HEALTHY KIDNEYS ESSENTIAL TO PERFECT HEALTH.

When healthy, the kidneys remove about 500 grains of impure matter daily from the blood; when unhealthy impure matter is absorbed, causing diseases and symptoms. To attain perfect health keep your filters right. You can use no better remedy than Doan's Kidney Pills.

Mrs. O. W. Erwin, 306 Third St., Little Falls, Minn., says: "My whole body became bloated and swollen and at night I had to gasp for breath. Kidney secretions were in terrible condition and to bend my back was agony. Life was one constant round of suffering and I really thought death would be a relief. I began using Doan's Kidney Pills and today am a well, happy woman."

Remember the name—Doan's.

For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

IGNORANCE!

Old Gentleman—And what's your name, my boy?

Little Boy—I'm fame! He don't recognize de 45-pound champeen of de Thirteenth ward!

SCALP WAS BADLY AFFECTED

"I am more than gratified by the successful results I obtained by the use of the Cuticura Remedies. For several years my scalp was very badly affected with dandruff and scales. My scalp itched terribly at times and my hair fell out. My mother could not be actually white with the dandruff that had fallen from my head. My profession being that of a barber, I was particular about having my hair in good condition, and was also in a position to try many lotions, etc., for the scalp. These had little or no effect. I had heard so much about the Cuticura Remedies that I resolved to try them. I shampooed my head with Cuticura Soap twice a week and after drying my head thoroughly I anointed parts of my scalp with Cuticura Ointment. I was pleased from the outset, and continued to keep up this treatment. To think that only three cakes of Cuticura Soap and one and-half boxes of Cuticura Ointment rid my head of this annoying trouble made me doubly pleased and contented. I have now got a thick growth of hair and I am never troubled with any dandruff or itching of the scalp. There is no question but that the Cuticura Remedies cured my case. I frequently recommend them to my customers, and they think a great deal of them." (Signed) John F. Williams, 307 Norfolk Street, Dorchester, Boston, Mass., July 24, 1910.

The Impossible.

Andrew Carnegie, at a recent dinner in New York, said of a certain labor trouble:

"It is silly of employers to pretend in these troubles that they are always in the right. Employers are often in the wrong, often unreasonable. They often—like Mrs. Smith-Jones—act impossibly. Once

"Mrs. Smith-Jones, talking a villa at Palm Beach, asked for butter a stately old colored deacon.

"'Now, Clay,' she said, 'we fellow, there are two things I must insist upon—truthfulness and obedience.'

"'Yes, madam,' the venerable servant answered, and when they bide me tell yo' guests yo's out when yo's in, which shall it be, madam?"

Next!

There were a couple of dandy fish liars in the Colonial lobby. We didn't have time to get their names and photographs, but we lingered long enough to hear the conversation. The speaker last referred was as follows:

"How much did your fish weigh?"

"I didn't have no bar scales with me, you mut. But when I pulled him out it bowed the rake four inches."

"Some fish," commented the other, without the pulse of a yawnish.

"Reminds me of some good sport I had duck hunting last fall. I fired at a flock of ducks and gathered up four quarts of loos."—Cleveland Plain Dealer.

Out of Date.

"I am going to ask your father to night for your hand in marriage."

"How dreadfully old-fashioned you are."

"In what way?"

"Don't ask him; tell him."

VEAL FOR THE TABLE

HOW CHOPS AND CUTLETS SHOULD BE PREPARED.

Many Ways of Dishing Up This Meat of Spring—Veal Birds or "Toast"—Three Methods for Breading Cutlets.

Veal is a spring meat. It is also a convenient meat and adaptable. Though considered more light and delicate than beef, it is not suited to all digestions, for such people it is best never eat it with impunity. For rather quick meals, for dainty service in soup, in cutlets, chops, for various imitations of chicken, oyster and birds, veal is extremely useful.

Loin Chops of Veal, Saute.—Dredge with salt and pepper chops, the flour which has been well salted and peppered. Place in frying pan with blue lard. Brown on both sides, and pour over chops two tablespoons of tomato catsup and one teaspoonful of Worcestershire sauce. When chops are well browned cover the pan, lower the gas and cook slowly for 15 minutes. Add four tablespoons of water and steam for a minute longer.

