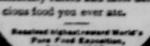


You'll be de lighted with the reof Calumet Baking Powder. No disappointsno flat, heavy, soggy biscuits, take, or pastry. ust the lightest, daintiest, most idormly raised and most deli-



### PUT YOUTH ON HIS GUARD

Evidently Recital of Romance Long Passed Made No Appeal to His Feelings.

"Charles," said a sharp-voiced woman to her husband in a railway car- four over the top the last half of the ringe. "do you know that you and I once had a romance in a railway carsinge?"

"Never heard of it," replied Charles in a subdued tone.

"I thought you hadn't; but don't you remember, it was that pair of slippers I presented to you the Christmas before we were married that led to our anion? You remember how nicely they fitted, don't you? Well, Charles, one day when we were going to a picnic you had your feet upon a seat, and when you were not looking I took your measure. But for that pair of alippers I don't believe we'd have everbeen married." A young unmarried man sitting by immediately took down his feet from the sout-ideas Magarine.



walls

is where affection calls.

Skim Milk.

Many people have an idea that

skimmed milk is only fit for the

chickens or pigs, when even after the

average nilk is skimmed it still con-

thins nearly ten per cent. of solids or

gunrts, will furnish nearly the same

amount of protein, and has the same

A lunch of bread and skim milk is

The cooking of milk makes the pro-

teids somewhat more difficult of di-

gestion for most persons, but there

are exceptions. There are some who

cannot take fresh milk with comfort,

but with whom boiled milk agrees

When milk is taken into the stom-

ach it is curdled at once by the ac-

tion of the pepsin and the gastric

juice. When milk is drunk as a bever-

age in large quantities the casein

gathers in large lumps, which cause

Indian Pudding.

Bake three hours, stirring occasional-

ly the first hour. Sprinkle a little

crust with the suet which stays at

warm up as good the last day as it

nutritive ingredients.

round steak.

very well.

ndigestion in some.

all its ingredients.

the top

was at the first.

very nutritions.

cooked, or it will be indigestible. Very serious poisoning has resulted from fish that has begun to decompictures hung and gilded.

All varieties of fish need an accoma shrine the heart has builded." paniment of starchy food to make a well balanced meal

As the juices of fish have a tepdency to alkalinity, the use of acids, lemon and vinegar, is desirable to neutralize the food.

The flesh of fresh fish is firm and hard and will rise when pressed with the fingers.

Taken by itself, skim milk is rather See that the eyes are bright and thin, and one has to drink a large stand out well in the head and the quantity to get the necessary nourishgills bright. When fish lose their ment. A pound of round steak confirmness they are not considered good thins 0.18 pound of protein and has a food. fuel value of \$70 calories. Five Frozen fish should be thawed in pounds of milk, or two and a half cold water. Salt fish should be soaked

skin side up, to draw out the salt. When scaling fish that are difficult, amount of fuel value as a pound of dip them quickly into boiling water

8

USEFUL COSTUME.

an instant and the scales will come off much better. If fish must be kept, wrap it in a

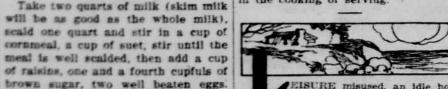
cloth wrung out of cold water and well sprinkled with salt. Keep in a cool place, away from butter and milk To Bone a Fish --- Clean and strip off

the skin, lay on a board, begin at the tail. Run a knife under the fiesh close to the bone, and scrape away clean from the bone, holding the fish carefully, not to break the flakes.

When the flesh is removed on one side, slip the knife under the bone and remove it. Then pull out all the small bones left. Only fish with large

Milk ranks among the most digestibones should be used for boning. ble of the animal foods in respect to Fillets of fish are the flesh sepaated from the bone.

