He should, however, use great care in selecting for the best results in health and strength.

The widespread tendency in the city to increase the amount of Quaker Oats eaten is due very largely to the recent demonstrations by scientific men that FOR STREET WEAR the Quaker Oats fed man is the man with greatest physical endurance and greatest mental vigor.

Farmers should give this subject careful thought and should increase the quantity of Quaker Oats eaten by themselves, their children and the Creams and Grays the Choice for Colform hands.

FRIENDS.



"O, well, beauty passes, you know." Yes, a pity you didn't stop it on fts way 'sn't it?"

Avoid the Cheap and "Big Can" Baking Powders,

The cheap baking powders have but one recommendation: they certainly give the purchaser plenty of powder for his mon-ey but it's not all baking powder; the bulk is made up of cheap materials that have no beavening power. These powders are so carelessly made from inferior materials that they will not make light, wholesome fixed. Further, these cheap baking pow-ders have a very small percentage of leav-ening gas: therefore it takes from two to ruse the cale or locuit as it does of Calu-met Baking Powder. Therefore, in the long run, the actual cost to the consumer rays annulatable. They are never of form strength and quality.

Why not buy a perfectly wholesome ba-king powder like Calamet, that is at the same time moderate in price and one which can be relied upon? Calamet is alwas the same keeps indicately and BANDEAU MATCHES THE GOWN EFFECTIVE ON THE TABLE

Traveling Man Got Even.

A traveling man called on the manager of a large New York concern the other day and sent his card in by the bey at the outside gate. The boy sauntered back larily and told the traveling man that the manager wouldn't see him.

Well, you go and ask him for the ward I sent in," said the caller. In a few minutes the boy returned from his second trip. "Say," remarked the boy, "the boss told me to tell you that he tore up that card, but he sent

a nickel to you to pay for it." The traveling man was deeply inrulted, but he decided to get back as gold and silver wire, strung with crysbest he could. He opened his card core and drew out another card, handits it to the boy.

"Give this to your boss," he said, "and tell him that I'll keep the money. My cards are two for five. Much

The manager rushed out of the gate to find the traveling man, but he was too late. The man had left.

Analyzed by Chemists. Aperpos of President Taft and his recent decision about whisky. Richard three inches wide, with the ends Le Gallienne said, at a dinner at the slightly plaited and finished with a St. Burks:

While I was living in Liverpool there arose a hot whisky discussion, bon which is threaded with baroque Was pot still whisky the only whole pearls and hand-painted symbols in some one, or was patent still whisky Egyptian blue. the one non-poisonous drink? Chemical analyses were applied to every

A Liverpudlian entered a public About as Useful and Practical a Gift bruse near the Albert docks one night and said:

"Is yer whisky pure?" Well, I should think so, the pub- is now a necessary part of its outfit. lican answered. 'It's been paralyzed by three anarchists."

Betrayed by the Tipping Habit. Your friend, the count, my dear,"

anid the millionaire to his blooming made. faughter, "has an odd way of extending his hand. Did you notice when we white. It is cut large enough for the ion. Girls are wearing mushroom mg his hand. Did you notice when we parted to-night that he held his palm bag to slip in easily and is bound together with wash ribbon. A draw together with wash ribbon. A draw together with wash ribbon. A draw together with wash ribbon. His daughter sighed. I was in hopes," she murmured, the initial of the baby in a contrasting boys' nats.

that if Alphonse was exposed it color would be found that he was at least a restaurant waiter-but I'm afraid he ily padded, as they are not comfort every girl would like. The white and only a shoe shiner in a barber able if pressed on delicate skin.

Insufficiently Clad. Chappie-I was sitting by my bed These covers are in blue and pink wrapped in my thoughts-Dollie-Goodness! Didn't you take at the top.

an awful cold?-Cleveland Leader. CHANGE THE VIBRATION It Makes for Health.

A man tried leaving off meat, potatoes, coffee, and etc., and adopted a cream, some crisp toast and a cup of

His health began to improve at once for the reason that a meat eater will reach a place once in a while where his system seems to become clogged and the machinery doesn't work

A change of this kind puts aside food of low nutritive value and takes up lood and drink of the highest value, already partly digested and capable of being quickly changed into good, sich blood and strong tissue.

