

LIKE A FAIRY TALE.

The Story of Postum Cereal in Words and Pictures.

The growth of the Postum Cereal Co. is like a fairy tale, but it is true, every word of it.

"The Poor Unbolted" is the title of a charming little booklet just issued by the Company which tells, and illustrates, the story of this remarkable growth.

It takes the reader from the little white barn in which the business was started Jan. 1, 1895, through the palatial offices and great factory buildings of the "White City" which comprise Postumville, Battle Creek, Mich.

The little white barn, so carefully preserved, is a most interesting building, for it represents the humble beginning of one of the country's greatest manufacturing enterprises of today, an enterprise that has grown from this little barn to a whole city of factory buildings within but little more than ten years.

No less interesting is the quaint official home of the Postum Cereal Co. The general office building of Mr. Post and his associates is a reproduction of the Shakespeare house at Stratford-on-Avon, and upon the house and its furnishings has been expended vast sums of money, until the rooms are more like the drawing rooms of the mansions of our multi-millionaires than like offices.

That Mr. Post has believed thoroughly in the idea of giving to his employees attractive and healthful work rooms is proven not only by the general office building of the Company and its furnishings, but by his factories as well, and of all these things this beautiful little booklet tells the interesting story. It will be sent to anyone on request.

Mix Soap With Dough. From a communication read to the Association of Belgian Chemists it seems that continental bakers are in the habit of mixing soap with their dough to make their bread and pastry nice and light.

Natives Steal Many Sheep. A farmer at Winburg, Orange River Colony, alleges that in his district alone 24,000 sheep are stolen annually by the natives. On this basis he calculates that 30,000 sheep are stolen throughout the colony every year.

GAINED 34 POUNDS. Persistent Anemia Cured by Dr. Williams' Pink Pills After Other Remedies Had Failed.

"When I began taking Dr. Williams' Pink Pills," says Mrs. Nathaniel Field, of St. Albans, Somerset county, Maine, "I was the palest, most bloodless person you could imagine. My tongue and gums were colorless and my fingers and ears were like wax. I had two doctors and they pronounced my trouble anemia. That spells of vomiting, could not eat, in fact, did not dare to, I had such distress after eating. My stomach was filled with mucus which caused me awful agony. The backache I suffered was at times almost unbearable and the least exertion made my heart beat so fast that I could hardly breathe. But the worst of all was the splitting neuralgia headache which never left me for several weeks. About this time I had had several numb spells. My limbs would be cold and without any feeling and the most deadly sensations would come over me."

"Nothing had helped me until I began taking Dr. Williams' Pink Pills, in fact, I had grown worse every day. After I had taken the pills a short time I could see that they were benefiting me and one morning I awoke entirely free from pain. The distress after eating disappeared and in three weeks I could eat anything I wanted and suffer no inconvenience. I also slept soundly. I have taken several boxes of the pills and have gained in weight from 120 to 154 pounds and am perfectly well now."

Dr. Williams' Pink Pills cure anemia because they actually make new blood. For rheumatism, indigestion, nervous headaches and many forms of weakness they are recommended even if ordinary medicines have failed. They are sold by all druggists, or will be sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by Dr. Williams' Medicine Company, Schenectady, N. Y.

King Edward's Confidant. Lord Knollys, King Edward's private secretary for the past 33 years, is the only man from whom his majesty has no secrets. Lord Knollys controls the king's enormous correspondence, aided by a corps of assistants.

Advertisement for Dodd's Kidney Pills, featuring a circular logo with the text 'DODD'S KIDNEY PILLS' and 'SMALL KIDNEY DISEASE'.

DEFIANCE STARCH. In one box the package other starches only 10 cents—same price and quality. DEFERENCE IS SUPERIOR QUALITY.

Advertisement for Capiscum Vaseline, featuring the text 'NO MORE MUSTARD PLASTERS TO BLISTER' and 'CAPISCUM VASELINE'.

Advertisement for Enameline Stove Polish, featuring the text 'Enameline NO DUST NO SMOKE'.

PHOTOGRAPHY AND FINE ART.

Camera Pictures Much More Than Mechanical Reproduction.

Few persons could be found who would deny the claim of photography to rank among the fine arts when skillfully used and properly controlled, since the photograph of to-day is something more than a mechanical reproduction. The individuality of the photographer is being expressed in his work almost as much as is that of the painter.

