

**A NOVELTY IN PUDDINGS.**

**Carrot Fruit Pudding a Delicious Addition to the Menu.**

A fruit carrot pudding is a novelty which I urge you to try. A hostess never makes a mistake in having a hot fruit pudding at a dinner where men are present, for it is a universal favorite. Free one cupful of beel suet from membranes, and work until creamy, which may be most easily accomplished by using the hands. Add two and two-thirds cupfuls of stale bread crumbs and one cupful of grated carrot. Beat the yolks of four eggs until very light, and add gradually, while beating constantly, one and one-third cupfuls of brown sugar. Combine the mixtures, and add the grated rind of one lemon and one tablespoonful of strong vinegar. Mix one cupful of raisins that have been seeded and cut in pieces three-fourths of a cupful of currants; then dredge with one-third cupful of flour mixed and sifted with one and one-half teaspoonfuls of salt, one teaspoonful of cinnamon, one-half teaspoonful of grated nutmeg and one-fourth of a teaspoonful of cloves. Add this to the mixture, then also add the whites of four eggs beaten until stiff. Turn into a buttered mold decorated with raisins and citron cut in diamond shaped pieces, and adjust the cover.

A few currants will adhere to the mold if it is well buttered. Place the mold on a trivet in a kettle containing boiling water, allowing water to come half way up around the mold. Cover closely, and steam three and one-half hours, adding more boiling water as needed. Remove from the mold, and serve with sterling sauce. Cream one-fourth of a cupful of butter, using a small wooden spoon; then add gradually, while beating constantly, one cupful of brown sugar mixed with three-fourths of a tablespoonful of flour. Add very gradually three tablespoonfuls of sherry or Madeira wine, the yolks of two eggs well beaten, and one-half cupful of milk. Cook over hot water, stirring constantly, until the mixture thickens. Pour onto the well beaten whites of two eggs, cook one minute, and serve.—Woman's Home Companion.

**THE HOME.**

Tiling is not only used in the bathroom, but is becoming popular for the vestibule and conservatory.

In making cheese balls to serve with a lettuce course, work ground nuts into the cheese and note the delicious flavor this imparts.

A new idea is to serve marshmallow on a cup of chocolate. It softens the marshmallow and gives a dainty flavor to the chocolate.

When making apples or any fruit pie always place the quantity of sugar required on lower crust first and it will bake more satisfactorily.

Keep a supply of emery paper in the kitchen as it removes rust and bad blemishes from the stove and is also useful for cleaning rust from any of the kitchen articles.

For a housewife who does her own work a one-piece white oilcloth apron, with bib and sleeves, bound with white tape, protects dresses and saves laundering of shirt waists and kitchen aprons.

To clean plaster of paris pieces brush as clean as possible, then give a coating of whiting and water. Your pieces will look like new. When very dirty wash carefully, dry and brush with the liquid whiting.

**Roast Beef with Yorkshire Pudding**  
Remove the ribs and pull firmly and fasten with skewers; place in a baking pan, dredge with flour and lightly with pepper. Pour into this pan some hot water, bake an hour and a half. Half an hour before it is done sprinkle with salt, make the pudding and put under the meat in the dripping pan.

**Yorkshire Pudding.**—One and one-half cups of flour, two even teaspoons of baking powder, one small teaspoon of salt; mix well, sift them together, add three eggs well beaten, one tablespoonful of melted butter, one pint of sweet milk. Pour the batter into the pan with the drippings and bake 20 minutes. Cut into squares and serve around the roast.

**Bechamel Sauce.**  
Three level tablespoons butter, three level tablespoons flour, one-half level teaspoon salt, dash of nutmeg, dash of cayenne, one and one-half cups hot stock, three-fourths cup cream, two egg yolks beaten lightly, one and one-half tablespoons lemon juice.  
Melt the butter and when hot add the flour, salt, nutmeg, and cayenne. When blended add the hot stock gradually. Str until thick and smooth, and cook for five minutes; add the cream, cook one minute; then beat in the egg yolks and lemon juice.

**Ironing Pad from Old Blanket.**  
A three cornered pad made from several thicknesses of old blanket or table padding and covered with a man's old pocket handkerchief or a piece of old linen is convenient to slip underneath embroidered monograms on table and bed linen or the hand embroidery on waists and lingerie, which are so much more effective when ironed over a heavy pad. If a loop of tape is sewed to one corner the pad can be hung on the ironing board.

**Baked Turnips.**  
Peel; slice thin and cook 15 minutes in salted water; drain, place in a buttered baking dish and pour over them a cup of good, clear stock, seasoned with salt, pepper, nutmeg, and, if liked, a teaspoonful of sugar. Bake until tender, basting often. Serve in a hot dish with the pan gravy, which should be slightly thickened, poured over them.