A most valuable feature of Grape-Nuts is the natural phosphate of pottoh grown in the grains from which it mode. This is the element which ansforms albumen in the body into the suft gray substance which fills leain and perve centers.

Look in page for the little book, "The Lond to Wellville," "There's a Reason."



stripping thread of black, had a satin collar in corbeau-blue satin, with the

ends held down with oval Chinese but

ons of great beauty. Under this col-

lower in front than the collar bones

was a shawl collar of black satin. On

a cream wool dress, threaded with

darker color and showing the stripe

straight across, up and down, and

a fish-tail bottom back and front. This

iine is very becoming to the figure

The garment is belted at the front

from the shoulders. As illustrated,

The other jacket, which is essential-

able for house mourning.

silk tying with scarf ends.

gown would be made.

designs.

DIAGONAL WOOLS ARE TO BE A lar, which, coat-fashion, came little POPULAR MATERIAL.

ors-Stripes, Properly Used, Will Add to Effectiveness of the Costume.

Naturally, the street suit occupies | Very pretty little house dresses the most of the public attention just show a return to challie, taffeta and now, for if one may put up with old foulard, with many of these made in be acceptable

Quite the most delightful of these



three times as much of such powder to suits are being made of diagonal belt gives a neat touch to this sacque. of saim, bengaline or rajah, will sharp appears, for instance,-the tail could ly contrast in celor.

A pule gray wool dress, with the I the negligee the look of a shirtwaist.

But That Fact Must Always

Be Remembered.

making. All the vari-colored crystals

that the shops offer are used; bullion

laces are popular. Hand-painted gauze

ribbons, studded with stones, have

come into fashion, and lattice work of

It can be easily seen at that such di-

versity of choice gives a woman a

chance to match up her costume.

Often the same trimming is used

mounted in some artistic way that it

There is a handeau that has re-

ceived a good deal of attention, made

of cloth-of-gold ribbon, on which are

painted peacock eyes, trimmed with

tiny green stones. This is about

small oblong buckle like a barrette.

There is another cloth-of-silver rib

BABY'S HOT-WATER BOTTLE

as Can Be Made to a Young

Mother.

Another cover, newer than the em-

broidered fiannel ones, is the cro-

cheted one in heavy knitting silk.

Shade of Material.

brown and yellow accents is a sensi-

ble color scheme for a laundry bag

comfortable roominess insured.

hand to fill odd minutes.

a young mother.

studded with small crystals.

part of the gown or costume.

tals and turquoises, has

may look well to the hair.

Many Materials May Be Employed, Cosy That Is Distinctly Ornamental as Well as Useful for Keeping Eggs Warm.

be worn under the skirt thus giving

There is a new bandeau made for These cosies not only are practical There is a new bandeau made for the hair, of cloth of silver ribbon. These cosies not only are practical for keeping eggs warm, but they are hand-nainted with respect ever and finally Speaker Carlisle asked Cox hand-painted with peacock eyes and really decorative on a breakfast table Red cloth or fiannel is the material These ornamental filets are now a employed. The two pieces which form the cosy are lined with slightly Cloth of silver and gold go to their padded cashmere, or some other wool



len material in white; they are then A tiny hot-water bottle for a baby tonholed round, the vandykes at the be grew up, a nice, cute, well-behaved, lower edge also being buttonholed. Therefore it makes a good gift to the work being done in black silk. The To make the gift dalntier looking in- eye is worked in yellow silk with a clude a cover. These covers can be dot of black in center; the other lines bought, but are more attractive when of cording-stitch are also in black.

New Hat Bands.

