

ANOTHER WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Black Duck, Minn.—"About a year ago I wrote you that I was sick and could not do any of my housework. My sickness was called 'Hysteria.' When I would sit down I felt as if I could not get up. I took Lydia E. Pinkham's Vegetable Compound and did just as you told me and now I am perfectly cured, and have a big baby boy."—Mrs. ANNA ANDERSON, Box 19, Black Duck, Minn.

Consider This Advice. No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound, made exclusively from roots and herbs, a fair trial. This famous medicine for women has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound. It cures female ill, and creates radiant, buoyant female health. If you are ill, for your own sake as well as those you love, give it a trial.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, and always helpful.

Cause of the Rush. "Sad, sad, to see humanity ever engaged in a mad rush for wealth." "Forget it. Them fellows is on their way to the hell park."

CUT THIS OUT And mail to the A. H. Lewis Medicine Co., St. Louis, Mo., and they will send you free a 25-cent bottle of NATURE'S REMEDY (N.B. Tablets) Guaranteed for Rheumatism, Constipation, Sick Headache, Liver, Kidney and Bowel Troubles. Sold by all Druggists. Better than Pills for Liver. It's free to you. Write today.

Looking at it in another way, what harm is there in letting one head of hair make several generations of women beautiful?

Get Some Free Land in Colorado. Rich soil, fine climate. Write W. F. Jones, 756 Majestic Bldg., Denver, Colo., for full particulars.

Off hath even a whole city reaped the evil fruit of a bad man.—Hesiod.

When Your Meals Disagree

It is certainly time to take immediate action if you would ward off a serious sick spell. It is positive proof of a weak stomach and deranged digestion and for which you cannot take a better medicine than Hostetter's Stomach Balm. But remember this, the longer you put off giving the assistance needed by the digestive system the harder it is going to be to cure you. We know of hundreds of cases, taken in hand at the very beginning in which a short course of the Balm proved very efficacious. Therefore, be persuaded to get a bottle today from your druggist or dealer, and thus avoid all possible danger of a sick spell. It is a wonderful tonic and invigorant for overworked, nervous and run-down persons, and in cases of Poor Appetite, Bloating, Heartburn, Indigestion, Dyspepsia, Constipation, and Malaria it is the best.

COLORADO HOMESTEADS ON MOFFAT ROAD FREE TO YOU

Historical 96 acres of land with rich soil, fine water and fine climate, on Moffat Road, near Denver, North-western and Pacific R.R. in heart of country. We have an ideal homestead—free of charge. We have an ideal homestead—free of charge. We have an ideal homestead—free of charge.

Don't Persecute your Bowels

Get an excellent and genuine. They are real CARTER'S LITTLE LIVER PILLS. Pleasantly palatable. Act gently on the bowels, stimulate the liver, and regulate the circulation. Small Pills. Small Dose. Small Price. GENUINE. Beware of cheap imitations.

W. L. DOUGLAS SHOES

\$5, \$4, \$3.50, \$3, \$2.50 & \$2 THE STANDARD FOR 30 YEARS. Millions of men wear W. L. Douglas shoes because they are the best. They are made in the U.S.A. Made upon the last in the world. Made upon the last in the world. Made upon the last in the world.

MAKING THE BEST OF STEAK

Most Effective Way of Dealing, for Instance With the Flank End of Porterhouse.

Before speaking of the cooking of the cuts that lack tenderness throughout, it may be well to refer to the fact that the flank end of the porterhouse is to be classed with the toughest of cuts and with those which, when cooked alone, are with difficulty made tender even by long heating. Mock duck, which is commonly made out of flank steak, can be rendered tender enough to be palatable only by long steaming or cooking in water, and yet people quite generally broil this part of the steak with the tenderloin and expect it to be eaten. The fact is that to broil this part of the porterhouse steak is not good management. It is much more profitable to put it into the soup kettle or to make it into a stew. In families where most of the members are away during the day the latter is a good plan, for the end of the steak makes a good stew for two or three people. This may be seasoned with vegetables left from dinner, or two or three olives cut up in gravy will give a very good flavor, or a few drops of some one of the bottled meat sauces, if the flavor is relished, or a little Chili sauce may be added to the stew. But if the tough end of a porterhouse is needed with the rest, a good plan is to put it through a meat grinder, make it into balls, and broil it with the tender portions. Each member of the family can then be served with a slice of the tenderloin and a meat ball. If the chopped meat is seasoned with a little onion juice, grated lemon rind, or chopped parsley, a good flavor is imparted to the gravy.