**PRODUCTIVE POWER OF WESTERN CANADA SOIL**

Winnipeg Correspondence.

There has never been any who have doubted the productiveness of the soil of Western Canada, but there are sometimes found those who question the fact of its superiority. During the past season it has been shown that in grain raising qualities it possessed the very best. The late spring prevented grain being sown in many cases before the middle of May. Yet, a large percentage of that sown at that time produced excellent yields. Had it not been for the frost early in August, which visited most of the north half of the continent, there would have been a magnificent yield in every district in Western Canada. Throughout the Southern Alberta district where about 100,000 acres was sown to winter wheat the yield will be enormously large. There are vast tracts of valuable grain growing land in Western Canada that are available for homesteads, the Canadian Government giving 160 acres free, and entry may be made by proxy, by any near relative, thus saving considerable cost to the American who may have entry made in this way. Any Canadian Government Agent will give you the particulars.

Your correspondent has just received the following letter from Craik, Saskatchewan, which bears out the statement made in the first part of this letter.

"Craik, Sask., Aug. 1907.  
"May 24th we planted a Dahlia root, which we brought with us from Minneapolis, Aug. 12th, 80 days later, it was in bloom. The plant is now 4 1/2 feet high and covered with blossoms. We never got half as many flowers on it in Minneapolis, even during September and October, although we had more time to attend to it there."

I mention this only as an example of the great productive power of the soil here in Saskatchewan, Canada.

**HIS TURN TO CRITICISE.**

Youngster Felt Called on to Manifest Disapproval of Prayer.

Little John, who, at the mature age of four, has learned the Lord's Prayer, is often criticised by his sister, two years older, for slight mistakes which he cannot always avoid in offering the petition. A few Sundays ago he was taken to church for the first time. When the moment for the prayer arrived and the congregation bowed their heads John's mother took the precaution to whisper to him that he must be very quiet. "Listen," she said, "and you will hear the minister pray." This interested John at once, and his little face took on a look of serious attention, but his mother, watching him covertly, saw his expression change presently to one of surprise and disapproval. A few minutes more, and he could stand it no longer. What could this man be saying? Not a word of the prayer did he recognize as the only formula he had ever heard called by that name.

"Why, mother," he exclaimed, in a tone audible over nearly half the church, "do you hear? He isn't saying it right at all!"

**AS SHE HAD BEEN ORDERED.**

Domestic Cleared Everything Left Over Out of the Ice Box.

There recently entered the service of a Cleveland family a domestic of Scandinavian origin. She had never seen a refrigerator before, and the lady of the house, after initiating her into its mysteries, instructed her never to leave anything old or left over in the ice-box, but to keep the refrigerator perfectly clean and fresh by throwing the old things away each morning.

**BEGAN YOUNG.**

Had "Coffee Nerves" from Youth.

"When very young I began using coffee and continued up to the past six months," writes a Texas girl. "I had been exceedingly nervous, thin and very shallow. After quitting coffee and drinking Postum Food Coffee about a month my nervousness disappeared and has never returned. This is the more remarkable as I am a Primary teacher and have kept right on with my work.

"My complexion now is clear and rosy, my skin soft and smooth. As a good complexion was something I had greatly desired, I feel amply repaid even tho' this were the only benefit derived from drinking Postum.

"Before beginning its use I had suffered greatly from indigestion and headache; these troubles are now unknown.

"Best of all, I changed from coffee to Postum without the slightest inconvenience, did not even have a headache. Have known coffee drinkers who were visiting me, to use Postum a week without being aware that they were not drinking coffee.

"I have known several to begin the use of Postum and drop it because they did not boil it properly. After explaining how it should be prepared they have tried it again and pronounced it delicious."

Name given by Postum Co., Battle Creek, Mich. Read the booklet, "The Road to Wellville," in pkgs. "There's a Reason."

**PROOF FOR TWO CENTS.**

If You Suffer with Your Kidneys and Back Write to This Man.

G. W. Winney, Medina, N. Y., invites kidney sufferers to write to him.



To all who enclose postage he will reply telling how Doan's Kidney Pills cured him after he had doctored and had been in two different hospitals for eighteen months, suffering intense pain in the back, lameness, twinges when stooping or lifting, languor, dizzy spells and rheumatism. "Before I used Doan's Kidney Pills," says Mr. Winney, "I weighed 143. After taking 10 or 12 boxes I weighed 162 and was completely cured."

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

**Was Holding His Own.**  
A wealthy man, revisiting his native village, was telling his old cronies around the store stove how he had achieved his great success. At the close of his recital an old village character that he had known as a boy entered.