Veal Chops.—Roll chops in flour and season with salt and pepper. Place lard in a skillet, and let them brown well browned in this. Then add water, cover and let cook very slowly for half hour.

Veal Cutlets on Toast.—Take four veal chops, cut out the round part of each and pound it till it is thin and flat. Season with salt and pepper as treated the following mixture: Take the round cutlets and place one round on the chop and put it through a meat-grinder or chop it fine, remembering to season with salt, one saltspoon of white pepper, add three tablespoons of butter and mix well together. Use all thoroughly. After spreading this mixture around over all the slices together and fasten with toothpicks in the center. Roll each in salted flour and fry on one side in a deep skillet in a golden brown. Pour round them one slice of tomato, and place the round in this five minutes. Remove. Bind and dip four slices of toast in the gravy and then arrange the round on the toast. Place a tablespoon of tomato sauce on each round and serve hot.

Breaded Veal Cutlets.—Put one tablespoon of dripping in frying pan and when hot put in cutlets, which have been previously rolled in salt and pepper and drenched with flour. Brown quickly on both sides and stew gently for 15 minutes.

Seed Cakes.

Into one quart of sifted pastry flour rub one-half cupful of butter. Add a half teaspoonful of salt, one pint of granulated or light brown sugar, and one teaspoonful of baking powder mixed in enough sweet milk to make a soft dough. Roll out and cut into large or dainty for a few minutes, then roll out half an inch thick. Sprinkle with caraway seeds and cinnamon, press lightly with the pin so that they will adhere to the dough. Bake in round cakes or squares. Bake in a quick oven.

To Save the Tablecloth.

Nothing is more provoking to the careful housewife than to have a perfectly clean tablecloth literally bespattered with gravy the first time it is used. A trick worth knowing is to use to match the cloth. If possible—and a piece of material of the cloth and smaller than the napkin. Put the oil-cloth where the meat-dish will stand, and spread the napkin over it. The gravy cannot penetrate the oilcloth, and a considerable saving in the washing bill is effected.

Luncheon Dish.

Arrange mashed potato in center of round plate, formed into a smooth, flat mound, now place alternately a thin slice of bologna (thoroughly greased) and a thin slice of Spanish onion (which has stood in vinegar a short time) around the sides and on top of potato; garnish with half slices of bologna and onion laid alternately and close to potato, giving a flower effect.

Bread and Jam Tartlets.

Cut very light bread into slices one-quarter of an inch thick. Stamp these pieces into rounds with a biscuit cutter. Put them in a saucer pan with a little butter, and fry them on both sides. When they are cool, spread one with a good kind of jam or preserved fruit; just before serving, ornament them with thick cream piped through a pastry bag and star tube.

Coffee Moss.

Yolks of five eggs, one cupful sugar, one-half cupful strong boiling coffee, one pint whipped cream. Beat the eggs light, then add sugar and coffee and cook, when perfectly cold add whipped cream. Mix well, pour in mold, and pack on ice for four hours.

325,000 IN ONE YEAR!

THE IMMIGRATION TO CANADA SURPASSES ALL RECORD.

The returns recently issued by the Canadian Immigration Branch shows that upwards of 325,000 persons arrived in Canada during the past twelve months decidedly with intentions of becoming settlers in that country. Of this number about 150,000 were from the United States, the balance being from the British Isles and Northern Europe. It will be noted that the sturdy farming element that has gone forward from the United States is being splendidly supplemented by an equally sturdy contingent from across the seas. The lure of Canadian wheat, oats, barley and flax crops on the fertile prairies of Western Canada is constantly attracting more and more, and year by year the tide of immigrants to the Western Canada plains increases; there is no doubt but this tide. The Canadian authorities are not surprised at the number from the United States being as large as it is but they did not look for so large an immigration from the old countries. Little they did not be found unprepared. Reception halls are in readiness at all immigration offices in Manitoba, Saskatchewan and Alberta, surrounded by the best farming lands, and season opening up new districts on which to place those seeking free homesteads of 160 acres each, railways have been projecting lateralls across their lines, and every provision has been taken to accommodate the immigrant. The greatest dis patch from Antwerp reads: "The diversion of European emigration from the United States to Canada is said to be seriously affecting the Atlantic steamship lines. The Holland line gives up to the American-Canada line two of the best steamships in Holland's fleet, the Gotthland and the Sanland. These vessels heretofore plying between Rotterdam and Quebec are now to be operated from Rotterdam to Canadian ports.

