

### FOR OLD PEOPLE.

After reaching the age of forty the human system gradually declines. The accumulated poisons in the blood cause rheumatic pains in the joints, muscles and back. These warnings should be promptly relieved and serious illness avoided by using the following prescription which shows wonderful results even after the first few doses and it will eventually restore physical strength.

"One ounce compound syrup of Sarsaparilla; one ounce Toris compound; half pint of high grade whiskey. This to be mixed and used in tablespoonful doses before each meal and at bedtime. The bottle to be well shaken each time." Any druggist has these ingredients or can get them from his wholesale house.

### THE DIFFERENCE.



"As there has been a change in our fortunes, Maudie, make haste and find a husband. You, Jack, don't make a fool of yourself by marrying."

### SKIN ROUGH AS BARK.

Baby Boy Had Intense Itching Humor—Scatched Till Blood Ran.

Found a Cure in Cuticura.

"Our son, two years old, was afflicted with a rash. After he suffered with the trouble several weeks I took him to the doctor but it got worse. The rash ran together and made large blisters. The little fellow didn't want to do anything but scratch and we had to wrap his hands up to keep him from tearing the flesh open till the blood would run. The itching was intense. The skin on his back became hard and rough like the bark of a tree. He suffered intensely for about three months. But I found a remedy in Cuticura Soap and Cuticura Ointment. The result was almost magical. That was more than two years ago and there has not been the slightest symptom of it since he was cured. J. W. Lauck, Yukon, Okla., Aug. 28 and Sept. 17, 1908."

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

### Sentiments for Husbands.

"When a man really loves his wife he ought to combine all his nicest sentiments toward other women into one big sentiment for her."

"He should show her the respect he feels toward his mother; the politeness he shows other women; and the responsibility he feels toward his sister."

"To all of that he should add the great love he should feel for a wife."

### How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDRING, KINMAN & MARTIN, Wholesale Druggists Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists. Take Hall's Family Pills for constipation.

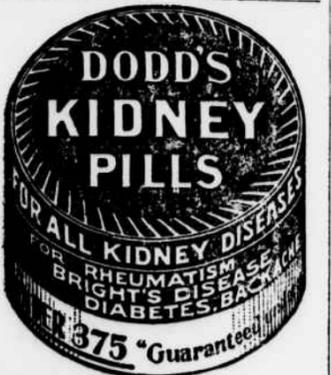
Happy the man who finds a peculiar joy in undertaking a difficult and disagreeable task, and in achieving it.—Dr. Lyman Abbott.

One Thing That Will Live Forever, PETTIT'S EYE SALVE, first box sold in 1897, 100 years ago, sales increase yearly. All druggists or Howard Bros., Buffalo, N. Y.

I cannot praise a fugitive and cloistered virtue, unexercised and unbreathed, that never sallies out and seeks her adversary.—Milton.

Eyes bright? Digestion right? WRIGLEY'S SPEARMINT is fine for digestion.

The optician would soon be looking for another job if beer glasses improved the eyesight.



WRIGLEY'S

### CUTLETS WITH BOILED ONIONS

Recommended as One of the Best of Luncheon Dishes for Family or Guests.

Required: Nicely trimmed cutlets, two or three Spanish onions, half a pint good thickened gravy, one carrot, pepper and salt, one ounce of butter.

After having trimmed the cutlets and taken off all the superfluous fat, arrange them in a copper frying pan, previously heated. Season well with pepper and salt, add some butter. Cook the cutlets till they are a nice brown on both sides, turning them with a knife.

Have some well boiled Spanish onions ready sliced.

Arrange the onion on the center of an entree dish in a pile, and the cutlets round it.

Prepare a little good gravy, nicely thickened, pass it through a sieve, make it very hot, add pepper and salt, and pour it round the edges of the dish.

To garnish, scatter a very little grated red carrot over the onion.

### Rolled Veal.

Required: One pound and a half of veal cutlet (from the fillet), quarter of a pound of ham or lean bacon, two hard boiled eggs, quarter of a pound of veal stuffing, lemon rind.

