

THE SCHOOL LUNCH

PROPER FOOD FOR THE GROWING BOY AND GIRL.

Both Appetizing and Palatable Sandwiches Are Numerous—Some Suggestions Which Mothers May Find of Value.

Sandwich fillings are legion—meat sandwich, cold roast beef, chopped and slightly salted, between slices of white bread, chicken cut thin and salted, white bread.

Boiled ham, chopped fine, and a little dry mustard. Roast veal, finely chopped, with a few olives mixed in, and brown bread slices.

Thin slices of cucumber with white bread, with salt and pepper.

Thin slices of tomato, drained of all pulp and seed and wiped dry.

Lettuce with cream cheese spread on it, salt or lemon juice.

Celery chopped fine with a little mayonnaise or French dressing, or merely with salt and lemon juice and whole wheat bread.

Chopped green peppers mixed with cream cheese. Cream cheese mixed with nuts and served on Boston brown bread.

Stewed oysters chopped, olives chopped, white bread. Sweet sandwiches—Chopped dates with a little cream and white bread. Figs chopped fine and wet with cream, white wheat bread. Figs and nuts chopped together, candied ginger, prunes, chopped peanuts, white bread.

Tiny biscuits with slices of cold meat, with a couple of olives for a change.

Fruit salads carried in a jar, stewed fruits and custards, are a delightful addition to the luncheon, and easily prepared.

Orange Salad.—Prepare a seedless orange cut in half crosswise, take out pulp, save the juice, make a French dressing, a tablespoonful of oil, with half a teaspoonful of lemon juice, and the orange juice, add a little salt, put the pulp in a jar and pour the dressing over it.

Fruit is a desirable part of a school luncheon, oranges may be peeled and halved, and the fruit separately wrapped.

If hot water can be procured at school there are many good things the children can have in addition to their usual luncheon. A little prepared cocoa already sweetened, which only needs hot water to make it palatable, or one of Britton capsuler which come in small boxes. They can be dissolved in hot water.

School lunches suggested to the beginner:

1. Two lettuce sandwiches, two of brown bread and cream cheese, two olives, an orange, cake.

2. Two chicken sandwiches, two of chopped figs, a little sponge cake, a pear.

3. Two brown bread and egg sandwiches, two of white bread, orange marmalade, a chicken drumstick, a square of fruit wafer, a peach.

4. Two of dates and white bread, and stewed prunes and chopped nuts, two chocolate wafers and two olives.

5. Two of cream cheese, lettuce and white bread, two of preserved ginger, a little round cake and an orange.

6. Two roast beef sandwiches, two of cream cheese, chopped peanuts, two small celery stalks, salted, two cookies and apple sauce.

7. Two minced ham sandwiches, two of chopped celery with French dressing, a square of ginger bread, a pear, half a dozen marshmallows.

8. Three sandwiches of plain bread and butter, a jar of mixed fruit salad, a slice of cold meat, three ginger cookies.

9. Two of dates and nuts, a small spice cake, a jar of orange salad, a bunch of grapes.

10. Two celery sandwiches, two of chopped chicken and olives, with a little mayonnaise, ginger bread, a jar of stoned prunes.

Boiled Coffee with an Egg.

Use one egg to one cupful or less of ground coffee. Stir the coffee into the egg, add half a cupful of cold water and beat well. Scald the coffee pot with boiling water. (This is important and makes a great difference with the flavor of the coffee.) Put the egg and coffee mixture into the hot coffee pot, pour in a pint of boiling water and let boil for five minutes. The proportions are one heaping tablespoonful of ground coffee for each person.

Banana Toast.

After the family are at the table, split a few bananas and boil them. Lay them on a little platter, previously heated. Butter them quickly and serve immediately. It will take three minutes to cook them, and they are delicious when hot.

Clean with Vinegar.

If your cooking utensils have a habit of burning or the victrols stick easily, try boiling a little vinegar in the same. Acts like magic, especially with heavy skillets.

