

CHANGE IN THE HOME.

Good Thing to Get Away from Monotony of Sameness.

There are hundreds of women who clean house and every article, even down to an insignificant little pin cushion, is put right back in its old accustomed place. There is nothing so monotonous as a house forever presenting the same appearance. It is pleasant to make a cheerful change in every room. There is a woman who makes it a rule to always change some of her pictures. She has a number of beautiful frames, so she selects new prints for them. The best masters are copied and it is possible to secure beautiful pictures for only a little money. Then the old prints may be put away for future use. It has a great deal to do with making home look a little more cheerful. Women have learned that a few good articles in a room are more artistic than a great amount of gaudy furniture, and this new regime of household affairs is responsible for less work, too. In this age, when there is every convenience imaginable, it really seems strange that any well-regulated household would need the assistance of servants only on special occasions. But it seems the more women have to work with, the less able are many to do even a little work without having the assistance of a hired girl. To properly manage a home every woman must use her brains to save her strength, and many do, but there are a great many who merely exist in houses and do not live in homes.

LINEN FOR THE KITCHEN.

Good Housekeeper Pays Much Attention to This.

The kitchen department should receive the same careful attention that is lavished on the more showy table linen.

The homely things of the kitchen may not be quite as apparent to your guests as the napkins and doilies, but there is a great peace and self-respect for the housekeeper in the knowledge of neat piles of towels and dusters.

A dozen crash towels of two grades, coarse for kitchen utensils and finer for china; a dozen glass towels for silver, glass and porcelain; a half-dozen heavy crash floor cloths; a half-dozen dish cloths; a dozen dusters of cheese cloth, or, as some greatly prefer, silk-aleen; a half-dozen roller towels; two or three cotton flannel bags to pin over the broom in dusting polished floors, and three chamolins skins for polishing silver or brass—all these hemmed by machine if need be, by hand if possible, and marked with red cross stitch in a uniform manner—all these are essential to neat work in the kitchen.

She Made Pretty Portieres.

It is not always easy to secure material for portieres that are at once pretty and inexpensive. One woman who has been searching the town over for a fabric combining the two qualities was almost in despair when a friend, a decorator, suggested that she get mocha canvas for her sleeping-room doors and velveteen in a soft reseda shade for her library doorway. As the walls were green the colors harmonized charmingly, and all told did not cost more than \$12 for the two pairs.

The canvas is loosely woven and resembles burlap in appearance, though much softer, and hangs much more gracefully. It costs 50 cents a yard, and is very wide. The velveteen, which is also double width, can be obtained in a number of soft colorings, and while handsome is not so rich looking that it kills everything else in the room. It is especially effective with mahogany or dark oak and with Circassian walnut.

Rhubarb Pie.

Rhubarb is now plentiful in all markets, and the head of the family is pretty sure to ask for the sort of rhubarb pie "that mother used to make."

Two and one-half cups flour, one-half cup butter, one-half cup lard, one-half cup water, one-quarter teaspoon baking powder. Sift flour with powder; rub in lard and butter cold; add the water; mix into a smooth dough. One and a half bunches rhubarb, one and a half cups sugar. Cut fruit in small pieces after stripping off skins, cook it very fast in shallow stewpan, with sugar. Line pie plate with the paste; wet rim; add rhubarb, cold; lay three bars paste across, fastening ends; lay three more across, forming diamond-shaped spaces; lay around a rim, wash over with egg, and bake in a quick oven 15 minutes.

Oven Suggestions.

To have the oven at just the right degree of heat is one of the most important points in cooking.

A simple and easy test is to put a piece of white paper in the oven, says a practical housekeeper.

If the paper becomes dark brown the heat is at the proper temperature for pies. If it is a light brown you can cook tarts.

For bread, heavy cakes like pound or fruit, meat pies or roast meat, the paper should turn a dark yellow, while if it is just tinged with color the oven is fit for delicate cookies, such as kisses, meringues of all sorts and sponge cake.

Maitre d'Hot: Butter.

Put a quarter pound butter, the juice of two lemons, two tablespoons chopped parsley, salt and pepper in a basin, mix well and stand on the ice until needed. This will keep almost a week and is nice spread upon a juicy porterhouse steak.

(From The Chicago Tribune.)

ADVICE TO RHEUMATICS

Noted Physician Tells How to Prevent and Cure Rheumatism, Kidney and Bladder Troubles.

(By Geo. Edmund Flood, M. D.)

