



**More proof that Lydia E. Pinkham's Vegetable Compound saves women from surgical operations.**

Mrs. S. A. Williams, of Gardiner, Maine, writes:

"I was a great sufferer from female troubles, and Lydia E. Pinkham's Vegetable Compound restored me to health in three months, after my physician declared that an operation was absolutely necessary."

Mrs. Alvina Sperling, of 154 Cleybourne Ave., Chicago, Ill., writes:

"I suffered from female troubles, a tumor and much inflammation. Two of the best doctors in Chicago decided that an operation was necessary to save my life. Lydia E. Pinkham's Vegetable Compound entirely cured me without an operation."

**FACTS FOR SICK WOMEN.**

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

**The Young Idea.**

"How many seed compartments are there in an apple?" he asked. No one answered. "And yet," continued the school inspector, "all of you eat many an apple in the course of a year and see the fruit every day, probably. You must learn to notice the little things in nature."

The talk of the inspector impressed the children, and at recess the teacher overheard them discussing it. A little girl, getting her companions around her, gravely said:

"Now, children, just suppose I am Mr. Taylor. You've got to know more about common things. If you don't you'll all grow up to be fools. Now, tell me, Mianie," she continued, looking sternly at a playmate, "how many feathers are there on a hen?"

**Saved From Being a Cripple for Life.**

"Almost six or seven weeks ago I became paralyzed all at once with rheumatism," writes Mrs. Louis McKey, 913 Seventh street, Oakland, Cal. "It struck me in the back and extended from the hip of my right leg down to my foot. The attack was so severe that I could not move in bed and was afraid that I should be a cripple for life."

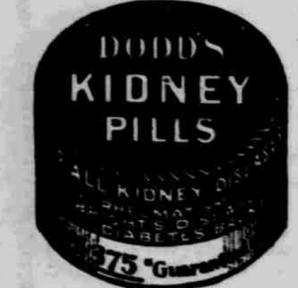
"About 12 years ago I received a sample bottle of your Liniment but never had occasion to use it, as I have always been well, but something told me that Sloan's Liniment would help me, so I tried it. After the second application I could get up out of bed, and in three days could walk, and now feel well and entirely free from pain."

"My friends were very much surprised at my rapid recovery and I was only too glad to tell them that Sloan's Liniment was the only medicine I used."

**Changed Conditions.**

Poet (to farmer)—See, what a beautiful prospect is unfolded in yonder billowy fields, and hark! the voice of the plowman!

Farmer—Yes; he's been cussin' of that mule since daylight, an' it's one of them German mules that used to pull a beer wagon, an' he can't understand a word of dialect.—Atlanta Constitution.



**SICK HEADACHE**

**CARTER'S LITTLE LIVER PILLS.**

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Heartily Eating. A perfect remedy for Biliary Colic, Catarrh of the Bladder, and all the other ailments of the Urinary System. Sold in the Month, Case of Tongue, Pain in the Side, TORPID LIVER.

**CARTER'S LITTLE LIVER PILLS.**

Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

**ON BUSINESS BASIS**

**WISDOM OF KEEPING KITCHEN ACCOUNT BOOK.**

With Absolute Knowledge of Running Expenses Economy is Made Easy—Hired Help Always Prone to Extravagance.

The head of the household sometimes concludes that it costs too much to live, and when he makes this decision nothing commands his respect like an account book wherein balances are made without accommodating "sundries." In fact going to market and keeping household accounts are the housekeeper's weapons of self-defense against the charge of extravagance, writes Alice E. Whitaker.

It is comparatively easy to account for rent, fuel, light and wages, and even the larger bills for clothing can be fairly well itemized from receipted bills and memory. Therefore the most common point of attack is the food supply. The mistress of the household may insist that nothing is wasted and that the family would not be satisfied with cheaper food, but unless she can keep an account book she has nothing to prove that she could not have spent less for food material.