NEW STRENGTH FOR WOMEN'S BACKS.

How to Make a Bad Back Better.

Women who suffer with backache, bearing down pains, dizzy spells and that constant feeling of dullness and tiredness, will find hope in the advice of Mrs. Mary Hinson of 21 Strother St., Mt. Sterling, Ky. "Had I not used Doan's Kidney Pills, I believe I would not be living today," says Mrs. Hinson. "My eyesight was poor, I suffered with nervous, splitting headaches, spots would dance before my eyes and at times I would be so dizzy I would have to grasp something for support. My back was so weak and painful I could hardly bend over to button my shoes and could not get around without suffering severely. Doan's Kidney Pills helped me from the first, and I continued until practically well again."

Remember the name—Doan's. Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

A CLOSE BOND.



Farmer's Wife—They were born the same day.

Neighbor—Twins, in fact.

Ruled by Kindness.

Lucy Burd's success with boys at the reform school in Bucks county, Pennsylvania, she thinks, is due simply to kindness. She has reformed more than 100 boys in her term of five years as superintendent. Some of her boys are in the navy some on farms. Few have gone back to their old ways after coming under her influence.

The Last Resort.

"They're going to increase the tax on beer!" "Then we won't drink any." "And they're going to increase the tax on spirits." "Then we won't drink any." "And they're going to tax wine." "Then we won't drink any." "And they're going to tax inheritances!" "Then let's drink up our money!"

Short and Ugly.

"Professor, what is the latest word of science as to there being inhabitants on Mars?" asked the reporter.

"Rot!" answered the eminent astronomer on the other side of the controversy.

In Cannibal Land.

First Cannibal—That last missionary was a polite fellow.

Second Cannibal—How so?

First Cannibal—Before I ate him he offered me an after-dinner cigar.

How Kind.

Edyth—Jack says I was made to kiss.

Mayme—A diplomatic way of referring to your turned-up nose, wasn't it?

Often the milk of human kindness tastes of the can.

SOME HARD KNOCKS

Woman Gets Rid of "Coffee Heart."

The injurious action of Coffee on the heart of many persons is well known by physicians to be caused by caffeine. This is the drug found by chemists in coffee and tea.

A woman suffered a long time with severe heart trouble and finally her doctor told her she must give up coffee, as that was the principal cause of the trouble. She writes:

"My heart was so weak it could not do its work properly. My husband would sometimes have to carry me from the table, and it would seem that I would never breathe again.

"The doctor told me that coffee was causing the weakness of my heart. He said I must stop it, but it seemed I could not give it up until I was down in bed with nervous prostration.

"For eleven weeks I lay there and suffered. Finally Husband brought home some Postum and I quit coffee and started new and right. Slowly I got well. Now I do not have any headaches, nor those spells with weak heart. We know it is Postum that helped me. The Dr. said the other day, 'I never thought you would be what you are.' I used to weigh 92 pounds and now I weigh 158.

"Postum has done much for me and I would not go back to coffee again for any money, for I believe it would kill me if I kept at it. Postum must be well boiled according to directions on pkg., then it has a rich flavour and with cream is fine."

Read "The Road to Wellville," found 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.

DOCTOR'S PRESCRIPTION.

Quickly Cures Rheumatic Pains, Also Splendid System Builder.

Go to any good prescription druggist and get the following and mix them: If he does not have these ingredients he will get them from his wholesale house.

One ounce compound syrup of Sarsaparilla, and one ounce Toris compound. Add these to a half pint of first-class whiskey, and use a tablespoonful before each meal and at bed time. The bottle must be well shaken each time. This simple remedy is one of the most effective known. The restorative action will be felt after the first few doses.

KNEW THE WAYS OF WOMEN

Mean Trick of Ballantine That Probably Made Much Trouble for His Friend Blank.

Capt. J. F. Chase of Veteran City, Fla., was in Washington last month to register his forty-seventh airship patent. Capt. Chase is best known as the inventor of the hoop-skirt.

