A School for Bakers.

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

Delicious Summer Luncheons

In hot weather things must look and taste just right. What more dainty and tempting than

Libby's Melrose Pate

a delicately seasoned combination of Game, Ham and Tongue; or more appetizing for supper or breakfast than **Libby's Corned Beef Hash? Libby's Home-made Pork and Beans** are like all of **Libby's (Natural Flavor) Food Products**, cooked ready to serve. Put up in convenient key-opening cans.

FREE—the booklet "How to Make Good Things to Eat." Send five 2c stamps for Libby's big Atlas of the World.

Libby, McNeill & Libby
Chicago

FREE TO WOMEN!

To prove the healing and cleansing power of **Paxtine Toilet Antiseptic** we will mail a large trial package with book of instructions **absolutely free.** This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in **local treatment of female ills,** curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash, and to remove tartar and whiten the teeth. Send to-day; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed.
R. PAXTON CO., 218 Columbus Ave., Boston, Mass.

WESTERN CANADA has **FREE HOMES** for millions. Upwards of 100,000 Americans have settled in Western Canada during the past 5 years. They are CONTENTED, HAPPY AND PROSPEROUS, and there is room still for MILLIONS. Wonderful yields of Wheat and other grains. The best Grazing Lands on the Continent. Magnificent climate, plenty of water and fuel. Good schools, excellent churches, and splendid railway facilities. All in the

FREE HOMESTEAD LANDS OF MANITOBA, ASSINIBOIA, SASKATCHEWAN AND ALBERTA.

Send to the following for an Atlas and other literature telling of the great resources of the country, as well as for certificates giving you reduced rates, etc.: Superintendent of Immigration, Ottawa, Canada, or to W. V. Bennett, 801 New York Life Bldg., Omaha, Neb., Agent for the Government of Canada.

Ely's Cream Balm
WILL CURE
CATARRH

Druggists, 50 Cts.
Apply Balm into each nostril.
ELY BROS., 56 Warren St., N.Y.

SOCIETY WRECKED HER HEALTH.

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

Pe-ru-na Renovates, Regulates, Restores.

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

Mrs. J. E. Finn, 82 East High street, Buffalo, N. Y., writes:
Peruna Medicine Co., Columbus, Ohio.

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

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

Catarrh Causes Female Diseases.

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

In female complaint, ninety-nine cases out of one hundred are nothing but catarrh.

Peruna cures catarrh wherever located.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O., for free advice.

A French physician removes most foreign bodies from the ear by sucking them in a soft rubber tube.

Always look for this trade mark: "The Klean, Kool Kitchen Kind." The stoves without smoke, ashes or heat. Make comfortable cooking.

Daniel Webster said: "All national wealth depends upon an enlightened agriculture."

Carpets can be colored on the floor with PUTNAM FADELESS DYES.

The man who lets the world, or his own portion of it, choose his plan of life for him, has no need of any other faculty than the apelike one of imitation.—J. S. Mill.

Never Goes Amiss.

A woman never hits what she aims at unless she throws a kiss.—Somerville Journal.

He Paid For It.

Jim—"That is a beautiful spring hat that Mrs Dimpleton has on.

Jam—"Yes; but I'll bet you the hat is really on her husband.

If you want to see a funny picture hunt up a photograph of yourself taken twenty or thirty years ago.

What Is an Altar.

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

Like Underwear.

"Where is that big blustery fellow who was boasting that he was all wool and a yard wide"

"Oh, the boys turned the hose on him and he shrunk."—Kansas City Journal

Indirect Answer.

Borem—"Do you believe that suicide is a sin?

Miss Caustic—"Well, in your case, I think it would be permissable."

A Good Fire Extinguisher

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

A Sensational Case.

Alston, Mich., May 25.—Houghton County has never witnessed a more striking medical case than that of Mr. James Culet of this place.

Mr. Culet had spent a small fortune with the best physicians in the county and in addition to this he has tried every medicine he could hear of.

He had a very bad case of Rheumatism and Kidney Trouble, from which he had suffered for twenty years. Nothing he could get seemed to do him any good, and he was gradually growing worse.

He has no Rheumatism now and explains it thus:

"One day I happened to see an advertisement of Dodd's Kidney Pills and decided to try them.

"I made up my mind to give them a good, fair trial, as my case was a very bad one and was of over twenty years' standing.

