

HER PHYSICIAN APPROVES

Taking Lydia E. Pinkham's Vegetable Compound

Sabatius, Maine.—"You told me to take Lydia E. Pinkham's Vegetable Compound and Liver Pills before child-birth, and we are all surprised to see how much good it did. My physician said 'Without doubt it was the Compound that helped you.' I thank you for your kindness in advising me and give you full permission to use my name in your testimonials."—Mrs. H. W. MITCHELL, Box 3, Sabatius, Me.

Another Woman Helped. Graniteville, Vt.—"I was passing through the Change of Life and suffered from nervousness and other annoying symptoms. Lydia E. Pinkham's Vegetable Compound restored my health and strength, and proved worth mountains of gold to me. For the sake of other suffering women I am willing you should publish my letter."—Mrs. CHARLES BARCLAY, R.F.D., Graniteville, Vt.

Women who are passing through this critical period or who are suffering from any of those distressing ills peculiar to their sex should not lose sight of the fact that for thirty years Lydia E. Pinkham's Vegetable Compound, which is made from roots and herbs, has been the standard remedy for female ills. In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.

INFLUENCE OF THE MOTHER

Well to Remember That She Is Ever a Model of Behavior to the Children.

"It is hard for a young mother, who has not yet overcome the wayward tendencies of her own youthful nature, to realize the influence she exerts over her little one. She is constantly surrounded by critical imitators who copy her morals and manners.

As the mother is, so are her sons and daughters. If a family of children are blessed with an intelligent mother, who is dainty and refined in her manner, and does not consider it necessary to be one woman in the drawing room and an entirely different person in her everyday life, but who is a true mother and always a tender, charming woman, she will invariably see her habits of speech and perfect manners repeated in her children.

Great, rough men and noisy, busy boys will always tone down their voices and step quietly and try to be more mannerly when she stops to give them a kind word and a pleasant smile. For a true woman will never fail to say and do all the kind, pleasant things she can that will in any way help to lift up and cheer those whose lives are shaded with care and toil. The mother of today rules the world of tomorrow.

Editorial Favor.

"A month ago you rejected a story of mine."

"I had offered it for \$7, and you turned it down."

"So I did."

"Well, I sold that story for \$40. Here's another story. May I ask the favor of one more rejection? It seems to help."

Indications.

"I might know this conservatory be longed to a baseball enthusiast."

"Why?"

"Because it has so many pitcher plants."

DAME NATURE HINTS When the Food Is Not Sued.

When Nature gives her signal that something is wrong it is generally with the food. The old Dame is always faithful and one should act at once.

To put off the change is to risk that which may be irreparable. An Arizona man says:

"For years I could not safely eat any breakfast. I tried various kinds of breakfast food, but they were all soft, starchy messes which gave me distressing headaches. I drank strong coffee, too, which appeared to benefit me at the time, but added to the headaches afterwards. Toast and coffee were no better, for I found the toast very constipating.

"A friend persuaded me to quit the old coffee and the starchy breakfast foods, and use Postum and Grape-Nuts instead. I shall never regret taking his advice. I began using them three months ago.

"The change they have worked in me is wonderful. I now have no more of the distressing sensations in my stomach after eating, and I never have headaches. I have gained 12 pounds in weight and feel better in every way. Grape-Nuts make a delicious as well as a nutritious dish, and I find that Postum is easily digested and never produces dyspepsia symptoms."

"There's a Reason." Get the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

CARING FOR THE LEFTOVERS

System Which Makes for Economy—How to Make Refrigerator Earn Its Ice Bill.

It is wise, when fruits and jellies come in little glass jars or tumblers, especially when these have covers, to save up some of them, turned upside down on a shelf out of the way for the icebox season. Then, when food is left over and is to be saved for entrees or puddings, put it in these little glasses, cover it, and set it away, and you will find your refrigerator holding about twice as much as it would if the ordinary vegetable dishes and bowls were used. Moreover, these dishes are washed at the proper time, and all ready for use at the next meal.

Still more important, the mere act of putting these leftovers into fresh dishes often directs the attention to them so that they are used when they might otherwise be forgotten. Vegetables that are to be used in the same soup can be put into the same dish; extra yolks or whites of eggs can be kept till needed, in one of the little Bar le Duc glasses or one of the jars beef extract comes in, with a butter plate over the top; a cupful of soup or vegetable gravy can be saved till next morning, and used for soup; and still there is room for fruit, milk, butter, eggs, and the other things that belong to the icebox, and the glass jars and tumblers can be closely covered so that their contents will not taint anything else. That is one way of making the well trained refrigerator earn its ice bill.

