

Prejudice Is a Serious Menace

Prejudice is a hard thing to overcome, but where health is at stake and the opinion of thousands of reliable people differs from yours, prejudice then becomes your menace and you ought to lay it aside. This is said in the interest of people suffering from chronic constipation, and it is worthy of their attention.

In the opinion of legions of reliable American people the most stubborn constipation imaginable can be cured by a brief use of Dr. Caldwell's Syrup Pepsin. You may not have heard of it before, but do not doubt its merits on that account, or because it has not been blantly advertised. It has sold very successfully on word of mouth recommendation. Parents are giving it to their children today who were given it by their parents, and it has been truthfully said that more druggists use it personally in their families than any other laxative.

Letters recently received from Mr. E. M. Connelly, Genoa, Wis., and Mrs. E. Bolch, Hatfield, Wis., are but a few of thousands showing the esteem in which Dr. Caldwell's Syrup Pepsin is held. It is mild, gentle, non-irritating, non-violent, like salts or cathartics. It cures gradually and pleasantly so that in time nature again does its own work without outside aid. Constipated people owe it to themselves to use this grand bowel specific.

Anyone wishing to make a trial of this remedy before buying it in the regular way of a druggist at fifty cents or one dollar a large bottle (family size) can have a sample bottle sent to the home free of charge by simply addressing Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill. Your name and address on a postal card will do.

Explained.

An old lady, the customer of an Irish farmer, was rather dissatisfied with the watery appearance of her morning's cream and finally she complained very bitterly to him. "Be aisy, mum," said Pat. "You see, the weather of late has been so terrific hot that it has scorched all the grass of the pasture land, and O! have been compelled to feed the porcbastes on water lilies!"—Ideas.

Wine-Drinking.

France alone pays taxes in a good year on more than a thousand millions of gallons of wine—and there are six bottles to a gallon—while Algeria, planted with vines in the days of the phylloxera, supplies no less than two hundred millions. A tonneau of 200 gallons is a pretty large vessel; a thousand each would fill a good-sized ship; and we have to multiply that by a thousand before we reach the production of this one French colony—one-fifth of all the wine consumed in France.

His Honor Unimpaired.

"No," said the old shoemaker, sternly, "I will not do it. Never have I sold anything by false representations, and I will not begin now."

For a moment he was silent, and the shopman who stood before him could see that the better nature of his employer was fighting strongly for the right.

"No," said the old man again, "I will not do it. It is an inferior grade of shoe, and I will never pass it off as anything better. So just mark it 'A shoe fit for a queen,' and put it in the window. A queen, you know, does not have to do much walking."

A Hunting Story.

An old backwoodsman that Abraham Lincoln often told of had very heavy, over-hanging eyebrows, and wore big spectacles with brass rims. One day he came rushing into his cabin and seizing his rifle, aimed it carefully through a crack of the door at a great oak tree that stood near, and fired.

"What is it?" whispered his wife. "A wildcat, Sairy," he said, excitedly, "an' I missed him!" He hastily loaded and fired again, and then again.

"Now, hold on, Joshua," said his good wife. "Let me look at you. Why, laws-a-daisy, it's nothin' but a little bug on one o' your eyebrows!"—Housekeeper.

A BRAIN WORKER.

Must Have the Kind of Food That Nourishes Brain.

"I am a literary man whose nervous energy is a great part of my stock in trade, and ordinarily I have little patience with breakfast foods and the extravagant claims made of them. But I cannot withhold my acknowledgment of the debt that I owe to Grape-Nuts food."

"I discovered long ago that the very bulkiness of the ordinary diet was not calculated to give one a clear head, the power of sustained, accurate thinking. I always felt heavy and sluggish in mind as well as body after eating the ordinary meal, which diverted the blood from the brain to the digestive apparatus."

"I tried foods easy of digestion, but found them usually deficient in nutrient. I experimented with many breakfast foods and they, too, proved unsatisfactory, till I reached Grape-Nuts. And then the problem was solved."

"Grape-Nuts agreed with me perfectly from the beginning, satisfying my hunger and supplying the nutrient that so many other prepared foods lack."

