

A School for Bakers.
There is hardly a phase of modern industrial life but which can be learned at some school specially devoted to its teaching to better or to equal advantage than the old-time apprenticeship system. If there was one branch that had been overlooked it was that of the baker and confectioner, but this industry is no longer so neglected, as the London National School of Bakery and Confectionery courses a course of the most advanced instruction in this work.



Delicious Summer Luncheons
In hot weather things must look and taste just right. What more dainty and tempting than Libby's Melrose Pate
a delicately seasoned combination of Game, Ham and Tomatoes or more appetizing for supper or breakfast than Libby's Corned Beef Hash? Libby's Home-made Pork and Beans are like all Libby's Natural Flavor Food Products, cooked ready to serve. Put up in convenient key opening cans.
For the booklet "How to Make Good Things to Eat," send for 2 stamps for Libby's big size of the World.
Libby, McNeill & Libby
Chicago

FREE TO WOMEN!

To prove the heating and cleansing power of Paxtine Toilet Antiseptic we will mail a large trial package with book of instructions absolutely free. This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ills, curing all infections and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash, and to remove tartar and whiten the teeth. Send to-day, a postal card will do.
Send or druggist or sent postpaid by us \$0.50 each, large box, Satisfaction guaranteed.
1, PATTON CO., 215 Columbus Ave., Boston, Mass.

WESTERN CANADA
Has 15,000,000 acres for sale. Upwards of 10,000 Americans have settled in Western Canada during the past year. They are contented, happy and prosperous. There is no other place in the world where there is so much land for so little money.
Wonderful fields of wheat and other grains. The best grazing lands in the continent. Magnificent climate, plenty of water and fuel. Good schools, excellent churches and splendid railroads.
FREE HOMESTEAD LANDS OF MANITOBA, ASSINBOIA, SASKATCHEWAN AND ALBERTA.
Send to the following for an Atlas and other literature telling of the great resources of the country, as well as for certificate giving you reduced rates, also Superintendent of Immigration, Ottawa, Canada, or W. V. Bennett, New York Life Bldg., Omaha, Neb., Agent for the Government of Canada.

Ely's Cream Balm
WILL CURE
CATARRH
Druggists, 50 Cts.
Apply Balm into each nostril.
E. J. MOSE, 10 Warren St., N. Y.

W. L. DOUGLAS
\$3.00 and \$3.50 Shoes Made
You can save from \$3.00 to \$5.00 yearly by wearing W. L. Douglas \$3.50 or \$3.00 shoes. They are just as good in every way as those that have been costing you from \$4.00 to \$5.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes. Sold by retail shoe dealers everywhere. The genuine have name and price stamped on the bottom. Take no substitute. **Fast Color** guaranteed. W. L. Douglas 84 Gilt Edge Line cannot be equalled at any price.
Established 1878.
The Douglas secret process of tanning the bottom makes them more flexible and longer wearing leather than any other tanning. The soles have more than 100,000,000 pairs of shoes made in the past four years, which grow progressively better each year.
1000 pairs \$1,000,000.00
100,000 pairs \$1,000,000.00
10,000 pairs \$1,000,000.00
1,000 pairs \$1,000,000.00
100 pairs \$1,000,000.00
10 pairs \$1,000,000.00
1 pair \$1,000,000.00
W. L. Douglas makes and sells more men's Goodies' wear than any other manufacturer in the world. \$25.00 Reward will be paid to anyone who sends the best supported and a genuine teacher.

SOCIETY WRECKED HER HEALTH.



Mrs. J. E. Finn.

Tired, Nervous, Aching, Trembling, Sleepless, Bloodless.

Per-na Renovates, Regulates, Restores.

A Pretty New York Woman's Recovery the Talk of Her Numerous Friends.

Mrs. J. E. Finn, 82 East High Street, Buffalo, N. Y., writes:
Per-na Medicine Co., Columbus, Ohio.

Gentlemen:—"A few years ago I had to give up social life entirely, as my health was completely broken down. The doctor advised a complete rest for a year. As this was out of the question for a time, I began to look for some other means of restoring my health."

"I had often heard of Per-na as an excellent tonic, so I bought a bottle to see what it would do for me, and it certainly took hold of my system and rejuvenated me and in less than two months I was in perfect health, and now when I feel worn out or tired a dose or two of Per-na is all that I need."—Mrs. J. E. Finn.