A box of gelatin might be called first aid to the icebox in getting up hot weather dishes. When clearing the table it is often possible to begin the salad for luncheon or dinner. Take what is left of the fruit, or the green peas or tomatoes, melt some gelatin and stew it up with them according to the directions on the package, pour it into molds and set it away in the refrigerator, and there you have salad for luncheon, with the addition of a little lettuce or endive, and dressing. There are jellied fish also, and meat apic.

Economizing space by saving leftovers in jars means having room for fruit, fresh vegetables, bottles of cold drinks, and things that really must have space. This room is what the masculine half of the family will appreciate. No man ever saw the economy of an icebox filled up with vegetable dishes and part of a roast, so that there was no room for the water-melon. And the reason is a good one—because there was no economy about it. Cut the roast off the bone and stew the bone down into stock and wash the platter; pour that half jar of peaches into a jam jar, and most important of all, empty that milk bottle and wash it thoroughly.

An icebox may not have typhoid fever itself if it is filled with germs, but the family will, and that is expensive.

CANNED CARROTS AND BEETS

Will Be Found as Acceptable During the Winter as the More Ordinary Sweet Preserves.

For carrots, scrape the carrots, put into jars, fill with clear cold water adding salt or not, as you wish. Proceed as for canning tomatoes. Perhaps you would like to put up some beets. If so, wash, and boil but one hour, pour over cold water, remove skins, fill jars. If large beets, quarter them. Fill jars to overflowing with cold water, but no salt. Soak one hour. Fasten down springs and test each day for three days.

Have put up a lot of string beans, string and mash beans, cut in inch lengths. Fill jars, add teaspoonful of salt. Fill to overflowing with cold water. Let cook three hours or one hour for three days. To open the jars, run knife under rubber and top will come off easily. The vegetables are so much nicer and cheaper than can be bought. Put up two pecks of string beans. Cost me 50 cents. Saved \$1.10 on them. Two quarts of beets at 5 cents will fill two quart jars. Cost, 2½ cents a jar.

Beef Vinaigrettes.

Cut a slice about three inches thick from a round of boiled beef. Put it in a saucepan and add a winglassful of white wine, the same of water, a bay leaf, a bunch of sweet herbs, three cloves and salt and pepper. Let simmer on the fire until the liquor is about half absorbed, turning the meat frequently. When the meat is cold put it on a dish with slices of lemon and a garnish of parsley and serve with a sauceboat of the liquor strained and seasoned with a dash of vinegar.

Fish Scallop.

Butter a baking dish. Put in alternate layers of bread crumbs and remains of fish loaf, have crumbs on top. Moisten each layer of crumbs with some of the left-over sauce which has been thinned with milk or milk and water. Bake until crumbs are brown. A nice breakfast dish.

Nut Cake With Raisins.

One cup sugar, one-half cup melted butter, one cup sour milk, two even cups flour, one teaspoon soda, added to the flour, one cup raisins, one-half cup nuts, one egg, to be added the very last thing before putting in the oven.

Caramel Sweet Potatoes.

Slice boiled sweet potatoes, dip them into melted butter and then into granulated sugar. Place in a hot oven until the coating of brown caramel is formed.

THE GOVERNORS OF NORTH AND SOUTH CAROLINA

Have Something New to Say to Each Other

If you care to know about it--and you will, after reading the opening chapters--you should not miss

The Little Brown Jug of Kildare

An interesting serial by Merideth Nicholson, filled with humorous situations, laughable predicaments, and with all, a clever story from beginning to end. It will begin running in this paper

--- NEXT WEEK ---

And we wish to give you full warning right now that if you miss it you are missing something good.



THE WINKING EYE

Proved an irristable drawing card to Tommy Ardmore, a New York millionaire, and leads him from the paths of idleness to the bearing of the cares of the state of North Carolina

Barbara Osborne

enlists the aid of Henry Griswold,---a friend of Ardmore's---in impersonating her father the governor of South Carolina, and the two friends nearly came to war.

Don't miss it.

The Little Brown Jug of Kildare THIS PAPER NEXT WEEK

You will miss it if you miss it

SCENE OF TRACTION WRECK



Stanton, Ill., the nearest town to the scene of the wreck, is a town of 4,000 people. It is on the Litchfield & Madison and the Wabash railroads, as well as on the Illinois Traction lines running south of Springfield.

STANDARD CUTS OIL PRICES

Reductions Made in Europe and the Far East in Campaign to Increase Use of Kerosene.