"I had not been using it very long before I found that I was turning out an unusual quantity and quality of work. Continued use has demonstrated to my entire satisfaction that Grape-Nuts food contains the elements needed by the brain and nervous system of the hard working public writer." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in 16 pgs. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



WORK AHEAD. The Alpine Climber—Wot! Let you play too. You go an' sit a pile of rocks an' make your own Alps!

Trying to Catch the "Aura."

From the Springfield Republican. Seeing "something" leave the human body at death is a claim which has been heard of in times past, but the Chicago papers present a physician of high standing, Dr. Patrick S. O'Donnell, an X-ray specialist, who makes the statement that he has witnessed a visible "flight of life" from a dying person. He used to be associated with Dr. W. J. Kinnear of London, who has lately published a book, "The Human Atmosphere or Aura." Some time ago Dr. O'Donnell invited a number of physicians to a demonstration in the observance of this "aura," or sort of electrical radiation from the body and developing it. The medium used was a chemical film of undecorated composition placed between two small plates of glass. Persons were then located at the end of a dark passageway and observed through a glass. At the demonstration, it is said, all the physicians present made positive admission of seeing such an emanation or aura. Later on Dr. O'Donnell alone sought observation through a similar medium of a dying person. At the same instant the aura, which as a bright light, had been radiated from the body at all points, began to spread from the body and disappeared. Further observation of the corpse revealed no sign of aura.

Dr. O'Donnell regards the discovery as of value in ascertaining the nature of diseases and as of more importance than the X-ray. He is very far as yet from asserting an identity of the aura with soul or spirit, but that is apparently the inference and the next question to be answered by him will be whether animals have such aura, or souls.

The Magician from Georgia.

From the Minneapolis Journal. General Grenville M. Dodge, president of the Society of the Army of the Tennessee, was talking one Memorial day in Council Bluffs about railroading. "The best piece of railroad work I ever heard of," he said, "was performed in 1864 in Maryland. The confederates were in great need of a locomotive, and their only hope was to capture one. So a small band of men was selected from Lee's army and placed under the command of a tall Georgian who had been a foreman of a quarry and knew a good deal about derrick and rigging.

"Well, the Georgian took his men into Maryland, they tore up a section of the Baltimore & Ohio tracks, flagged the first train and, with nothing but rope, dragged a locomotive 57 miles up hills, across streams, through woods and swamps, till they struck a line built by the confederates.

"When the president of the Baltimore & Ohio heard of this feat he would not believe it. He went out and personally inspected the route, and he said in his return that it was the most wonderful piece of engineering that had ever been accomplished. After the war he sent for the tall Georgian and, on the strength of that one exploit, made him roadmaster of the whole Baltimore & Ohio.

"Any man," Mr. Garrett said, "who can pick up a locomotive with fishing lines and carry it over a mountain has passed his civil service examination with me."

A Mighty Mean Man.

From the Saturday Evening Post. The late Senator Elkins, of West Virginia, was exceptionally good natured and spent much of his time trying to redeem promises of jobs and legislation he made when approached by constituents he hated to refuse. One day Senator Carter said to him: "Steve, why in thunder do you make all those promises and then stew around trying to make good on them?"

"That reminds me of a trip I once made across Iowa by stage," said Elkins. "I rode on the box with the stage driver, and we spent several days getting to Council Bluffs. The driver was acquainted all along the line. He had a dog that usually traveled with him, but on this trip the dog wasn't there. He was asked about the dog at every stopping place and he explained that she had just become the mother of a fine litter of pups. Each person to whom he made this explanation asked for one of the pups and in each case the driver promised one."

"When we got to Council Bluffs I said to him: 'My friend, I have heard you promise about 40 pups on the way across the state. How many pups did that dog of yours have?'"

"Four," he replied. "Well, I asked, 'why did you promise to give away about 40?'"

"'Mister,' he said, 'did you ever stop to think it's a mighty mean man who won't promise a friend a pup?'"

The French Forces in Africa.

