

Do farmers eat the proper sort of food?
The farmer of today buys a much larger proportion of the food that goes on the table than he did ten years ago. It's a good thing that this is so because he has a great variety to select from. He should, however, use great care in selecting for the best results in health and strength.

The widespread tendency in the city to increase the amount of Quaker Oats eaten is due very largely to the recent demonstrations by scientific men that the Quaker Oats fed man is the man with greatest physical endurance and greatest mental vigor.

Farmers should give this subject careful thought and should increase the quantity of Quaker Oats eaten by themselves, their children and the farm hands.



FOR STREET WEAR

DIAGONAL WOOLS ARE TO BE A POPULAR MATERIAL.

Creams and Grays the Choice for Colors—Stripes, Properly Used, Will Add to Effectiveness of the Costume.

Naturally, the street suit occupies the most of the public attention just now, for if one may put up with old things at home the costume de sortie must express Fashion's last moods to be acceptable. Quite the most delightful of these



The matinee at the left is a French model which is especially adapted to the elegant wash textures of summer, Swiss, batiste, embroidered muslin, etc. The dainty garment is cut with a fish-tail bottom back and front. This line is very becoming to the figure. The garment is belted at the front only, the ribbon sash slipping under the pleats that run Gibson fashion from the shoulders. As illustrated, embroidered Swiss, blue ribbon and net lace are used, and with only the substitution of black ribbon, such a combination would be perfectly suitable for house mourning.

BANDEAU MATCHES THE GOWN EFFECTIVE ON THE TABLE

Many Materials May Be Employed, But That Fact Must Always Be Remembered.

There is a new bandeau made for the hair, of cloth of silver ribbon, hand-painted with peacock eyes and studded with small crystals.

These ornamental fillets are now a part of the gown or costume. Cloth of silver and gold go to their making. All the varicolored crystals that the shops offer are used; bullion laces are popular. Hand-painted gauze ribbons, studded with stones, have come into fashion, and lattice work of gold and silver wire, strung with crystals and turquoises, has become a favorite.

It can be easily seen at that such diversity of choice gives a woman a chance to match up her costume. Often the same trimming is used mounted in some artistic way that it may look well to the hair.

There is a bandeau that has received a good deal of attention, made of cloth-of-gold ribbon, on which are painted peacock eyes, trimmed with tiny green stones. This is about three inches wide, with the ends slightly plaited and finished with a small oblong buckle like a barrette.

There is another cloth-of-silver ribbon which is threaded with baroque pearls and hand-painted symbols in Egyptian blue.

BABY'S HOT-WATER BOTTLE

About as Useful and Practical a Gift as Can Be Made to a Young Mother.

A tiny hot-water bottle for a baby is now a necessary part of its outfit. Therefore it makes a good gift to a young mother.

To make the gift daintier looking include a cover. These covers can be bought, but are more attractive when made.

One is of flannel in blue, pink or white. It is cut large enough for the bag to slip in easily and is bound together with wash ribbon. A draw string is in the top and on one side the initial of the baby in a contrasting color.

The letters should not be too heavily padded, as they are not comfortable if pressed on delicate skin.

Another cover, newer than the embroidered flannel ones, is the crocheted one in heavy knitting silk. These covers are in blue and pink with wide ribbon to draw them at the top.

Patterns for such bags can be found in books on crochet and form a pleasant change from the interminable silk neckties which most women keep on hand to fill odd minutes.

BRIGHT COLORS NOT BEST

Laundry Bag Should Be Simply Made, and Preferably of Some Soft Shade of Material.

A laundry bag can be worked out in billious pinks or greens, or in delicate and perishable colors, defeating its own end, or it can be of a resplendent shade of tan, trimmed with golden brown, and embellished with the initials of the owner, in plain block letters.

Gray crash with Chinese blue forms a pleasing contrast, and gray with black and pale yellow is capable of being worked into large, effective designs. Golden brown linen with dark brown and yellow accents is a sensible color scheme for a laundry bag.

The construction of the bag is extremely simple, with dust-catching trills and furbelows eliminated, and a comfortable roominess insured.

stripping thread of black, had a satin collar in corbeau-blue satin, with the ends held down with oval Chinese buttons of great beauty. Under this collar, which, coat-fashion, came little lower in front than the collar bones was a shawl collar of black satin. On a cream wool dress, threaded with darker color and showing the stripe straight across, up and down, and bias—each way being chosen for some particular panel—there was a little embroidered collar of a soft brown silk trying with scarf ends.

Very pretty little house dresses show a return to chaille, taffeta and foulard, with many of these made in the simple one-piece way that a cotton gown would be made.

Two very useful little house jackets of negligence nature are here shown, in strictly practical and ornamental designs.