Lay the veal on a board, remove the bone, and just draw the hole together. Cover with slices of ham, then with a layer of veal stuffing, season with pepper and salt and grated lemon rind. Peel the eggs, lay them end to end of the veal, roll the veal neatly and sew the flap. Wrap in buttered paper and bake for an hour, basting frequently. Then take off the paper and roast for an hour longer; dredge the roll with flour to make it brown, basting freely. Serve with gravy poured round and garnish with slices of lemon. Hand potatoes and French beans with it.

### Pea Patties.

Make a rich pie crust, working the dough but little. Cut with biscuit cutter after rolling the dough out as for pies. Fit the circular pieces into paty pans and bake until light brown. Pour the liquid from a can of peas, wash them slightly, and put them over the fire with only enough water to keep them from burning. Cook until dry. Prepare white sauce as follows: Three tablespoonfuls of butter and one heaping tablespoonful of flour. Mix well together and add one pint of hot milk and boil until thick. Place each crust on a small plate and fill with peas. Pour over the white sauce and serve hot. These are appetizing and delicious and will be sure to please all who like peas.

### Fairy Gingerbread Cookies.

One-half cupful of butter, one-half cupful of milk, one cupful of light brown sugar, two teaspoonfuls baking powder sifted with one and seven-eighths cupfuls of bread flour, two teaspoonfuls of ginger. Cream butter, add sugar gradually, then add milk gradually. Mix and sift flour and ginger, then combine mixtures. Spread very thin, with long, broad-bladed knife on inverted pan. Bake about five or six minutes in moderate oven. Watch carefully and turn pan frequently so that all may be evenly cooked. If mixture about edges should cook first cut off and return to oven to finish center part. Cut in squares.

### Good Rice Pudding.

The secret of creamy and tasty-poor man's rice pudding, which at its best is worthy of a higher sounding title is a minimum of rice, plenty of creamy milk, slow baking and frequent stirring. A woman who is an adept at the pudding uses a tablespoonful of rice to a quart of milk, four tablespoonfuls of sugar and a little salt. The pudding is baked slowly for fully three hours, and every time a brown scale forms on the top it is stirred in. This brown substance is what gives the distinctive color and taste to the dish.

### A Quick Lunch.

Lunch at a railroad station means, for some people, two pieces of half-raw dough, called bread; a sample of butter hidden beside a small scrap of partially cooked ham that won't stay inside of the sandwich and won't come out. And the description is not complete without the admission that it is "grabbed" and "bolted" while the clock hand jumps from minute to minute. It doesn't sound nice, and the description ought to be enough to insure a well-developed case of indigestion.

### Suet.

When preparing suet for puddings, mince-meat, etc., get a coarse grater which may be bought for a few cents, and rub the suet through it. This is an easier and quicker method than chopping and insures no lumps being left.

### Biscuits.

One quart flour (bread flour), 1 teaspoon salt, one-quarter cup butter, 1 teaspoon cream tartar, one-half teaspoon soda. Bake in hot oven. Very nice.

### WORTH KNOWING.

Simple Remedy That Anyone Can Prepare at Home.

Most people are more or less subject to coughs and colds. A simple remedy that will break up a cold quickly and cure any cough that is curable is made by mixing two ounces of Glycerine, a half-ounce of Virgin Oil of Pine compound pure and eight ounces of pure Whisky. You can get these in any good drug store and easily mix them in a large bottle. The mixture is highly recommended by the Leach Chemical Co. of Cincinnati, who prepare the genuine Virgin Oil of Pine compound pure for dispensing.

### THE NEW DISH.



"What do you call this—ice pudding?"

"Well, sir, it used to be called ice pudding, but now it is known as the north pole, or the Cook's Surprise."

### May Paste Million Posters.

Artists, billposters, printers, paper manufacturers and tuberculosis fighters are all united in a gigantic crusade against tuberculosis which is about to be started under the direction of the National Association for the Study and Prevention of Tuberculosis. In addition to the gifts of free space on billboards and free printing of posters made by the Associated Billposters and Distributors of America and the Poster Printers' Association, several hundred paper manufacturers have given paper for the posters to the value of several thousand dollars, and artists from all over the United States are contributing sketches for posters, free of charge. The local, state and national anti-tuberculosis associations will see that the posters are placed in cities and towns where they are most needed.

