest probably he might at first, by happy chance, make the right impreve sion, and then carefully improve it is manuscript because, knowing himself not to be a capable artist, he dreade lest probably he might at first, by happy chance, make the right impression, and then carefully improve it is manuscript because, knowing himself into to be a capable artist, by happy chance, make the right impression, and then carefully improve it is manuscript because, knowing himself into the account of the manuscript in the observable of the manuscript i easy humor, the natural tenderness, the best of Lever's rollicking, madcap stories will for all time have an honored wife, trembling with rage.)

"Say, you got her there with you now, old man? What's that? Oh, all right. Curled up on your lap right now, hey? Well, you want to remember that she's mine, old boy."

("Curled up in his lap—horrible!" the jealous wife grasped.)

"Say," went on the unsuspecting husband at the 'phone, "can't you fetch her right down now and let me look her over? Let's see, it's pretty near lunch time, and I believe my wife'll be down some time pretty soon, and, of course, I don't want my wife to see her, see? But you just trot her over here now, and I'll have a peek, and then we can fix it, understand? What's that? You'll be over in five minutes? All with the laber. I'll he waiting." we can fix it, understand? What's that?
You'll be over in five minutes? All
right, old boy. I'll be waiting."
He hung up the receiver, and turned
to face his white-faced and wrathy

wife.

He looked somewhat surprised. She took his surprised look as a dead sure indication of his guilt.

"So, sir," she began, "you are going to have some wretched tawdry creature brought to your office by that miserable scoundrel, James Swiftclip, are you?"

The man hung his head. He looked

The man hung his head. He looked like a man cornered and corralled.

"I heard every word you said in the phone, so you needn't deny it," his wife went on, breathlessly. "How dara you carry on in this public way in such a manner? What do you mean by professing to 1-1-love me, and t-t-t-then..."

Insubmersible Ships.

From the London Globe.

Some interesting experiments have been conducted at Kiel during the past few days in the practical testing of insubmersible steamers. The operations were conducted in the presence of some of the chief naval authorities and of leading representatives of the great German shipping and shipbuilding companies. A cargo steamer built upon the insubmersible and in this—"

The day of the componies and of course, the man took hold of her to attempt to comfort her.

"Don't you d-d-d-dare t-t-t-touch me!" she gasped, throwing him off. "I hate the v-v-v-very t-t-touch of your hand, you scandalous, deceifful t-t-thing!"

"My dear." he began, "if you understood the circumstances of this matter I am sure you would not take on in this—"

sentatives of the great German shipping and shipbuilding companies. A cargo steamer built upon the insubmersible pat-

ent of the new navigation company was slonately. "D-d-d-didn't I hear your fully loaded, and a crew was taken on board. Water was then let into the engine room until the water in the vessel rose to sea level. As the ship's deck then

miserable baggage down here to your office and—"
Just at that instant the happy-go-lucky Jim Swiftelip arrived at the office with the miserable baggage. He was carrying the miserable baggage in his arms, and he promptly deposited her in his friend's arms.
"Here, my dear," said the man to his jealous wife, "is the young female individual about whom I was talking with Jim in the 'phone. I've had Jim on the lookout for a good one for a long time, and he has been kind enough to get this crackerjack for me. I wanted her for a present, a surprise to you—you'd often told me how much you wanted one of her kind."

Then he handed the dainty little Japanese lady spaniel over to his wife. anese lady spaniel over to his wife.

Latest Things in Collars and Belts. From the September Delineator. Among the accessories that nowadays are so important, ribbon seems to predom-inate. Sashes and boleros; girdles and armlets; belts and shoulder bows, and armiets; decided and should be streamers floating from each and all of them, are seen. The effect is charming and thoroughly feminine. Collarettes and boas with their myriad loops of curied satin ribbon look like a mass of flower-petals.

and are most becoming when of the right The fancy belts are made of soft leather The tancy belts are made of soft leather, or silk. Those of plain kid are sometimes shaped at the back, or ornamented with tiny gilt buttons, the buckle or clasp being also of gilt. Belts of silk webbing, studded with steel beads, are closed with jewelled buckles and slides and are equally smart in black, white and colored. Large smart in black, white and colored. Japa-nese leather is greatly favored, and Pompadour and Dresden silks produce charmpadour and Dresden sliks produce charming results. Patent and dull leather and kid are equally popular for belts of the plainest sort to be worn with the linen blouse and short skirt, or with the tailored

frock.