One is of flannel in blue, pink or White hats are at the top of fashstring is in the top and on one side or colored band, such as are sold for

It is finished with a flat pump bow The letters should not be too heave at the side. This is a novelty that beaver cleans easily with yellow cornmeal or French chalk

Two shades of plain silk for two with inch-wide ribbon to draw them sides of a down quilt is the harmon ous cover demanded by the expert Patterns for such bags can be found decorator for use in a bedroom al in books on crochet and form a pleas- ready rich in blossoms. When the ant change from the interminable silk wall paper is gaudy or even ordinarily neckties which most women keep on figured in design, these plain colors will be a welcome relief to the eye.

breakfast of fruit. Grape-Nuts with BRIGHT COLORS NOT BEST have the shaping of this little acces-

Laundry Bag Should Be Simply Made, Black Maline Hats. The most fashionable hat of the and Preferably of Some Soft mid-season is all black, moderate in size, with a brim only slightly turned

billious pinks or greens, or in delicate is maline, shirred or corded along the and perishable colors, defeating its wire frame, and bound with black own end, or it can be of a restful panne velvet or moire satin. shade of tan, trimmed with golden Six or eight maline bows are wired brown, and embroidered with the ini-tials of the owner, in plain block let-tials of the owner, in plain block let-and there is a great, loose, choux of through the capitol, showing them the tulle at the bottom of the bows. Gray crash with Chinese blue forms | There is no other trimming

a pleasing contrast, and gray with These wired loops are not easy to black and pale yellow is capable of adjust. They must be skillfully being worked into large, effective de mounted on the hat by one who has signs. Golden brown linen with dark an excellent eye for line.

Muffs of Ostrich Feathers. of fur. Ostrich feathers, clipped into tution. It should be washable, and of a ma- a soft, mossy mass are fascinates air can be freely admitted. These there are sets that appear to be points anent color, size and material made of raveled silk throads. terial that is loosely woven, so that with great muffs to match. Also are worthy of your thought, if you little less beautiful and costly. some things we cannot account for.

## Gossip of Washington

What Is Going On at the National Capital.

## "Teddy" Absent, Capital Men Drink Tea stees where the young man has intro-



bias-each way being chosen for some WASHINGTON.-After a seven-year lanse during the Roosevelt adparticular panel-there was a little lapse during the Roosevelt adembroidered collar of a soft brown ministration men are again giving teas, because President Taft does not consider tea drinking mollycoddish.

During the last year of the Roosethings at home the costume de sortie the simple one-piece way that a cotton very scarce. Even the diplomats who were careless of Roosevelt's vigorous-Two very useful little home jackets ly expressed views (which often they of negligee nature are here shown, did not understand) finally yielded to in strictly practical and ornamental the influence that eventually caused but a handful of them to be present. The matinee at the left is a French Teas in the afternoon practically were model which is especially adapted to wiped off the social slate. the elegant wash textures of summer,

Now this is all changed. Even the Swiss, batiste, embroidered muslin. United States army is becoming host etc. The dainty garment is cut with at teas, and Capt. Sherwood A. Cheney gave a tea recently to Miss Roosevelt. daughter of the man who believed that an officer who would be host at a tea only, the ribbon sash slipping under was no soldier. The officers at Fort much time. the pleats that run Gibson fashion Myer and the Marine barracks expect soon to give tens.

embroidered Swiss, blue ribbon and net lace are used, and with only the third big tea of the season, although That tea of Capt. Cheney was the substitution of black ribbon, such a the first to be given by an American. combination would be perfectly suit Two other large affairs were presided

by Washington hostesses who have the spirit of continental entertaining as a happy medium between the breakfast and the dinner. Breakfast words from an interview upon his arusually occurs at an hour when men are already busy with their affairs while the dinner is looked upon as too ponderous.

season the president and Mrs Taft are not traceable to the stomach, but will again inaugurate their lawn par even fevers car, in nine cases out of ties, which is a different name for ten, be traced to something taken into afternoon teas. Meanwhile, Lent is in the stomach. All of this half-sick. the propitious season for such infor pervous exhaustion that is now so mal entertainments, especially of an common, is caused by stomachic con-

ing more teas if they lived in quar ach that I am meeting with such sucters suitable for such affairs. The cess. one hotel in Washington that is actually giving a tea hour does not appeal gestive apparatus that is doing its to the smartest.

