Avoid the Cheap and "Big Can" Baking Powders.

The cheap baking powders have but one recommendation: they certainly give the purchaser plenty of powder for his money but it's not all baking powder; the bulk is made up of cheap materials that have no leavening power. These powders are so carelessly made from inferior materials that they will not make light, wholesome food. Further, these cheap baking powders have a very small percentage of leavening gas; therefore it takes from two to three times as much of such powder to raise the cake or biscuit as it does of Calumet Baking Powder. Therefore, in the long run, the actual cost to the consumer of the cheap powders is more than Calumet would be.

Why not buy a perfectly wholesome baking powder like Calumet, that is at the same time moderate in price and one which can be relied upon? Calumet gives the cook the least trouble.

No man becomes a jailbird just for a lark.

To keep the blood pure and the skin clear, drink Garfield Tea before retiring.

The truth is that the love of dress is, next after drink and gambling, one of the curses of our country.—Mrs. Humphrey.

Your Druggist Will Tell You
Murine Eye Remedy Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain. Try it in Baby's Eyes for Scaly Eyelids and Granulation.

One of the loudest of the many strange cries which fill the air today is the cry for universal independence. —Mrs. H. R. Haweis.

A pin scratch may cause blood poison, a rusty nail cut is very apt to do so. Hamlins Wizard Oil used at once draws out all infection and makes blood poison impossible.

Justified.

Wagge—Why did Henpeck leave the church?

Jaggs—Somebody told him marriages were made in heaven.—Judge.

ED GEERS, "The grand old man," he is called for he is so honest handling horses in races. He says: "I have used SPOHN'S DISTEMPER CURE for 12 years, always with best success. It is the only remedy I know to cure all forms of distemper and prevent horses in same stable having the disease." 50c and $1 a bottle. All druggists, or manufacturers. Spohn Medical Co., Chemists, Goshen, Ind.

Close Guess.

Schmidt — Ve got a new baby py our house yesterday.

Schmaltz—Vas iss; poy or girl?

Schmidt—I vond dell you. You hef got to gess it.

Schmaltz—Iss id a girl?

Schmidt—You cho-o-ost missed it.—Youngstown Telegram.

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Clearing Kansas of Grasshoppers.

A live grasshopper will eat a dead grasshopper. A farmer mixed paris green and bran together and let a grasshopper eat it. It died and 20 grasshoppers ate it up, and they died. Four hundred ate these 20 and they died. Eight thousand ate those 400 and they died. A hundred and sixty thousand ate those 8,000 and died, and the farmer was troubled no more.—Anthony Bulletin.

Labrador's Future.

According to statements made the other day by Dr. Grenfell of Labrador, the Cinderella of British possessions has a brilliant future before it. Dr. Grenfell, who has lived twenty years in that snowy country, says that in days to come it will carry a population as easily as Norway does today. It is, he says, a better country than Iceland, and to be greatly preferred to Lapland, Finland, Siberia and Northern Alaska.

Open-Air Schools Increasing.

Since January 1, 1907, sixty-five open air schools for children afflicted with or predisposed to tuberculosis have been established in twenty-eight cities, according to an announcement made by the National Association for the Study and Prevention of Tuberculosis. The first open air school in the United States was established on January 1, 1907, by the board of education of Providence, R. I., at the instance of Dr. Ellen A. Stone. The next school was established in May of the same year at Pittsburg, and the third at Boston in July, 1908. According to the reports received by the national association, the result of the open air class-work has been to restore most of the children to normal health and efficiency. One of these open air schools or classes should be established for each 25,000 population, especially in cities.

Makes a Good Breakfast Better—

To have some

Post Toasties

with cream or milk.

For a pleasing change, sprinkle Post Toasties over fresh or stewed fruit, then add cream and you have a small feast.

"The Memory Lingers"

POSTUM CEREAL CO., Ltd., Battle Creek, Mich.

HOME NURSING

By EDITH B. LOWRY
Bachelor of Science, Graduate Nurse, Physician and Surgeon.
Formerly Superintendent of Jefferson Park and South Chicago Hospitals and Training Schools for Nurses. Author of "Confidences—A Book for Young Girls."

THE HOME NURSE.

