MY DAUGHTER WAS CURED

By Lydia E. Pinkham's Vegetable Compound

Baltimore, Md.—"I send you here, with the picture of my friend, the grateful daughter Alice, who was restored to health by Lydia E. Pinkham's Vegetable Compound. She was troubled with dizzy spells and circles under her eyes, weak and irritable. Two different doctors treated her and called it Green Sickness, but it grew worse all the time. Lydia E. Pinkham's Vegetable Compound was recommended, and after taking three bottles she has regained her health, thanks to your medicine. I can recommend it for all female troubles."—Mrs. L. A. Corkran, 1108 Hutland Street, Baltimore, Md.

Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for their children cannot be written.

Young Girls, Heed This Advice.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take immediate action and be restored to health by Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by its use.

Write to Mrs. Pinkham, Lynn, Mass., for advice, free.

Cure for Mix Dyspepsy.

Hogan. What makes you so wally all your dinner in two minutes, Grogan? Are yez sitin on a bee?

Grogan. It's for the good av me dyspepsy, Mickey. Sure the docther told me to eat an hour after dinner and how else am Oi goin' to get the hour of it unless Oi ate loike the divil?"

ASK FOR ALLEN'S FOOT-EASE

the Antiseptic powder to shake into your shoes. It makes tight or new shoes feel easy, prevents blisters, callouses, sweating feet, and gives rest and comfort. Sold everywhere. Do not accept any substitute. Sample FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Health is the greatest of all possessions, and this is a maxim with me that a hale constitution is better than a sick king.—Bickerstaff.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of most disease. Cure the cause, and you cure the disease. Easy to take.

Man without prudence is the lamp without oil; guide in a cage is a bad counselor.—Ali de Musset.

Simple remedies are best! Garfield Tea is simply pure garfield, senna and cascara potent compound of Herbs, not drugs.

Whatever you lose, you should reck on of no account.—Publius Syrus.

Wm. Warner's Lithia Tablets relieve uric acid troubles, relieve gout, rheumatism, sciatica, backache, gravel, stone, cloudy urine, etc. Adv.

Not by years but by disposition is wisdom acquired.—Plautus.

Busted

Many a man goes broke—in Health—when well, Hostetter's Bitters says it don't work right; but all the little *Wis'ko Bennys* Thery don't work—liver dead and the whole bunch gets clogged with poison. Nothing like good, clean-cut brain action like constipation. CASCARETS will relieve and cure. Try it now.

CASCARETS 'Tis a box for a week's treatment. All druggists. Biggest seller in the world. Million boxes a month.

SPENCER BROS. Makers Peoria, Ill.

Don't Buy a Common Refrigerator

It will cost however a vile quality, unless you buy the Leonard. It will last a lifetime, if you get it of us. See the Leonard Cleanable Lined with enameltrim enamel and pure white porcelain. Lasts a lifetime. Cost no more than others. Sold on easy terms. Write us. Also ice boxes, ice chests, refrigerators, etc. Leonard Cleanable Refrigerators are the best we have on dealer. Write today for our catalog, prices, etc. Free. Leonard Cleanable Refrigerator Co.

GRAND RAPIDS WITHERSPOON BLDG. 325 Park Avenue Grand Rapids, Mich.

Bettle Eye Salve ITCHING LIDS CAN BE CURED

RHEUMATISM ECZEMA Where Nature failed, we succeeded in Winchester Tablets. Sample free. Winchester Co. Dept. 1 Chicago.

MAIL 1 CIRCULARS Sent free, get the first each receive, 1 cent. Circular Exchange, 1 cent. LETTER EXCHANGE, Hawley, Texas.

BOYS! GIRLS! Send 2 more stamps and we will send you 2 Beautiful Pictures and Sample of PUZZLE CARDS. Puzzle Co. Dept. 1 Chicago.

SOUPS AND DESSERTS

RECIPES FOR THE BEGINNING AND END OF THE MEAL.