the Country club and similar places it to the bowels in a perfectly digestare also considered disadvantageous ed state-this above all else brings First, the distance is too great, and health." attendance at them and the return Mr. A. C. Brock, chef of the Brock home to change for dinner requires Restaurant, Market District, Boston,

deny that teas without men are very this to say: "I had chronic indiges-

this revival of afternoon teas-in fact. I was a physical wreck when I started with the desire of Mr. Taft to see his this Cooper medicine, a month or so over, one by the secretaries of the assistants and the naval and military ago. To-day I am as well as I ever German embassy on the occasion of officers sparkle a little more in the was in my life. I am no longer nervty for practical uses, is likewise fitted the Emperor William's birthday and social firmament—there is no question ous, my food does not distress me with Gibson shoulder pleats, and the the other by the Marquis de Villalobar, that the tea will become within the in the least, and I have a splendid apfront is trimmed with a band and the Spanish minister, who took advantage of the occasion to receive tory and popular social function They idly-in fact, at the rate of a pound "who is who" in Washington by way are also comparatively inexpensive, a day. I would not believe any mediwools, in creams and grays, with a which if made in a pretty lawn, or of official introduction, although his and for this reason many men who cine on earth could have done for me thread stripe in a darker color. With challie, or cashmere, would be found transfer to Lisbon had been gazetted cannot afford to give large parties of what this has done. It is a remarktransfer to Lisbon had been gazetted by his government three weeks previously.

The charp powders is more than Cala a single gown, too, the stripes will be a very useful home garment for young by his government three weeks previously.

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The charp powders is more than Cala a single gown, too, the stripes will be a very useful home garment for young by his government three weeks previously.

## "Uncle Joe" Was Forced to Sit Down all druggists. If your druggist cannot supply you, we will forward you the



was related to me by former Gov. Benton McMillin of Tennessee while I tion. Cox paused for a moment and was traveling with him recently," said said: Representative James M. Cox of Dayton O. in Washington recently

McMillin, and my name suggested the he draws forth his hand and points brilliant 'Sunset' Cox of Ohio was a Illinois agrees while speaking to keep member of that body as was also the his hand in his pocket, I will yield do rabbit present speaker. On one occasion, the floor for a question." according to Gov. McMillin, Cox got tous question.

pocket, and pointing it at Cox. but addressing himself to the speaker. Mr. Carlisle of Kentucky, requested to ask a question. Mr. Cox paid no at 1 tention to 'Uncle Joe' for several if he would yield the floor for a ques-

so familar to everybody.

"I will yield to the gentleman from Illinois for a question on one "It was my first meeting with Gov. condition. Every time he interrupts story. When McMillin was in the it at me as if he had a pistol, and house a number of years ago the it frightens me. If the gentleman from

"'Uncle Joe' agreed. But he had HOW A DOCTOR CURED SCALP up to make a speech on some momen- not proceeded far when he nervously drew forth his hand and again pointed "As always when Cox spoke he had it directly at Cox. In a moment Cox "When I was ten or twelve years the attention of the house. He had was on his feet, and, declaring that old I had a scarp disease, something launched into his subject and was Cannon had violated his agreement. like scald head, though it wasn't that. addressing himself to an important demanded that Cannon resume his I suffered for several months, and phase of his speech when 'Uncle Joe' seat. And 'Uncle Joe' had to sit down." most of my hair came out. Finally

### Girls, Green Peas Make You Flirt recommended the Cuticura Remedies. They cured me in a few weeks. I should be taken, particularly by the



tacked together at the edges and but. cause we wanted him to become, when | fed on haricot beans. home-like canine person. Comes now the department of agriculture in doctrine (whatever that is!), as a slowness of perception. recipe for good human temperamentand for cutting down the "high cost of living."

Vegetables are to be taken, according to the leguminotherapists in quan-

overindulgence in potatoes is apt to vents person from being victous and produce apathy and laziness; spinach bloodthirsty.

young because it produces energy and develops constancy, and French string beans are said to constitute an ideal diet for poets and artists. White haricot beans should be eater by intellectual workers, because they

restore the nervous system and should, the science holds, be pre-

nourishing, but are not advocated, be called for their use." cause they have the drawback of pro-Washington, with its leguminotherapy ducing vulgarity of character and