Many delicious puddings, like suet When boiling fish, tie up in a plece and bread and custards of all kinds, of white cloth, then it may be served may be made of skim milk. Bread is without breaking, if handled carefully, made more nourishing by the addition Fish that are lacking in fat, like of milk instead of using all water. cod or bass, should have fat supplied

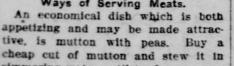


in the cooking or serving.

EISURE misused, an idle hour waiting to be employed, idle ands with no occupation, idle and empty ands with nothing to think of-these are the main temptations to evil. Fill up baking, which makes a nice brown

that empty void, employ those vacant hours, occupy those listless hands, and evil will depart because it has no place to enter in, because it is conquered by

This pudding is served hot ane will good. -Dean Stanley. Ways of Serving Meats.







# **Spring Debility**

Felt by so many upon the return of warm weather is due to the impure, impoverished, devitalized condition of the blood which causes that tired feeling and loss of appetite as well as the pimples, boils and other eruptions so common at this season. It is cured by the great constitutional remedy

## Hood's Sarsaparilla

which effects its wonderful cures, not simply because it contains sarsaparilla, but because it combines the utmost remedial values of more than twenty different ingredients. There is no real substitute for Hood's Sarsaparilla. If urged to buy any preparation said to be "just as good," you may be sure it is inferior, costs less to make, and yields the dealer a larger profit.

#### MADE HIS ESCAPE IN TIME

Metaphors of Millionaire Found No Response in the Breast of the Farmer.

The millionaire accepted the farmer's cordial invitation to ride, and with much scrambling gained a seat on top of the hay.

"My good man," said the millionaire. patronizingly, "this swaying, rolling, sweet-scented divan is a couch upon which I could win slumber and be irresistible to the arms of Morpheus whenever I courted sweet sleep." The farmer stiffened. "I'll hear no more of your talk; I'm a respectable married man, an' I'll ask you where you're goin' so I can avoid the place." Dreamily the millionaire smiled. 'I'm getting back to Mother Nature,

who has been outraged and abused by me for years; I am a broken man, and she will forgive me and bring me back to health."

The farmer stopped the team and pulled a three-tined pitchfork from the brace socket-but his passenger was gone .- Success Magazine. Everybody may be pleased in the ladies in a western house look as if

### PHYSICAL WRECK RESTORED TO HEALTH BY GREAT KID-NEY REMEDY

I feel it my duty to furnish you with my testimonial as to what your remedy, Swamp-Root, did for me when I was a physical wreck from kidney and bladder rouble

Some years ago I was not able to do any work and could only just creep around and am satisfied that had it not been for Dr. Kilmer's Swamp-Root I would not have lived. After using the preparation for one month I was able to work some and when I had used \$8.00 worth of Swamp-Root I could do a good day's work. I used about \$10.00 worth altogether and would not take \$10,000 for the good that it ing humanity for the disease for which you recommend it, and have recommended it NEW STYLES IN BLOUSES to many sufferers.

H. L. HUGGINS, Welch, Ark.

subscribed the above statement and made

oath that the same is true in substance

# City Man-Grow all your own vegetables, I suppose? Farmer Grouch-Most of 'em. We get some cabbage heads from the city.

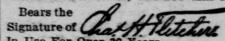
WHAT DID HE MEAN?

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This tropble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Classification.

"Sir," said a little blustering man to a religious opponent: "I say, sir, do you know to what sect I belong?" "Well, I don't exactly know," was the answer; "but to judge by your make, shape, and size, I should say did me. I consider it a God-send to suffer- you belonged to a class called the insect."

Important to Mothers Examine carefully every bottle of CASTORIA, a safe and sure remedy for Personally appeared before me this 20th of September, 1909, H. L. Huggins, who Bears the



Feebre Guardianship.

"That," said the Chronic Bachelor,

Good breeding is benevolence in

Plants have movement without will.

animals have the will to live, human

being have the will to live divinely.

A man doesn't have to be a de

CARTE

IVER

e, and Distress after Eati

nine mether Signature

RUPTURE CURED in a few days

pical operation. No pay until cured. Send the

Dr.Wray,307 Bee Bidg., Omaha, Neb.