On the date of the above dispatch word came to the Immigration branch that the Kangaroo left on 1911 array of United States settlers reached Winnipeg, on a Canadian Pacific morning. There was a solid train load of effects, comprising 17 cars of stock and colonist sleepers attached to the train, which contained the members of 13 families. Every family in the party is a skilled farmer, and all have been with capital to put down on the land, which was purchased last year. They are equipped with everything that would be found where is necessary to make a start on virgin prairie. In addition to the ordinary household effects there were a large number of horses and cattle. Some of the farmers also brought along gas tractors, which will be put right to work on spring breaking.

One of the agents of the Canadian government stations in Winnipeg last year at 1 each month of the present year would show a large increase over the past year. The demand for the literature of the department, describing the resources of the province, is greater than it ever has been.

WHY, YES, SHE GOT THE NOTE

Beautiful Roses Appreciated, but There Was a "Fly in the Ointment.

A young man whose gallantry is in excess of his means sought to remedy the defect by giving his fair sweetheart of the money required for the purchase of a flower bed. He had been arranging with a gardener to let him have a bought flower bed, and he gave her his cash off clothes. So it happened that one day he received a bunch of beautiful roses and he at once dispatched to her house. In sure anticipation of a friendly welcome, he called on the young woman that evening. He got a frosty reception.

"Did—ed—did you get my flowers today?" he said, with a sickly smile.

"Yes, and the note that went with them."

"Note! Why, did I send a note?"

"You did." Then she handed him a written with a blunt pencil on dirty paper. Here it is. I don't understand it. It looks like a joke to you are very humorous.

The note read as follows:

"Here's your flowers, but you owe me a pair of pants for 'em.—Cleveland Plain Dealer.

Breaking a Hobo's Heart.

Manager Gus Hartz was standing near the opera house one evening when one of two panhandlers who had entered the lobby approached him, and, holding out a soiled and crumpled envelope, begged for the price of a postage stamp.

"It's for me mudder, boss," he solicited. "You've wouldn't care to be a guy for de price of de stamp,-would youse?"

"Never," said the manager, deftly grasping the envelope and throwing it into the box-office window. "Here Fred," addressing himself to Treasurer Fred Coan, "stamp this and have it mailed."

The velocity of the proceeding fairly took the panhandler's breath away. Then, backing away to where his partner was waiting him, he whispered, "Nothin' doing, bo—the guy's wise."—Cleveland Leader.

Horrors!

"She is always doing something original."

"Yes, but her latest stunt, if it becomes a fad, will upset society."

"Why, what is it?"

"She has employed a nurse to look after her poodle and insists on looking after her baby herself."

Healthy For Sick Women

We know of no other medicine which has been so successful in relieving the suffering of women, or secured so many genuine testimonials, as has Lydia E. Pinkham's Vegetable Compound.

In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound. Almost every woman you meet has either been benefited by it, or knows some one who has.

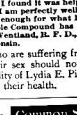
In the Pinkham Laboratory at Lynn, Mass., are files containing over one million one hundred thousand letters from women seeking health, in which many openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Vegetable Compound has saved many women from surgical operations.

Lydia E. Pinkham's Vegetable Compound is made exclusively from roots and herbs, and is perfectly harmless.

The reason why it is so successful is because it contains ingredients which act directly upon the female organism, restoring it to healthy and normal activity.

Thousands of unsolicited and genuine testimonials such as the following prove the efficiency of this simple remedy.



Colema, Wisconsin.—"For three years I was troubled with female weakness, irregularities, backache and bearing down pains. I saw an advertisement of Lydia E. Pinkham's Vegetable Compound and decided to try it. After taking several bottles I found it was helping me, and I must say that I am perfectly well now and can not thank you enough for what Lydia E. Pinkham's Vegetable Compound has done for me.—Mrs. John Wentland, R. F. D., No. 3, Box 60, Colema, Wisconsin.