If you would avoid Rheumatism and Kidney and Bladder Troubles, be moderate in the consumption of heavy, rich foods, substitute as far as possible soups, broths, fresh milk and drink water—lots of water. Take plenty of time to eat, and don't eat after you have had enough, even if it does taste good. If your work is confining take a moderate amount of exercise each day in the open air.

Of course, neither diet, water, rest nor exercise will cure these afflictions. I advise them as preventives only. For the benefit of the readers of this article who are now afflicted with Rheumatism, Kidney, Bladder or Urinary trouble, and desire to be cured quickly, I give below, complete in every detail, the famous prescription which has made me so successful in the treatment of these diseases. It is the most certain cure for these diseases that I have ever used. It is pleasant to take, it is not expensive, it can be filled by any druggist, and I believe it is the greatest prescription for Rheumatism, Kidney and Bladder Trouble ever written. It is also a valuable spring tonic and blood purifier. If you are a sufferer, save this, take it to your druggist and have it filled, or get the ingredients and mix them at home.

Fluid Extract Cascara Aromatic, 1/2 ounce.

Concentrated Barkola Compound, 1 ounce.

Fluid Extract Prickly Ash Bark, 1/2 drachm.

Aromatic Elixir, 4 ounces.

Adult dose, take one teaspoonful after meals and at bedtime; children, one-fourth to one-half teaspoonful after meals.

After you are cured follow the advice I have given you in regard to diet, exercise and water, and you will not need the services of a physician again for these ailments.

Other papers are privileged to copy.

GONE FOREVER.

Ten years ago a farmer put his initials on a dollar bill. The next day he went to the nearest town and spent it with a merchant. Before the year was out he got the dollar back. Four times in six years the dollar came back to him for produce and three times he heard of it in the pocket of his neighbors.

The last time he got it back four years ago. He sent it to a mail order house. He never has seen that dollar since, and never will. That dollar bill will never pay any more school or road tax for him, will never build or brighten any of the homes of the community. He sent it entirely out of the circle of usefulness to himself and his neighbors.

Patronize your local merchant who helps you to pay your taxes, support your schools and churches, and lends a helping hand in times of sickness and trouble.

Out of His Line.

A man living in the country far from any physician was taken suddenly ill. His family, in great alarm, not knowing what to do, sent for a neighbor, who had a reputation for doctoring cows.

"Can't you give father something to help him?" asked one of the sons.

"Wa-al, I don't know nothin' about doctorin' people."

"You know more than we do, for you can doctor cows. Now what do you give them when they are sick?"

"Wa-al," I alters give Epsom salts. You might try it on him."

"How much shall we give him?" inquired the son.

"Wa-al, I give cows just a pound. Your father is a quarter as big as a cow—give him a quarter of a pound."

APPENDICITIS.

Not at All Necessary to Operate in Many Cases.

Automobiles and Appendicitis scare some people before they are hit.

Appendicitis is often caused by too much starch in the bowels. Starch is hard to digest and clogs up the digestive machinery—also tends to form cakes in the cecum. (That's the blind pouch at entrance to the appendix.)

A N. H. girl had appendicitis, but lived on milk for awhile—then Grape-Nuts and got well without an operation.

She says: "Five years ago while at school, I suffered terribly with constipation and indigestion." (Too much starch, white bread, potatoes, etc., which she did not digest.)

"Soon after I left school I had an attack of appendicitis and for thirteen weeks lived on milk and water. When I recovered enough to eat solid food there was nothing that would agree with me, until a friend recommended Grape-Nuts.

"When I began to eat Grape-Nuts I weighed 98 lbs., but I soon grew to 115 lbs. The distress after eating left me entirely and now I am like a new person."

(A little Grape-Nuts dissolved in hot water or milk would have been much better for this case than milk alone, for the starch of the wheat and barley is changed into a form of digestible sugar in making Grape-Nuts.) Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

A MISSOURI WOMAN

Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 603 West Hickman St., Columbia, Mo., says: "Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water.



There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

HOW CLASSIC WAS WRITTEN.

Bret Harte's Great Poem Result of an Inspiration.

The war correspondent, Frederic Villiers, has recorded a talk with Bret Harte apropos of the poem, "Dickens in Camp." "We all felt his loss most keenly in the States," said Harte:

"On hearing of his death (I) sat down about three in the afternoon to write an editorial on the great author. I wrote one and then tore it up. Then another, after much pains, was written. This did not please me, so I tore it up. I wrote yet another and threw it into the waste paper basket; it would not do. It was getting late, and I was now keeping the paper waiting for press. I was drumming on my desk, absolutely without another thought in my head; I had run dry. Suddenly I mechanically began to write and the result was the thing you seem to like so much. Well, Mr. Villiers, you are not far out. I like it, too."