Favorite Recipes

Thick Potato Soup.—Roll as many potatoes as desired until soft enough to go through a sieve. Use the water they were boiled in, adding milk, butter, salt and pepper to season. Carrot soup can be made in the same way. Creamed Potatoes With Cheese.—Make a good white sauce, using two tablespoonfuls of flour, a tablespoonful and a half of butter, salt and pepper to season and a cupful of milk. Cut the potatoes in slices and boil. Put a layer of potatoes in a buttered baking dish, then a layer of white sauce, followed with a layer of grated cheese, thus alternating until the dish is full. Bake about twenty minutes and serve hot.

Vegetable Hash.—Roll together until tender potatoes, carrots and onions; then serve with butter, pepper and salt.

Dutch Salad.—Use as a foundation for this either herrings or anchovies, mixing the same with sliced beets, apples, cold potatoes, onions, hard-boiled eggs and either mayonnaise or a plain French dressing.

Another good salad is made from prawns or shrimps with lettuce, hard-boiled eggs and French dressing. EMMA PADDOCK TELFORD.

Selection of Poultry. In choosing poultry select those that are soft. Perhaps the surest way to determine whether they are young is to try the skin under the leg or wing. If it is easily broken it is young; or turn the wing backwards, and if the joint yields readily it is tender. When poultry is young the skin is thin and tender, the legs smooth, the feet moist and limber, and the eyes full and bright. The body should be thick and the breast fat. Old turkeys have long hairs and the flesh is purplish where it shows under the skin on the legs and back. About March they deteriorate in quality. Young ducks and geese are plump with light semitransparent fat, soft breast bones, tender flesh, leg joints which will break with the weight of the bird, fresh-colored and bristle beaks, and the windpipes that break when pressed between the thumb and forefinger. They are best in fall and winter.

Egg Kisses. Use for these the whites of three eggs and one pint of sugar. Put the sugar in a bowl, pour the whites over and beat 20 minutes with a silver spoon. Drop the mixture on greased paper an inch or more apart. Do not let them touch. Put on a board or inverted bread pan and place enough layers of paper to keep the bottom from burning. Bake in a moderate oven until brown. Let the mixture rise and then bake or they will not be light. Remove with knife and put on dish.

For chocolate egg kisses add before cooking one ounce of grated chocolate which has been melted. Add gently and quickly or the mixture will be too thin.

