FREE ADVICE TO WOMEN

Women suffering from any form of illness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women. A woman can freely talk of her private illness to a woman; thus has been established this confidence between Mrs. Pinkham and the women of America which has never been broken. Never has she published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which Mrs. Pinkham has to draw from, it is more than possible that she has gained the very knowledge needed in your case. She asks nothing in return except your good will, and her advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Mrs. Pinkham, care of Lydia E. Pinkham Medicine Co., Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

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.

C. J. Broughton, 412 Merchants Loan & Trust Bldg., Chicago, Ill.; Geo. Aird, Red Boer Traction Terminal Bldg., Indianapolis; Geo. A. Hall, 198 3d St., Milwaukee, Wis.

Don't Cut Out A SHOE BOIL, CAPPED HOCK or BURSITIS FOR

ABSORBINE

will remove them and leave no blemishes. Cures any puff or swelling. Does not blister or remove the hair. Horse can be worked. $2.00 per bottle delivered. Book 6 E free. ABSORBINE, JR., liniment for mankind. For Boils, Bruises, Old Sores, Swellings, Goitre, Varicose Veins, Varicosities. Allays Pain. Price $1 and $2 a bottle at druggists or delivered. Will tell more if you write. Manufactured only by W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

WANTED Everybody suffering from Piles, Fistula, Fissures, Ulceration, Inflammation, Constipation, Bleeding or Itching Piles, write for free trial of Positive Painless Pile Combination. S. U. TARNEY, Auburn, Indiana.

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

OLD SORES CURED Allen's Ulcerine Salve cures Chronic Ulcers, Bone Ulcers, Scrofulous Ulcers, Varicose Ulcers, Indolent Ulcers, Mercurial Ulcers, White Swelling, Milk Leg, Fever Sores, all old sores. Positively no failure. By mail 50c. J. P. ALLEN, Dept. A1, St. Paul, Minn.

DEFIANCE STARCH easiest to work with and starches clothes nicest.

REAL ESTATE.

YONAH LAND—In the Famous Piedmont Section, Northeast Georgia. The land of opportunity. Special inducements for fruitgrowers, poultrymen, dairymen and stockmen, and a great demand for diversified farming. Some product to sell every month. Close to the markets and the best prices. Pure water, fine climate, splendid scenery, fine churches and schools. No mosquitos. Eighteen hundred feet elevation. You can buy the best of land from five to fifty dollars per acre. We are the largest handlers of high class real estate in Northeast Georgia. Write for descriptive pamphlet and farm list. Cornelia Real Estate & Investment Company, Cornelia, Georgia.

FARM LANDS—See the Wahpeton District first, and you can then decide, by comparison, the relative value of other localities for home or investment. Successful farmers with a surplus, buy our choice farms for investment, and farmers seeking to better their condition and profits, buy for a home. Write us now, and let us tell you about this rich Agricultural Garden Spot in Wilkin Co., Minn. and Richland Co., N. Dakota, in the southern part of the famous Red River Valley. Produces in abundance every crop grown in Illinois and the central states. Inform yourself before you buy. Albert Weis Land Co., Joliet, Illinois.

TO CALIFORNIA FREE To purchasers of land in the famous Yucaipa Valley, adjoining City of Redlands. Choicest apple and general farming land, with abundance of water. Rebate certificate and descriptive matter on application. Geo. W. Hopkins, 523 Security Building, Los Angeles, California.

NOTICE—If you want to buy good farm land, do not wait until the price of South Dakota land gets so high, but come now, while the price is reasonable, and you can see the crops growing and being harvested. E. T. Mills, Boyce-Greeley Bldg., Sioux Falls South Dakota.

WISCONSIN Rich Soil, in Clover Belt, 5000 acres to select from, 40 acres to a section, $10 per acre. Ample rainfall, timber, manufacturing towns, nearby good markets. C. F. Crosby, Rhinelander, Wis.

920 ACRES grain and stock farm, fine buildings for sale. $15,000 accepted in trade. Thos. J. Baird, R.F.D. 1, Lakota, N.D.

GOOD LANDS Cheap and easy payments. Clark County, Wisconsin. $15 per acre. Rich black soil. JONAS HEROH, Eau Claire, Wis.

IMPORTANCE OF KNOWLEDGE OF REQUIREMENTS OF MEAT MARKET

With Understanding of Grades and Classes of Beef and Pork Breeders and Feeders May Judge Carcass Yield and Regulate His Feeding Accordingly—Several Factors Not Appreciated.

(By L. D. HALL.)