A housekeeper frequently says to herself: "It seems to me that we are buying butter every other day," or "I'm sure that we are using a dozen eggs a day." If she has an account book she can prove the truth of her surmises or otherwise. One housekeeper annoyed at the recurring calls for coffee and butter for her family of three sat down to her account book and in five minutes found that six pounds of coffee and ten pounds of butter had been used during the previous month. She immediately cut two pounds from the future coffee supply and cautioned against extravagance in butter.

Another way of saving is buying in small amounts. Our grandmothers extolled the plan of buying in a wholesale way because wholesale prices are less than retail, but our grandmothers had a constant oversight over the use of both groceries and provisions, and this is now frequently impossible. In most kitchens to-day everything that is brought in will be cooked by the servants at one time and the surplus thrown away. Therefore if a pound of 30-cent steak is enough it is wasteful to buy 1 1/2 pounds, or a quart of oysters when a pint will be sufficient, under the delusion that the left overs will be used to advantage.

It is wise to dispense with the order clerk at the door, and especially with liberty given to servants to order as they please. Often from ignorance, and as often from mere lack of interest, they order needless things. Go to the grocery stores and markets, see what you can buy, and how much it costs. This means a little effort, but it soon becomes a habit and a pleasure. Many housekeepers will testify that it is not so hard to think what to buy when in the presence of the various good things, some of which on that particular morning can be bought at an advantage.

It is not unlikely that there will be a premeditated block to this system of looking closely after the table supplies, and in the middle of the afternoon the cook may announce that she has no baking powder or that she must have some more eggs. Then is the time to be firm and to change the menu, or, if anything be imperative, to go for it yourself. After a time it will be understood that there is to be no more reckless and indiscriminate ordering.

**To Renovate Furniture.**

There are many ways of renovating old furniture, but one of the best methods is the alternate use of sandpaper and varnish. First remove every particle of dust, dirt and old cracked varnish from the piece of furniture to be treated, getting right down to the bare wood. To aid in this work a cabinet scraper or glass will be necessary and a bottle of wood alcohol to soften the varnish. After the varnish is removed, sandpaper the wood to a smooth surface. At least four coats of finishing varnish will be required, and after each has become thoroughly dry rub lightly with fine sandpaper. After the last coat of varnish has dried for two days rub boiled linseed oil on the treated surfaces with a soft cloth.—Country Life in America.

**Bake Meat in Tissue Paper.**

For roasting mutton, veal or turkey prepare the usual way with pepper and salt, then spread a thin layer of butter over the top and sides and wrap in a double thickness of tissue paper and roast in a double roasting pan. Put a cupful of water in bottom of pan and keep adding as it boils away. Do not turn meat or stick a fork into it. It needs no basting. Meat prepared in this way will be a beautiful brown color, tender, and most palatable.

**Pudding Sauce.**

To make the sauce beat together one tablespoonful cornstarch, two tablespoonfuls of butter and one-half cup of brown sugar. Set on the stove until heated, then turn in hot water, a little at a time, and cook until the consistency required. Add four tablespoonfuls grape or apple jelly, with spices or flavoring to taste, and serve hot.

**Remove Kerosene from Carpet.**

Take buckwheat flour and apply to spots on carpet. Let it remain for a few hours, and by the second application you will find your carpet free from any spots.

**WRITER OF REAL TALENT.**

**Evidently the Bushby Clarion Had a Genius on Its Staff.**

The editor of the Bushby Clarion leaned back in his chair and surveyed his visitor with a solemn and unsmiling gaze. "You want to know if there's any good reporter in this town?" he said, impressively. "Well, there is. There's Gid Hobart."

"What sort of work can he do?" asked the visitor.

"His capabilities haven't had their full chance yet," said the editor, slowly, "but he's getting on, and I'm afraid we shall lose him before long. Why, last week that fellow wrote a two-column account of a fire that was thrilling, I tell you!"

"Farmhouse, old mother, grandfather born there, and so forth, I suppose?" said the visitor.