How to Make Delicious Chicken Gumbo—Steamed Apples Are Good—Charlotte Russe, "Cheese" Pie and Sillibub.

Chicken Gumbo.—Melt three heaping tablespoonfuls of lard, when sizzling hot stir into it three tablespoons of browned flour, stirring constantly till thoroughly smooth; in this place one fat hen or capon cut up as for frying, brown on both sides and pour upon it one gallon of boiling water, add two teaspoonfuls of salt, a little cayenne and a dozen pods of okra chopped or sliced; boil slowly till tender thoroughly tender (half hour) before adding drop into the hot soup three dozen oysters, removing from fire as soon as they crinkle. Boil one tea cup of rice, stirring constantly until tender and dry, put two spoons of rice in each plate and pour on this a portion of the gumbo with chicken and oysters.

Steamed Apples.—Pare, halve and core six good cooking apples place in saucepan, setting pairs together, pour in pan half teacup of cold water, cover tightly and place over moderate fire. The steam will cook them quickly. When thoroughly done remove the cover opening at corner of each pair one dessert spoon of powdered sugar lump of butter size of filbert, cover again for this to melt, then pour over all a glass of sherry. Serve with whipped cream.

Charlotte Russe.—Beat together till light and fluffy the yolks of six eggs with one teacup of white sugar; whip one pint of sweet cream; beat to a froth the whites of eggs, stir both into yolks and sugar. Dissolve one ounce dissolve half a box of gelatine in half a teacup of boiling water and pour into above, stirring constantly. Line a large mold with lady fingers and pour into it the mixture; place in refrigerator to set. Serve in fluted paper cups.

"Cheese" Pie.—Six eggs beaten separately, to the yolks add one teacup of sugar, one of sweet cream, lump of butter size of walnut and one teacup of blackberry jam, stir in the whites of eggs beaten to froth, bake in a flaky paste till set. (These fill pies.)

Sillibub.—Whip half a pint of sweet cream, sweeten with a half a teacup of powdered sugar, flavor with one teaspoon of vanilla, add to this one pint of sherry, the juice of six oranges, one teacup of grated pineapple and three tablespoonfuls of apricot brandy. Serve in cups with fruit cake.

Time Table for Boiling Vegetables.

Potatoes, 30 minutes, unless small, when rather less; cauliflower and cold flower 25 minutes, peas and asparagus, 20 to 25 minutes; carrots and turnips, 45 minutes when young, one hour in winter; onions medium size, one hour; beets, cold water in summer 1½ or two hours (if large); in winter French beans, half an hour; spinach and dandelion, 15 minutes. If only chopped greens, 40 minutes; broad beans, if very young, 20 minutes, old, 40 to 45 minutes. All vegetables should be put into boiling water and quickly brought to the boiling point again, not the time they are in water before boiling, which toughens them and destroys color and flavor. This time table will be found useful if copied and fastened on to the kitchen wall.

Apple Dumplings Baked.

Three-fourths pound of flour, one quarter pound lard rubbed in, one-half teaspoon of baking powder, rinsed apples, cloves. Roll out the paste, beef marrow into the flour until as fine as grated bread and sift with the baking powder while dry. Mix to a stiff paste with a little cold water. Divide the paste into six pieces. Open a tin of apples, place two halves and one clove on each piece of paste previously rolled out, and work the paste round the apple with your hands so that no juice can be discovered. Bake on a greased tin for three-quarters of an hour. A dish for three persons.

Date Whip.

Stone a quarter pound of dates, chop fine and cook to a paste in five tablespoonfuls of water. Pour through a sieve. Beat the whites of five eggs until frothy, add a quarter teaspoon cream of tartar and beat all until dry, then beat in the date pulp and half a cup of sugar very gradually. Bake in a buttered baking dish half an hour, serve cold with whipped cream or with boiled custard made of a pint of milk, the yolks of three eggs and a third cup of sugar.

To Clean Stained Knives.