The matinee at the left is a French model which is especially adapted to the elegant wash textures of summer, Swiss, batiste, embroidered muslin, etc. The dainty garment is cut with a fish-tail bottom back and front. This line is very becoming to the figure. The garment is belted at the front only, the ribbon sash slipping under the pleats that run Gibson fashion from the shoulders. As illustrated, embroidered Swiss, blue ribbon and net lace are used, and with only the substitution of black ribbon, such a combination would be perfectly suitable for house mourning.

The other jacket, which is essentially for practical uses, is likewise fitted with Gibson shoulder pleats, and the front is trimmed with a band and worn crossed, kimono-fashion. The belt gives a neat touch to this sacque, which if made in a pretty lawn, or challie, or cashmere, would be found a very useful home garment for young or old, the mourning or the joying. At a pinch, too,—when the sudden visitor appears, for instance,—the tall could be worn under the skirt thus giving the negligee the look of a shirtwaist.

That tea of Capt. Cheney was the third big tea of the season, although the first to be given by an American. Two other large affairs were presided over, one by the secretaries of the German embassy on the occasion of the Emperor William's birthday and the other by the Marquis de Villalobar, the Spanish minister, who took advantage of the occasion to receive "who is who" in Washington by way of official introduction, although his transfer to Lisbon had been gazetted by his government three weeks previously.

"Teddy" Absent, Capital Men Drink Tea

The "five o'clock tea" is considered by Washington hostesses who have the spirit of continental entertaining as a happy medium between the breakfast and the dinner. Breakfast usually occurs at an hour when men are already busy with their affairs, while the dinner is looked upon as too ponderous.

With the beginning of the Easter season the president and Mrs. Taft will again inaugurate their lawn parties, which is a different name for afternoon tea. Meanwhile, Lent is in the propitious season for such informal entertainments, especially of an afternoon.

Washington men would not be giving more teas if they lived in quarters suitable for such affairs. The one hotel in Washington that is actually giving a tea hour does not appeal to the smartest.

Teas at the Chevy Chase club, at the Country club and similar places are also considered disadvantageous. First, the distance is too great, and attendance at them and the return home to change for dinner requires much time.

Hostesses in the capital do not deny that teas without men are very insipid.

With the presidential approval of this revival of afternoon teas—in fact, with the desire of Mr. Taft to see his assistants and the naval and military officers sparkle a little more in the social firmament—there is no question that the tea will become within the next twelve months the most satisfactory and popular social function. They are also comparatively inexpensive, and for this reason many men who cannot afford to give large parties of formal character will have an opportunity to entertain.

"Uncle Joe" Was Forced to Sit Down

rose and assumed the attitude that is so familiar to everybody.

"He jerked his hand out of his pocket, and pointing it at Cox, but addressing himself to the speaker, Mr. Carlisle of Kentucky, requested to ask a question. Mr. Cox paid no attention to 'Uncle Joe' for several minutes, but the latter was insistent, and finally Speaker Carlisle asked Cox if he would yield the floor for a question. Cox paused for a moment and said:

"I will yield to the gentleman from Illinois for a question on one condition. Every time he interrupts he draws forth his hand and points it at me as if he had a pistol, and it frightens me. If the gentleman from Illinois agrees while speaking to keep his hand in his pocket, I will yield the floor for a question."

"Uncle Joe" agreed. But he had not proceeded far when he nervously drew forth his hand and again pointed it directly at Cox. In a moment Cox was on his feet, and declaring that Cannon had violated his agreement, demanded that Cannon resume his seat. And "Uncle Joe" had to sit down."

Sh! Girls, Green Peas Make You Flirt

should be taken, particularly by the young because it produces energy and develops constancy, and French string beans are said to constitute an ideal diet for poets and artists.

White haricot beans should be eaten by intellectual workers, because they restore the nervous system and should, the science holds, be preferred as a strengthening food to any sort of meat and especially beef Disraeli, Carlyle, Daudet and Ibsen fed on haricot beans.

Cauliflower and cabbages are very nourishing, but are not advocated, because they have the drawback of producing vulgarity of character and slowness of perception.

The leguminologists declare that the vegetables have all the good qualities that are embodied in either meat or eggs without having, however, their inconveniences. A proper and carefully measured vegetarian diet is the treatment suggested by utilizing vegetables for the physical and moral welfare of the human race.

Gossip of Washington
What Is Going On at the National Capital.

"Teddy" Absent, Capital Men Drink Tea



WASHINGTON.—After a seven-year lapse during the Roosevelt administration men are again giving teas, because President Taft does not consider tea drinking mollicodish.

During the last year of the Roosevelt administration men at teas were very scarce. Even the diplomats who were careless of Roosevelt's vigorous expressed views (which often they did not understand) finally yielded to the influence that eventually caused but a handful of them to be present. Teas in the afternoon practically were wiped off the social slate.

