

When your Watch Stops

You cannot make it go by shaking it. When the bowels are constipated you can disturb them with cathartics but, like the watch, they will not be able to do their allotted work until they are put into proper condition to do it.

One cannot mend a delicate piece of mechanism by violent methods, and as the human body,

The use of pills, salts, castor-oil and strong cathartic medicines is the violent method. The use of the herb tonic laxative,

Lane's Family Medicine

is the method adopted by intelligent people.

Headache, backache, indigestion, constipation, skin diseases—all are benefited immediately by the use of this medicine.

Druggists sell it at 25c. and 50c.

Miss or Mr.?

"Fighting Rob" Evans, during his last stay in Washington, was one evening a guest at a house where he met a number of the younger set of the capital.

As the admiral was leaving, he chanced to pick up from the floor a very dainty handkerchief, edged with lace. He was gravely inspecting this "trifle, light as air," when a rather effeminate-looking young man hastened forward to claim it.

"Your sister's, no doubt," said the admiral, as he handed it over.

"Oh, no," said the young man, "it's mine."

Evans scrutinized the young man closely. "Would you mind telling me what size hairpins you use?" he asked, after a pause.

Only One "BROMO QUININE"

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

The Pearl.

The pearl is nothing but carbonate of lime, and vinegar or any other acid will eat away the polished surface in a few moments. As for the opal, hot water is fatal to it, destroying its fire, and sometimes causing it to crack. Soap is a deadly enemy of the turquoise. If a turquoise ring is kept on the hand while washing, in a short time the blue stones will turn to a dingy green.

Clear, white clothes are a sign that the housekeeper uses Red Cross Ball Blue. Large 2oz. package, 5 cents.

Rocky.

Mr. Wiggins, in his study, was endeavoring to concentrate his thought upon a bit of writing. A perpetual noise in the flat above annoyed him beyond human endurance. Rushing into the sitting room, he cried:

"What is that confounded racket?"

"My dear, it is only the lady above rocking her baby to sleep."

"For heaven's sake, run up and tell her to use smaller rocks!"—Judge.

And Then Some.

"The air in here is something awful," said the stranger, who had never been in the Chicago postoffice building before. "What's the reason it smells so bad?"

"According to some of our bacteriological experts," answered the stamp clerk, "there are 927,344,725,681,399,007 reasons for the odor. I've never counted them myself, but I believe the experts are approximately correct."—Chicago Tribune.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Charles H. Fletcher*

Unparalleled.

There had been a fire in the apartment building, with heavy loss of property and many narrow escapes.

"Were there any acts of conspicuous heroism?" queried the reporters.

"Yes," said one of the victims. "With a self-sacrifice never before witnessed in a case of this kind, sir, we all turned in and helped to carry out the piano that was on the second floor."

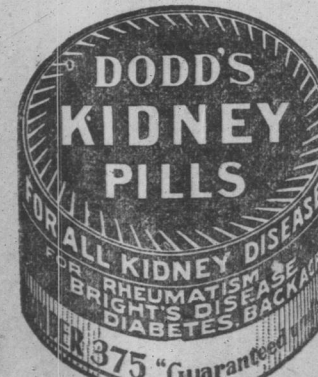
His Working Capital.

"What a striking looking man you have for a driver of one of your coal wagons," observed the customer.

"Yes," said the dealer; "he used to be a cowboy."

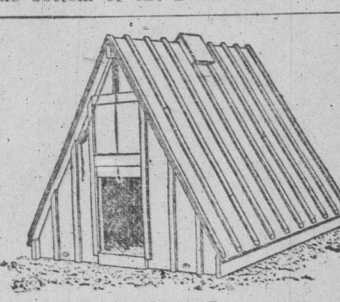
"How came he to drift into this kind of work?"

"Well, he said he wanted some job in which he could use his vocabulary."



Good Hog Cot.