"What is everybody's business is nobody's business." This is especially true in cases of sickness in the homes where the nursing, or care of the patient, devolves upon the members of the family. In such cases, where several try to carry out the physician's orders, it often happens that some orders are neglected, each member of the family believing that these things had been attended to by some other person.

Whenever there is illness in a home and it d·es not seem advisable, for various reasons, to employ a trained nurse, one person should be selected to take charge of the patient, and this person should receive all orders from the physician and be responsible for their fulfilment.

The chief requirements for one who is to take the part of the nurse in a home are neatness, quietness and an ability to carry out the physician's orders exactly.

In her personal appearance, a nurse must be scrupulously clean and neat. Her hair should be tastefully dressed and free from ornaments. Her hands should be clean and well cared for. A roughened hand is very annoying to the patient. The nails should receive especial attention and should be filed rather short. A nurse should not wear any rings for they are liable to catch on the clothing or the patient's hair and be annoying. The nurse's dress should be of some washable, cotton material, soft enough not to rustle when she walks. White aprons give a neat and tidy appearance. Her shoes should not be too heavy, permitting her to step noiselessly about the room.

During the twenty-four hours some provisions should be made for sufficient sleep and outdoor exercise for the nurse. She needs seven or eight hours' sleep and one or two hours for exercise, besides time in which to dress, attend to her toilet requirements and eat her meals without hurrying. A nurse who does not have sufficient time for sleep and rest becomes not only physically tired, but mentally so exhausted that she is incapable of giving proper care to the patient or of observing symptoms. For the sake of the patient, be sure that the nurse is not overworked. She can be relieved of her duties by some other person. At such times as she is away from her patient, written orders for the substitute should be left and she should make sure that the one left in charge understands the directions.

The nurse always should speak in a low, well-modulated voice that can be understood by the patient without any effort. She should never speak in whispers or a low tone to a third person so the patient can hear the voices but cannot understand what is being said. A sick person is very sensitive and whispering is annoying. The nature of the illness should not be discussed and nothing but the kindest things said before the patient. A person who is very ill is incapable of carrying on, or even listening to, a sustained conversation. In such a case, there should be as little conversation as possible in the room. As the patient becomes convalescent, he requires to be entertained. A nurse who can read or tell light, happy stories in an entertaining manner is invaluable at such times. Gossip or tales of sadness or unkindness should not be retailed to any patient. A patient who is kept in an optimistic frame of mind stands a better chance of recovery than one who is melancholy. The patient should be made to feel that the nurse is interested in his recovery and that everything is being done to hasten it.

When the physician makes his daily visit, it is considered a mark of respect for the nurse to arise when he enters the room and remain standing unless asked to be seated; she should hand him her written report (which will be explained later), answer any questions he may ask and then quietly leave the room, and wait outside until he leaves the sick-room. This gives the patient an opportunity to talk privately with the physician about anything he wishes. Often a patient does not talk freely with the physician nor tell him essential things, because of an inability to confide in him in the presence of a third party even if that person is an intimate relative. Then, too, the nurse is thus given an opportunity of speaking with the doctor about anything she wishes to know and of reporting to him anything she does not deem it wise to say before the patient.

(Copyright, by W. G. Chapman.)

RENOVATOR FOR OLD OAK

Nothing Has Been Discovered Better Than Mixture Our Grandmothers Used.

Everybody nowadays knows that to secure a bright polish on an old oak chest or table there is nothing to equal "elbow grease."

In our grandmothers' days, however it was elbow grease plus one of their wonderful and efficacious homemade mixtures. Half a pint each of malt vinegar and raw linseed oil were mixed with a couple of drams of butter of antimony. This formed a polish which, after a good shaking, could be rubbed on the old wood without fear of spoiling the color, while it brought about a bright and glistening result, far less smeary than the warm beer which was the old-fashioned farmhouse renovator for old oak.

Pretty Nightdresses

FANCIES OF FASHION

The stage toe, in a modified form, is to be seen on the finer grade of slippers.

Toques of brocade, with puffed crowns of plain satin, are good for the early spring days. They are trimmed with small aigrettes at one side.

Peanut straw is a name given to a new coarse mesh straw which has the effect of woven grass. There are all sorts of smart little hats in it.