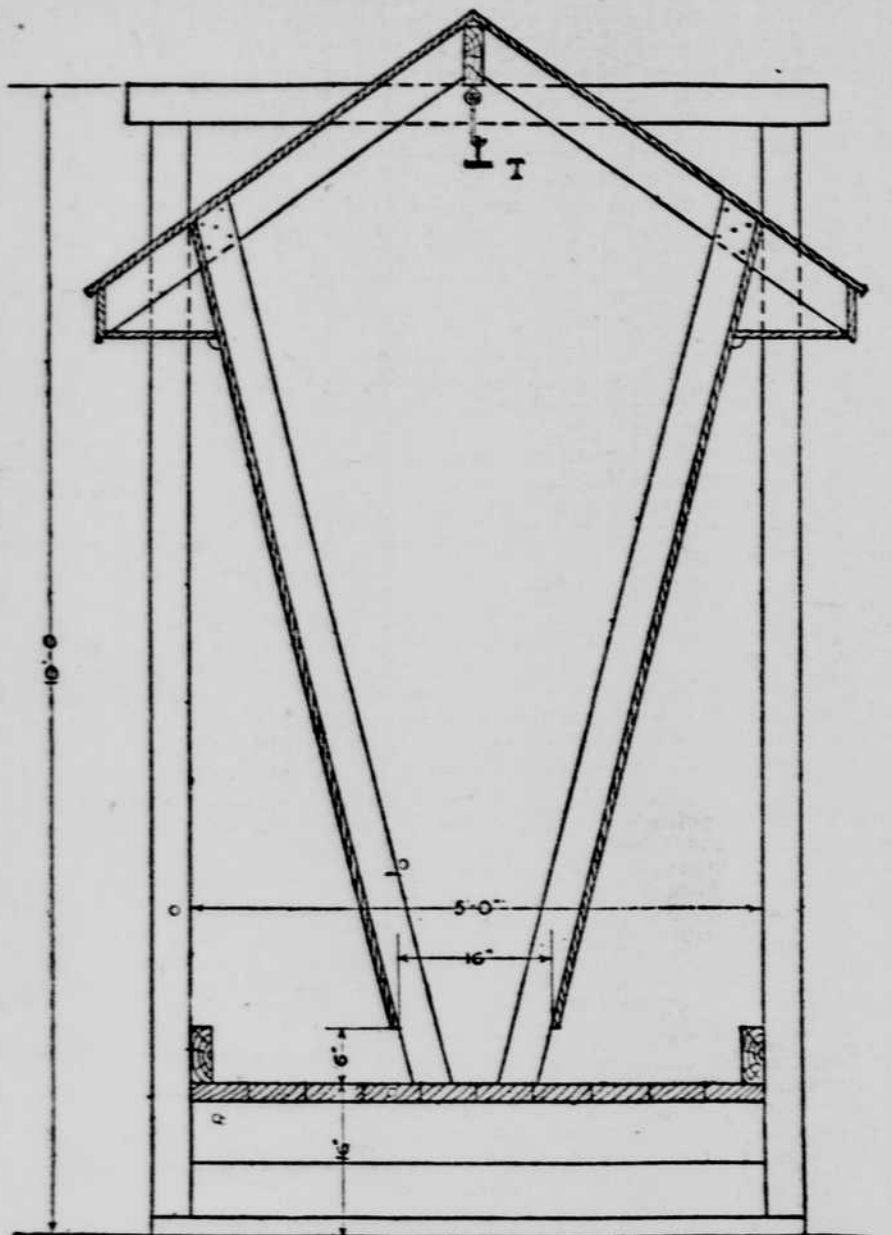
Tapoca Cream. Two tablespoonfuls tapoca, one quart milk, four eggs, sugar, and a little salt, soak the tapoca in a little water for two hours; put the milk to boil, stir in the tapoca, sugar, add a little salt. When nearly boiling stir in the yolks of the eggs; when as thick as boiled custard remove from the fire, have the whites of the eggs beaten to a stiff froth, stir into the hot custard, flavor with vanilla. To be eaten cold. A teaspoonful of cornstarch can be added if the custard is not thick enough.

Burnt Sugar Cake. Beat one-half cup of butter to a cream, gradually add one and one-half cups of sugar, the yolks of two eggs, one cup of water, two cups of flour, and beat for five minutes. Add three teaspoonfuls of burnt sugar, one teaspoonful of vanilla, one-half cup more of flour if needed. Beat again. Stir in two teaspoonfuls of baking powder and the well beaten whites of two eggs.

Nut Bread. Mix together one-half teaspoonful of salt, four cupfuls of flour, one-half cupful of sugar, one scant cupful of chopped walnuts, four teaspoonfuls of baking powder, one-half teaspoonful of salt. Add two cupfuls of sweet milk, one beaten egg. Let raise 20 minutes and bake in moderate oven one hour.

ESSENTIAL FEATURE OF CONSTRUCTING SELF-FEEDER

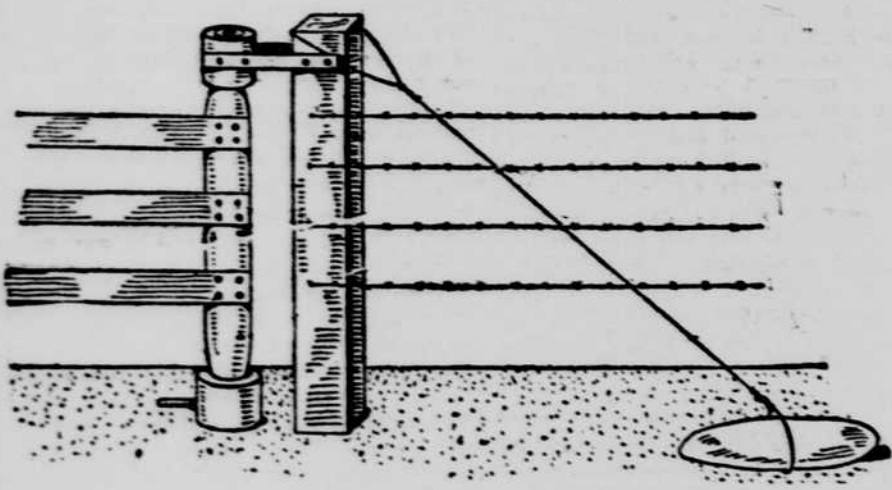
Arranged in Such Manner That Feed Can Be Conveyed By Means of Carrier on a Suspended Track From Barn



Cross Section of Self Feeder.