Discussing the hoop-skirt's remarkable success, Capt. Chase said to a reporter:

"The success was due to the skirt's strangeness. Women like strange things. By catering to women, by studying their taste a man can twist them around his finger."

The veteran officer smiled. "Ballantine," he said, "came in late to a song recital in Palm Beach, and there wasn't a vacant seat in the house.

"Ballantine noticed Mrs. Jerome Blank. Mrs. Jerome Blank, he knew, had a very handsome husband that she kept strict watch over—she didn't like him to associate with any of the fair sex.

"Ballantine, edging near to Mrs. Blank, who had an excellent seat, said in a loud voice to a friend:

"Who was that uncommonly pretty girl I saw Jerome Blank talking to on the pier?"

"In about four seconds Mrs. Blank was gone, and Ballantine was seated comfortably in her chair.

ECZEMA COVERED HIM.

Itching Torture Was Beyond Words—Slept Only from Sheer Exhaustion—Relieved in 24 Hours and Cured by Cuticura in a Month.

"I am seventy-seven years old, and some years ago I was taken with eczema from head to foot. I was sick for six months and what I suffered tongue could not tell. I could not sleep day or night because of that dreadful itching; when I did sleep it was from sheer exhaustion. I was one mass of irritation; it was even in my scalp. The doctor's medicine seemed to make me worse and I was almost out of my mind. I got a set of the Cuticura Soap, Ointment and Resolvent. I used them persistently for twenty-four hours. That night I slept like an infant, the first solid night's sleep I had had for six months. In a month I was cured. W. Harrison Smith, Mt. Kisco, N. Y., Feb. 3, 1908."

Potter Drug & Chem. Corp., Sole Props., Boston.

In the Same Boat.

A magazine contributor, being hard pressed by his creditors, recently wrote to his editor: "Please send check at once, as my gas bill is due." The candid editor replied in this brief fashion: "So is mine. God help us all."

When you hear a woman say she would like to be a man, it's a pretty good sign she is full of bottled cuss words.

Many Children Are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Summer Complaint, Feverishness, Headache, Stomach Troubles, Teething Disorders and Destroy Worms. At all Druggists', 2c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Easy.

She (at the art exhibition)—How can you tell the masterpieces? He—By the price tags on them.

Give children pennies if they buy digestible WRIGLEY'S SPEARMINT. It is much better for them.

When a man tells a young widow that she is the only woman he ever loved she is sure he is eligible for membership in an Ananias club.

PERRY DAVIS' PAINKILLER has no substitute. No other remedy is so effective for rheumatism, lumbago, stiffness, neuralgia or cold of any sort. Put up in 2c. size and 10c. bottles.

We speak good of the dead because as a rule we have exhausted our supply of invectives on them when they were alive.

Less and less cigar smoke. More and more WRIGLEY'S SPEARMINT fragrance.

Some people's cast-off happiness, like their cast-off clothes, would make some other people very happy.

WE PAY HIGH PRICE FOR HIDES and furs, & sell guns and traps cheap. N. W. Hide & Fur Co., Minneapolis, Minn.

The right kind of experience is worth all its costs.

Women Who Suffer

from woman's ailments are invited to write to the names and addresses here given, for positive proof that Lydia E. Pinkham's Vegetable Compound does cure female ills.

Tumor Removed.
Chicago, Ill.—Mrs. Alvina Spering, 11 Langdon Street.
Lindley, Ind.—Mrs. May Fry.
Kinsley, Kans.—Mrs. Stella Clifford Beaman.
Scott, N. Y.—Mrs. S. J. Barber.
Cornwallville, N. Y.—Mrs. Wm. Boughton.
Cincinnati, O.—Mrs. W. K. Housh, 7 Eastview Av.
Milwaukee, Wis.—Mrs. Emma Imse, 883 1st St., German.