Now this is all changed. Even the United States army is becoming host at teas, and Capt. Sherwood A. Cheney gave a tea recently to Miss Roosevelt, daughter of the man who believed that an officer who would be host at a tea was no soldier. The officers at Fort Myer and the Marine barracks expect soon to give teas.

That tea of Capt. Cheney was the third big tea of the season, although the first to be given by an American. Two other large affairs were presided over, one by the secretaries of the German embassy on the occasion of the Emperor William's birthday and the other by the Marquis de Villalobar, the Spanish minister, who took advantage of the occasion to receive "who is who" in Washington by way of official introduction, although his transfer to Lisbon had been gazetted by his government three weeks previously.

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Vice President in Role of a Guide

such places of interest as usually are pointed out by the regular guides. An interesting sight was that of Vice President Sherman going about Statuary hall and picking out the "whispering stones," upon which the girls were told to stand, while "Sunny Jim" arranged that they should enjoy the choicest features of that part of the capitol. The party went into the house of representatives, where Sherman served for more than twenty years, and the notables of that body were pointed out to Miss Taft and her school girl friends. Kennedy has been known for years as the "King of the Capitol Guides," because he is so glib and entertaining. He was told after the vice-president had made his trip about the capitol that Sherman could easily put him out of the guide business if he should engage in that occupation.

See Always the Bright Side. We must somehow get joy out of the pain of life. We must see the beauty and the wonder of the world, misery. We must admire the evil as we admire the good. We must lick the dust with the homage that we pay the heavens. We must realize the sweet in struggle, in defeat, in destitution.

Make the Best of It. Let's pretend that all's well with the world, though it is hard to accept some things we cannot account for.

STOMACH CENTER OF HUMAN LIFE—ALL ELSE SECONDARY

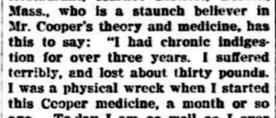
The immense success which has followed L. T. Cooper during the past year with his new preparation has exceeded anything of the kind ever before witnessed in most of the leading cities where the young man has introduced the medicine. Cooper has a novel theory. He believes that the human stomach is directly responsible for most disease. To quote his own words from an interview upon his arrival in an eastern city: "The average man or woman cannot be sick if the stomach is working properly. To be sure, there are diseases of a virulent nature, such as cancer, tuberculosis, diabetes, etc., which are organic, and are not traceable to the stomach, but even fevers can, in nine cases out of ten, be traced to something taken into the stomach. All of this half-sick, nervous exhaustion that is now so common, is caused by stomachic conditions, and it is because my remedy will and does regulate the stomach that I am meeting with such success.

"To sum the matter up—a sound digestive apparatus that is doing its full duty, getting every particle of vitality out of the food by transferring it to the bowels in a perfectly digested state—this above all else brings health."

Mr. A. C. Brock, chief of the Brock Restaurant, Market District, Boston, Mass., who is a staunch believer in Mr. Cooper's theory and medicine, has this to say: "I had chronic indigestion for over three years. I suffered terribly, and lost about thirty pounds. I was a physical wreck when I started this Cooper medicine, a month or so ago. To-day I am as well as I ever was in my life. I am no longer nervous, my food does not distress me in the least, and I have a splendid appetite. I am gaining flesh very rapidly—in fact, at the rate of a pound a day. I would not believe any medicine on earth could have done for me what this has done. It is a remarkable preparation, and Mr. Cooper deserves all his success."

Cooper's New Discovery is sold by all druggists. If your druggist cannot supply you, we will forward you the name of a druggist in your city who will. Don't accept "something just as good."—The Cooper Medicine Co., Dayton, Ohio.

GOOD IDEA.



Teddy—Say, what makes yer have a gun wd such a long barrel?
Jeddy—Cause yer kin get closer to de rabbit.

HOW A DOCTOR CURED SCALP DISEASE

"When I was ten or twelve years old I had a scalp disease, something like scald head, though it wasn't that. I suffered for several months, and most of my hair came out. Finally they had a doctor to see me and he recommended the Cuticura Remedies. They cured me in a few weeks. I have used the Cuticura remedies, also, for a breaking out on my hands and was benefited a great deal. I haven't had any more trouble with the scalp disease. Miss Jessie F. Buchanan, R. F. D. 3, Hamilton, Ga., Jan. 7, 1909."

Kept with Barnum's Circus

P. T. Barnum, the famous circus man, once wrote: "I have had the Cuticura Remedies among the contents of my medicine chest with my shoes for the last three seasons, and I can cheerfully certify that they were very effective in every case which called for their use."

A Bright Idea.

Yeast—It is said that the baya bird of India spends his spare time catching fireflies, which he fastens to the sides of his nest with moist clay. On a dark night a baya's nest glows like an electric street lamp.