SWEEPSTAKES prize winning Reids Ye

per bu., \$2.50 per bu. for 30 bu. or more Orde from this ad or send for catalog. AYE BROG BLAIR, (SEED CORN CENTER OF TH WORLD) NEBRASEA, BOX 14.

PATENTS Watson E. Coleman West

W. N. U., OMAHA, NO. 15-1911.

PARKER'S HAIR BALSAM Clauses and bentifies the be Promotes a interinat growth. Sever Fails to Restore Ge Hair to its Touthful Colo Cures scale discass & heir fails

Small Pill, Small Doce, Small Price

Make the Liver

trifles, or the preference of others to

ourselves in the little daily occur-

"is his guardian angel trying to hold

him back."-Stray Stories.

rences of life .- Chatham.

tive in order to find fault.

Do its Duty

pel a lazy liver to do in daty. Care Con-

new spring millinery. There are hats they had graduated from a high school large and hats small, but more espe- or academy, and naturally have an adcially hats small. There are hats soft vantage in many ways over the young and collapsible, and there are pressed person recently belched forth from the shapes. There are hats of braid on steerage. Therefore, if you are lookwire frames and hats of braid on no ing for real millinery in a not expenframes. There are hats grave and sive hat, look close home if you live hats gay, and there are hats expensive. west of the Alleghaenies. Your millin-There may be hats inexpensive, but ery will be less freakish, of better mathey are hardly classed as millinery. terial and workmanship and incom-Here is a good place to observe and parably more ladylike. point out that it is only in the west The hats shown here show a braid

one may find genteel looking hats of hat, a pressed shape and a soft wiregood materials at moderate prices. less hat. They represent real mil-This is accounted for by the fact that linery. They are not poised at a the grade of intelligence of the mil- drunken angle, nor set too primly linery worker of the west is apt to be straight. They have style and are much higher than that of the worker very generally becoming, no matter on the Atlantic coast. Taste and in- what style is preferred. telligence show in the hat. The young

JULIA BOTTOMLEY.

Care Should Be Used in Selecting Ma-

terial That Will Harmonize With

Wardrobe.

The introduction of color on blo

#### No Excuse at All.

N. C. Goodwin, the comedian, was condemning a new comedy at a din- a meat chopper with one and a half per in New York.

"its climax," he said, "is false and unsatisfactory-as false and unsatis- Fill large sausage casings with the factory as Rowndar's excuse.

hour, his wife said repreachfully:

shipe of your life, but now you stay nished. out night after night."

don't ask for sunshine after dark.""

#### Truth a Trouble Maker.

A West Philadelphia man and his wille have separated. None of their friends know why, but one, being curious, asked the husband:

and your wife"

"O, nothing much. She bought a new hat for \$20 and asked me what I throught of it. And I told her. That's 211

#### REASONED IT OUT And Found a Change in Food Put Him Right.

A man does not count as wasted the time he spends in thinking over his husiness, but he seems loth to give the same sort of careful attention to himself and to his health. And yet his husiness would be worth little without good health to care for it. A business man tells how he did himself good by carefully thinking over of flour, and a teaspoonful of sait. his physical condition, investigating to Bake half an hour. find out what was needed, and then changing to the right food.

"For some years I had been bother ed a great deal after meals. My food segmed to lay like lead in my stomach. producing heaviness and duliness and metimes positive pain. Of course this rendered me more or less unfit for business, and I made up my mind that something would have to be done.

"Reflection led me to the conclusion that over-eating, filling the stomach with indigestible food, was responsible for many of the ills that human flesh endures, and that I was punishing myself in that way-that was what was making me so dull, heavy and unwas making me so dull, beavy and un-confortable, and unfit for business by a prickling mass of upliness, themafter meals. I concluded to try Grape-Nuts food to see what it could do for

"I have been using it for some oths now, and am glad to say that I do not suffer any longer after meals; my food seems to assimilate easily and perfectly, and to do the work for which it was intended.