Dresden gold and silver ribbon edged with a narrow line of plain colored satin make a most attractive trimming for the frock veiled with chiffon.

Many blouses are showing designs in beads or in a beaded effect, secured by French knots. These latest are very new and are worked in silk or heavy cotton and in contrasting colors.

Straw Jack Tar hats are already in the shops for boys, intended probably for the little tourists going south. Sometimes the brims are different in color from the square crowns.

The New Parasols.

A noticeable feature in some of the new parasols is the fancy form in which the ferrule end of the stick is cut. This end is somewhat prolonged and is shaped like an elongated bulb at the base. It tapers away for about two inches and ends with a tiny ball at the tip.

Materials for Spring.

Serges and cashmeres in plain colors, fancy mixtures, checks, stripes and plaids, also worsteds, are now being featured for spring wear. These are shown made up in tailor effects, Peter Thomsons, Russian, bretelle and jumper styles for young girls.

New Flowers.

One of the prettiest of artificial flowers which the summer styles have produced is the big clematis. This is shaped true to nature and comes in all colors, although the natural purple and white are perhaps the prettiest.

Cummins Seeks Rigid Merit System

WASHINGTON.—Senator Cummins of Iowa, as chairman of the committee on civil service and retrenchment, proposes to push the consideration of a comprehensive civil service measure—one that will provide for the designation by law of all places under civil service classification, instead of leaving them to executive order, and which will regulate promotions and retirements.

As a member of the committee on interstate commerce he already has done some work on a bill to reorganize the interstate commission, increasing its membership and dividing it into five parts, these parts to have jurisdiction respectively over sections of the country corresponding to the traffic divisions as designated by the railroads.

It is not certain that the scheme for reorganization of the interstate commerce commission will be advanced beyond the preliminary stage at this extra session.

With respect to the subject first mentioned, however, it is the intention to introduce a bill within a short time and to do as much work on it as possible in committee during the summer.

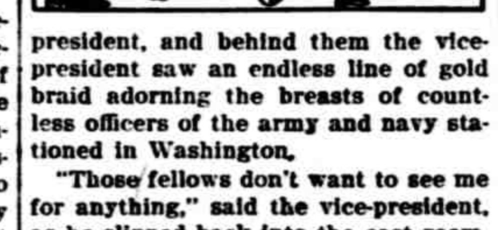
Hearings may be held and as an indication of Senator Cummins' intention to keep his committee busy, the first thing he did after reaching Washington the other day was to move his quarters in the senate office building from the northwest corner to the southeast corner, immediately adjoining the room allotted to the committee on civil service and retrenchment.

For years, until Mr. Cummins became chairman, this committee had been one of the "do-nothing" committees of the senate. In the last congress it held hearings on the proposition to provide for the retirement and pensioning of superannuated employees of the various government departments.

It now is proposed to embrace the civil service classification and the promotion and retirement features in one comprehensive measure.

There is no intention, it is understood, of assailing the executive branch of the government through the proposition to designate by law the positions that shall be filled under the civil service rules. It is designed, however, to make the rules more rigid and to prevent in the future the excepting of certain places from the application of the rules by executive order.

Sherman Hard to Keep in Line



VICE-PRESIDENT SHERMAN'S fondness for mixing with the crowd, talking politics with his old cronies in the house and a general dislike for formality, especially when the formality is a prolonged affair, almost disarranged the White House plans for the New Year reception.

Mr. Sherman was the first man received by the president. The vice-president then became a member of the president's receiving party. The presiding officer of the senate continued to bow sweetly as long as possible, and then quietly stepped into the line of guests which had already passed the president and walked out to the east room, where there were hundreds of politicians of various brands. The vice-president was having a fine time when he was interrupted by Capt. Archibald Butt, the president's military aid.

"Mr. Vice-President," said Captain Butt, "you have been missed from the receiving line. Permit me to escort you back in time to receive the diplomats."

"So long, boys," said the vice-president, waving his hand to his old cronies in the house. "See you later."

Diplomat after diplomat passed the president, and behind them the vice-president saw an endless line of gold braid adorning the breasts of countless officers of the army and navy stationed in Washington.