Beautiful Post Cards Free.

Send 5 stamps for five samples of our very best Gold and Silk Finish Birthday, Flower and Metro Post Cards, beautiful colors and liveliest designs. Art Post Card Club, 22 Jackson St., Topeka, Kan.

No Deposits.

"Do you think there's money in hens?"
"Well, if there is they keep it well secured."—Exchange.

BREAK UP THAT COUGH

with Allen's Lung Balm, the popular family remedy. It cures where other remedies fail. All druggists. 5c. Per 1/2 Doz. 25c.

At the age of 18 a girl is afraid of two things—being an old maid and not going to heaven.

Lewis' Single Binder, extra quality tobacco, costs more than other 5c cigars.

It isn't every prodigal son who gets a whack at the prodigal veal.

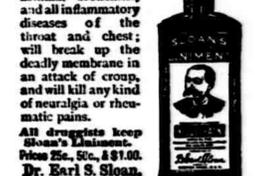


For Pain in Chest
For sore throat, sharp pain in lungs, tightness across the chest, hoarseness or cough, have the parts with Sloan's Liniment. You don't need to rub, just lay it on lightly. It penetrates instantly to the seat of the trouble, relieves congestion and stops the pain.

Here's the Proof.
Mr. A. W. Price, Fredonia, Kans., says: "We have used Sloan's Liniment for a year, and find it an excellent thing for sore throat, chest pains, colds, and hay fever attacks. A few drops taken on sugar stops coughing and sneezing instantly."

Sloan's Liniment

is easier to use than porous plasters, acts quicker and does not clog up the pores of the skin. It is an excellent antiseptic remedy for eczema, bronchitis, and all inflammatory diseases of the throat and chest; will break up the deadly membrane in an attack of croup, and will kill any kind of neuralgia or rheumatic pain.



Your Liver is Clogged up

That's Why You're Tired—Out of Sorts—Have No Appetite. CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion, and Sick Headache.



WESTERN CANADA

What Governor Doneen, of Illinois, Says About It: "Governor Doneen, of Illinois, once gave a testimonial to the value of the Cuticura Remedies. He said in an interview: "As an American I am delighted to see the remarkable progress of the Cuticura Remedies in curing the terrible disease of scald head, and I have not only used them myself, but have had many of my friends cured by them. They are all doing well. I have a great deal of business in the Middle West, and I have a great many friends who are suffering from scald head, and I have used the Cuticura Remedies, and they have cured them all. I have used them for many years, and I can cheerfully certify that they were very effective in every case which called for their use."

125 Million Bushels of Wheat in 1909

Wheat is the staple crop for 1909 will reach a record. The average yield per acre in 1909 is estimated at 125 million bushels. This is a record for the United States. The average yield per acre in 1908 was 115 million bushels. The average yield per acre in 1907 was 105 million bushels. The average yield per acre in 1906 was 95 million bushels. The average yield per acre in 1905 was 85 million bushels. The average yield per acre in 1904 was 75 million bushels. The average yield per acre in 1903 was 65 million bushels. The average yield per acre in 1902 was 55 million bushels. The average yield per acre in 1901 was 45 million bushels. The average yield per acre in 1900 was 35 million bushels.

SOUR STOMACH

"I used Cascarets and feel like a new man. I have been a sufferer from dyspepsia and sour stomach for the last two years. I have been taking medicine and other drugs, but could find no relief only for a short time. I will recommend Cascarets to my friends as the only thing for indigestion and sour stomach and to keep the bowels in good condition. They are very nice to eat."

Turlock Irrigation District

The LAND OF THE FUTURE and OPPORTUNITIES. Healthy Climate. A-1 IRRIGATION. ABUNDANT WATER at low rate. Peaches, Apples, Figs, Oranges, Sweet Potatoes, Alfalfa and Dairying pay better than \$100.00 per acre yearly. Write for illustrated booklet.

PATENT

DEFIANCE STARCH for starching finest linens. W. N. U., OMAHA, NO. 11-1910.

The Tenderfoot Farmer

It was one of these experimental farmers, who put green spectacles on his cow and fed her shavings. His theory was that it didn't matter what the cow ate so long as she was fed. The questions of digestion and nourishment had not entered into his calculations.

It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds himself regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak" the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia and the agonies of nervousness.

To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an effective, soothing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use.

In the strictest sense "Golden Medical Discovery" is a temperance medicine. It contains neither intoxicants nor narcotics, and is as free from alcohol as from opium, cocaine and other dangerous drugs. All ingredients printed on its outside wrapper. Don't let a dealer delude you for his own profit. There is no medicine for stomach, liver and blood "just as good" as "Golden Medical Discovery."