The posters are nine feet long and seven feet wide and will be printed in several colors. If sufficient paper is procured a million will be pasted up. The value of these various contributions would reach fully \$2,000,000 if paid for at commercial rates.

### The More Glorious Alternative.

Maud Muller knew what she wanted. "I'd rather be written up in a poem that the funny men will be parodying a hundred years from now than marry the judge to-morrow!" she exclaimed, and suiting the action to the word, she raked the meadow sweet with hay in such a manner that the judge riding slowly down the lane, smoothed his horse's chestnut mane, and let it go at that.

Naturally the girl's folks were considerably disgusted at having her left on their hands that way, but who ever purchased a worthy immortality cheaply?—Puck.

### Envy.

"I envy the good-natured man," said the philosopher. "So do I," answered Mr. Sirius Barker. "His good nature indicates that the desirable things of life are coming his way."

When his satanic majesty tempts some people they want him to get behind them—and push.

### RESULTS OF FOOD Health and Natural Conditions Come From Right Feeding.

Man, physically, should be like a perfectly regulated machine, each part working easily in its appropriate place. A slight derangement causes undue friction and wear, and frequently ruins the entire system.

A well-known educator of Boston found a way to keep the brain and the body in that harmonious co-operation which makes a joy of living.

"Two years ago," she writes, "being in a condition of nervous exhaustion, I resigned my position as teacher, which I had held over 40 years. Since then the entire rest has, of course, been a benefit, but the use of Grape-Nuts has removed one great cause of illness in the past, namely, constipation, and its attendant evils.

"I generally make my entire breakfast on a raw egg beaten into four spoonfuls of Grape-Nuts, with a little hot milk or hot water added. I like it extremely, my food assimilates, and my bowels take care of themselves. I find my brain power and physical condition much greater and I know that the use of the Grape-Nuts has contributed largely to this result.

"It is with feelings of gratitude that I write this testimonial, and trust it may be the means of aiding others in their search for health."

Look in pkgs. for the little book, "The Road to Wellville." "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.

Good for the Nerves. At a recent archery tournament in London 300 women took part in the contest, the game having become very popular. It is recommended by London physicians as splendid for the nerves. American women have never taken very kindly to the sport, but the renewal of interest abroad may effect a change in this country.

Think of it! They charge as much for that imitation stuff as they do for real, delicious, fragrant WRIGLEY'S SPEARMINT.

Time is given us that we may take care for eternity; and eternity will not be too long to regret the loss of our time if we have misspent it.—Fenelon.

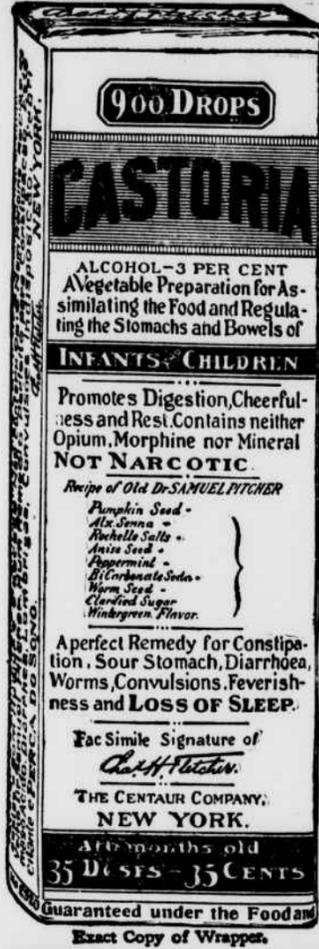
### Wanted More.

Francis, aged 2½, was given a bunch of grapes on his solemn promise not to "swallow the seeds." Very carefully he removed them all, and enjoyed the fruit as a child always does enjoy a new goody. When he had removed the last grape from its clinging place, he handed the empty stalk to his father.

"Daddy," he said, "will you send this back to the store and have the man put some more grapes on it?"

"I'm tired of that not-much-of-any-thing flavor." "I'm fond of that delicious Wrigley's Spearmint flavor."

We do not know how cheap the seeds of happiness are, or we should scatter them oftener.—Lowell.



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If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

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