Catarrh Causes Female Diseases.

America is the land of nervous women. The great majority of nervous women are so because they are suffering from some form of female disease. By far the greatest number of female troubles are caused directly by catarrh. These women despair of recovery. Female troubles are so common, so prevalent, that they accept it as almost inevitable. The greatest obstacle in the way of recovery is that they do not understand that it is catarrh which is the source of their ills.

In female complaint, ninety-nine cases out of one hundred are nothing but catarrh. Per-na cures catarrh wherever located.

What is an Altar.
The word altar occurred in the Scripture lesson. "What is an altar?" said the teacher. "A place to burn insects," replied an honest boy.

Like Underwear.
"Where is that big blustering fellow who was boasting that he was all wool and a yard wide?"
"Oh, the boys turned the hose on him and he shrunk."—Kansas City Journal.

Indirect Answer.
Borem—"Do you believe that suicide is a sin?"
Miss Caustic—"Well, in your case, I think it would be permissible."

A Good Fire Extinguisher
A very perfect fire extinguishing compound is made by mixing twenty pounds of common salt with ten pounds of sal ammoniac in seven gallons of water.

A Sensational Case.
Alston, Mich., May 25.—Houghton County has never witnessed a more striking medical case than that of Mr. James Culet of this place.
Mr. Culet had spent a small fortune with the best physicians in the country and in addition to this he has tried every medicine he could hear of.

He had a very bad case of Rheumatism and Kidney Trouble, from which he had suffered for twenty years. Nothing he could get seemed to do him any good, and he was gradually growing worse.
He has no Rheumatism now and explains it thus:
"One day I happened to see an advertisement of Dodd's Kidney Pills and decided to try them."

"I made up my mind to give them a good fair trial, as my case was a very bad one and was of over twenty years' standing."
"I used altogether 42 boxes and I can truthfully say that they have driven out every trace of the Rheumatism."
"I feel like a new man, and I can and do most heartily recommend Dodd's Kidney Pills for Rheumatism and Kidney Trouble."

GIRLS WERE INQUISITIVE.

A Newcomer Played a Little Joke on Them.

In one of the important downtown departments of the general government at Washington the clerks are still laughing over the ingenious joke played by one of the pretty sister employes. This young clerk had not been in the government service very long, but she had noticed that at lunch hour, after the girls had finished their noonday repasts, they gathered around and talked to each other and sometimes about each other. It was particularly noticeable that when a girl chanced to come to the office adorned in a new frock or wearing a new or odd piece of jewelry the other girls would ply her with all sorts of questions regarding the garment or trinket.

Now it happened the ingenious young lady who had only lately come to work had a birthday not very long ago. Among the presents made to her was a beautiful gold locket, dangling at the end of a fine chain. She immediately thought of what the girls at the office would say when they saw it.

"The very first thing," she thought to herself, "they will want to know whose picture is on the inside. And I'm going to fool them this once, even if they all hate me forever afterward."

So she went to work next morning. The locket dangled from the chain around her neck. The girls could see it from afar and their curiosity was great ere twelve o'clock arrived. Sure enough, they wanted to see whose picture was within. At first the girl with the locket protested. But the others insisted, and finally she said, "All right." Then one of the curious coterie undertook the task. She was nervous and excited, says the Washington Star, and pressed away vainly at the springs for a few moments. Then it came open, and this is what greeted the gaze of all:

"File on your curiosity?"
It was neatly printed on a bit of paper carefully cut to fit the trinket.

THIS DOG, "BUM," IS THE GUARD OF A REFORMATORY.

"Bum," the assistant night captain at the Colorado reformatory, works nights and sleeps in the daytime. A common mongrel pup crept inside the reformatory walls in a penitential mood one day, and since expiating his sins, whatever they were, has appointed himself an officer of the outposts.



"BUM."

No one can come or go in the reformatory grounds after nightfall until "Bum" has inquired of him his business in tones loud enough to warn the sleepiest lookout in the towers. The photographer says that "Bum" has enough bloodhound stock in him to follow a trail and bring back a runaway with the best of them, but with his ordinary work "Bum" is the busiest dog in official circles in the State.