The illustration given herewith shows a cross section of the self-feeder giving the essential features of its construction. It is so arranged that the feed can be conveyed by means of a feed carrier on a suspended track from the barn to the feeder into which the feed is dumped. The track is similar to those used for hay carriers and is shown at point T. The rectangular frame which is 5 feet wide and 10 feet high is constructed of 4x4 material. This serves as a frame for the feeder as well as a support for the track. It will be noticed from the cut that the bin is but 16 inches wide at the opening and this opening is 6 inches high. This construction seems necessary in order to enable the cattle to work the feed out as needed and to prevent clogging. The studding, which is 2x4-inch material, are placed four feet apart inside the bin and serve as supports for the sides. Other than these points the feeder is not essentially different from those commonly in use.

FARM GATE MADE FROM AXLE



The accompanying illustration shows a gate from an old axle and a couple of hubs. Sink one hub into the ground and fasten the other to the top of fence post with an iron strap, says a writer in American Agriculturist. Build the body of the gate on the axle. Place the lower end in hub first, then insert the top in the upper hub. Grease the axle from time to time. By sinking a large rock in ground and running

SMALL HOGS IN DEMAND

The accompanying illustration shows a gate from an old axle and a couple of hubs. Sink one hub into the ground and fasten the other to the top of fence post with an iron strap, says a writer in American Agriculturist. Build the body of the gate on the axle. Place the lower end in hub first, then insert the top in the upper hub. Grease the axle from time to time. By sinking a large rock in ground and running

Art of Making Good, Sweet Hams, Properly Balanced With Fat and Lean, Fast Shipping Away From Us. (By S. C. MILLER.) The art of making good, sweet hams, properly balanced with fat and lean, and cured to a turn, is fast slipping away from us here in America. The old-time southern planter never bred hogs for fat, and rarely cured an animal for their own use that weighed over 175 pounds.

These men bred the long, lean animals, which were fattened on meal and clover, because not a great deal of corn is raised in the south, and the result was an ideal ham and bacon hog. In the great corn belt, farmers are disposed to breed and feed for fat, because they are not satisfied to send to market a 175 pound hog at Christmas time when they can just as well bring him up to 300 pounds.

A 300-pound hog does not make good hams. They are coarse and contain a large amount of fat, which the packers trim off in order to bring the size down to the popular demand. People want hams from hogs that weigh from 125 to 150 pounds, and they cannot be deceived by hams from a 300-pound hog with the fat trimmed off.

The consumption of hams in this country is steadily falling off for this reason, and further, because a ham cured in the average packing house is anything but ideal food. The small or middle sized Berkshire makes a good ham, although there is a tendency to fat. The ideal ham hog is, in our opinion, the Tamworth. He is a lover of protein foods, although he can be spoiled by stuffing him with corn. He thrives in clover, and if allowed to run in fields of sweet peas, rape and alfalfa, produces the sweetest and best balanced hog meat that is known. The Tamworth is particularly fond of raw potatoes, pumpkins, and roots

LOVE SAVED TOWN

Infatuation for Girl Changed British Officer's Mind.

Home of Mary Sparhawk, Whose Beauty Kept Portsmouth From Being Destroyed in 1775, Still Stands in Maine.

Portland, Me.—There is an interesting tradition in connection with the historic Sparhawk house at Kittery Point, Me. This handsome specimen of colonial architecture was built by William Pepperell, the first American baronet, and was presented in 1742 to his daughter at the time of her marriage to Nathaniel Sparhawk.

The house is now owned by Horace Mitchell and stands as originally planned, the most striking feature being the large hallway staircase. This was planned by Sir William, who drew every spindle. The building has been remarkably well preserved and is in far better condition than the average colonial mansion of that period.