The A-shaped hog cot has been modified and improved to adapt it to both summer and winter conditions. The improved form has a permanent floor, a door in each end, and a ventilating system. It is constructed by nailing inch boards on six joists, 2 in. x 4 in., 8 feet long for the floor. Beneath the joists are nailed three stringers, 2 in. x 6 in., 8 feet long, which serve as runners for moving the house. Next is spiked a piece 2 in. x 8 in., 9 ft. 4 in. long, at the ends of the joists, having the bottom of the 2 in. x 8 in. even with the bottom of the joist which will allow it to project above the floor 3 inches. It will also extend out 7 inches at each end. This 2 in. x 8 in. forms a plate to which the rafters and roof boards are nailed. The 7-inch extension of the plate at the ends supports the lower corners of the roof, which otherwise would be easily split off. These 2x8s, besides strengthening the house, raise the rafters and roof boards nailed to them at least 3 inches off the floor and thereby materially increase the floor space and the capacity of the house. If the house is to be used in extremely cold weather a movable door is necessary. The illustration shows a door 2 feet wide and 2 ft. 6 in. high, made to slide up and down and held in place by cleats. It is suspended by a rope which passes through a pulley at the top, and is fastened to a cleat at the side near the roof.



A HOG COT.

Another important feature of this house is the ventilator, which is a small cap covering a hole at the top and the center of the roof. The hole is made by sawing off opposite ends of two roof boards and covering it with a cap.

The Crop Mortgage System.

As every informed person knows, the chief trouble, at the bottom of almost all the other troubles, is that many of the raisers of cotton are in debt. It is a remarkable fact that many cotton raisers continue in debt (about a year behind the world) as long as they live. Of course the insufficient price of cotton has had much to do with this; but not all. The policy of adhering to cotton whether it be low or high in price also has to do with it. Whatever the cause, the fact is fully agreed upon. It is further conceded that if the raisers of cotton were as nearly upon a cash basis as men in other lines usually are they could then assert some authority in fixing the price of cotton, because they could hold it until the terms suited them.—Galveston News.

Effect of Freezing on Butter.

A series of trials were made at the Vermont Experiment Station, wherein milk was divided into two lots, one-half allowed to freeze and the other half handled in the usual manner; then churned, the butter worked and scored. Neither skimming, ripening nor churning appeared to be impaired. Not so, however, with the scoring. The average scores of two sets of fifteen lots each were: Frozen butter, 93.2; normal butter, 93.5. Freezing tended very slightly to lower the grade of the butter, yet freezing is not necessarily a menace to good butter-making. It should not be inferred, however, that infrequent creamery receipts, delivered more or less frosted, will make as good a butter as if they had been delivered unfrozen.

Constancy of the Bee.

With regard to the general belief that bees, and more especially hive bees, visit only one species of flower in a single journey, we may quote an interesting observation made by W. Wesche, and recorded by him in a paper read before the Royal Microscopical Society. Mr. Wesche has been studying insects with the microscope, and among other things has made interesting observations on their food. A worker bee, for example, was found to have its abdomen full of several species of pollen. The inference is that it had visited several species of flower in a single journey.

The Life Plant.

Bermuda possesses a plant of the house leek family which has curious properties. When the leaves begin to shrivel and fade they put forth new shoots which in turn bear leaves that continue to grow fresh and green for many weeks. The leaves are about

four inches long, rich green in color and of waxy texture. If one of the leaves is pinned to a wall indoors it will begin to sprout within three or four days, be it winter or summer. The limit of existence of the life plant seems dependent upon the quantity of heat and light which the plant obtains.

Protection of River Banks.

The statement is constantly met that forests are very efficacious in the protection of river banks from undermining and steep slopes from sliding. The exact reverse is the case, says the Engineer. As every river engineer knows, nothing is more disastrous to a river bank on an alluvial stream than heavy trees. This is due partly to the great weight, but in large part to the swaying effect of the wind and the enormous leverage of the long trunks, which pry up the ground and facilitate the tendency to undermining. One of the regular policies of river control is to cut down these trees for a distance back from the edge of the bank wherever complications with private ownership do not prevent. Snags and driftwood in the channels have always been among the most serious obstacles to navigation on streams flowing between forest-covered banks. Likewise where railway or highway grading cuts the skin of unstable mountain slopes, the presence of large trees immediately above tends powerfully to loosen the ground and cause it to slide; and in such cases it is necessary to cut down the timber.

The Colors of Eggs.

A. R. Horwood, of the Leicester (England) Museum, remarks that the colors of birds' eggs can, in a large number of cases, be traced to the necessity of "protective resemblance." White eggs are usually laid by birds nesting in holes in trees, or in dark situations, like owls, woodpeckers, and some pigeons. Most birds nesting on or near the ground lay eggs of an olive-green or brown ground color. The eggs of grouse, ptarmigan, and so forth, resemble the heather among which they are laid. Those of the ringed plover, little tern and oyster-catcher resemble the sand and shingle of the beach. The lapwing's eggs closely simulate bare soil or dried herbs. The young chicks show similar "protective" colors.