"Those fellows don't want to see me for anything," said the vice-president, as he slipped back into the east room.

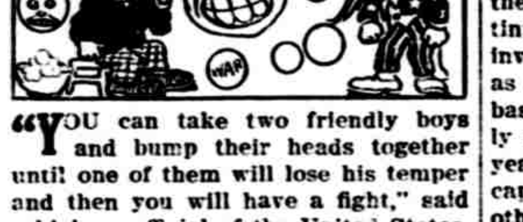
Half an hour later, while the vice-president was exchanging the compliments of the season and telling and hearing stories, he was again accosted by Captain Butt.

"I have been looking all over the White House for you," said the military aid.

"Well, here I am," remarked "Sunny Jim," slapping Butt on the back. "What do you want this time?"

"President Taft's party is ready to go to luncheon," said the captain, "and we are waiting for you to escort Mrs. Taft."

Jap War Talk Is Called Criminal



"YOU can take two friendly boys and bump their heads together until one of them will lose his temper and then you will have a fight," said a high-up official of the United States. "The same rule applies to nations. This talk about a prospective war between the United States and Japan if kept up for a few years will inevitably produce war between the two countries. It ought to be stopped, and stopped now.

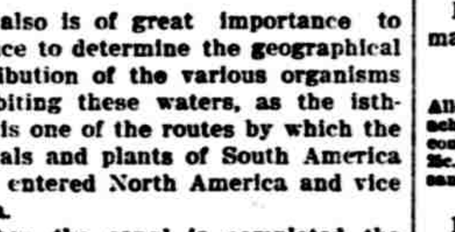
"There ought to be some way of inflicting punishment on persons who indulge in this war talk when there is not the slightest foundation for it. The newspapers are not primarily responsible for this talk. I do think, however, that they ought to quit giving it publicity."

Some persons have recently made the suggestion that it might not be improper for congress to start an investigation with a view to ascertaining why this talk of hostilities between the United States and Japan continues. It is pointed out that such an investigation ought to reveal whether as a matter of cold fact there is any basis for the stories that are constantly put in circulation. For nearly four years this talk has gone on here at the capital, and naturally has spread to other sections of the country.

President Taft has recently found it necessary to invite the ambassador of the Japanese empire to the White House and assure him personally that the administration is in no way responsible for the war talk that has recently been indulged in, and to reiterate to him that the United States has only the kindliest feelings for Japan.

During the last month many stories, circumstantial in character, have been passed around here tending to show that Japan is preparing to fight this country. Every one of them on investigation has been found to be baseless.

Naturalists Busy on Canal Zone



ENCOURAGING reports are being received by the Smithsonian institution from the naturalists who are taking part in the biological survey of the Panama canal zone, which was organized by the institution last winter. The principal branches of natural history are represented in the party, which includes seven experienced field naturalists, nearly all of them from the scientific bureaus of the government.

Naturalists throughout the world are greatly interested in this biological survey, because when the canal is opened sweeping changes probably will take place in the distribution of the animals and plants. A part of the fresh water streams of the isthmus now empty into the Atlantic ocean and others into the Pacific.

It is known that a certain number of animals and plants in the streams on the Atlantic side differ from those of the Pacific side, but as no biological survey has ever been undertaken the extent and magnitude of these differences have yet to be learned.

It also is of great importance to science to determine the geographical distribution of the various organisms inhabiting these waters, as the isthmus is one of the routes by which the animals and plants of South America have entered North America and vice versa.

When the canal is completed the natural distinctions now existing will be obliterated, while by the construction of the Gatun dam a vast fresh water lake will be formed, which will drive away or drown the majority of the animals and plants now inhabiting the locality and might exterminate some of the species before the scientific experts had a chance to study them.

No Advancement.

Experts in Brazilian agriculture unite in affirming that methods of growing tobacco, gathering the crop and curing it have changed little, if at all, since the days of the early colonist, two centuries ago. Practically nowhere is there any idea of tilling the soil and cultivating the crop with an instrument more modern than the spade.

Better Fitted.

"Well, who got the nomination—the chap who looked like Daniel Webster?" "No. The feller that looked like ready money."—Puck.

Childhood Souvenirs.