"How are you, Tom?" said the great man, holding out his hand. "And how have you been getting along all these years?"

The old fellow shifted his quid and spat.

"Waal," he said, "when I hit this town more'n 40 years ago I didn't have a red cent, an' now—waa! I guess I'm holdin' my own all right."

No action will be considered truly good, unless the will was so, for by the will the act was dictated.—Seneca.

**BEARS, ROEBUCK & CO. INDICTED.**

Charged with Using Mails to Defraud and in Misrepresenting Articles Sold.

Des Moines, Ia.—(Special)—Sears, Roebuck & Co. of Chicago have been charged with using the mails to defraud. The indictment is on three counts. It is alleged that the company misrepresented articles in its catalogues sent through the mails. The first count charges that on June 13, 1907, the company devised a scheme to obtain money by false pretenses from Dr. C. F. Spring of Des Moines by selling him white lead that Sears-Roebuck claim to have made. The indictment alleges it was made by others. A second count is on a ring bought by R. H. Miles, and the third count is the sending of another ring, alleged to have been misrepresented, through the mails.

**A Frank Advertiser.**  
The new commercial morality has spread to Ceylon. From one of the newspapers of that balmy island we take the following:

"CH. A. HORSE.—Rising seven, fine mouth and paces, about 15 hands; fine Lady's Hack; shows a lot of breeding; Reason for selling, bad with motors; won't go in harness; jibs when leaving stables; catches rider by seat of breeches when mounting; but a darling pet. Apply, &c."—London Daily Mail.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought Bears the Signature of *Dr. J. C. Hatcher* of **NEW YORK**.  
In Use For Over Thirty Years **CASTORIA**

900 DROPS  
ALCOHOL 3 PER CENT.  
Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of  
INFANTS & CHILDREN  
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.  
A Perfect Remedy for Constipation, Sour Stomach, Diarrhea, Worms, Convulsions, Feverishness and Loss of Sleep.  
Facsimile Signature of *Dr. J. C. Hatcher*  
NEW YORK.  
At 10 months old  
35 Doses—35 CENTS  
Guaranteed under the Food and Drug Act.  
Exact Copy of Wrapper.

**PURE FOOD ASSURED**

The National Pure Food Law has stopped the sale of all impure food products. No more need for worry on that score! It's now a question of efficiency and good value for your money.



**K C BAKING POWDER**

for years has stood every test for purity and wholesomeness.

Its superior quality shows in the delicious cakes and biscuit that K C is guaranteed to make.

The price is a saving of over half your baking powder money—

**25 ounces for 25 cents.**

If you have never tried K C, do so now under the following guarantee:

Your Grocer will sell you a can of K C on trial. Use it for your favorite cake. It will be lighter, tastier, more delicate,—or we pay him for the can. It will open your eyes. Try it quick. Don't delay. You are missing much.

**JAQUES MANUFACTURING COMPANY, Chicago.**

There is not a man in the world but something improves in his soul from the moment he loves—and that though his love be vulgar.—Maeterlinck.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

There were female matchmakers thousands of years before matches were invented.

**PILES CURED IN 6 TO 14 DAYS.**  
PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 5c.

The statesman leads the masses. The masses lead the politician.

To be happy, hopeful, buoyant from the depths of the heart; pure in word and thought and deed, and moderate in all methods of life, this is the true art of noble living.—Young.

**The Reason of It.**  
"Why has that particular actress more clappers than any other in the play?"  
"Because she is a society belle."

**ONLY ONE "BROMO QUININE"**  
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GIBBEY. Used the World over to Cure a Cold in One Day. 25c.

He hath a tear for pity and a hand as open as the day for melting charity.

**W. L. DOUGLAS SHOES**  
\$3.00 SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY, MEN, BOYS, WOMEN, MISSES AND CHILDREN.  
W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape in better, wear longer, and are of greater value than any other shoes in the world to-day.  
W. L. Douglas \$4 and \$5 Gilt Edge Shoes cannot be equalled at any price.  
CAUTION.—W. L. Douglas name and price is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated catalog free. W. L. DOUGLAS, Brockton, Mass.

**First Thing I Do**

**Wine of Cardui**  
"When I feel bad," writes Mrs. R. H. Cox, of Jasper, Ala., "the first thing I do is to take a dose of Cardui, and it relieves. What a wonderful medicine Cardui is! I wish I could put it into every home in the world. When any woman is at my house, and complains, I just give her a dose of

**WRITE FOR FREE BOOK**  
Write for Free 64-page Book for Women, giving symptoms, causes, home treatment and valuable hints on diet, exercises, etc. Sent free on request in plain wrapper, by mail prepaid. Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.