Stocks and belts in a variety of shapes are made of linen, duck, plque, etc., and are decorated with hand embroidery in blind or openwork effect. In some cases, the belt and stock match, but this is not necessary. The buttonholed, scolloped edge is a favorite finish for these pretty trifles, and the belts are closed with pearly place or heavy gilt buckles, or pinned with a or heavy gilt buckles, or pinned with a large old-fashioned brooch. Cluny lace is at the height of its popu-

Cluny lace is at the height of its popularity, and lends itself charmingly to all sorts of neck and sleeve decoration. Collars of Clupy lace, in star effect are pretty and add greatly to the appearance of a plain frock or coat. The flat, detachable collar accompanies the chemisette in some cases, and may be arranged very becomingly, in flat effect, especially, if the neck is short. A medallion center is a pretty feature of some of the Cluny lace chemisettes with stocks attached.

Jerome K. Jerome on Snoring. "At a banquet," said an editor, "I once heard Jerome K. Jerome make a speech on snoring. I remember that it ended with these words: "To cure snoring it is advised that a

piece of soap be dropped into the mouth of the snorer. The oil in the soap will lubricate the pharynx and other Latin parts of the throat. The remedy must be applied with caution, otherwise the snorer will arise and lubricate the floor with the person who dropped in the soap."

COLD MEATS.

Cold meats, in the opinion of many people, may be made more agreeable when properly prepared, on its second appearance on the table than on its first, but of course much depends upon

The seasoning of recooked meats requires special skill, for the law is by no means fixed. Veal and chicken are the meats easiest to recook, beef comes next, while lamb and mutton more of-ten retax the resources. They need more palatable seasoning, and a little acid, like a chopped olive or pickle, adds to their flavor.

Where only a small portion of meat is left over, the rice or potato border enables it to be served and adds to its where only a small portion of meat is left over, the rice or potato border enables it to be served and adds to its appearance. Upon the appearance of "leftovers" depends their success, and special attention should be paid to their serving and garnishing.

The restriction will be found in building up the strength, regulating the womanly functions, subduing pain and bringing about a healthy, vigorous condition of the whole system.

A book of particulars wraps each bottle giving the formulæ of both medicines and growing what soores of eminent medicines are supported by the strength, regulating the womanly functions, subduing pain and bringing about a healthy, vigorous condition of the whole system.

their serving and garnishing.

When meat is served on toast with or without eggs it should be chopped

Baked Hash-Two cupfuls meat, two cupfuls potatoes, one tablespoonful butter, two cupfuls stock, and seasoning to taste. Melt the butter, add the stock and, when heated, the meat and stock and, when heated, the meat and potato well mixed. Season to taste and stir occasionally until well heated. Turn into a well greased baking dish and bake thirty minutes in a moderately quick oven.

Beef Spanish—Two cups of finely

chopped meat, two tablespoonfuls but-ter, one small onion, one cupful toma-toes, two tablespoonfuls flour, one cuptoes, two tablespoonfuls flour, one cupful stock, salt and pepper to taste. Melt and brown the butter, add the onlon sliced, and cook until delicately browned. Add the flour and brown, stirring constantly, then add the meat. Add the stock and tomatoes and cook until thoroughly heated. Season, and until thoroughly heated. Season and serve on a hot dish with timbales of rice.

serve on a hot dish with timbales of rice.

Lamb Croquettes—Two cupfuls finely chopped cooked lamb, one cupful boiled rice, one tablespoonful chopped parsley, two tablespoonfuls flour, one cupful cream, one tablespoonful butter, salt and pepper to taste. Scald the cream. Rub the butter and flour together until smooth, add to the scalded cream and stir until it thickens. Mix the meat, rice, parsley and seasoning together, adding one tablespoonful lemon fuice. Mix with the thickened milk and cool. Shape into croquettes, cover with egg and bread crumbs and fry in hot fat.