Change of Life.
South Bend, Ind.—Mrs. Fred Certia, 1014 S. Lafayette Street.
Noah, Kentucky.—Mrs. Lizzie Holland.
Brookfield, Mo.—Mrs. Sarah Lousignout, 207 S. Market St.
Paterson, N. J.—Mrs. Wm. Somerville, 195 Hamburg Avenue.
Philadelphia, Pa.—Mrs. K. E. Garrett, 2407 North Garnet Street.
Kewaskum, Wis.—Mrs. Carl Dahlke.

Maternity Troubles.
Worcester, Mass.—Mrs. Doylva Coté, 117 Southgate Street.
Indianapolis, Ind.—Mrs. A. P. Anderson, 1267 E. Pratt Street.
Big Run, Pa.—Mrs. W. E. Pooler.
Atwater Station, O.—Mrs. Anton Muelhaupt.
Cincinnati, Ohio.—Mrs. E. H. Maddocks, 2435 Gilbert Avenue.
Mogadore, Ohio.—Mrs. Lee Manges, Box 131.
Dewittville, N. Y.—Mrs. A. A. Giles.
Johnstown, N. Y.—Mrs. Homer N. Seaman, 108 E. Main Street.
Burlington, Ill.—Mrs. Peter Langenbahn, Box 40.

Avoid Operations.
Hamstead, Md.—Mrs. Jos. H. Dandy.
Adrian, Ga.—Mrs. Lena V. Henry, Route No. 3.
Indianapolis, Ind.—Mrs. V. Piper, 29 South Addison Street.
Louisville, Ky.—Mrs. Sam Lee, 323 Fourth St.
South West Harbor, Maine.—Mrs. Lillian Robbins, Mt. Desert Light Station.
Detroit, Mich.—Mrs. Frieda Rosenau, 644 Meldrum Avenue, German.

Organic Displacements.
Mozier, Ill.—Mrs. Mary Ball.
Ligonier, Ind.—Mrs. Eliza Wood, R. F. D. No. 4.
Melbourne, Iowa.—Mrs. Clara Watermann, R. F. D. No. 1.
Bardonia, Ky.—Mrs. Joseph Hall.
Lewiston, Maine.—Mrs. Henry Cloutier, 56 Oxford Street.
Minneapolis, Minn.—Mrs. John G. Moldan, 215 Second Street, N.
Shamrock, Mo.—Mrs. Josie Ham, R. F. D. No. 1; Box 22.
Marion, N. J.—Mrs. Geo. Jordy, Route No. 3.

Other Locations.
Chester, Ark.—Mrs. Ella Wood.
Oella, Ga.—Mrs. T. A. Cribb.
Pendleton, Ind.—Mrs. May Marshall, R. R. 44.
Cambridge, Neb.—Mrs. Nellie Moslander.

Other Locations.
Goshen, Ala.—Mrs. W. T. Dalton, Route No. 2.
Chicago, Ill.—Mrs. Wm. Tully, 465 Ogden Av.
Paw Paw, Mich.—Mrs. Emma Draper.
Flushing, Mich.—Mrs. Burt Loyd, R. F. D. No. 3; care of D. A. Sanborn.
Coffeeville, Miss.—Mrs. S. J. Jones.
Cincinnati, Ohio.—Mrs. Flora Ahr, 1322 Ernst Street.
Cleveland, Ohio.—Miss Lizzie Steiger, 6249 Fleet Avenue, S. E.
Wesleyville, Pa.—Mrs. Maggie Ester, R. F. D. 1.
Dyersburg, Tenn.—Mrs. Lue Hilliard, R. R. 1.
Hayfield, Va.—Mrs. Mayme Windle.

Irregularity.
Herrin, Ill.—Mrs. Clara Finkel.
Winchester, Ind.—Mrs. May Deal.
Dyer, Ind.—Mrs. Wm. Oberloh, R. F. D. No. 1.
Baltimore, Md.—Mrs. W. S. Ford, 1938 Landon Street.
Roxbury, Mass.—Mrs. Francis Merkle, 15 Field Street.