Charles Furlong, in World's Work. The French, like the ancient Romans and the British in India, support their power in the conquered territory by means of native troops. In extending her Algerian military system, trained native troops were gradually substituted for French regiments, then into these native regiments there has constantly entered a sprinkling of French and other Europeans so that they have developed a Francohybrid force. This mixed conglomerate has a remarkable homogeneity of esprit de corps. Acclimated in the rugged mountain regions of the coast, and able to withstand the heat of the fierce sun-scorched hills and plains and deserts of the south, it is an effective, hardened, unscrupulous fighting machine, composed of seasoned veterans—soldiers of fortune, whose regiment is their country. They are particularly adapted to protecting this territory.

It is safe to say that, at the present time, her military force in Tunisia, Algeria and Morocco probably amounts to over 100,000 men.

Canada at the Chicago Land Show

WILL MAKE A MAGNIFICENT EXHIBIT OF GRAINS AND GRASSES, VEGETABLES AND FRUIT.

A carload of grain in straw, grasses and other of the products of Western Canada arrived at Chicago the other day, and is now installed in the Coliseum, where the United States land and irrigation exposition is under way. Those who are interested in the "Back to the land movement" will find in the Canadian exhibit one of the best displays of the agricultural products of Western Canada that has ever been made. There are representative men there, who will be pleased to give the fullest information regarding the country.

The exhibit shows what can be done on the free grant lands of that country and most of the grain was produced on the farms of former residents of the United States who have taken advantage of the homestead lands of Manitoba, Saskatchewan and Alberta.

The vegetable exhibit will attract a great deal of attention, and some marvelous potatoes, carrots, turnips, cabbage and cauliflower are shown.

It is true that the homestead area is being rapidly taken up and the bulk of that now to be had lies north of the Saskatchewan river in a portion of the country known as the park country. Here there is a large quantity of open prairie interspersed by beautiful groves of poplar and willow. Water is in abundance, hay is plentiful and consequently fodder for animals is right at hand. Those who have taken advantage of farming in these districts and watched the efforts of those in the prairie proper feel that they have the advantage of their brother, who is not able to secure fuel and the other conveniences of the park district on his own farm.

The crop conditions throughout Western Canada the past year have been generally good, and some wonderful crop yields of wheat, oats and barley are recorded. The Canadian Government, under whose auspices the exhibit spoken of is being made, is preparing reports on crops in the different Western Canada districts, and while these will not be ready for distribution at the land show commencing on the 18th of November and closing on Dec. 8th, application made to the Canadian Government agent nearest you will bring them to you as soon as they are published.

Well Disposed.

A well-known expert in cooking encountered trouble in a suburban community the other afternoon when she prepared to lecture to the Mothers' club. Her subject was "How to Cook." She began by telling how much a man appreciates good cooking, and then she proposed to give various recipes.

Among the first was one for cold slaw. "To have this best," began the lecturer, "take a good-hearted cabbage and—"

At this point a young matron interrupted. She was eager to get all the information possible. "Tell me, please," she spoke up, "how is one to know the disposition of a cabbage?"—Philadelphia Times.

PHYSICIAN ADVISES CUTICURA REMEDIES

"Four years ago I had places break out on my wrist and on my shin which would itch and burn by spells, and scratching them would not seem to give any relief. When the trouble first began, my wrist and shin itched like poison. I would scratch those places until they would bleed before I could get any relief. Afterwards the places would scale over, and the flesh underneath would look red and feverish. Sometimes it would begin to itch until it would waken me from my sleep, and I would have to go through the scratching ordeal again.

Our physician pronounced it "dry eczema." I used an ointment which the doctor gave me, but it did no good. Then he advised me to try the Cuticura Remedies. As this trouble has been in our family for years, and is considered hereditary, I felt anxious to try to head it off. I got the Cuticura Soap, Ointment and Pills, and they seemed to be just what I needed.

"The disease was making great headway on my system until I got the Cuticura Remedies which have cleared my skin of the great pest. From the time the eczema healed four years ago, until now, I have never felt any of its pest, and I am thankful to the Cuticura Soap and Ointment which certainly cured me. I always use the Cuticura Soap for toilet, and I hope other sufferers from skin diseases will use the Cuticura Soap and Ointment." (Signed) Irven Hutchison, Three Rivers, Mich., Mar. 16, 1911. Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. 17 K, Boston.