BLOOD GETS SOUR.

Gives Advice and Tells of Simple Home Mixture.

At this time of year, says a well-known authority, the kidneys become weak, clogged and inactive, failing to filter out the poisons and acids, which sour the blood, causing not only facial and bodily eruptions, but the worst forms of Rheumatism, Nervous and Stomach troubles, Backache and painful, annoying urinary afflictions.

It is worth anyone's time now to get from some good prescription pharmacy the following ingredients: Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Mix by shaking well in a bottle and take in teaspoonful doses after your meals and at bedtime.

This simple home-made mixture will force the kidneys to normal, healthy action, so they will filter and strain all uric acid and poisonous waste matter from the blood, and expel this in the urine, at the same time restoring the "full blood count"—that is, 95 per cent. red blood corpuscles—which is absolutely indispensable to perfect health.

HENS KNEW THEIR BUSINESS.

Never Would They Lay Anything but the Freshest of Eggs.

There is a German dairyman and farmer, whose place is not far from Philadelphia, who greatly plumes himself upon the absolute superiority of his products above all others in the vicinity.

On one occasion he personally applied to a Germantown housekeeper for a transfer of her custom to himself. "I heard dot you had a lot of drouble with dot dairyman of yours," he said. "Yust you gif me your gustom and der vill be no drouble."

"Are your eggs always fresh?" asked the woman.

"Fresh!" repeated the German, in an indignant tone. "Let me dell you madam, dot my hens nofer, nefer lay anything but fresh eggs!"

SKIN SORE EIGHT YEARS.

Spent \$300 on Doctors and Remedies but Got No Relief—Cuticura Cures in a Week.

"Upon the limbs and between the toes my skin was rough and sore, and also sore under the arms, and I had to stay at home several times because of this affliction. Up to a week or so ago I had tried many other remedies and several doctors, and spent about three hundred dollars, without any success, but this is to-day the seventh day that I have been using the Cuticura Remedies (costing a dollar and a half), which have cured me completely, so that I can again attend to my business. I went to work again to-night. I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Fritz Hirschlauff, 24 Columbus Ave., New York, N. Y., March 29 and April 6, 1906."

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it is

Bears the Signature of *Dr. J. C. H. Fletcher.* In Use For Over 30 Years. The Kind You Have Always Bought.

Discovery of Alcohol.

Alcohol was discovered in the thirteenth century.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

A bird in the bush is worth three in the hand—from the bird's viewpoint.

Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES, fast, bright, durable colors.

No conquest is so severe as his who labors to subdue himself.—T. A. Kempis.

Lewis' Single Binder cigar—richest, most satisfying smoke on the market. Your dealer or Lewis' Factory, Peoria, Ill.

The Lutheran church has recently issued a call for 3,000 new ministers to fill vacancies in that denomination.

Take Garfield Tea in the Spring—it will save you many days of headache, lassitude and general ill health. This natural laxative purifies the blood, cleanses the system and establishes a normal action of liver, kidneys and bowels.

His Occupation.

"What is your occupation?" the magistrate asked John White the other day in the Westminster police court, London. "I steal pewter pots," replied the candid Mr. White.

Famous Book Free.

Every reader of this paper can get free of charge one of Dr. Coffee's famous books which tells of a new method by which persons afflicted with Deafness, Head Noises, Sore Eyes, Failing Sight from any cause, can cure themselves at home at small expense.

Write a letter immediately to Dr. W. O. Coffee, 389 Century Bldg., Des Moines, Ia.

Beet Sugar in the Front.

One hundred years ago the West Indies supplied about one-half of the world's sugar, but the industry is on the decline. The world's crop of beet sugar is now about 5,800,000 tons.

THE CHANGE OF LIFE

Sensible Advice to Women from Mrs. Henry Lee, Mrs. Fred Certia and Mrs. Pinkham.



MRS. HENRY LEE

MRS. FRED CERTIA

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

This is the most critical period of her whole existence and every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition or she is predisposed to apoplexy or congestion of any organ, the tendency is at this period likely to become active and with a host of nervous irritations make life a burden. At this time also cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, melancholia, dread of impending evil, palpitation of the heart, irregularities, constipation and dizziness are promptly heeded by intelligent women who are approaching the period of life when this great change may be expected.