Women who are suffering from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

RATS & MICE EXTERMINATED SCIENTIFICALLY

Harmless to other life. No odors. Ask PATTEN LABORATORIES OF ARTS 1000 Mill, Dearborn Street, Chicago, Illinois.

ALLEN'S FOOT-EASE

Shake into Your Shoes

Allen's Foot-Ease, a powder to shake into shoes, makes walking easy. It takes the sting out of corns, bunions, blisters, callous, swollen, sweating, aching feet. Sold everywhere, 25c. Don't accept any substitute. Sample FREE. Address Allen S. Olmsted, Le Roy, N. Y.

FREE THIS PACKAGE MOTHER GRAY'S SWEET POWDERS FOR CHILDREN. Cure Stomach Troubles, Feverishness, Bad Dreams, Bad Breath, Constipation, Worms. Sold by Druggists, or by mail 25c. Address, "Mother Gray," Le Roy, N. Y.

THE PARK & POLLARD CO. DRY-MASH MAKES THEM LAY OR BUST

Poultrymen!

Raise Every Chicken You Hatch

You can and will, if you do what you brood them in "LULLABY BROODERS and Park & Pollard Grittless-Chick and Growing Feeds.

Brooders are more efficient than hens and make hens obsolete.

Grittless-Chick and Growing Feeds are the most economical feeds that have been made.

Write for Catalog, Dept. 10, 1911.

"Lullaby" is an exclusive name. "Lullaby" is not a brooder, it is a brooder system. "Lullaby" is not a brooder, it is a brood of chicks. "Lullaby" is not a single room of 1000 chicks, but it is a single room of 1000 chicks, and 1000 more in another room, and 1000 more in another room, and so on, and so forth. Send us this ad or send us a postal, and we will send you our Poultry Book, which will tell you how to make a fortune in poultry. Also tells you about our Lullaby Brooders and Park & Pollard Feeds.

The Park & Pollard Text Book and Almanac contains more information than any other book on poultry. It has 1000 pages, 1000 illustrations, 1000 ways. Sent postpaid, Cloth Bound, $1.00. Paper Bound, 50c. Park & Pollard Feeds are guaranteed satisfaction or your money back.

Come in our store and see all the poultry supplies the universe of civilization afford. Address Park & Pollard Feeds.

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CHICAGO

RHEUMATISM AND GOUT PROMPTLY RELIEVED BY BLAIR'S PILLS. A SCIENTIFIC REMEDY. SAFE & EFFECTIVE 50 & $1. ON 60 MONTHS' TRIAL. SOLD BY ALL DRUGGISTS.

THE ABSORBINE JR. LIMENT

Bruises, Varicose Veins, Bad Ulcers, Boils, Carbuncles, Sprains, Swelling, Inflammation, Painful, Swollen Joints quickly Relieved by a SHORT USE OF ABSORBINE JR. Pleasant, Penetrating, Antiseptic, Healing. Does not blister, remove the hair, nor lay the horse up. Pleasant to use, economical, powerful. $1.00 a bottle, delivered. Book 1 F free. W. F. YOUNG, P. D. F., 310 Temple Street, Springfield, Mass.

OLD SORES CURED

Ulcers, Tumors, Cancer, Eczema, Varicose Veins, Varicose Ulcers, Boils, Carbuncles, Abscesses, Piles, Fistula, Deep Seated Abscesses, Blood Poisoning, Gangrene, Mammary Abscess, Lumps, Bone Pain, Joint Pain, Rheumatic Pains, Sciatica, Lumbago, Sleeplessness, Nervousness, Nervous Prostration, Nervous Headache, Nervous Dyspepsia, Nervous Weakness, Nervous Debility, Nervous Wrecks, Nervous Troubles, Nervous Diseases, Nervous Ailments, Nervous Complaints, Nervous Affections, Nervous Conditions, Nervous Disorders, Nervous Derangements, Nervous Maladies, Nervous Afflictions