The leguminotherapists declare that these vegetables have all the good qualities that are embodied in either meat or eggs without having, how ever, their inconveniences. A proper tities and varieties to suit the person and carefully measured vegetarian diet is the treatment suggested by Boiled carrots are prescribed for utilizing vegetables for the physical bad tempers; green peas should be de and moral welfare of the human race. nied to girls with a tendency to flirt; The absence of meat, it is held, pre-

## Vice President in Role of a Guide



F WORSE comes to worst, and Vice-President Sherman is obliged to earn itol. The party went into the house of Capt. Kennedy's assistants as a pointed out to Miss Taft and her guide about the capitol in Washing school girl friends. Kennedy has been A laundry bag can be worked out in a brim only slightly turned ton. Only the other day Miss Helen known for years as the "King of the Taft and two of her school friends Capitol Guidea," because he is so glib were at the capitol, and soon after the and entertaining. He was told after senate convened the vice-president the vice-president had made his trip out to them the notables among the easily put him out of the guide busi-

Make the Best of It.

such places of interest as usually are pointed out by the regular guides. An interesting sight was that of Vice President Sherman going about Statuary hall and picking out the "whispering stones," upon which the girls were told to stand, while "Sunny Jim" arranged that they should enjoy the echo features of that part of the caphis living in some other way than of representatives, where Sherman that which he has pursued heretofore, served for more than twenty years, no doubt, can get employment as one and the notables of that body were

went up into the gallery and pointed about the capitol that Sherman could senators. He took the three girls ness if he should engage in that occu-

See Always the Bright Side. We must somehow get joy out of beauty and the wonder of the world

Utopianism: that is another of the the pain of life. We must see the devil's pet words. I believe the quiet admission, which we are all of us so misery. We must admire the evil as ready to make, that because things we admire the good. We must lick have long been wrong it is impossible The construction of the bag is ex Already in Paris stoles and scarfs the dust with the homage that we that they should ever be right, is one A few days' use of Grape Nu's will tremely simple, with dust-catching of marabou, feathers and shirred pay the heavens. We must realize the of the most fatal sources of misery the one a degree of nervous strength irills and furbelows eliminated, and a mousseline de soie have replaced those sweet in struggle, in defeat, in desti-Painting."

> Let's pretend that all's well with The proper study of mankind is a the world, though it is hard to accept room where womanhood can't get in

## STOMACH CENTER OF HUMAN LIFE-**ALL ELSE SECONDARY**

The immense success which has followed L. T. Cooper during the past year with his new preparation has exceeded anything of the kind ever be-The "five o'clock tea" is considered luced the medicine. Cooper has a novel theory. He believes that the numan stomach is directly responsible for most disease. To quote his own 'ival in an eastern city: "The average man or woman cannot be sick if the stomach is working properly. To be sure, there are diseases of a virulent nature, such as cancer, tuberculosis, With the beginning of the Easter diabetes, etc., which are organic, and ditions, and it is because my rem-Washington men would now be giv- edy will and does regulate the stom-"To sum the matter up-a sound di-

full duty, getting every particle of vi-Teas at the Chevy Chase club. at tality out of the food by transferring

Mass., who is a staunch believer in Hostesses in the capital do not Mr. Cooper's theory and medicine, has tion for over three years. I suffered With the presidential approval of terribly, and lost about thirty pounds.

Cooper's New Discovery is sold by all druggists. If your druggist cannot rose and assumed the attitude that is name of a druggist in your city who will. Don't accept "something just as "He jerked his hand out of his good."-The Cooper Medicine Co., Day-

GUOD IDEA.



Teddy-Say, what makes yer have a gun wid such a long barrel? Jeddy-Cause yer kin get closer to

they had a doctor to see me and he have used the Cuticura remedies, also for a breaking out on my hands and was benefited a great deal. I haven't had any more trouble with the scalp disease. Miss Jessie F. Buchanan. R. F. D. 3, Hamilton, Ga., Jan. 7, 1909."