Mrs. Fred Certia, 1014 So. Lafayette Street, So. Bend, Ind., writes:

"Dear Mrs. Pinkham:—

"Lydia E. Pinkham's Vegetable Compound is the ideal medicine for women who

are passing through Change of Life. For several months I suffered from hot flashes, extreme nervousness, headache and sleeplessness. I had no appetite and could not sleep. I had made up my mind there was no help for me until I began to use Lydia E. Pinkham's Vegetable Compound, my bad symptoms ceased, and it brought me safely through the danger period, built up my system and I am in excellent health. I consider Lydia E. Pinkham's Vegetable Compound unsurpassed for women during this trying period of life."

Mrs. Henry Lee, 60 Winter Street, New Haven, Conn., writes:

"After suffering untold misery for three years during Change of Life I heard of Lydia E. Pinkham's Vegetable Compound. I wrote you of my condition, and began to take Lydia E. Pinkham's Vegetable Compound and followed your advice, and to-day I am well and happy. I can now walk anywhere and work as well as anyone, and for years previous I had tried but could not get around without help. I consider your medicine a sovereign balm for suffering women."

Women passing through this critical period should rely upon Lydia E. Pinkham's Vegetable Compound. If there is anything about your case you don't understand write to Mrs. Pinkham, Lynn, Mass., for advice. It is free and has guided thousands to health.

When a medicine has been successful in restoring to health, actually thousands of women, you cannot well say without trying it, "I do not believe it will help me." It is your duty to yourself and family to try Lydia E. Pinkham's Vegetable Compound.

Those who believe in *quality* use

KC BAKING POWDER

25 ounces for 25 cents

Made from pure, carefully tested materials.

Makes all baking healthful.

Why pay more for inferior powders?

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\$3.00 AND \$3.50 SHOES

W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.

SHOES FOR EVERYBODY AT ALL PRICES:

Men's Shoes, \$3 to \$15.00. Boys' Shoes, \$3 to \$1.25. Women's Shoes, \$4 to \$1.00. Misses' & Children's Shoes, \$2.25 to \$1.00.

W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost. If I could take you into my huge factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other makes.

W. L. Douglas name and price is stamped on the bottom, which protects the wearer against high prices and inferior shoes. *Failure to buy this shoe is the best shoe deal you will ever miss.* Fast Color Goods used exclusively. Catalog mailed free. W. L. DOUGLAS, Brockton, Mass.

BATH OF BEAUTY



For Preserving, Purifying and Beautifying the Skin, Scalp, Hair, and Hands.

Cuticura Soap combines delicate medicinal, emollient, sensitive, antiseptic properties derived from Cuticura, the great Skin Cure, with the purest and most efficacious ingredients, and most refreshing of flower odors. Deposits: London, 27 Charterhouse St.; Paris, 8 Rue de la Paix; Australia, H. Town & Co., Sydney; India, H. B. Paul, Calcutta; S. Africa, L. S. Brown, Ltd., Cape Town, etc., etc. Sole Props. Ave. Porter Drug & Chemical Co., Inc., Columbus, Mo. Mailed Free. How to Preserve, Purify, and Beautify the Skin, Scalp, Hair, and Hands.

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PAXTINE

cleanses and heals mucous membranes in the throat, nose, ears, eyes, etc., and relieves such ailments as nasal catarrh, pelvic catarrh and inflammation caused by feminine ills; sore throat, sore lungs and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT CANNOT BE RETURNED TO THE GIVER.

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SORE NECKS OR BACKS ON HORSES AND MULES

IT HEALS THEM ANYWAY IN HARNESS, UNDER SADDLE OR IDE

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enlists for four years young men of good character and sound physical condition between the ages of 17 and 25 as apprentices; opportunities for advancement; pay \$10 to \$19 a month. Electricians, machinists, blacksmiths, coopersmiths, yeomen (clerks), carpenters, shipfitters, broilers, musicians, cooks, etc., between 31 and 35 years, enlisted in special ratings with suitable pay; hospital apprentices, 18 to 25 years. Retirement on four months pay and allowances after 9 years service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to point of enlistment. Bonus four months pay and increase in pay upon re-enlistment within four months of discharge. Officers at Annapolis and Hattings, Nebraska. Also, during winter, at the Midway and Midway City, Iowa. Address NAVY RECRUITING STATION, P. O. 916, OMAHA

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INVENTIONS NEEDED

Eastern workers and save labor on farms. MAISON, PENNSYLVANIA, & L. A. W. H. R. C. Patent Lawyers, 200 Washington, D. C. Est. 1861. Models free. Best references.