"I have regained my normal weight, chest and again and again tried his and find that business is a pleasure pulse, "that there is something radicalonce more-can take more interest in ly wrong with your heart. I don't it, and my mind is clearer and more want to scare you, but be careful allow:

Name given by Postum Co., Battle

Read "The Road to Wellville," pigs. "There's a Reason."

ND see how everywhere Love comforts, strengthe helps and saves us all What opportunities of good befall To make life sweet and fair.

-Celia Thaxter

A Few Unusual Recipes. Here are some recipes that the cooks will like to try:

Norwegian Potato Sausage.

Put nine peeled potatoes through pounds of round beef and one small onion; season with salt and pepper. mixture, the securely and keep in a 'On Rewndar's return at a very late heavy brine until needed. When wanted to serve, boll an hour, and "You used to now I was the sun- serve sliced on a platter well gar-

When a little ham is left over from "Well, my love," said Rowndar, "I dinner, chop it and use it in an omelet for another meal. This will prove sufficiently nutritive and will save the meat bill

#### German Rice.

Cook a cup of rice in boiling water to cover, stirring occasionally with a fork to keep from scorching. Add a What was the trouble between you teaspoonful each of salt and butter, and when nearly done add a cup of milk. Serve with browned butter, sugar and cinnamon sprinkled on top. Peanut Soup.

Put a pint of freshly-roasted peanuts through a meat chopper several times. Heat one pint of milk with a pint of water; thicken with a table-spoonful each of flour and butter cooked tog ther. Season with salt and pepper. Add the peanuts and cook ten minutes.

#### Rice Muffins.

Take a cupful of bolied rice, one cup of sweet milk, two eggs, two tablespoonfuls of melted butter, one teanful of sugar and two teaspoons of baking powder sifted with two cups

When making custard ple, add a few diced slices of well sugared pineapple to the custard.

Date and Nut Salad.

Prepare lettuce and serve with dates cut in strips and sprinkled with walnuts. Served with French dressing. Melted butter may be used in ments on a limb and swam the river the place of olive ofl.



OME souls there are like the marvel of sweetness.

More About Fish

Fish should be perfectly fresh, although it may be kept well if frozen into them himself."

Lucity. "I am afraid," said the doctor, after he had thumped the gentleman on the

about running to catch trains and don't hurry when you go upstairs. If you are careful you may live for years.

III, if you have not made your will arranged your affairs so that they be in good condition if you makes a ho of success.

memory."

er, or nea ly so, then add a cupful of peas and serve the stew garnished with peas. Mutton Stew for Two.

Take two mutton chops cut from near the shoulder. Put them in a shallow pan having a tight cover. Pour over boiling water and simmer, adding water as it boils away, using just enough to keep the meat from burning. Add two slices of turnip, two small onions and a half an hour before serving two common-sized potatoes. Add salt and pepper, remove the meat and vegetables and thicken the gravy with flour. Season with

catsup and serve. Sheep's Tongue, Braised. Wash the tongues, dredge with flour and salt and brown in salt pork

fat with two onions chopped fine. Cover with stock or water, add a sprig of parsley and cook until tender. Remove the skin, and trim neatly at the roots. Place on a mound of spin-

ach in the center of a dish and arrange the tongues around the spinach.

#### Cold Boiled Ham.

Melt half a glass of currant jelly, add a teaspoonful of butter, a little pepper, and when hot add several thin slices of boiled ham. Serve when hot. Brains, Spanish Style.