New York.—J. I. C. Clarke, through whom the Standard Oil company makes its official announcements to the public, has issued a statement to the effect that the company has entered on a thoroughly mapped out campaign to increase the consumption of kerosene in European countries and the lands of the Orient. The first move in this campaign is the reduction of the prices of oil in those countries. Mr. Clarke's announcement says in part:

"The Standard Oil company has inaugurated a campaign to increase the world's consumption of refined oil. The level of prices for refined oil today in the United States is lower than at any time during recent years, and as a direct result of these prices the consumption of refined oil in this country is increasing. The same policy is now being actively pursued abroad."

As indicated by this statement, the Standard company began trying out the policy of lower prices in the United States, though without announcing that it had in view a campaign that would cover the world. In August the price of refined oil in tanks was reduced from 6½ to 5½ cents a gallon, and the price of refined oil in barrels at the refinery was cut 1 cent, from 9½ to 8½ cents a gallon.

ATHLETICS GET FIRST GAME

World's Champion Baseball Battle to Open at Philadelphia on October 17.

Cincinnati.—Games between the Chicago National league team and the Philadelphia Athletics of the American league for the world's baseball championship will begin in the Pennsylvania city on Monday, October 17. This decision was reached by the National commission here. The other games are scheduled as follows:

Second game, October 18, at Philadelphia.

Third game, October 20, at Chicago.

Fourth game, October 21, at Chicago.

Fifth game, October 22, at Philadelphia.

Sixth game, October 23, at Chicago.

Place of the seventh game, if necessary, to be decided by toss of coin.

Standing of the Clubs.

NATIONAL LEAGUE			
Clubs	Won	Lost	Per cent.
Chicago	57	45	.563
New York	59	59	.501
Pittsburgh	55	63	.467
Philadelphia	55	73	.430
Cincinnati	54	78	.407
Brooklyn	52	87	.370
St. Louis	49	92	.347
Boston	50	99	.336
AMERICAN LEAGUE			
Philadelphia	102	47	.686
New York	85	63	.574
Detroit	85	65	.568
Boston	80	69	.537
Cleveland	69	79	.467
Chicago	65	84	.438
Washington	65	84	.438
St. Louis	45	105	.300

Thirty Injured in Collision.

Laporte, Ind.—Running 20 miles an hour, with its engineer unconscious of the blundering of the crew of a freight train, a Lake Erie & Western passenger train carrying excursionists Monday dashed head-on into a string of freight cars on the main track. More than 30 persons were injured, several seriously.

Fire Wipes Out Village.

Winnipeg, Man.—Superintendent Cameron of the Canadian Northern road announced that the village of Graceton, Minn., consisting of a depot, freight shed, two stores and 20 houses, was wiped out by fire Wednesday.

Senator Page to Be Returned.

Montpelier, Vt.—The twenty-first biennial session of the Vermont general assembly, at which a United States senator will be chosen, was opened Wednesday. United States Senator Page will be re-elected.



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FOR
DYSPEPSIA
CATARRH OF STOMACH

POSITIVELY CURES
The Keeley Cure
ALCOHOLIC INEBRIETY OPIUM MORPHINE
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A FEW THINGS.



Reggy—Bah Jove, I'd like to chase these blawsted reporters!

Cyril—Why so?

Reggy—We have been insulted. The other day the firemen rescued us fellows from the burning clubhouse, and now the reporters have the account headed, "A Few Things Saved, but Nothing of Value."

Queer Questions.

Queer questions come over the telephone to the newspaper offices. Here was one that the man who chanced to answer the phone had put up to him the other day:

"Say," began the unknown seeker after the truth, "do you—do you remember who it was that killed Abel?"

"Why, Cain, of course," replied the newspaper man, who put in several years at Sunday school. "Who'd ju suppose?"

"Well," observed the man at the other end in an annoyed tone, "doggon if I ain't gone and made a fool o' myself. Course it was Cain, now that you mention it, but I made a two to one bet with a fellow that 'twas Goliath, and now I'll have to go without a new overcoat, I reckon, this next winter."—Cleveland Plain Dealer.

Simple Expedient.

An American student at a German university tells of a professor who was reading aloud in a classroom papers on a celebrated living German novelist, who had been written by the members of the class. After reading one he commented upon its excellence. "You show an exact comprehension of the matter," he said, addressing the student who had written the paper; "tell us what method you used."

"Oh," replied the student, "I just wrote to X—, stating what I wanted to know, and that was what he sent back."

If it had not been for his lantern and the tub he lived in, probably Diogenes would never have been heard of.

Post Toasties

A bowl of these crisp fluffy bits served with cream or milk is something not soon forgotten.

What's the use of cooking breakfast or lunch when Post Toasties, ready to serve direct from the package, are so delicious?

"The Memory Lingers"
POSTUM CEREAL CO., LTD.
Battle Creek, Mich.