Legal Charges.

The Judge—You say you don't get your alimony?

The Complainant—I don't get it all, your honor. It's only five dollars a week; and I need every cent of it.

The Judge—And what's the reason you get only part of the amount?

The Complainant—It's because my former husband sends it to me by a lawyer; and the lawyer charges me car fare, brokerage, transportation and time—and that leaves only 90 cents.

COOKERY

From the Sioux City Tribune.

The dairy sherberts, ices, conserves, jellies, sauces and puddings which all go to make up the good old fashioned Thanksgiving dinner, are now under consideration by the housewife of many years and the newly married bride who is about to get up her first Thanksgiving dinner. The following suggestions may be of some help.

Salmon Croquettes.

The salmon must be freed from bones and skin, rubbed smooth, well seasoned with cayenne and Worcestershire sauce, and mixed together with a little thick white sauce as possible. If it is rubbed together in a mortar with a pestle less sauce is needed to hold the salmon together. Roll large spoonfuls in balls, flatten them out, add a spoonful of creamed peas, fold the salmon over, roll in cracker crumbs, egg and crumb, and fry in deep fat. Serve the red salmon croquettes on a blue plate with very white fluffy mashed potatoes. Dried milk dissolved in water was used for the cream sauce and to moisten the potatoes. Fry using the new top for the gas stove, only one burner was lighted; over that the croquettes fried while the potatoes boiled on the next circle.

Pickled Onions.

Take a half peck of little white onions leave in water over night, peel and put in water again over night, adding a handful of salt. Next morning lay onions on cloth to dry. Boil three quarts of vinegar, three tablepoons of sugar, one-third handful of round allspice, four or five bay leaves, one-half handful of whole black pepper. Put onions in jar and cover with the vinegar; add a half teaspoon of ground red pepper. Tie cloth over to keep steam in.

Eggs a La Suisse.

Six eggs, dry toast, a quarter pound of Gruyere cheese, one and one-half ounces of Parmesan cheese, one cup of cream, one and one-half ounces of butter, salt and pepper.

Butter the inside of an earthenware baking dish; cut the Gruyere cheese in very thin slices and arrange in the bottom of the dish; break the yolks over the cheese, taking care not to break them; season with salt and pepper; pour over the cream. Sprinkle the top with grated Parmesan cheese and put the dish in the oven for 10 minutes. When ready to serve, garnish with the edge of the dish with sippets of toast.

Eggs a La Genovese.

Two ounces of rice, three eggs, two ounces of butter, one small onion, one-half teaspoon of chopped parsley, toasted bread, salt and pepper.

Wash the rice in several waters, boil in plenty of water, season with salt and oil. Drain off the hot water, and let cold water run through it. Shake well, spread on a baking sheet and put into a cool oven to dry; turn it about occasionally with a fork and when done dry, let it harden. Boil the eggs for 15 minutes; put them in cold water and when cool shell and chop them finely; peel and chop the onion and fry it in the butter until it begins to brown, then add the chopped onion and rice, season with salt and pepper. Mix well over the fire until very hot. Serve on squares of buttered toast and garnish with parsley.

Bread Fritters.

Cut some stale bread into slices one-fourth of an inch thick. Shape into squares about one and one-half inches. Beat the yolks of two eggs in a basin; add one-half pint of milk and one ounce of sugar. Mix well and soak the bread in this for 10 minutes. Fry the pieces of bread in a very hot fat until they are a golden brown. Mix together a little powdered sugar and butter as soon as the fritters are done toast them about in this. Serve very hot.

Roly-Poly.

Roll one-half a pound of short pastry into a round about about one-fourth of an inch thick. Spread over it a layer of jam, leaving a margin all around. Wet this edge slightly and then roll the dough up. Press the edges tightly. Then place the roly-poly in a floured baking tin and bake 30 minutes. Serve hot with a hard sauce seasoned with sherry or brandy.

Fig Layer Cake.