A good idea for mothers who like to have souvenirs of their little one's childhood is to paste in a book samples from every new dress or suit, with a picture of the pattern if possible. Not only is this interesting for both mother and children in time to come, but it forms a valuable history of costume for the period, and is of practical service as well by insuring variety in dress from year to year.

City Air Destructive to Wire.

A telegraph wire strung through the country will last about four times as long as one passing through the city.

His Limit.

Joshua had just made the sun stand still.

"Fine, but we bet you can't make Willie Jones do it," we cried.

Herewith he acknowledged his limitations.—Harper's Bazar.

Nature's laxative, Garfield Tea, overcomes constipation and is ideally suited to tone up the system in the Spring.

He who gives pleasure meets with it; kindness is the bond of friendship and the book of love.—Basile.

Lewis' Single Binder gives the smoker a rich, mellow-tasting 5c cigar.

It is not necessarily true that the worst is yet to come.

Household Remedy

Taken in the Spring for Years.

Ralph Rust, Willis, Mich., writes: "Hood's Sarsaparilla has been a household remedy in our home as long as I can remember. I have taken it in the spring for several years. It has no equal for cleansing the blood and expelling the humors that accumulate during the winter. Being a farmer and exposed to bad weather, my system is often affected, and I often take Hood's Sarsaparilla with good results."

Hood's Sarsaparilla is Peculiar to Itself. There is no "just as good."

Get it today in usual liquid form or chocolated tablets called Sarsatabs.

DEFIANCE STARCH—16 ounces to the package —other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.

WELCOME WORDS TO WOMEN

Women who suffer with disorders peculiar to their sex should write to Dr. Pierce and receive free the advice of a physician of over 40 years' experience —a skilled and successful specialist in the diseases of women. Every letter of this sort has the most careful consideration and is regarded as sacredly confidential. Many sensitively modest women write fully to Dr. Pierce what they would shrink from telling to their local physician. The local physician is pretty sure to say that he cannot do anything without "an examination." Dr. Pierce holds that these distasteful examinations are generally needless, and that no women, except in rare cases, should submit to them.

Dr. Pierce's treatment will cure you right in the privacy of your own home. His "Favorite Prescription" has cured hundreds of thousands, some of them the worst of cases.

It is the only medicine of its kind that is the product of a regularly graduated physician. The only one good enough that its makers dare to print its every ingredient on its outside wrapper. There's no secrecy. It will bear examination. No alcohol and no habit-forming drugs are found in it. Some unscrupulous medicine dealers may offer you a substitute. Don't take it. Don't trifle with your health. Write to World's Dispensary Medical Association, Dr. R. V. Pierce, President, Buffalo, N. Y.,—take the advice received and be well.

A ROUGH WAY.

Pete—I hear dat Sam's wife done cracked him over de haid wid a rollin' pin an' frowed all de kindlin' wood at him.

Joe—Well, I specks she were celebratin' dere woodin' weddin'.

"ECZEMA ITCHED SO I COULDN'T STAND IT."

"I suffered with eczema on my neck for about six months, beginning by little pimples breaking out. I kept scratching till the blood came. It kept getting worse, I couldn't sleep nights any more. It kept itching for about a month, then I went to a doctor and got some liquid to take. It seemed as if I was going to get better. The itching stopped for about three days, but when it started again was even worse than before. The eczema itched so badly I couldn't stand it any more. I went to a doctor and he gave me some medicine, but it didn't do any good. We have been having Cuticura Remedies in the house, so I decided to try them. I had been using Cuticura Soap, so I got me a box of Cuticura Ointment, and washed off the affected part with Cuticura Soap three times a day, and then put the Cuticura Ointment on. The first day I put it on, it relieved me of itching so I could sleep all that night. It took about a week, then I could see the scab come off. I kept the treatment up for three weeks, and my eczema was cured.

"My brother got his face burned with gunpowder, and he used Cuticura Soap and Ointment. The people all thought he would have scars, but you can't see that he ever had his face burned. It was simply awful to look at before the Cuticura Remedies (Soap and Ointment) cured it." (Signed) Miss Elizabeth Gehrki, Forrest City, Ark., Oct. 16, 1910.