"I used altogether 42 boxes and I can truthfully say that they have driven out every trace of the Rheumatism.

"I feel like a new man, and I can and do most heartily recommend Dodd's Kidney Pills for Rheumatism and Kidney Trouble."

W. L. DOUGLAS $3.50 and $3.00 Shoes Union Made

You can save from $3.00 to $5.00 yearly by wearing W. L. Douglas $3.50 or $3 shoes. They are just as good in every way as those that have been costing you from $4.00 to $5.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes. Sold by retail shoe dealers everywhere. The genuine have name and price stamped on the bottom. Take no substitute. *Fast Color Eyelets used.* W. L. Douglas $4 Gilt Edge Line cannot be equaled at any price.

Established 1876.

The Douglas secret process of tanning the bottom soles produces more flexible and longer wearing leather than any other tannage. The sales have more than doubled the past four years, which proves its superiority.
1909 Sales: $2,203,823.21
1910 Sales: $3,024,349.09

W. L. Douglas makes and sells more men's Goodyear welt (hand-sewed process) shoes than any other manufacturer in the world.
$25,000 Reward will be paid to anyone who can disprove this statement. Made of the best imported and American leathers.

Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

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

A MILLION GRANDMAS all over America point to CASCARETS Candy Cathartic as the most perfect family medicine ever discovered. Good, kindly, tender-hearted old soul—grandma tries to help others by telling of the good things she has learned through experience, and so the sale of CASCARETS is nearly A MILLION BOXES A MONTH. The wisdom of years of experience with her own health, and grandpa's and her children's, and her children's children's has taught grandma that in CASCARETS Candy Cathartic has been discovered THE ONLY PERFECT FAMILY MEDICINE for all bowel troubles, children's diseases, diseases of the stomach and liver, sick headaches, biliousness and bad blood. Best for the Bowels. All druggists, 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped CCC. Guaranteed to cure or your money back. Sample and booklet free. Address Sterling Remedy Co., Chicago or New York. 584

HOUSEHOLD DEPARTMENT

Mock Chicken Croquettes.

Two cups of rye bread—home-made is the best—chopped fine, one cup of chopped English walnuts. Mix together and chop again with a tablespoonful of butter, an even tablespoonful of grated lemon, a scant tablespoonful of ground mace. Melt a heaping tablespoonful of butter in a saucepan with half a tablespoonful of flour and add gradually to a cupful of rich milk; when this comes to a boil add the other ingredients, salt and pepper to taste, then stir in two well-beaten eggs, remove from the fire and add a tablespoonful of lemon juice; turn out on a platter to cool, form into cylinders, dip in egg and breadcrumbs, as usual, and fry in boiling fat.

Rolls.

Sift a quart of flour with a teaspoonful of salt and rub into the flour a tablespoonful of butter. Dissolve a third of a yeast cake in a little warm water and stir it into a cup of fresh, blood-warm milk. Add a heaping teaspoonful of sugar and pour all into the flour. Mix to a sponge and set to rise for six hours. Stir thoroughly and set for two hours more, then add just enough flour to allow you to knead it, turn upon a floured board and knead for three minutes. Cut into rounds, butter these lightly and fold over upon themselves, making a half-circle. Set to rise for two hours and bake in a hot oven.

Baked Tapioca Pudding.

Soak a cup and a half of tapioca two hours in a quart of rich milk, put in a double boiler and cook until the tapioca looks clear. Remove from the fire, stir into it two slightly heaped tablespoonfuls of butter and a scant half cup of sugar. When cold add four eggs, beaten light, and flavor with vanilla or the rind of a lemon grated and added when the tapioca is cooking. Butter a mold, sprinkle with dried breadcrumbs, turn the mixture into it and bake. Turn out on a platter and serve hot with a foaming sauce.

Soft or Fondant Icing.

Boil slowly, without stirring, a pound of granulated sugar and a gill of water until a little dropped from the tip of a fork looks like a floating hair. Set aside until a little more than blood-warm, then begin to stir steadily and keep this up until you have a smooth, white mass. If it hardens too quickly set the vessel containing it in an outer one of boiling water in order to soften it enough to put on the cake. Flavor to taste, pour over the cake and smooth with a knife dipped in boiling water.

Salmon Turbot.