King of the Chicago Live Stock Show

Prime Lad XVI, "king of Herefords," owned by Warren T. McCray, of Kentland, Ind., former president of the National Grain Dealers' Association, attracted much attention at the international live stock show. Prime



Radishes fried with beefsteak have a flavor not unlike mushrooms. They should be sliced.

Burning oil is spread by water. To extinguish it throw down flour, sand or earth. The idea is to prevent the oil spreading.

Fried chicken with cream sauce and corn fritters is an old dish, but one that too seldom finds a substantial place in the home.

Finger marks on doors can easily be rubbed off with a piece of clean flannel dipped in paraffin. Afterward wipe over with a clean cloth wrung out of the hot water to take away the smell.

To soften hard water, put one ounce of quicklime into four gallons and a half of water. Stir it thoroughly and allow it to settle. Then pour off the clear solution, which will be enough to add to four barrels of hard water.

Fruit, vegetable, coffee and tea stains may be removed from white goods as follows: Heap salt on the spot, rub hard, then rinse in hot water in which a good amount of borax has been dissolved and the stain will disappear immediately.

Obstinate grease spots can be removed by placing them in benzine, placing them on a double pad of blotting paper and, after laying another pad of the same over the top, pressing with a moderately hot iron.

All bar soap for household purposes should be kept for a few weeks before being used. It should be placed in the sun and air as much as possible, when it will last twice as long as if used at once. This applies equally to cake soap for toilet purposes.

Never permit mold to accumulate in the damp, dark corner of the cow barn.

Not one cow in fifty that is confined in the dairy barn gets as much water as she needs.

A strange dog running through a herd in a field will lessen the milk flow for the next milking from 3 to 10 per cent.

Cow barns should be whitewashed inside at least three times a year, and this job should include every foot of the stalls and mangers.

A milking room should never be located under the hay loft, because more or less dust is always sifting down and will fall into the milk.

Even with perfect ventilation it is hard to keep disagreeable odors out of the cow barn. Without ventilation it is entirely out of the question.

A hooking cow is always dangerous. A cow will seldom attack a man, but they have been known to kill women.

Every calf intended for the dairy should have its horns eliminated by the use of caustic when a week old.



Household Talks

Cooking Time Table.

Time for baking different kinds of food:

- Beans, eight to ten hours.
- Biscuit, 20 minutes.
- Bread, 40 to 60 minutes.
- Sponge cake, 45 to 60 minutes.
- Thin cakes, 20 to 30 minutes.
- Custards, 20 to 45 minutes.
- Thick fish, 45 to 60 minutes.
- Small whole fish, 20 to 30 minutes.
- Gems, 20 to 30 minutes.
- Muffins, 20 to 30 minutes.
- Patties, 15 to 25 minutes.
- Pies, 30 to 40 minutes.
- Potatoes, 30 to 60 minutes.
- Pudding, 20 to 45 minutes.
- Scalloped dishes, 15 to 30 minutes.

Chop Suey.

Cut into small pieces two chicken gizzards, two chicken livers, one ounce of green root ginger, three stalks of celery and two pounds of young pork. Put all into a frying pan with a tablespoonful of olive oil. Make a mixture of four tablespoonfuls of salad oil, one tablespoonful of vinegar, one of Worcester's sauce, a half-cup of boiling water, a pinch of powdered cloves, salt and pepper to taste. Stew until the meat is done, and just before taking from the fire add two cupfuls of mushrooms; boil for three or four minutes and serve.

Steamed Gingerbread.

Sift one pound of flour into a basin, add one teaspoonful of baking soda, two teaspoonfuls cinnamon, two teaspoonfuls ginger, two teaspoonfuls caraway seeds, one cupful currants, a pinch of salt and a little grated nutmeg. Melt together in a saucepan four tablespoonfuls of sugar, four tablespoonfuls of butter, six ounces of molasses; pour them among the flour, add two well-beaten eggs and enough buttermilk to moisten. Pour into a buttered mold, cover with buttered paper. Steam for two and a half hours.