The painter still has the advantage, for while he may give us an impression fuller than that made by nature upon the eye, the photographer can deal only with that which is observed with such unerring fidelity and skill by a mechanical eye. Composition is therefore one of the necessary principles to the photographer, who thus supplies the mechanical eye with a mind, yet he must study lighting at different hours of the day and varying the best effects to be obtained. Many otherwise successful photographers need to realize that scientific accuracy is not necessarily artistic truth, so that, while one actualizes, the definite sharpness may be softened and the effect enhanced.—Home Magazine.

LOW WAGES IN RUSSIA. Farm Laborers Get Little Above a Bare Subsistence.

The extreme poverty and the low standard of living of peasants from whom the Russian agricultural laborers are recruited assure a low level of wages for agricultural labor. The average wages will appear almost incredibly low from an American point of view, notwithstanding the general complaints of the estate holders concerning the unreasonable demands of the laborers.

According to an official investigation embracing the decade of 1882-1891, the average annual wages for a male agricultural worker in Russia were less than \$32 and for a female worker less than \$18. To this must be added the cost of subsistence, which is equally low, being on an average \$24 for a male and \$22 for a female worker for a whole year; so that the average cost of employing a laborer for the entire year is equal to only \$55 for the male and \$40 for the female.

The wages for the summer season of five months are almost equal to the annual wages, being \$23 for the male and \$13 for the female laborer.

Checked Attempt at Monopoly. Trusts were sometimes dealt with summarily in old England. For instance, the records of the Brewers' company show that "on Monday, July 30, 1422, Robert Chichele, the mayor of London, sent for the masters and 12 of the most worthy of our company to appear at the Guildhall for selling dear ale. After much dispute about the price and quantity of malt, wherein Whittington, the late mayor, declared that the brewers had ridden into the country and forestalled the malt, to raise its price, they were convicted in the penalty of £20 (\$100), which obnoxious to the masters were ordered to be kept in prison in the chamberlain's custody until they should pay it, or find security for the payment thereof."

Origin of Term "Grocer." According to etymology, "retail grocer" is as absolute an impossibility as a "weekly journal." A grocer, or "grosser" as it used to be spelled, is really a trader "in gross"—that is to say, in large quantities, wholesale. Englishmen of other days spoke of "grossers of fish" and "grossers of wine," and an act of Edward III. expressly mentions that "grossers" deal in all manner of goods. In those days "spicer" was the word for "grocer" in the modern sense. But it happened that the Grocers' company, founded in the fourteenth century, specialized in spicery and so "grocer" gradually took the place of "spicer."

Stuffed Sweet Potatoes. Stuffed sweet potatoes are a novelty and will be found very nice. Bake some large ones, and when soft make a slit down one side, scoop out the inside, and beat it with salt and pepper, a small half cup of cream and a teaspoonful of lemon juice. Fill the shells, return to the oven and brown.—Harper's Bazar.

Almond "Hermita." One cupful of butter, worked to a cream with two cupfuls of sugar; two eggs; three even cupfuls of flour sifted twice with a teaspoonful of baking powder; half a teaspoonful of ground mace; three dozen almonds, blanched, dried and split in half. Having creamed the butter and sugar, work in the beaten yolks and the whites and the flour alternately. The dough must be just soft enough to roll out. Make the rolled sheet less than half an inch thick; cut round; wash lightly with the white of egg; press half an almond into the heart of each cake and sift granulated sugar on top. Bake in a quick oven.

Eggs a la Creole. Into a saucen pan put two tablespoonfuls of chopped bacon, two tomatoes, skinned and cut fine, two tablespoonfuls of chopped red peppers, and one cupful of thinly sliced okra. Add one-half cup of strong beef stock and simmer until the okra is tender, adding more seasoning if required. Poach eight eggs in boiling salted water. Pour the sauce on a hot platter, lift the eggs carefully from the water and arrange them on the thick sauce. Garnish with toast points.

Laundry Bag is Handy. Bachelor girls who run about much like to have a handy laundry bag which spares them the disagreeable necessity of packing soiled linen in their trunks. The new device is a bag of brown canvas, somewhat like a mail bag. It fastens with a patent brass lock and has initials painted on it in trunk style. It goes empty, but it returns from the week-end or other visit with the linen which is ready to go to the laundress.

Hemstitching Gimpes. An easy and very quick way to make quite an elaborate gimpes yoke is to draw the thread sufficiently to form 16 of an inch wide stripes at inch and a half distances. Hemstitch both edges and embroider some pretty simple vine, or else featherstitch in vine effect on the parts between. The drawn lines can end at graduated distances to form the yoke as exactly as possible the size to show above the dress edge, and thus avoid any extra or wasted work.

TABLE DELICACIES.

SOME OLD AND NEW DISHES RECOMMENDED.