Kept with Barnum's Circus P. T. Barnum, the famous circus Time was when we didn't feed Rex. ferred as a strengthening food to any Cuticura Remedies among the confered tents of my medicine chest with my pet pup's name was, raw meat, be- Disraeli, Carlyle, Daudet and Ibsen shows for the last three seasons, and I can cheerfully certify that they were Cauliflower and cabbages are very very effective in every case which

A Bright Idea. Yeast-It is said that the baya bird of India spends his spare time catching fireflies, which he fastens to the sides of his nest with moist clay. On a dark night a baya's nest glows like an electric street lamp... Crimsonbeak-Say, there's a bright idea for decorating that keyhole in

Beautiful Post Cards Free. Send to stamps for five samples of our very best Gold and Silk Finish Birthday, Flower and Motto Post Cards; beautiful colors and loveliest designs. Art Post Card Club, 32 Jackson st., Topeka, Kan.

my front door!

No Deposits. "Do you think there's money in

hens? "Well, if there is they keep it well secured."-Exchange.

BREAK UP THAT COUGH with Allen's Lung Baisam, the popular family rem-edy. It cures where other remedies fail. All deal-ers. Ec. 80, E.80 b. Sies. At the age of 18 a girl is afraid of two things-being an old maid and

not going to heaven. Lewis' Single Binder, extra quality te-bacco, costs more than other 5c cigars. It isn't every prodigal son who gets s whack at the obese veal.

# For Pain m Chest

For sore throat, sharp pain in lungs, tightness across the chest, hoarseness or cough, lave the parts with Sloan's Liniment. You don't need to rub, just lay it on lightly. It penetrates instantly to the seat of the trouble, relieves congestion and stops the pain.

Here's the Proof.

Mr. A. W. Price, Fredonia, Kans., snys: "We have used Sloan's Liniment for a year, and find it an excellent thing for sore throat, chest pains, colds, and hav fever attacks. A few drops taken on sugar stops coughing and sneezing instantly."

# Sloan's

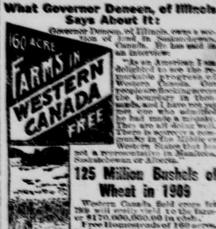
is easier to use than porous plasters, acts quicker and does not clog up the pores of the skin, It is an excellent an-

tisentic remedy for asthma, bronchitis, and all inflammatory diseases of the throat and chest; will break up the deadly membrane in and will kill any kind of neuralgia or rheumatic pains.

Prices 25c., 50c., & \$1.00. Dr. Earl S. Sloan,

## Your Liver is Clogged up

That's Why You're Tired-Out of Sorts-Have No Appetito, CARTER'S LITTLE LIVER PILLS will put you right



W. V. BENNETT

# "I used Cascarets and feel like a new

man. I have been a sufferer from dys-pensia and sour stomach for the last two pensia and sour stomach for the last two
years. I have been taking medicine and
other drugs, but could find no relief only
for a short time. I will recommend
Cascarets to my friends as the only thing
for indigestion and sour stomach and to
keep the bowels in good condition.
They are very nice to eat." They are very nice to eat."

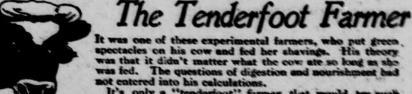
Harry Stuckley, Mauch Chunk, Pa. Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Gripe, Re, Sc. St. Never sold in bulk. The gen-nine tablet stamped C C C. Guaranteed to cure or your money back.

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The LAND of SUNSHINE and OPPOR-TUNITIES, Healthful Climate, A-1 land, ABUNDANT WATER at low rate, Peaches, Apricots, Figs, Olives, Sweet Peaches, Apricots, Pigs, Olives, Sweet Potatoes, Affalfii and Dairying pay bet-ter than \$80.00 per acre yearly, Write-for illustrated booklet. DEPT. B. TURLOCK BOARD OF TRADE, Turlock, Cal.

PATENT Book and Advice PRESS. Em-DEFIANCE STARCE for starching

# W. N. U., OMAHA, NO. 11-1910.



It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds himself regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak" the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia and the agonies of nervousaless.

To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an unfailing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use.

In the strictest sense "Golden Medical Discovery" is a temperance medical. It contains neither intoxicants nor narcotics, and is as free from alcoas from opium, cocaine and other dangerous drugs. All ingredients printed its outside wrapper.

Den't let a dealer delude you for his own profit. There is no me stomach, liver and blood "just as good" as "Golden Medical Discovery."