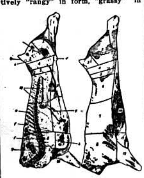
Breeders, feeders, or investigators who consider only the cost of production and the market value of the live animal, ignoring the demands of the meat trade, overlook one of the most important factors that affect the livestock market and may thus fail to follow the most rational lines of improvement in breeding and feeding. With an understanding of meat-trade requirements it is possible for a stockman to judge the carcass yield and quality of his animals intelligently as buyers at the stock yards, because his knowledge of the feeds used, length of feeding period, and gains made are as essential in making such estimates as the apparent form, condition, and quality of the fat animal, upon which points the buyer must chiefly rely.

The descriptions presented are based on data secured in an investigation at wholesale meat markets at the Union stock yards, Chicago, and also at prominent wholesale and retail markets in Chicago and other cities which are supplied from the large houses at the Union stock yards, and may be considered standard for all the great packing centers of this country; and since most American wholesale markets are supplied from these centers, the classification may be regarded as standard for the country. It should be borne in mind that the classifications are those of the wholesale meat trade and not of the live stock market, and that the weights given refer to dressed carcasses and cuts, and in no case to live animals.

Carcass Beef.—This includes both full sides and quarters. The classes are steers, heifers, cows and bulls and stags. The classes differ not only in sex, but also in the uses to which they are adapted.

The grades within the classes are prime, choice, good, medium, common and canners. The grades are based on differences in form, thickness, finish, quality, soundness and weight.

"Native" carcass beef has sufficient finish to indicate grain feeding, is comparatively compact in form, thickly fleshed, mature in proportion to age, and consists chiefly of medium to prime steers, heifers and cows of the heavier weights. "Westerns" are relatively "rangy" in form, "grassy" in



Beef Carcass.

Cuts of beef: 1, 2, 3, round; 4, 5, 6, loin; 7, rib; 8, chuck; 9, flank; 10, 11, plate; 12, shank; 13, suet; 1, hind shank; 2, round (rump and hind shank off); 3, rump; 4, 5, loin end; 6, pinbone loin; 5, 6, flatbone loin; 10, navel; 11, brisket; 1, 2, 3, 4, 5, 6, 9, hind quarter; 7, 8, 10, 11, 12, fore quarter; 7, 8, back; 7, 10, piece; 8, 11, 12, Kosher chuck; 8, 10, 11, 12, triangle; a, aitch-bone; b rump-bone; c, crotch; d, cod; e, chine-bones; f, "buttons;" g, skirt; h, breast-bone; r, ribs.

color and general appearance, coarser in quality and inferior to "natives" in finish, consisting largely of common to good cows and steers. "Texas" beeves are light weight carcasses.

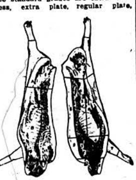
"Butcher cattle" are those especially adapted to "butcher-shop" trade and consists principally of medium to choice heifers, steers and cows. "Kosher" cattle are beeves that have been slaughtered, inspected, cleansed, and labeled in accordance with Jewish rites, and include medium to choice steers, cows and heifers. "Distillers" are steers, bulls and stags that have soft, "washy," flesh and "high color," characteristic of cattle fattened on distillery slops.

Beef Cuts.—The "straight cuts" are loins, ribs, rounds, chucks, plates, flanks and shanks.

The grade of a cut of beef depends upon its thickness, covering, quality and weight.

Cured Beef Products.—These are barreled, smoked and canned beef.

Barreled beef is packed in brine. The standard grades are extra India mess, extra plate, regular plate,



Hog Carcass.

Cuts of pork: English cuts—A, long-cut ham; B, long side or middle. Domestic cuts—1, short-cut ham; 2, loin; 3, belly; 4, picnic butt; 5, Boston butt; 6, jowl; 7, hock; 8, fat back; 9, clear plate; 2, 8, back; 2, 3, 8, side; 4, 7, picnic shoulder; 5, 9, shoulder butt; 8, 9, long fat back; 4, 5, 7, 9, rough shoulder; R, ribs.

packet, common plate, rolled boneless, prime mess, extra mess, rump, butt and mess chuck beef, beef hams, and Scotch buttocks.

Smoked beef is cured in sweet pickle, dried, and smoked. It consists of dried beef hams, dried beef clods, and smoked brisket beef.

Canned beef is sealed in tins or glass jars, usually after partial curing and cooking. It consists principally of chopped beef, beef loaf, corned beef, and roast beef.

Distinct grades of hogs are recognized only in the packing and bacon classes, the former being based on weight and the latter chiefly on quality and finish.

Pork Cuts.—The classes are hams, sides, bellies, backs, loins, shoulders, butts and plates, and miscellaneous, these being determined by the parts of the carcass from which they are made.