"No, sir!" said the editor. "It was a deserted hen-house, that's what it was. I can tell you, that takes talent! We can't expect to keep Gid with us always.—Youth's Companion.

**NO SKIN LEFT ON BODY.**

For Six Months Baby Was Expected to Die with Eczema—Now Well—Doctor Said to Use Cuticura.

"Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood oozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness. Dr. C— gave her up. Dr. B— recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cuticura Soap and three boxes of Cuticura Ointment. James J. Smith, Durmid, Va., Oct. 14 and 22, 1906."

**WAIT TILL HE SEES THE BILL.**



"My husband has promised to allow me to choose what I want for my birthday."

"Oh, then there'll be no surprise this year."

"Won't there! I'll bet you there is, only he'll get it instead of me."

**Preparation for Knowledge.**

No man can learn what he has not preparation for learning, however near to his eyes is the subject. A chemist may tell his most precious secrets to a carpenter, and he shall be never the wiser—the secrets he would not utter to a chemist for an estate. God screens us evermore from premature ideas. Our eyes are hidden that we can not see things that stare us in the face until the hour arrives when the mind is ripened; then we behold them, and the time when we saw them not is like a dream.—Emerson.

**He Was Practical.**

"Young man, you write a good deal of poetry to my daughter."

"Yes, sir."

"It takes a practical man to support a wife."

"Well, it's this way. I have to write her an occasional letter, and I'm so busy at the office that I just copy the poetry to fill in."

The explanation was satisfactory.—Exchange.

**Simple Cleaning Process.**

Many of us embroider linen or lawn shirt waists, or linen center pieces and doilies, for our friends. Many of us, too, though naturally neat, will find our work soiled before it is finished. But if one desires to make up the material or give it to a friend without washing, it may be made perfectly clean by sprinkling thickly with French chalk and rolling up for a few days. The chalk may then be easily shaken out, and an immaculate gift presented without destroying the original finish of the fabric. I know from experience that this is as efficacious as it is simple.—Harper's Bazar.

**Spoon Cornbread.**

Over half a cupful of cornmeal pour a pint of hot milk and bring to a boil together. Add a saltspoonful of salt and stir in two tablespoonfuls of butter. Let it stand till lukewarm, then add four eggs well beaten, but not separated, turn into a buttered baking dish and cook half an hour in a quick oven. This is delicious eaten with maple syrup.

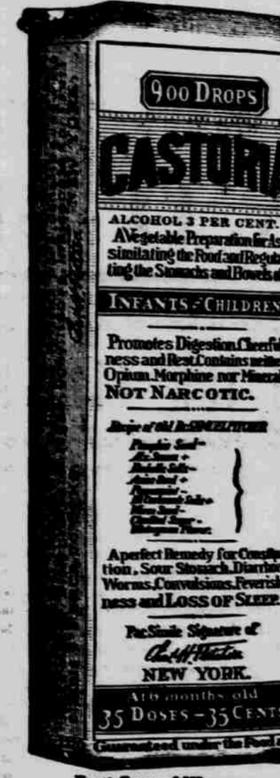
**One Must Rise to Fall.**

To fall from heaven it is necessary to have been there, if only for an instant, and this is more beautiful than to crawl on earth during one's entire life.—Theophile Gautier.

A New Jersey man, aged 81, had his wife, aged 65, arrested for spanking him. Another mollycoddle!

**Don't Poison Baby.**

**FORTY YEARS AGO** almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.



**Letters from Prominent Physicians addressed to Chas. H. Fletcher.**

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boorman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackay, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

**GENUINE CASTORIA ALWAYS Bears the Signature of**

*Chas. H. Fletcher*

**The Kind You Have Always Bought**

In Use For Over 30 Years.

**W. L. DOUGLAS SHOES**

\$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY.

W. L. Douglas's makes and sells shoes for men, boys, women, and children. They are made in the U.S.A. and are the best shoes in the world. They are made of the best materials and are made by the best workmen. They are made in the U.S.A. and are the best shoes in the world.