Skin and wash the brains and boll 20 minutes in salted water. Have ready four boiled potatoes cut into dice. Put in a frying pan two tablespoonfuls of butter; when it is hot add a small finely-minced onion, a teaspoonful of minced red pepper and tume for every-day wear; it is suitgarlic and four tomatoes sliced thm. able for almost any firm woolen ma-Season with salt and pepper and stir terial, especially tweed, in which until well cooked. Add the potatoes there are so many soft colorings this

and brains and season. When nice sweet cider is obtainable try cooking a slice of ham until brown on both sides, then add a half

length; all the seams are wrapped. cup of cider and simmer, using the over with a square sort of tab, that is cider as a sauce when it is served. fastened by hooks and eyes or press

## Rellie Maywell.

The frill that has been worn so long Good Word for the Departed. flat around the neck has been given Here is the kind of an obituary i a new touch by joining a standing col-Georgia editor put up for a man: lar to it. "Poor Jim Jones slung his earthly garyesterday. He did not stand back be-

cause the water was cold, but plunged right in and struck out for the other shore and met the angels smiling. Jim was a poor man, but had his subscription to his home paper paid up and got there in good shape. Peace to his

The Reason.

"Do you think the boy will say wha he sees put in the sausages?" "No, he's only thankful he isn't put

well for you to attend to those matters. I would not tell you this if I did not feel that it was-

"Thank heaven!" "What do you mean?" "Now, I'll have an effective excuse when life insurance agents come to see me and I wish to get rid of them in a hurry. Just put it all in writing. will you, doc?"

Size is not the only thing that makes a home run in the great game

and in fact. for everyday wear is attractive. The Letter to Dr. Kilmer & Co. Binchamton, J. Y. use of anything but white has its disadvantage in that it compels the wearer to cling to one color scheme throughout the costume; and every woman knows how annoying it is to find that she only has a blue blouse clean when she is wearing a brown suit.

The way to overcome this is to choose one's blouses rather carefully after one has made up a plan for the summer wardrobe. If you make your blouses now in haphazard fashion, you may be compelled to get suits and hats to go with them-which is put-

ting the cart before the horse. Some women keep to one color scheme as nearly as possible throughout the season; they know that blue and green and black, possibly, are their chief colors, and they hold on to these regardless of what the dyers and the manufacturers produce. This is the secret of really good dressing. and you will find, upon observation that it is the method of nearly all the women who are conspicuous for

taste in clothes. If you know your own mind quite thoroughly in regard to the colors you will choose for your spring and summer suits, then it is guite wise to go ahead with your blouses; but if not, it is best to confine one's self to the choice of black, pin-dotted. with white, and dark bright blue, which goes with such a quantity of other colors.

The big bands are in very good style this year, and they are am the chief colors introduced on white materials. Golden browns, soft shades of green, and many tones of blue are used, as well as cerise, pomegranate red, and any of the new wine tones. Pink is to be in high fashion this

ummer, in all shades but the pastel ones; Killarney pink, coral, flame and watermelon are among the tones we will see most used on white sheer blouses of muslin, marquisette and batiste. Finely dotted swiss will also come into favor as a fabric for blouses, and it will have many adherents, as it wears and washes well and looks exceptionally attractive un-

VERY EASY TO LOOK PRETTY sweaters in the same colors, and one pretty, fair-haired girl crossing recently wore a well-fitting knitted coat of sage green worsted with a bonnet in the same shade, tied with deeper green ribbons .-- Jean Carrington in

der linen suits.

#### Silver and Gold Nets.

Instead of buying a hair net which will be invisible when worn over an elaborate coiffure, the fashionable woman now buys one of silver or gold with which to keep in order her love

The chignon, the most popular of new hair effects, is covered with this linked and shimmering metallic net, and when the hair is a lustrous black the effect of a gold net over the dark hair is distinctly unique.

#### German Linen for Ann

For a kitchen apron no materia gives so long wear and such go right type of face, and, of course, the girl with big blue eyes is ravishing in a blue ribboned baby cap. One sees these caps in lovely, soft abades of tan and brown, matching knitted W. A. PAGE, J. P. Children Cry for Fletcher's Castoria

#### Prove What Swamp-Root Will Do For You "I wonder," said the Sweet Young Send to Dr. Kilmer & Co., Bingham-Thing, "why a man is always so frightened when he proposes?"

tor, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fiftycents and one-dollar.