Foundation For Game Pie of Any Description—Parsnip Fritters—Mock Ox Tail Soup—Chocolate Nut Wafers.

For a succulent all game is eligible, from small birds to venison. Make first a fricasse, having enough thick gravy to cover the meat in a baking dish; cover with a rich biscuit dough or puff paste if preferred, rolling either rather thin. Do not bake so quickly that the top browns before the paste is cooked through.

PARSNIP FRITTERS—Boil four or five parsnips. When tender take off the skins and mash them fine. Add to them a teaspoon of whole wheat flour and a beaten egg. Put a tablespoon or beef drippings in a frying pan over the fire, and to it a saucen of salt. When boiling hot put in the parsnips, make it into small cakes with a spoon. When one side is a delicate brown turn the other. When both are done take them on a dish, put a very little of the fat in which they were fried over and serve hot.

BROWN SOUP, OR MOCK OX TAIL—Take the bones from a good cold roast. Sirloin or ribs of beef make the best soup of this kind. Add about a pound of fresh lean beef, which should be cut rather small and browned in a saucen pan with a little butter. Make a nice dark brown without burning. Add about two quarts of boiling water or more, according to the soup you require, and bones you have for stock. Take a little mace, a few cloves whole, tablespoonful of whole black pepper and also of whole allspice tied in a piece of cheesecloth; couple of carrots cut up fine, a turnip or two onions, sliced up fine. Roll all together, bones and vegetables, for a whole day. Next morning skim off any fat, strain through a colander and serve with sippets of toast. (Of course, heat to boiling point.)

LEMON CUSTARD PIE—One cup sugar, two tablespoonfuls flour and a pinch of salt. Mix. Add to this the juice and grated yellow rind of one large or two small lemons. Beat lightly the yolks of two eggs and add one cup of rich milk. Thoroughly mix, bake in a rich crust and treat with the beaten whites of eggs, with four tablespoonfuls sugar added. Place in a hot oven and brown.

FEATHER CAKE.—One cup sugar, tablespoonful butter, one egg, half cup sweet milk, two cups flour, two teaspoons baking powder; bake in three layers.

Iceing.—One cup sugar, one cup water, even tablespoon corn starch, yolks of three eggs, juice and grated rind of two lemons, cook all together until it thickens, spread when cool.

ORANGE SHERBET.—Put into freezer in order given, and do not stir: One cup sugar, juice of two lemons, juice of two oranges and rind, grated; two cups sugar, one cup milk, one-half pint cream, three cups water.

CHOCOLATE NUT WAFERS.—Two squares of chocolate, melted; one-half cup melted butter, one cup sugar, two eggs, whites and yolks beaten separately; one-fourth cup flour. Spread thinly with knife over bottom of pan and sprinkle with coarsely chopped nuts. Bake and cut into small squares before removing from pan.

To Represent Italy and Spain. The two great Catholic countries of Europe, Italy and Spain, are sending new ambassadors to the court of St. James. The marquis di San Giuliano, who will represent Italy, is comparatively a young man. He comes of an old Sicilian family of Norman descent, and is highly cultured, having traveled extensively with good results. He is an enthusiastic student of Dante, and is president of the Italian Geographical society. Senor Villa Urutia, the new Spanish ambassador, accompanied King Alfonso to London on the momentous occasion that ended in his engagement to Princess Ena, and won golden opinions for his tact and courtesy during that visit.

TEN YEARS OF PAIN. Unable to Do Even Housework Because of Kidney Troubles. Mrs. Margaret Emmerich, of Clinton street, Napoleon, O., says: "For fifteen years I was a great sufferer from kidney troubles. My back pained me terribly. Every turn or move caused sharp shooting pains. My eyesight was poor, dark spots appeared before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney secretions were irregular, and doctors were not helping me. Doan's Kidney Pills brought me quick relief, and finally cured me. They saved my life."

Sounded Praises of Soap. In a guide to etiquette published early in the last century the writer says that "soap does not irritate the complexion; some of the finest complexions we have known have been regularly washed with soap every day." The same authority remarks that "the daily bath is now the rule rather than the exception, and common sense has triumphed over the decision that washing was injurious." And then the writer has a dig at her grand-grandmother, "whose only ablutions consisted in wetting her cheeks with a cambric handkerchief dipped in rose-water." "In all our directions with regard to the bath," adds this early Victorian dictator, "it must be borne in mind that we only refer to those in sound state of health."

WHO SHE WAS

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 27, 1819, coming from a good old Quaker family. For many years she taught school, and became known as a woman of an alert

restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkham sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until today Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.