Holding Him to It.
Absent-Minded Young Professor (after discoursing learnedly but vaguely for fifteen minutes)—I beg your pardon, Miss de Muir, but I seem to have wandered from the subject I had in mind when I came here, and find myself unable to pick up the thread, as it were, of my—
Blushing Maiden—I think, professor, you were asking me to marry you.
Absent-Minded Young Professor—To be sure.
(Wanders again.)

Trees Without Leaves.
There are great forests of leafless trees in Australia. They are acacias, or wattles, as some people call them, and their being leafless is simply an adaptation to the dry climate. They have leaves while growing, but when their growth is complete they shed the leaves and breathe through the little stem that remains, because moisture is too precious to them for the free evaporation that leaves always cause.

Incurable.
"Your son," said the phrenologist to the anxious parents, "will become a poet some day."
Here the father interrupted with an air of deep concern. "But don't you think we could cure him now if we could whack the poetical bump with a sledge hammer or something like that?"—The Bits.

There Are Others.
"I wonder why he uses so many big words."
"Why, I suppose he's afraid if he doesn't we'll think he doesn't know what they mean."—Philadelphia Bulletin.

We will wager that when the baby cries at your house, its father voluntarily looks up at its mother to see if she heard it.



Home Duties

The real heroines of every day are in our homes. Frequently, however, it is a mistaken and useless heroism.

Women seem to listen to every call of duty except the supreme one that tells them to guard their health. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system unstrung? Irritability takes the place of happiness and amiability; and weakness and suffering takes the place of health and strength. As long as they can drag themselves around, women continue to work and perform their household duties. They have been led to believe that suffering is necessary because they are women. What a mistake!

The use of Lydia E. Pinkham's Vegetable Compound will banish pain and restore happiness. Don't resort to strong stimulants or narcotics when this great strengthening, healing remedy for women is always within reach.

FREE MEDICAL ADVICE TO WOMEN.

If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help you, for no person in America has such a wide experience in treating female ills as she has had. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

For proof read the symptoms, suffering and cure recited in the following letters:

"DEAR MRS. PINKHAM:—I wish to express to you the great benefit I have derived from your advice and the use of Lydia E. Pinkham's Vegetable Compound. My trouble was female weakness in its worst form and I was in a very bad condition. I could not perform my household duties, my back ached, I was extremely nervous, and I could not eat or sleep, and the bearing-down pains were terrible. My husband spent hundreds of dollars to get me well, and all the medicine that the doctors prescribed failed to do me any good; I resorted to an operation which the physician said was necessary to restore me to health, but I suffered more after it than I did before; I had hemorrhages of the womb that nothing could seem to stop.

"I noticed one of your advertisements and wrote you for advice. I received your reply and carefully followed all instructions. I immediately began to get stronger, and in two weeks was about the house. I took eight bottles of Lydia E. Pinkham's Vegetable Compound and continued following your advice, and to-day I am a well woman. Your Vegetable Compound is a Godsend to suffering women and I cannot find words to thank you for what you have done for me."—Mrs. LORRIE V. NAYLOR, 1328 N. J. Ave., N.W., Washington, D. C.

"DEAR MRS. PINKHAM:—I write to tell you that Lydia E. Pinkham's Vegetable Compound has done for me. I was suffering with falling of the womb and could hardly drag about, but after taking five bottles of Lydia E. Pinkham's Vegetable Compound I was completely cured. I am now a well woman and able to do all my work."
"I think your medicine one of the best remedies in the world."—Mrs. J. M. LEE, 141 Lyndal St., Newcastle, Pa.

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has done a great deal for me. I suffered so much from falling of the womb and all the troubles connected with it. I doctored for years with doctors and other remedies but received only temporary relief.
"I began taking your medicine, and had not taken it long before I was feeling better. My husband said that I should keep right on taking it as long as it gave me relief from my suffering, as I could not expect to be cured by one or two bottles. I did so and am now able to be on my feet and work hard all day, and go to bed and rest at night. Thanks to your Vegetable Compound I am certainly grateful for the relief it gave me. It is the mother's friend. I would not be without it in my house, for when I feel tired or out of sorts I take a few doses and feel all right."
"I would recommend your medicine to all tired mothers, and especially to those suffering as I was."—Mrs. R. F. CHAMBERS, Bennet, Neb.