The grades and methods of grading vary widely in the different classes of cuts, and involve not only their quality, shape, finish and weight, but also the styles of cutting and methods of packing used.

The Horse's Collar.

See that each horse's collar is clean each morning before putting it on

Prevention is worth the proverbial amount of cure and consists in carefully fitted collars.

The use of pads is largely a matter of choice; pads should be used only with the smaller and lighter collars when used in heavy work. Galled shoulders frequently result from the use of a sweat-soaked pad or one wet in a heavy rain.

Variety of Vegetables.

Every home gardener should attempt to have a liberal production of a variety of vegetables throughout the season. This cannot be accomplished without planting in succession. Peas, beans, sweet corn and many other vegetables should be planted at intervals of ten days to two weeks.

Big Apple Crops.

In Ottawa county, a Missouri man last fall sold $1,840 of Jonathan apples from one acre, while a neighbor sold $611 worth of Bartlett pears from three acres.

ENVIABLE RECORD OF HOLSTEIN

The Holstein cow has made such an enviable record and is such a useful animal, and is filling her place so well, that it will behoove all other dairy breeds to change the old order that now rules in breeding, else they will be outdistanced by the Holstein in the big dairy race now being run in this country. As things stand now, the Holstein in this race is in the lead.

Two Varieties.

Little Willie—Say, pa, what is business courtesy.

Pa—There are two kinds of business courtesy, my son. One is the kind extended to people who pay cash, and the other is extended to people who don't.

Free to Our Readers.

Write Murine Eye Remedy Co., Chicago, for 48-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes. Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

Intricate Letter.

When Bilkins was away from home on a long business trip, he got a letter from his wife that still puzzles him. It ended thus:

"Baby is well and lots brighter than she used to be. Hoping you are the same, I remain, your loving wife."—Everybody's.

Their Great Value Is Most Appreciated by Those Who Have Tried Them.

"I was afflicted with Eczema in the palms of my hands and between my fingers. The treatment used gave no relief and my hands were in a dreadful condition when I was advised to try Resinol. I began with it by applying the ointment twice a day and using the Soap when bathing. This effected a cure in less than a month. I heartily recommend those excellent preparations," writes Mrs. Amy Crain, Fredonia, Ky. At all drug stores.

Dress.

If a man prefers the kind of clothes he can jump into and wears another only under compulsion;

While a woman prefers such clothes as she cannot put on without toil and trouble and the expenditure of time, and will, unless under compulsion, wear nothing else;

Then what of permanent equality is it going to avail for the law to call the sexes back to the tape and start them all over again?—Puck.

Willing to Support Proxy.

Albert Tiedemann, a freshman of the University of Pennsylvania, was called upon to vote for officers in a recent gathering. Not being well acquainted with the nominees, he thoughtfully hesitated before filling out his ballot.

One of the company left the room with the explanation that he would "vote by proxy."

"So will I," said Albert, and with his pencil poised above his paper, leaned over to a companion on his right and asked:

"Say, what's Proxy's first name?"

A Heartless Father.

"I need some help with my household duties," announced a woman when her husband came home the other night.

"What's the matter with our daughter?" the husband wanted to know.

"Our daughter? The idea! Why, Jim, you know she's awfully delicate, and she would die if she had to do any household work. She has her school, and—"

"And what? Her teacher's report shows that she isn't doing a bit of school work."

"But she is the star member of her basketball team, and you know she is eager to take the prize at the gymnasium contest. But that's just like a man—wanting a delicate girl to engage in rough, hard labor. Be ashamed of yourself, Jim Jenkins! You have no feeling."

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

To the Pacific Coast by Special Train The greatest, grandest and best tour ever offered to the American People. Apply for rates from your home. Magnificent train of electric lighted pullman cars, a club car, ladies dressing room in the baggage car. Diner with unsurpassed cuisine. A world of sight-seeing, automobiling, banquets, at an extremely low rate. From Buffalo June 30, 8:30 p. m. returning July 30th. Rate includes all expenses, 6 days in San Francisco at Bellevue, rooms with bath. Five and one-half days in Yellowstone Park. Visits to all points of interest en route. We guarantee the tour to be superior to any, in every respect, including the rate. Apply today for berths, and get the itinerary. Gross Tours, Inc., 302 Ellicott Square Buffalo, N. Y. Personally directed by Mr. Gross.

DAISY FLY KILLER

placed anywhere, attracts and kills all flies. Neat, clean, ornamental, convenient, cheap. Lasts all season. Can't spill or tip over, will not soil or injure anything. Guaranteed effective. Of all dealers or sent prepaid for 20c. HAROLD SOMERS 150 De Kalb Ave. Brooklyn, N. Y.