The wife of Nathaniel Sparhawk was a noted belle and her daughter, Mary Sparhawk, inherited her mother's beauty and brilliancy and many stories are told of her wit and fascination. The tradition is to the effect that Captain Mowatt of the Canoeaux, a British ship of 16 guns, cruising with a large armed ship, a schooner and sloop, were off Portsmouth harbor in October, 1775, with the intention of destroying Portsmouth. Captain Mowatt went privately on shore at Kittery point and was received at the loyal house of Nathaniel Sparhawk.

Here he became so much fascinated with Mary that the intent of his voyage to destroy Portsmouth was by his influence changed and he made sail



Sparhawk Mansion.

for Falmouth, now Portland, where he burned more than 400 of the best houses and stores, leaving only about 100 of the poorest houses and those much damaged.

Mary Sparhawk became the wife of Dr. Jarvis. The marriage was a notable event, the ceremony taking place at the house. The wedding party descended the beautiful broad stairway built by the bride's grandfather, which now stands as a lasting memorial to his skill as an architect.

NEW ALL ABOUT THE PUP

But Husband of Missing Woman Had Much Difficulty in Describing Wife's Appearance.

A man's voice, husky with anxiety, called up police headquarters the other night at about 2:30 a. m. It was a distraught husband begging the police to help him find his wife, who had been missing since eight o'clock in the evening. "What's her description?" asked the official at the phone. "Her height? Weight?" "Er—er—about average, I guess," stammered the husband. "Color of eyes?"

A confused burring sound came back over the wire. "Blue or brown?" prompted the official. "I—I don't know!" "How was she dressed?"

"I guess she wore her coat and hat—she took the dog with her." "What kind of a dog?"

"Brindle bull terrier, weight 14 1/2 pounds, four dark blotches on his body, shading from gray into white; a round, blackish spot over the left eye; white stub of a tail, three white legs and the right front leg nicely brindled all but the toes; a small nick in his left ear, gold filling in his upper right molar, a silver link collar with—"

"That'll do," gasped the official. "We'll find the dog!"—Puck.

DRUGGED THROUGH THE KEYHOLE.

A robbery of the most ingenious kind has just been perpetrated at a jeweler's shop in the Rue Neuve, Brussels, which is much frequented both by day and night. Thieves entered an empty house next door, climbed along the roof, broke through the skylight of the jeweler's premises, and went downstairs. They evidently knew that the jeweler's brother, the only person in the house, slept in a room on the second floor. Working silently they pumped soporific fumes through the keyhole of the locked door. The jeweler's brother awoke next day with a bad headache and found the room still full of the fume. On going down to the shop he found that jewels valued at \$30,000 had been stolen.

THE TEACHER.

The teacher should strive first to be a man or a woman in the best sense of the term, strong mentally, morally and physically, with personality and independence, but without rudeness. He should command respect as a thinking person, avoid eccentricities and partisan measures, have opinions of his own, but without flaunting them in the face of others to provoke combat or opposition. Then to the respect due him as a man will come, if his teaching justifies, the additional respect due him as a teacher.

Alpine Monument to Professor. In memory of Professor Tyndall, one of the English pioneers of the Swiss Alps, a monument will be erected this summer by his widow on the Bel Alp (6,735 feet) a little above the professor's former residence. M. F. Corvejon of Geneva has designed the monument, which consists of a tall block of rough granite.

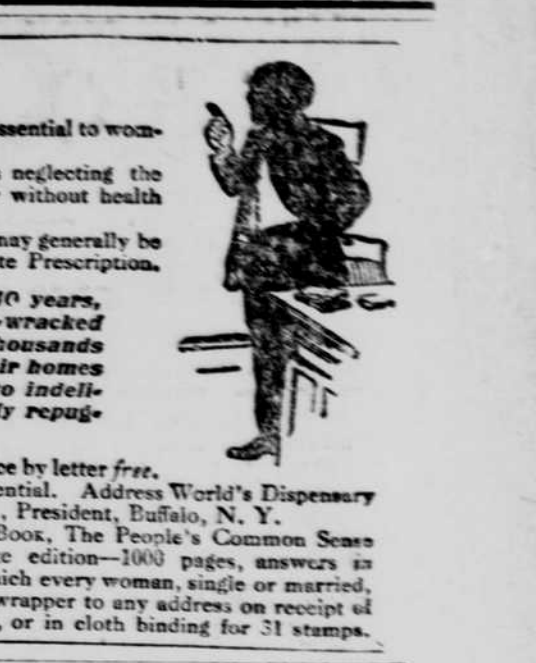
Fortune Telling

Does not take into consideration the one essential to woman's happiness—womanly health.