\$5000 REFUND if we cannot forthwith reproduce the original letters and signatures of above testimonials, which will prove their absolute genuineness.
Lydia E. Pinkham Medicine Co., Lynn, Mass.

A Skin of Beauty is a Joy Forever.



DOTT'S SKIN CREAM
Removes Tan, Pimples, Freckles, Redness, Itch, and Skin Diseases, and every blemish of the face. It is the most perfect skin cream ever made. It is made of the finest ingredients and is guaranteed to be the best in the world. It is sold by all druggists and is the only skin cream that will give you a clear, smooth, and beautiful complexion. It is the only skin cream that will remove every blemish and give you a skin of beauty. It is the only skin cream that will give you a skin of beauty. It is the only skin cream that will give you a skin of beauty.

The Rate System.
The Rote system, like other systems of its age, made more of forms and symbols than of the things symbolized. To repeat the words correctly was everything, to understand the meaning, nothing; and thus the spirit was sacrificed to the letter.—Herbert Spencer.

Ask Your Dealer for Allen's Foot Ease.
A powder to shake into your shoes. It cures Corns, Bunions, Swollen Feet, Hot, Callous, Aching, Sweating feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all druggists and shoe stores. 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain cures colic. Price 25c bottle.

Respect for Spinners.
We in England have for some time past recognized the social and, shall it not be said, the economic value of the spinster. She has long since ceased to be disparaged, and, indeed, we see every year how our girls cling to freedom and voluntarily constitute themselves what but a generation ago would have been described as "hopeless old maids."—Lady's Pictorial.

Many an honest man eats pie with a knife.

FITS Permanently Cured, no matter how long they have lasted, by the use of Dr. King's Great Nerve Tonic and Brain Tonic. Price 50c. Address: Dr. J. C. King, 100 N. 2nd St., Philadelphia, Pa.

N.N.U. 773-22, YORK, NEB.

Some things are better forgotten than remembered.

The habit of overlooking family jars, of failing to see the sour look, and not hearing the harsh word, and sitting aside forever the disagreement is a habit that makes for family peace. It is throwing stones in the path out of one's way.

Life is short at best, and we should make it a rule to grasp only the pleasant things that count only days of sunshine. Each one of us has a pet failure. In weariness and at times when not on guard, out comes the impatient reply, or the spiteful word which a moment after we feel that we would give anything in our possession could but we recall it.

Unforeseen and unguarded impulses may be at the root of your neighbor's peculiarities. Be patient and forget—Missouri School Journal.

It is a real delight, a restful pleasure to be in the society of people who have been disciplined in the amenities of life—of those who radiate an atmosphere of kindness, of good will and of helpfulness wherever they go.—Success.

Potato Shells.
Add to a pint of hot mashed potatoes, half a teaspoon of celery salt, one-fourth of a teaspoon of Hungarian paprika, a tablespoon each of butter and cream and the stiffly beaten whites of two eggs; press firmly into buttered shells, unmoil carefully, brush the corrugated side with beaten yolk, lay on a buttered pan and bake brown; garnish with parsley.

Indians are occasionally troubled with red aunts.

It is something to have the influence on the fortunes of mankind; it is greatly more to have influence on their intellects. Such is the difference between men of office and men of genius, between computed and uncomputed rank.—Landon.

Literature is the immortality of speech.—Schlegel.

A little gall spoils much honey.—Portuguese proverb.

Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

ANNUAL SALE
10,000,000
BOXES
Greatest in the World

A MILLION GRANDMAS all over America point to CASCARETS Candy Cathartic as the most perfect family medicine ever discovered. Good, kindly, tender-hearted old soul—grandma tries to help others by telling of the good things she has learned through experience, and so the sale of CASCARETS is nearly A MILLION BOXES A MONTH. The wisdom of years of experience with her own health, and grandpa's and her children's, and her children's children's has taught grandma that in CASCARETS Candy Cathartic has been discovered THE ONLY PERFECT FAMILY MEDICINE for all bowel troubles, children's diseases, diseases of the stomach and liver, sick headaches, biliousness and bad blood. Best for the Bowels. All druggists, 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back. Sample and booklet free. Address Sterling Remedy Co., Chicago or New York.