Veal Souffle—Two cupfuls chopped cooked veal, two tablespoonfuls butter, one cupful cream, one tablespoonful chopped parsley, three eggs, one cupful milk, two tablespoonsful flour and seasoning to taste. Melt the butter without browning, add the cream and milk stir until

taste. Melt the butter without browning, add the flour, stir until smooth. Add the cream and milk, stir until thick. Add the veal to the sauce, and when thoroughly heated add the beaten yolks of the eggs. Take from the fire and cool. When ready to use, beat the whites of the eggs to a stiff, dry froth and mix carefully with the meat and sauce. Turn into a greased baking dish and bake for twenty minutes in a hot oven.

ABSOLUTE SECURITY.

Cenuine Carter's Little Liver Pills.

Must Bear Signature of

See Fac-Simile Wrapper Below

Very small and as easy to take as sugar.

CARTER'S FOR HEADACHE.

FOR BILICUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION

Price 25 Cents Purely Vegetable.

CURE SICK HEADACHE.

MAKES BEAUTY

Among the ladies no other medi-cine has ever had so strong a following, because, excepting pure air and exercise, it is the source of more beautiful complexions than any other agency, as

Lane's Family Medicine

the tonic-laxative. It puts pure blood in the veins, and no woman can be homely when the rich, red blood of health courses in her veins. Sold by all dealers at 25c. and 50c. What Do They Cure?

The above question is often asked con-cerning Dr. Pierce's two leading medi-cines, "Golden Medical Discovery" and

appearance on the table than on its first, but of course much depends upon the mode of dressing and serving.

The most common mistake made in preparing left-over meats is in cooking them again, instead of merely rewarming. In the majority of recipes the reheating is done in a sauce, and apon this depends the flavor and success of the dish. When this is the lase the sauce should be made first and the meat cooked in it only long enough to be thoroughly heated and seasoned. Where cream sauces are used it is safer and better to put them in a double boiler and then add the meat.

The seasoning of recooked meats re-

The "Favorite Prescription" is advised for the cure of one class of diseases—those reculiar weaknesses, derangements and regularities incident to women only. It is a powerful yet gently acting invigorating tonic and nervine. For weak wornout, over-worked women—no matter what has caused the break-down, "Favorite Prescription" will be found most effective in building up the strength, regulating

When meat is served on toast with or without eggs it should be chopped very fine and the toast cut in even and attractive shapes and sizes. A good hash is delicious, but it needs strict attention to details. Meat and potatoes chopped together and warmed through do not constitute hash nor deserve the name.

Baked Hash—Two cupfuls meat, two supplies testerous one to be served. It is a surface of both medicines and quoting what scores of eminent medical authors, whose w such men are writing for the guidance of their medical brethren and know whereof they speak.

they speak.

Both medicines are non-alcoholic, nonsecret, and contain no harmful habitforming drugs, being composed of glyceric
extracts of the roots of native, American
medicinal forest plants They are both
sold by dealers in medicine. You can't
affora to accept as a substitute for one of
these medicines of known composition,
any secret nostrum. any secret nostrum.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels.



New Wheat Lands WESTADA Lands IN THE Canadian West

5000 additional miles of railway this year have opened up a largely increased territory to the progressive farmers of Western Canada, and the Government of the Dominion continues to give 160 Acres Free to Every Settler.

The Country Has No Superior

Coal, wood and water in abundance; churches and schools convenient; markets easy of access; taxes low; climate the best in the northern temperate zone. Law and order prevails everywhere. For advice and information address the Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government Agent, W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 315 Jackson St., St. Paul, Minn., J. M. MacLachlan, Box 116 Watertown, South Dakota, and W. V. Bennett, Sor New York Life Building, Omaha, Neb., Authorized Government Agents

Please say where you saw this advertisement.

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SHOES FOR EVERYBODY AT ALL PRICES.

Men's Shoes, \$5 to \$1.50. Boys' Shoes, \$3 to \$1.25. Women's Shoes, \$4.00 to \$1.50. Misses' & Children's Shoes, \$4.00 to \$1.50. Misses' & Children's Shoes, \$2.25 to \$1.00. Try W. L. Douglas Women's, Misses and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value wear longer, and are of greater value than any other make.

than any other make.

Wherever you 'ive, you can obtain W. L.
Douglas shoes. His name and price is stamped
on the bottom, which protects you against high
prices and interior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes
and insist upon having them.
Fast Color Eyelets used; they will not wear brassp.
Write for Illustrated Catalog of Fall Styles.
W. L. DOUGLAS, Dept. 14, Brockton, Mass.