Put a tablespoonful of butter in a double boiler. When melted mix in one tablespoonful of flour and add one pint of milk. Cook until quite thick. Then take one can of salmon and make in baking dish, putting in one layer of salmon, then one of thickened milk with two hard-boiled eggs chopped into it, salmon again, then milk, and so on until all is used. Sprinkle breadcrumbs on top and bake till brown in hot oven. —Good Housekeeping.

How to Chop Parsley.

If the parsley is wet, dry it thoroughly with a towel. Then pick the leaves from the stems, gather the leaves closely between the thumb and two fingers, press tightly, and hold on a board. With a sharp, pointed knife cut through the parsley as close to the fingers as possible. In this way each stroke of the knife does the work completely, the parsley is minced fine and evenly, and does not have to be gone over again.

When Cleaning Silver.

You should add a few drops of liquid ammonia, or whisky, to prepared chalk and water, when cleaning silver, if you want your silver to look its best. Remember that all powder must be carefully brushed out of all crevices with a soft brush before the final polishing.

Finger Marks on Paint.

Finger marks on paint can be removed by rubbing with a damp cloth dipped in prepared chalk. Never put soda in the water you use for washing paint. It injures delicate colors.

Stains on China.

These can be removed by rubbing with salt or powdered bath brick. These remedies can also be used for cleaning an enamel saucepan that is stained or burnt.

Brief Suggestions.

Use bacon fat for basting or frying chicken or game. It imparts a delicate flavor.

To cool a mold of jelly quickly place it in a vessel full of cold salted water and set it in a cool cellar.

A too large cork will often fit a bottle quite well after it has been soaked in boiling water for a few minutes.

Pastry should be cooled off in a warm room; taking it suddenly from the oven to a cold larder will make it heavy.

When cooking acid fruits if a small pinch of carbonate of soda be added less sugar will be needed and the flavor will be greatly improved.

Try small potatoes cooked thus: Boil the potatoes in their skins. When cooked remove the skin by rubbing in a cloth, drop into boiling fat to brown quickly. Drain and serve at once.

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

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

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

FREE MEDICAL ADVICE TO WOMEN.

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

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

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

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

"DEAR MRS. PINKHAM:—I write to tell you what **Lydia E. Pinkham's Vegetable Compound** has done for me.

"I was suffering with falling of the womb and could hardly drag about, but after taking five bottles of **Lydia E. Pinkham's Vegetable Compound** I was completely cured. I am now a well woman and able to do all my work.

"I think your medicine one of the best remedies in the world."—MRS. J. M. LEE, 141 Lyndal St., Newcastle, Pa.

"DEAR MRS. PINKHAM:—**Lydia E. Pinkham's Vegetable Compound** has done a great deal for me. I suffered so much from falling of the womb and all the troubles connected with it. I doctored for years with doctors and other remedies but received only temporary relief.

"I began taking your medicine, and had not taken it long before I was feeling better. My husband said that I should keep right on taking it as long as it gave me relief from my suffering, as I could not expect to be cured by one or two bottles. I did so and am now able to be on my feet and work hard all day, and go to bed and rest at night. Thanks to your Vegetable Compound I am certainly grateful for the relief it gave me. It is the mother's great friend. I would not be without it in my house, for when I feel tired or out of sorts I take a few doses and feel all right.

"I would recommend your medicine to all tired mothers, and especially to those suffering as I was."—MRS. R. F. CHAMBERS, Bennet, Neb.

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

A Skin of Beauty Is a Joy Forever.
DR. T. FELIX GOURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER.

Removes Tan, Pimples, Freckles, Moth Patches, Rash, and Skin diseases, and every blemish on beauty, and defies detection. It has stood the test of 57 years, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name. Dr. L. A. Sayre said to a lady of the haut-ton (a patient): "As you ladies will use them, I recommend 'Gouraud's Cream' as the least harmful of all the Skin preparations." For sale by all Druggists and Fancy-Goods Dealers in the U. S., Canadas and Europe.
FERD. T. HOPKINS, Prop'r, 37 Great Jones St., N. Y.

The Rote System.

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

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

The mourning color for unmarried women in Brazil is scarlet, and the young ladies look quite gay in it.

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

Respect for Spinsters.

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

Many an honest man eats pie with a knife.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 931 Arch St., Philadelphia, Pa.

Some things are better forgotten then remembered.

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

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

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

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

Potato Shells.

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

Indians are occasionally troubled with red aunts.

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

Literature is the immortality of speech.—Schlegel.

A little gall spoils much honey.—Portuguese proverb.