#### Truly Wonderful Cat.

A wonderful cat is that owned by Mr. A. J. Gorringe, a tradesman of Ditching, England, Mr. Gorringe has a bantam which lavs her eggs in different parts of the yard, but his cat never fails to find them. She takes the egg between her teeth, places it on the step, and rattles the door handle with her paws until her mistress arrives to take in the egg. Not one of the eggs has yet been broken.

Eve Salve in Ascrite Tabes Prevents Infection-Marine Eve Salve In Tubes for all Eve Ills. No Morphine. Ask Druggists for New Size Dic. Val-uable Eye Book in Each Package. Nine times in ten when the liver is right the tomach and bowels are right. CARTER'S LITTLE LIVER PILLS

Indication of Wisdom. "Why do they call the owl the bird of wisdom ?"

"It stays out all night and doesn't tell what it sees or does."-Judge.

LADIES CAN WEAR SHOES LADIES CAN WEAK SHOPS ne size smaller after using Allen's Pool-Base, the Antiseptic powder to be shaken into the shoes. It nakes tight or new shoes feel easy. Gives rest and ounfort. Refuse rabefulaties For FREE trial package, address Allen'S Ofmsted, Le Roy, N.Y.

We always like those who admire us; we do not always like those whom we admire .- Francis Duc de Roche faucauld

You are not treating yourself or your family fairly if you don't keep Hamlins Wizard Oil in the house. It's the best substitute for family doctor and a mighty good friend in case of emergency.

Why guarrel over religion when all men agree-all men, that is, at the same grade of intellect?

Garfield Tea will win your approval. It is pleasant to take, mild in action and very health-giving. It overcomes constipation.

The proper time to do a thing is when it should be done. Smokers like Lewis' Single Binder ciga for its rich mellow quality.

A pleasant smile and a sweet voice are great helps on life's journey.

### A Poor Weak Woman

As she is termed, will endure bravely and patiently agonies which a strong man would give way under. The fact is vomen are more patient than they ought be made such troubles. By your woman ought to know that she may obtain the most experienced modical advice free of charge and is abstitut confidence and privacy by writing to the World's Dispensary Medical Association, R. V. Fierce, M. D., President, Bullalo, N. Y. Dr. Pierce has been obief consulting physician of the Invalids' Hotal and Surgical Institute, of Bullalo, N. Y., for in the treatment of women's diseases than any other physician lie medicines are world-famous for their estonishing efficacy.

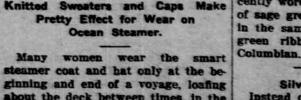
vician in this co

The most perfect remody ever devised for weak and deli-ente women is Dr. Pierce's Favorite Prescription. IT MAKES WEAK WOMEN STRONG.

SICK WOMEN WELL.

The many and varied symptoms of woman's peculiar ailments are fully set orth in Plain English in the People's Medical Adviner (1008 pages), a nowly avised and up-to-date Edition, cloth-bound, will be sent on receipt of 31 am-net stamps to pay cost of wrapping and mailing only. Address as r bove.





Many women wear the smart samer coat and hat only at the beginning and end of a voyage, loafing about the deck between times, in the

Here is a very compact little cos

The skirt is a seven-gored pattern

and is made quite a short walking

The left front of coat is cut to wrap

Frill With a Collar.

season.

studs.

comfortable knitted sweaters and caps which are just now the fad. These knitted caps are ideal for ocean wear, as they keep the hair with which from blowing untidily about and, unlike the chiffon veil, do not themselves whisk about in the breezes.

The quaint bonnet cap matches the white sweater with blue border trimmings; the cap being of white worsted with a border of blue and blue

ribbon rosettes and ties. There is a babyish suggestion about such a knitted bonnet with its big ear-rosettes that is charming on just the