The woman who neglects her health is neglecting the very foundation of all good fortune. For without health love loses its lustre and gold is but dress.

Womanly health when lost or impaired may generally be regained by the use of Dr. Pierce's Favorite Prescription. This Prescription has, for over 40 years, been curing delicate, weak, pain-wracked women, by the hundreds of thousands and this too in the privacy of their homes without their having to submit to delicate questionings and offensive repugnant examinations.

Sick women are invited to consult Dr. Pierce by letter free. All correspondence held as strictly confidential. Address World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y. Dr. PIERCE'S GREAT FAMILY DOCTOR BOOK, The People's Common Sense Medical Adviser, newly revised up-to-date edition—1000 pages, answers in Plain English hosts of delicate questions which every woman, single or married, ought to know about. Sent free, in plain wrapper to any address on receipt of 21 one-cent stamps to cover mailing only, or in cloth binding for 31 stamps.



A Storekeeper Says:

"A lady came into my store lately and said: 'I have been using a New Perfection Oil Cook-Stove all winter in my apartment. I want one now for my summer home. I think these oil stoves are wonderful. If only women knew what a comfort they are, they would all have one. I spoke about my stove to a lot of my friends, and they were astonished. They thought that there was smell and smoke from an oil stove, and that it heated a room just like any other stove. I told them of my experience, and one after another they got one, and now, not one of them would give hers up for five times its cost.'"

The lady who said this had thought an oil stove was all right for quickly heating milk for a baby, or boiling a kettle of water, or to make coffee quickly in the morning, but she never dreamed of using it for difficult or heavy cooking. Now—she knows. Do you really appreciate what a New Perfection Oil Cook-Stove means to you? No more coal to carry, no more coming to the dinner table so tired out that you can't eat. Just light a Perfection Stove and immediately the heat from an intense blue flame shoots up to the bottom of pot, kettle or oven. But the room isn't heated. There is no smoke, no smell, no outside heat, no drudgery in the kitchen where one of these stoves is used.



Cautionary Note: Be sure you get this stove—the nameplate reads "New Perfection."

New Perfection WICK BLUE FLAME Oil Cook-stove

It has a Cabinet Top with a shelf for keeping plates and food hot. The nickel finish, with the bright blue of the chimneys, makes the stove ornamental and attractive. Made with 1, 2 and 3 burners; the 2 and 3-burner stoves can be had with or without Cabinet. Every dealer everywhere; if not at yours, write for Descriptive Circular to the nearest agency of the Standard Oil Company (Incorporated)

Glorious Colorado

No one can say he has seen the world until he has seen "Colorado."

Write for the books that picture and describe it

Electric block signals—dining car meals and service "Best in the World"

Union Pacific "The Safe Road"

Ask about our personally conducted tours to Yellowstone National Park

For full information, tickets, etc., address E. L. LOMAX, G. P. A. Union Pacific R. R. Co. Omaha, Nebraska

WESTERN CANADA

Senator Dolliver, of Iowa, says: "The stream of emigrants from the United States to Canada will continue." Senator Dolliver recently paid a visit to Western Canada. Senator Dolliver recently paid a visit to Western Canada. Senator Dolliver recently paid a visit to Western Canada.

60 ACRES FARM IN WESTERN CANADA FREE

60 acres of land with rich soil, fine water and fine climate, on Moffat Road, near Denver, North-western and Pacific R.R. in heart of country. We have an ideal homestead—free of charge. We have an ideal homestead—free of charge. We have an ideal homestead—free of charge.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES. BRITISH PATENT. GUARANTEED CURE. DODD'S KIDNEY PILLS. FOR ALL KIDNEY DISEASES. BRITISH PATENT. GUARANTEED CURE.

OPIMUM PARALYSIS

OR Morphine Habit Treated. Free trial. Cases where other remedies have failed, especially Neuritis, etc. Write for Free Trial. Nerve Tablets dose 1/2. Write for Free Trial. Nerve Tablets dose 1/2. Write for Free Trial.

MICA AXLE GREASE

is the turning-point to economy in wear and tear of wagons. Try a box. Every dealer, everywhere STANDARD OIL CO.