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a liberal sample of each, with 32-page booklet on the care and treatment of skin and hair, will be sent, postfree, on application to Potter D. & C. Corp., Dept. X, Boston.

Solely to Blame.

Diner—Who is that singing so dreadfully out of tune?

Restaurant Proprietor—It is my wife.

Diner — Perhaps the accompanist plays out of tune?

R. P.—She is accompanying herself! London Opinion.

A Backhanded One.

He—The great trouble with Gabbleigh is he talks too much.

She—That's strange. When he's been with me he's scarcely said a word.

He—Oh, he's too much of a gentleman to interrupt.

SHAKE INTO YOUR SHOES
Allen's Foot-Ease, the Antiseptic powder for Tired, aching, swollen, nervous feet. Gives rest and comfort. Makes walking a delight. Sold everywhere, 25c. Don't accept any substitute. For FREE sample, address Allen S. Olmsted, Le Roy, N. Y.

If a girl has a grown up brother she acquires a pretty fair knowledge of men without having to pass through the agonies of matrimony.

The satisfying quality in Lewis' Single Binders found in no other 5c cigar.

Some women are like some old hens —set in their ways.

Splendid Crops

In Saskatchewan (Western Canada)

800 Bushels from 20 acres

of wheat was the thresher's return from a Lloydminster farm in the season of 1910. Many fields in that as well as other districts yielded from 25 to 35 bushels of wheat to the acre. Other grains in proportion.

LARGE PROFITS are thus derived from the FREE HOMESTEAD LANDS of Western Canada.

This excellent showing causes prices to advance. Land values should double in two years' time. Grain growing, mixed farming, cattle raising and dairying are all profitable. Free Homesteads of 160 acres are to be had in the very best districts; 160 acre pre-emptions at $3.00 per acre within certain areas. Schools and churches in every settlement, climate unexcelled, soil the richest; wood, water and building material plentiful.

For particulars as to location, low settlers' railway rates and descriptive illustrated pamphlet, "Last Best West," and other information, write to Sup't of Immigration, Ottawa, Canada, or to Canadian Government Agent.

W. V. BENNETT
Bee Building Omaha, Neb.
(Use address nearest you.)

Constipation Vanishes Forever

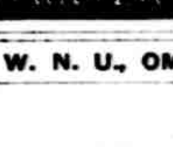
Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion—improve the complexion—brighten the eyes. Small Pill, Small Dose, Small Price.

Genuine must bear Signature

Brent Good

A COUNTRY SCHOOL FOR GIRLS
in New York City. Best features of country and city life. Out-of-door sports on school park of 35 acres near the Hudson River. Academic Course Primary Class to Graduation. Upper class for Advanced Special Students. Music and Art. Write for catalogue and terms.



PARKER'S HAIR BALSAM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c, and $1.00 at Druggists

Pettit's Eye Salve MAKES SORE EYES WELL

W. N. U., OMAHA, NO 17-1911.

EATS WHAT HE LIKES AFTER TAKING FREE SAMPLE

It will be welcome news to dyspeptics to learn of a remedy that, in the opinion of thousands, is an absolute cure for indigestion and all forms of stomach trouble, and, better still, it is guaranteed to do so. The remedy is Dr. Caldwell's Syrup Pepsin.

We all know the value of pure pepsin in indigestion, and add to this some exceptional laxative ingredients and you have a truly wonderful remedy. Mr. T. W. Worthy of Forsythe, Ga., got to the point where he could not even eat or digest vegetables and after many years of seeking he found the cure in Dr. Caldwell's Syrup Pepsin. Mr. Rudy Kasner of Moline, Ill., was in the same bad predicament with his stomach, took Syrup Pepsin and is now cured. Hundreds of others would gladly testify.

It is a guaranteed cure for indigestion, constipation, biliousness, headaches, gas on the stomach and similar complaints. A bottle can be had at any drug store for fifty cents or a dollar, but if you wish to make a test of it first send your address to Dr. Caldwell and he will supply a free sample bottle, sent direct to your address. You will soon admit that you have found something to replace salts, cathartics, breath perfumes and other temporary reliefs. Syrup Pepsin will cure you permanently.

For the free sample address Dr. W. B. Caldwell, 201 Caldwell building, Monticello, Ill.