$2.00 A DAY earned at home writing; send stamp. Address ART COLLEGE, LaPorte, Ind.

TOOK HER AT HER WORD.

Mr. Benton Holme—Why, where's the new chambermaid?

Mrs. Benton Holme—I told her to dust this morning, and an hour later I found that she had dusted.

Old Superstition.

It was prescribed by an old superstition that if those who were affected with ague would visit at dead of night the nearest crossroad five different times and then bury a new laid egg, the disease would be buried. If the experiment failed, they attributed it to some unlucky accident that may have befallen them on the way.

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself what you wish to be.—Thomas a Kempis.

"DEAF" BEGGAR COULD HEAR

Incident That Struck Householder as Being Along Slightly Humorous Lines.

"Many funny things happen in a flat during the course of a few months," said a Milwaukee flat dweller, "but one of the best things I ever saw happened yesterday.

"I was suddenly roused from my slumber by three loud knocks on the door. Jumping to my feet and into a bathrobe, I hastened to see what was wanted. I opened the door in time to see a young fellow half way up the flight to the next floor.

"'Hello, there!' I yelled at him.

"He turned around, hastened back and handed out a small envelope, pointing to the inscription. I glanced at it. It was an appeal for aid because the applicant was deaf and dumb.

"Say, I was mad enough to kick him down stairs. Then the joke struck me and I slammed the door in his face and went back to bed laughing."

The Worth of the Voice.

How wonderful is the human voice! It is indeed the organ of the soul! The intellect of man sits enthroned visibly upon his forehead and in his eye, and the heart of man is written upon his countenance. But the soul reveals itself in the voice only; as God revealed himself to the prophet of old in the still, small voice, and in the voice from the burning brush. The soul of man is audible, not visible. A sound alone betrays the flowing of the eternal fountain, invisible to man.—Longfellow: Hyperion.

(A short human-interest story written by C. W. Post for the Postum Cereal Co., Ltd.)

Some Day Ask Your Physician

To tell you the curious story of how the mind affects the digestion of food.

I refer to the condition the mind is in, just before, at the time, or just following the taking of food.

If he has been properly educated (the majority have) he will help you understand the curious machinery of digestion.

To start you thinking on this interesting subject, I will try to lay out the plan in a general way and you can then follow into more minute details.

Pawlow (pronounce Pavloff) a famous Russian Physician and Chemist, experimenting on some dogs, cut into the tube leading from the throat to the stomach.

They were first put under chloroform or some other anaesthetic and the operation was painless. They were kept for months in very good condition.

When quite hungry some un-appetizing food was placed before them and, although hunger forced them to eat, it was shown by analysis of the contents of the stomach that little if any of the digestive juices were found.

Then, in contrast, some raw meat was put where they couldn't reach it at once, and a little time allowed for the minds of the dogs to "anticipate" and create an appetite. When the food was finally given them, they devoured it ravenously and with every evidence of satisfaction. The food was passed out into a dish through the opening before it reached the stomach. It was found to be mixed with "Ptyalin" the alkaline juice of the mouth, which is important for the first step in digestion. Then an analysis was made of the contents of the stomach, into which no food had entered. It was shown that the digestive fluids of stomach were flowing freely, exactly as if the desirable food had entered.

This proved that it was not the presence of food which caused the digestive juices to flow, but the flow was caused entirely and alone as a result of the action of the mind, from "anticipation."

One dog continued to eat the food he liked for over an hour believing he was getting it into his stomach, whereas, not an ounce went there; every particle went out through the opening and yet all this time the digestive juices flowed to the stomach, prepared to quickly digest food, in response to the curious orders of the mind.

Do you pick up the lesson?

Unappetizing food, that which fails to create mental anticipation, does not cause the necessary digestive juices to flow, whereas, food that is pleasing to the sight, and hence to the mind, will cause the complicated machinery of the body to prepare in a wonderful way for its digestion.

How natural, then, to reason that one should sit down to a meal in a peaceful, happy state of mind and start off the breakfast, say with some ripe delicious fruit, then follow with a bowl of crisp, lightly browned, thin bits of corn like Post Toasties, add a sprinkle of sugar and some good yellow cream and the attractive, appetizing picture cannot escape your eye and will produce the condition of mind which causes the digestive juices nature has hidden in mouth and stomach, to come forth and do their work.

These digestive juices can be driven back by a mind oppressed with worry, hate, anger or dislike of the disagreeable appearance of food placed before one.

Solid facts that are worthy the attention of anyone who esteems prime health and human happiness as a valuable asset in the game of life.

***"There's a Reason" for saying "The Memory Lingers" when breakfast is started with* POST TOASTIES.**