During her long and eventful experience she was ever methodical in her work and she was always careful to preserve a record of every case that came to her attention. The case of every sick woman who applied to her for advice—and there were thousands—received careful study, and the details, including symptoms, treatment and results were recorded for future reference, and to-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collaboration of information regarding the treatment of woman's ills, which for authenticity and accuracy can hardly be equaled in any library in the world.

With Lydia E. Pinkham worked her daughter-in-law, the present Mrs. Pinkham. She was carefully instructed in all her hard-won knowledge, and for years she assisted her in her vast correspondence.

To her hands naturally fell the direction of the work when its originator passed away. For nearly twenty-five years she has continued it, and nothing in the work shows when the first Lydia E. Pinkham dropped her pen, and the present Mrs. Pinkham, now the mother of a large family, took it up. With women assistants, some as capable as herself, the present Mrs. Pinkham continues this great work, and probably from the office of no other person have so many women been advised how to regain health. She would, such advice is "Yours for Health" freely given if you only write to ask for it.

Such is the history of Lydia E. Pinkham's Vegetable Compound; made from simple roots and herbs; the one great medicine of woman's ailments, and the fitting monument to the noble woman whose name it bears.

Advertisement for Ely's Cream Balm, featuring the text 'A Positive CURE FOR CATARRH' and 'Ely's Cream Balm'.

Advertisement for Hicks' Capudine, featuring the text 'HICKS' CAPUDINE' and 'IMMEDIATELY CURES Headaches and Indigestion'.

WINE OF CARDUI. Department's Good Record. The colonial secretary of the Bahamas states in his report of the islands for 1905-1906 that no complaint of error or delay has been received by the telegraph department for 14 years.

You Don't Have to Wait. Every dose makes you feel better. Lax-Foo keeps your whole inside right. Not one gripe in a full bottle. Sold on the money back plan everywhere. Price \$0.50.

Officers of New York Police. New York City has one captain or sergeant for every 20 members of the police force.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

According to the theories of the pessimist it is folly to circulate them. The man who sits down and waits for something to turn up will get his reward sooner or later. His toes will turn up.

Advertisement for W. L. Douglas's \$3.50 & \$3.00 Shoes, featuring the text 'W. L. DOUGLAS \$3.50 & \$3.00 Shoes' and 'BEST IN THE WORLD'.

Advertisement for Lydia E. Pinkham's Vegetable Compound, featuring a portrait of Lydia E. Pinkham and the text 'WHO SHE WAS'.

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

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Advertisement for Women's Pains, featuring the text 'Women's Pains' and 'I was a total wreck, writes Mrs. Beulah Rowley'.

FREE ADVICE. Write us a letter describing all your symptoms, and we will send you Free Advice. In plain sealed envelope. Address: Ladies' Advice Department, The Chattanooga Medicine Co., Chattanooga, Tenn.

Advertisement for Wine of Cardui, featuring the text 'WINE OF CARDUI' and 'Department's Good Record'.

You Don't Have to Wait. Every dose makes you feel better. Lax-Foo keeps your whole inside right. Not one gripe in a full bottle.

Officers of New York Police. New York City has one captain or sergeant for every 20 members of the police force.

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SHOES FOR EVERYBODY AT ALL PRICES. Men's shoes \$3 to \$10.00. Boys' shoes \$2 to \$1.50. Women's shoes \$2.00 to \$1.00. Infants' shoes \$1.00 to \$0.50. Try W. L. Douglas Women's, Misses and Children's shoes; for style, fit and wear they equal other makes.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Takes no substitute sale. Ask your dealer for W. L. Douglas shoes and insist upon having them. Five Dollar Guarantee: They will not wear through. Write for Illustrated Catalog of Fall Styles. W. L. DOUGLAS, Dept. 12, Brockton, Mass.

YOU CANNOT CURE. all inflamed, ulcerated and catarrhal conditions of the mucous membrane caused by feminine ills, sore throat, sore mouth, or inflamed eyes by simply dosing the stomach. But you surely can cure these stubborn affections by local treatment with Paxtine Toilet Antiseptic.

Paxtine Toilet Antiseptic which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE B. FAYTON CO., Boston, Mass.

Advertisement for Snowdrift Hogless Lard, featuring the text 'Snowdrift HOGLESS LARD' and 'The Top of Quality'.

PATENTS THERE'S MONEY IN SMALL INVENTIONS. as well as large. Send for free booklet. Washington, D. C. Branches at Chicago, Cleveland and Detroit. Established 1866. NO PATENT, NO FEE FOR OUR SERVICES.

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