Fruit Salad.

Peel and separate into lobes four oranges, cutting each lobe into three pieces; blanch, dry and break into bits enough English walnut meats to make a teaspoonful; seed and halve a cup of Malaga grapes. Mix these ingredients together and set in the ice until cold. Line a bowl with crisp lettuce leaves, fill with the fruit, sprinkle lightly with salt and pour over all a good mayonnaise dressing.

Steamed Oysters or Oyster Soup.

Heat a quart of oysters in their liquor until the edges begin to curl. Have ready in another vessel a quart of milk, into which a bit of baking soda has been stirred. Melt in this a generous tablespoonful of butter, stir in the hot oysters and liquor, season with salt and pepper, and serve at once with oyster crackers.

Steamed Indian Pudding.

Put two cups Indian meal into a basin, sift in one cup of flour, one teaspoonful baking soda, a pinch of salt, one cup of sultana raisins. Beat up one egg, add two tablespoonfuls of molasses and one pint of buttermilk; pour them among the dry ingredients. Mix well and steam for three hours.

Rusk.

Mix together two cups of raised dough left from the bread, one cup of sugar, a half-cup of butter, two well-beaten eggs and flour enough to make a stiff dough. Set to rise, and when light mold into high biscuits and set to rise again. Sift a mixture of sugar and cinnamon over the top and bake.

Short Suggestions.

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INVALID'S SAD FLIGHT.

After Inflammatory Rheumatism, Hair Came Out, Skin Peeled, and Bed Sores Developed—Only Cuticura Proved Successful.

"About four years ago I had a very severe attack of inflammatory rheumatism. My skin peeled, and the high fever played havoc with my hair, which came out in bunches. I also had three large bed sores on my back. I did not gain very rapidly, and my appetite was very poor. I tried many 'sure cures' but they were of little help, and until I tried Cuticura Resolvent I had had no real relief. Then my complexion cleared and soon I felt better. The bed sores went very soon after a few applications of Cuticura Ointment, and when I used Cuticura Soap and Ointment for my hair it began to regain its former glossy appearance. Mrs. Lavina J. Henderson, 133 Broad St., Stamford, Conn., March 6 and 12, 1907."

Pities the American Man.

The American man is more consistently considerate and generous to women than any fellow on earth, and in no country does he get sharper scrubbing for his pains. The handling of husbands by wives in America amounts to an art, a profession, almost a science. Based on the theory that the more one has to do the more one can accomplish, ladies who have hard-working, enterprising spouses simply retire from active life. If he manages his office and business satisfactorily, why not take over the house and servants?

What is known as "a good husband" in the States is a first-class, non-firing money-making machine, who gives everything, asks nothing and brags ceaselessly of his wife's perfections. Should he presume to criticize a charred chop or a flat soufflé or complain at the size of the draper's bills he is set down as a brute and the wife is pitted as a first-class martyr. For such sins as the above two men of my acquaintance were forced to live in hotels a year at a time. They had committed the crime of finding fault with the impeccable sex and were reduced to subjection by having their homes taken from them.

For my part, I think the Briton's way is the best.—London Chronicle.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.

J. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

Legal Note.

A London city man recently wrote to a lawyer in another town asking for information touching the standing of a person there who had owed the Londoner a considerable sum of money for a long time. "What property has he that I could attach?" was one of the questions asked. The lawyer's reply was to the point. "The person to whom you refer," he wrote, "died a year ago. He has left nothing subject to attachment except a widow."—Punch.

Every Woman Will Be Interested.

There has recently been discovered an aromatic, pleasant herb cure for women's ills, called Mother Gray's AUSTRALIAN-LEAF. It is the only certain regulator. Cures female weaknesses and Backache, Kidney, Bladder and Urinary troubles. At all Druggists or by mail 50c. Sample FREE. Address: The Mother Gray Co., LeRoy, N. Y.

Transmutation.

I read, once in an idle hour, Some lines about a maiden's hair That clustered richly, fold on fold, Above a brow serenely fair. And when the sunlight lingered there It turned its dun to gold. Would that a like transmuting power Might give its charm for me some day When bills crowd in and friends are cold; Might flood my room with mellow ray, And, drifting all the clouds away, Turn every dun to gold. —The University Missourian.