Knives that have been stained by fruit or vinegar may be cleaned, after washing, by rubbing them with a freshly cut raw potato and then polishing them on a board with the ordinary way. Lemon juice and salt mixed into a stiff paste and well rubbed in, will remove stains from ivory or bone handles. Rinse in warm water after the paste has been thoroughly applied and dry carefully.

Farmers' Gems.

Two cups of sugar, two cups of sour cream, two tablespoonfuls of soda, flour as for cookies. If you expect them to last long you will have to double the quantity.

A Kidney Cure You Can Bank On

Prove the Treatment Before You Pay for It. Your Druggist Has a Free Sample Package for You.

Kidney diseases usually produce injurious results. Many of those affected with it, for unless treated properly and the right method tried, usually end in Bright's disease. Every sufferer from kidney or bladder disorder should consider Dr. Derby's free treatment. Dr. Derby's Kidney Pills are remarkable. They straighten up lame backs every time. Men, women, boys and girls, young and old, have lame backs, pains, bladder pains, irritation, scalding, frequent urination, etc. Any one from the list above can instantly tell if Dr. Derby's Kidney Pills will cure them by taking a free sample package. Try them and be convinced.

IN OBEDIENCE TO ORDERS

French Boy Caused Merriment by Taking the Order of the Court Too Literally.

A droll incident is reported as having taken place in one of the provincial appeal courts in France. The boy witness was summoned to give evidence, and his appearance was such as to move the whole court to laughter. He wore a long redingote, peculiar to the Basque country, and immense boots. His trousers, collar and hat were unquestionably those of a man. The president, however, asked the president asked the boy how he dared to appear in such a costume. The boy seemed as surprised as the president and handed the clerk of court from his pocket, read the formula in viting him, "Comparaître dans le si faites ce que vous pourrez." (To appear in his father's suits.)

Symptoms Were There.

"Your honor, this night was a little solid food directly he begins to mend," said the doctor. "But how am I to tell? I inquired the anxious wife, "The convalescent stages of influenza." replied the doctor, "are marked by a slight irritability."

"Well, I'm sorry," said and found the patient's wife radiant. "When I refused to order his steak and onions, he was perfectly, I mean, in the kitchen and smashed fourteen plates, he ate a dinner worth mentioning of course. I sent out for steak at once." Stray Stories.

Too Fresh.

"Will you promise to support my daughter in the style in which she is accustomed? I cannot do so much more." demanded old Skinflint, when Jolly made his formal proposal.

"Well, I'm sorry, but I'm afraid I'm too fresh." replied the young man, "I'm too soft hearted cross and I'm afraid she'll be able to do more than a few things out of me that you were strong enough to refuse her."—Judge.

COFFEE CONGESTION
Causes a Variety of Ills.

A happy old lady in Wisconsin says:

"During the time I was a coffee drinker I was subject to a sick headache, sometimes lasting 2 or 3 days, and could do nothing nor anything.

"To this coffee habit I owed some years ago, a trouble with my heart that I was told was organic, yet under Postum it has not bothered me at all.

"I liked the taste of it and was particularly pleased to notice that it did not cause me the slight pain. The bad spells with my heart grew less and less frequent and finally ceased altogether and I have not had an attack of sick headache for more than a year. My digestion is good, too, and I am thankful that I am once more a healthy woman. I think Postum wonderful restoration to health came from quitting coffee and using Postum." Name given by the Postum Co., Battle Creek, Mich.

"There's a reason," and it is this. Coffee has a direct action on the liver and kidneys, causing a torpid partial congestion of that organ preventing the natural outlet of the secretions. Then many follow biliousness, sallow skin, headaches constipation and finally a change of the blood corpuscles and nervous prostration.

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

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

A Budding Star.

"The teacher informs me that Mary Anderson Wombat has considerable dramatic talent."

"That's what. Why, that girl can't recite the multiplication table without making the most elegant gestures."

It is not the quality of the meat but the cheerfulness of the guests which makes the feast.—Lord Beaconsfield.