Ovarian Trouble.
Clarksdale, Mo.—Miss Anna Wallace.
Guysville, Ohio.—Mrs. Ella Michael, R. F. D. 1.
Dayton, Ohio.—Mrs. Ida Hale, Box 25, National Military Home.
Lebanon, Pa.—Mrs. Harry L. Riddle, 233 Lebanon Street.
Skyles, Tenn.—Miss Minnie Hall.
Detroit, Mich.—Mrs. Louise Jung, 332 Chestnut St.

Female Weakness.
Willimantic, Conn.—Mrs. Etta Donovan, Box 229.
Woodside, Idaho.—Mrs. Rachel Johnson.
Rockland, Maine.—Mrs. Will Young, 5 Columbia Avenue.
Scottville, Mich.—Mrs. J. G. Johnson, R. F. D. 1.
Dayton, Ohio.—Mrs. F. R. Smith, 431 Elm St.
Erie, Pa.—Mrs. J. P. Endlich, R. F. D. No. 7.
Beaver Falls, Pa.—Mrs. W. F. Boyd, 250 Seventh Avenue.

Nervous Prostration.
Oronogo, Mo.—Mrs. Mae McKnight.
Camden, N. J.—Mrs. Tillie Waters, 451 Liberty Street.
Joseph, Oregon.—Mrs. Alice Huffman.
Philadelphia, Pa.—Mrs. John Johnston, 239 Sigsbee Street.
Christiana, Tenn.—Mrs. Mary Wood, R. F. D. No. 3.
Pecos, Texas.—Mrs. Ada Young Eggleston.
Graniteville, Vt.—Mrs. Chas. Barclay, R. F. D.

These women are only a few of thousands of living witnesses of the power of Lydia E. Pinkham's Vegetable Compound to cure female diseases. Not one of these women ever received compensation in any form for the use of their names in this advertisement—but are willing that we should refer to them because of the good they may do other suffering women to prove that Lydia E. Pinkham's Vegetable Compound is a reliable and honest medicine, and that the statements made in our advertisements regarding its merit are the truth and nothing but the truth.

Difference That Ten Minutes Make

From 35 degrees to 70 degrees—from an unbearable cold to a glowing heat that contributes the cheery comfort you want in your home is the difference that can be made in 10 minutes when you have the

PERFECTION Oil Heater

(Equipped with Smokeless Device) to do your heating. It is unrivaled for quick work—and effective, clean—ly work.



Impossible to turn the wick too high or too low—impossible to make it smoke or emit disagreeable odor—the self-locking Automatic Smokeless Device

absolutely prevents smoke. Lighted in a second—cleaned in a minute—burns Nine Hours with one filling. Rustless brass font.

Automatic smokeless device instantly removed for cleaning. Highest efficiency in heating power—Beautifully finished in Japan or Nickel—an ornament anywhere—a necessity everywhere. Variety of styles.

Every Dealer Everywhere. If Not At Yours, Write for Descriptive Circular to the Nearest Agency of the

CONTINENTAL OIL COMPANY

WE BUY FURS AND HIDES for spot cash. 10 to 25% more money for you to ship Raw Furs and Hides to us than we sell at home. Write for Price List, Market Report, Shipping Tags, and about our HUNTERS' & TRAPPERS' GUIDE, \$10.00. 40 pages, leather bound. Best thing on the subject ever written. Illustrating all Fur Animals. All about Trappers' Secrets, Beavers, Traps, Game Laws, How and where to trap, and to become a successful trapper. It's a regular encyclopedia. Price, \$2. To our customers, \$1.25. Hides tanned into beautiful H. H. H. Our Magnetic Bait and Dope attracts animals to traps. \$1.00 per bottle. Ship your Hides and Furs to us and get highest prices. Anderson Bros., Dept. 117 Minneapolis, Minn.

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ESTABLISHED 1879 Ship your BARLEY, FLAX and WHEAT to

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