YOU CANNOT

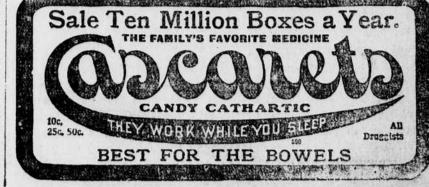
all inflamed, ulcerated and catarrhal con ditions of the mucous membrane such as nasal catarrh, uterine catarrh caused mouth or inflamed eyes by simply dosing the stomach. But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic which destroys the disease germs, checks

discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify

to this fact. 50 cents at druggists. Send for Free Trial Box

THE R. PAXTON CO., Boston, Mass. SIOUX CITY P'T'G CO., 1,164-46, 1906-



With What 00000000 This You Can Heater 000000000000 motor atomos With a Perfection Oil Heater you can heat a cold bed-room, make a sick-room more comfortable, warm a chilly hallway, heat water quickly, and do many things better than can be done with any other stove no matter what fuel it burns. The superiority of the PERFECTION Oil Heater (Equipped with Smokeless Device)

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CURED The Circulation Stimulated

> and the Muscles and Joints lubricated by using Sloans

> > Price 25c 50c & \$1.00 Sold by all Dealers

Sloan's Treatise On The Horse" Sent Free Address Dr. Earl S. Sloan, Boston, Mass.

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this

Pinkham as follows:

strong, healthy and happy womanhood. Lydia E. Pinkham's Vegetable Com-

Dear Mrs. Pinkham:— (First Letter.) number of cures of female ills of any medicine that the world has ever have dizzy spells, chills, headache and back-known. Why don't you try it?

lies in the fact that it generates intense heat without smoke or smell. The oil fount and the wick carrier are made of brass throughout, which insures durability. Gives great heat at small cost. Fount has oil indicator and handle. Heater is light and portable. Absolutely safe and simple—wick cannot be turned too high or too low. Operated as easily as a lamp. All parts easily cleaned. Two finishes—nickel and japan. Every heater warranted. If not at your dealer's write nearest agency for descriptive circular.

The Rayo Lamp can be used in any room and is the best all-round house lamp made. Gives a clear, steady light. Is the safest lamp you can buy. Brass throughout and nickel plated. Equipped with the latest improved burner. Handsome—simple—satisfactory. Every lamp warranted. Write to nearest agency if you cannot get it from your dealer.

Maid, Wife and Mother":

"For the aching back—should it be slow in recovering its normal strength—an Allcock's Plaster is an excellent comforter, combining the sensation of the sustained pressure of a strong warm hand with certain tonic qualities developed in the wearing. It should be kept over the seat of uneasiness for several days—in obstinate cases, for perhaps a fortnight" "For pain in the back wear an Allcock's Plaster constantly, renewing as it wears off. This is an invaluable support

when the weight on the small of the back becomes heavy and the aching incessant."

On Their Way. From Harper's Weekly. During a newspaper men's convention, a number of journalists were one afternoon talking of the tricks of "the faithless types," when "Marse" Henry Watterson said:

Watterson said:

"While I've heard of a great many funny typographical breaks in my time, about the oddest and most humorest transposition of the types that ever came within my observation was that in a New York paper some years ago. That sheet used to print its shipping news on the same page with the obituaries Imagine the glee with which its readers found the captions exchanged one morning, whereby a long list of respectable names were set forth under the marine head, 'Passed Through Hell Gate Yesterday.'"

A Carciess Valet.

A humorous stock broker, who, being rich, employs a man servant, said to his valet one morning:

"Hoskin!"

"Sir," said the man

"You are getting careless, Hoskin."
"Oh, sir, I hope not, sir."
"You don't brush my clothes regu-

Oh, sir, I assure you-

"There, Hoskin, that will do. I left a half dollar in my vest pocket yester-day morning, and—it is still there." MYR. Winslow's SOOTHING STRUP for Children teething; softens the gums, reduces infiammation al-ays pain, cures wind colic. 25 centra bottle.

How It Happened.

From the New York Weekly. Blinks—'How in the world did you hapen to get such an ill-fitting suit of -sadly-"My credit had run out at

the ready-made clothing stores, and I was obliged to get a rult made to order."

PUTNAM FADELESS

pods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye without ripping apart. Write for free booklet.-Bow to Dye, Bleach and Mix Colors.

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