**W. L. DOUGLAS'S**

W. L. Douglas's makes and sells shoes for men, boys, women, and children. They are made in the U.S.A. and are the best shoes in the world. They are made of the best materials and are made by the best workmen. They are made in the U.S.A. and are the best shoes in the world.

**Chicago to New York**

via Lake Shore

LEAVE CHICAGO 9:00 A.M. ARRIVE NEW YORK 9:15 A.M.

All incoming morning trains from the West, Northwest and Southwest connect with this train in Chicago, and on arrival in New York passengers are landed in

**Grand Central Station**

The ONLY railroad terminal in New York City. Right in the heart of the hotel and residence district. Subway station under same roof. 15 minutes to Brooklyn without change.

A daylight ride along Lake Michigan, Lake Erie, through the Mohawk Valley and down the historic Hudson River.

CALL ON OR ADDRESS

L. W. LANDMAN, G. W. P. A. La Salle Street Station CHICAGO

WARREN J. LYNHOR Passenger Traffic Manager CHICAGO

**WIDOWS' PENSIONS**

under NEW LAW obtained by JOHN W. HARRIS, Official Agent, Boulder, Colorado, Salt Lake, Utah, and other cities.

W. N. U., LINCOLN, Mo., 22, 1908.

**100 FARMS FREE**

Typical Farm Scene, Showing Stock Raising in WESTERN CANADA

Some of the choicest lands for grain growing, stock raising and mixed farming in the new West. Tracts of 100, 200, 400 and 800 acres. Many of these lands are now available in these great grain-growing, stock-raising and mixed farming sections.

These you will find beautiful climate, good neighbors, churches for family worship, schools for your children, good lands, splendid crops, and railroads convenient to market.

Entry fee in each case is \$10.00. For particulars, "Last Best West," particulars on to name, routes, best time to go and where to apply, apply to

V. V. BENNETT, 301 New York Life Building, Omaha, Nebraska.

**HOMESEEKERS NEW TERRITORY**

**PUBLIC LAND OPENING**

under the Carey law, along irrigation canal now finished; land with perpetual water right, \$10 to \$15 per acre on long time and small payments; also irrigable homesteads. Homestead and wife are entitled to a section of 160 acres, productive irrigable public land near Salt Springs, Wyoming. Free timber for fuel and improvement; white pine lumber, 100 per thousand; forest of fishing and large and small game hunting; millions of acres of good year-around free range. Ready for entry June 4, 1908. For official bulletins, post cards, send four cents in stamps to L. S. TRAPP, Official Agent, Boulder, Colorado, Salt Lake, Utah, and other cities. If you are coming west at once. No drawing for numbers.

**PILES**

ARRIS' PILE EXPELLER. It is a SPECIFIC. It is a BLOOD-PURIFIER. It is a TISSUE-RESTORER. It is a PAIN-RELIEVER. It is a CURE. It is a BLESSING. It is a LIFE-SAVER. It is a MIRACULOUS. It is a WONDERFUL. It is a GREAT. It is a BEAUTIFUL. It is a PERFECT. It is a COMPLETE. It is a TOTAL. It is a FULL. It is a SUFFICIENT. It is a NECESSARY. It is an ESSENTIAL. It is an INDISPENSIBLE. It is an ABSOLUTE. It is a POSITIVE. It is a CERTAIN. It is a DUBIOUS. It is a QUESTIONABLE. It is a DOUBTFUL. It is a SUSPICIOUS. It is a SUSPECTED. It is a SUSPECT. It is a SUSPICION. It is a SUSPECTIVE. It is a SUSPECTOR. It is a SUSPECTORIAL. It is a SUSPECTORIALITY. It is a SUSPECTORIALITY.

**WIDOWS' PENSIONS**

under NEW LAW obtained by JOHN W. HARRIS, Official Agent, Boulder, Colorado, Salt Lake, Utah, and other cities.

W. N. U., LINCOLN, Mo., 22, 1908.