PILES CURED IN 6 TO 14 DAYS

PAZO OINTMENT is guaranteed to cure any case of Itching, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Omitted.

The two old neighbors had met on the street.

"Mornin', Sam," said the first. "I hear your son Bill has got through college successfully."

"Yep," said the other.

"Learn anything?"

"Yep."

"What's he got out of it chiefly?"

"He kin speak seven languages."

"Fine!"

"Oh, I dunno. Trouble is they forgot to teach him any ideas to express with 'em."—New York Herald.

Do Your Clothes Look Yellow?

If so, use Red Cross Ball Blue. It will make them white as snow. Large 2oz. package, 5 cents.

Girls Taught Life-saving.

A course in life-saving has been instituted among the women students of Columbia University for the purpose of making them as adept as men in rescuing drowning persons. They receive the regular life-saving drill, including the slips and breaks, towing to shore and artificial respiration. A fully dressed girl is thrown into the water at one end of the swimming tank, and other girls are obliged to rescue her from the opposite end and take her back, which is already done in 57 seconds. This new departure in co-education has become immensely popular.

Mrs. Winslow's Soothing Syrup for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic, 25 cents a bottle.



Phew! Salts and Castor Oil!

Why take sickening salts or repulsive castor oil? "Goes through you like a dose of salts" means violence, grips, gripes, gases, soreness, irritation, and leaves your stomach and bowels weak and burnt out. Might just as well take concentrated lye. Then there's castor oil, disgusting, nauseating truck that your stomach refuses unless you disguise the taste. Fool your own stomach, eh? Don't ever believe that anything offensive to your taste or smell is going to do you real good. Nature makes certain things repulsive, so you will not take them. Force yourself to nauseous doses, and you ruin your digestion, weaken your bowels, destroy your health. On the other hand see what a delightful, palatable, perfect modern laxative, liver regulator and bowel tonic you find in



Best for the Bowels. All druggists, 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back. Sample and booklet free. Address: Sterling Remedy Co., Chicago or New York.

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Across Salt Lake by Rail Famous Here and Abroad

Via The Overland Limited Leaves Chicago Daily

Composite Observation Car, Pullman Drawing-room and Compartment Cars, Dining Cars; all electric lighted and well ventilated. Library, Smoking Rooms—everything pleasant—makes your journey delightful. No excess fare.

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Send twelve cents in postage for book entitled, "The Overland Route to the Road of a Thousand Wonders."

E. L. Lomax, C. P. A. Omaha, Neb.

W.L. DOUGLAS

'300 SHOES '350



W. L. Douglas makes and sells more men's \$3.00 and \$3.50 shoes than any other manufacturer in the world. Because they hold their shape, fit better, and wear longer than any other make.

Shoes at All Prices, for Every Member of the Family, Men, Boys, Women, Misses & Children.

W. L. Douglas \$4.00 and \$5.00 Gilt Edge Shoes cannot be equalled at any price. W. L. Douglas \$2.50 and \$3.00 shoes are the best in the world.

First Color Booklets Sent Free. Write for them. Name and address stamped on bottom. Sold everywhere. Shoes mailed from factory to any part of the world. Catalogue free.

W. L. DOUGLAS, 127 Spark St., Brockton, Mass.

If You Have a Nose Like One of These Let Me Correct It.



DON'T HAVE AN UGLY NOSE.

A deformed nose spoils any face. It's the first thing seen and last forgotten. Anybody can get rid of that commonplace look simply by having the nose made to harmonize. Modern specialists have devised successful methods for improving and beautifying the face.

DR. SAUNDERS Says

ANYBODY CAN BE MADE BEAUTIFUL.

Dr. Saunders is a face specialist with the latest and most successful methods for treating the face. He is considered the most skillful specialist in Chicago.

If you have any of the following face blemishes check off same on list and send to Dr. Saunders:

Frown Furrows, Red Nose, Mouth-to-Nose Lines, Sagging Cheeks or Face, Wrinkles, Flabby Wrinkly Eyelids, Drooping Eyelids, Peck Pitting, Skin Malformations, Scars, Grooves Mouth Corners, Pimples, Bumpy Chin, Blemishes, Mole, Hollow Cheeks, Superfluous Hair.

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DR. SAUNDERS

148 State St., Rooms 402-4-6, Chicago

Inclose 2c stamp for Free Booklet. It will be sent in plain envelope.