Cream one cup of sugar and one-third cup butter till light, add three eggs without separating, beating five minutes after adding the first two eggs and 10 minutes after the last egg; add teaspoon vanilla and one-half cup milk. Sift twice two cups flour with two even teaspoons baking powder; add to the batter and beat until light and smooth. Put in two layer cake pans and bake in a hot oven 25 minutes. When cool fill with fig paste.

Fig paste—Chop one pound figs fine, add one cup of boiling water, one-half cup sugar, juice of one-half lemon; simmer gently till it makes a smooth paste. Cool before using.

Delicious Salad.

One-half head of cabbage, finely shredded. One cup of celery cut in half inch pieces. Two medium sized apples cut in small squares. Juice of half a lemon and a teaspoonful of sugar. Mix with the following dressing, white dressing is best. To one cup of vinegar add two tablepoonsful of sugar, one teaspoonful of dry mustard, a generous pinch of salt and a sprinkling of pepper. Put over to boil. Cream four tablepoonsful of butter, add to the boiling mixture, stirring constantly to prevent lumping, cook five minutes, and as soon as taken from the fire add two eggs well beaten. This amount will suffice for one pint of salad. Serve salad cold on a nasturtium leaf, garnished with two nasturtiums.

Garnish for Dinner.

What do I think the greatest reform of the present day?" asks Mr. Andrew Carnegie in the Strand. "What single act would I select for instant consummation if I had the power? I would enact the abolition of war. I would abolish war between nations, which belies our claims to civilization. As long as men kill each other, they are savages." But think, adds the editor, what a tremendous act this would be, and of what far reaching significance. A decree would be signed disbanding armies, dismantling navies, and putting ships, guns and weapons on a scrap heap. It is certainly difficult to conceive of a more sweeping reform than this, but if it were brought about by a stroke of the pen it would probably throw millions of men in idleness, and disorganize irreparably the whole machinery of civilization.

To the Governor of North Carolina.

About as good a story of successful negro farming as I know, says Mr. Andrew Carnegie in the World. "I once told by ex-Governor Aycock, of North Carolina. While governor he made a trip to his old home in Golds-

boro, and in the course of the visit ran across an old negro, Calvin Bock, who had educated himself, learning his letters from an alphabet scrawled on a pine shingle by a country carpenter, and had also acquired considerable possessions by his industry and prudence.

"It's mighty glad to see you, Mr. Aycock," he said, "and mighty glad you are gov'nor of the state." And then he laughed the darkey's contagious chuckle. "As fer me," he continued, "you know I couldn't affo'd to be gov'nor."

"Couldn't afford to be governor. Why not, Calvin?"

"Cause you see, sir, I gits more fer my strawberries than North Callin' pays the gov'nor for a whole year's work."

"How would a president look in a pig-tail?" giggles an exchange, talking facetiously about China. Well, how did George Washington look in one?—Cleveland Plain Dealer.

A division of the Turkish fleet has sailed from the Golden Horn "for an unknown destination"—possibly for the little end of the horn.—Little Rock Gazette.

Business Instinct Strong.

A photographer tells as a joke on himself that a woman, accompanied by a little boy, came into his studio the other day. "I want my picketcher took," she said. "I see that you take picketchers for four dollars a dozen this week, so I come fer mine. And I want this little boy took in the same picketcher with me." "Yes, madam—but, of course, we made an extra charge outside this special rate when two pictures are taken at once." "Oh," says the lady, "but I'll keep the boy in my lap. That's the way I do in the street cars, and no body ever says anything."

No Proof.

Blanche—Where was Percy educated? Belle—in his head—but I don't wonder you ask.

Hood's Sarsaparilla

Eradicates scrofula and all other humors, cures all their effects, makes the blood rich and abundant, strengthens all the vital organs. Take it. Get it today in usual liquid form or chocolate tablets called Sarsatabs.

Stops Neuralgia Pains

Sloan's Liniment has a soothing effect on the nerves. It stops neuralgia and sciatica pains instantly.

Here's Proof

Mrs. C. M. Dowker of Johannesburg, Mich., writes:—"Sloan's Liniment is the best medicine in the world. It has relieved me of Neuralgia. Those pains have all gone and I can truly say your Liniment did stop them."

SLOAN'S LINIMENT

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

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

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