Garfield Tea, Herb remedy constipation, indigestion and sick headache.

Man's best possession is a sympathetic wife.—Euripides.

THE PRICE OF LAND INCREASING

THE "BACK TO THE LAND" CRY IS EFFECTIVE.

Traveling through the state of Iowa the other day, and Iowa is no exception to the story about to be related, the writer was shown a farm that was offered three years ago for fifty an acre. That appeared to be a high figure for land upon which the owner depended upon the income of corn, hogs and cattle that could be raised upon it. But it wasn't. A few weeks since the farm changed hands at $135 an acre. Over in Illinois, down in Indiana, up in Wisconsin, across the line in Minnesota, the same experience was seen. And then attention is directed to Canada, which has been the Mecca of so many hundred thousand Americans during the past few years. Not only in Eastern Canada, but in the Canadian Northwest, but in Western Canada, during the past few years, farm lands have increased from three to five dollars an acre with the prospect of a similar advance during the next three months. The reason for this is very apparent, for the fact is that it has been discovered that the lands are worth a great deal more than the prices asked. The Northwestern Agriculturist of Minneapolis, a paper that was one of the first advocates of sending papers to discover the real merits of the lands of Manitoba, Saskatchewan and Alberta, says: "The reciprocity scheme will would encourage American farmers to move to Canada, where the virgin soil will produce greater crops of grains with less labor than can be produced by our dry farms in the Northwest. The time will be when farm land values in Canada will be enhanced in value, equal to land values in the United States. In face of the fact that land values in the United States are increasing the reason for this increase is the advance in value of Canadian lands is partly accounted from the fact, admitted by everyone, that Canada's virgin soil will produce greater crops of grain with less labor. But that is not the only reason. During the past twelve months 320,000 people have left Canada for the states and these are mostly of the farming class. They want land, and the land is as well as the wealth of the soil is regulating the price. A study of the increase in the acreage of land put under crop last year, which can be had from any Canadian government representative, will prove the point, that the demand for farm lands exceeds ratio than even the most sanguine would have predicted.

Character Told in Greeting.

Joseph Slinne M. D., in "Physiognomy Illustrated," says: "The man who gives you a cold, cheerless grasp looks you straight in the face, has a pleasant open eye, and shake your hand up and down, while uttering his after a second earnest gentle greeting, is always a man who is an honest, earnest and true friend. The man who gives you a cordial, warm cordial mill hopper shake, and lets slip your hand in the easy way of silly will almost certainly be found to be a selfish, cunning and deceitful man, ready to do you a mischief.

It is the doing, not the saying, that makes the hero.

Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is loss of vitality, vigor or tone, and is often a forerunner of prostrating disease.

It is serious and especially so to people that must keep up and doing or get behind.

The best medicine to take for it is the great constitutional remedy

Hood's Sarsaparilla

Which purifies and enriches the blood and builds up the whole system.

Hood's is truly a usual liquid form of chocolated tablets called **Sarsatabs.**

900 DROPS

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

ALCOHOL—3 PER CENT

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral

NOT NARCOTIC

Recipe of Old Dr. SAMUEL PITCHER

Bears the Signature of Chas. H. Fletcher

In Use For Over Thirty Years

Perfect Remedy For Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP

Fac Simile Signature of Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK

900 DOSES 35 CENTS

CASTORIA

Guaranteed under the Food Exact Copy of Wrapper.

For DISTEMPER Pink Eye, Epizootic Shipping Fever

Prevent and control by use of Spohn's Distemper Compound. Recover a Free Horsehead in Spohn's Medical Advisor. Sold by druggists or dealers or direct at 50c and $1.00 per dose. Spohn's Liquid Distemper Compound is one of the greatest medicines for the prevention and control of Distemper, Pneumonia, Pink Eye, Shipping Fever, Influenza, Coughs, Colds, Sore Throat, Lung Fever, Pneumonia, Pneumonia, Pneumonia