

TERRIBLE TO RECALL

Five Weeks in Bed with Intensely Painful Kidney Trouble.

Mrs. Mary Wagner, of 1367 Kosuth Ave., Bridgeport, Conn., says: "I was so weakened and generally run down with kidney disease that for a long time I could not do my work and was five weeks in bed. There was continual bearing down pain, terrible backaches, headaches and at times dizzy spells when everything was a blur before me. The passages of the kidney secretions were irregular and painful, and there was considerable sediment and odor. I don't know what I would have done but for Doan's Kidney Pills. I could see an improvement from the first box, and five boxes brought a final cure."



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

SOME BEDROOM DON'TS.

Don't lie in the same position all night if you can help it. Don't cover your head with the bedclothes. Have your covers warm but light. Don't go to bed hungry. Eat any light simple food that you wish if it agrees with you. Don't sleep in a room that is too cold. From 55 to 60 degrees is the right temperature. Don't go to bed with cold feet, but see to it that they are warm and comfortable before you get in bed. Don't fill your bedroom with bric-a-brac and draperies, but have as little as possible in it to catch the dust. Don't put your pillows in the sun, as it draws the oil out of the feathers. Sun the bed and bedding, but place the pillows out of the sunlight in a current of air.

The Things We Eat.

Too much meat is absolutely hurtful to the body. Sailors on board of ships get scurvy when their supply of vegetable food is exhausted. The digestive organs of the human body demand vegetable food, and if we don't eat enough vegetables we pay for it dearly.

Nature gave us wheat, and in every kernel of wheat nature has distributed iron, starch, phosphorus, lime, sugar, salt and other elements necessary to make bone, blood and muscle.

EGG-O-SEE is wheat scientifically prepared. Cooked, and made into crisp flakes, EGG-O-SEE goes into the stomach ready for the digestive organs to convert it into life-giving substances with but little effort.

EGG-O-SEE eaters are a clean-eyed, strong and happy lot. The proof of a pudding and the proof of EGG-O-SEE is in the eating. EGG-O-SEE besides being solid nourishment is most palatable. Every mouthful is a joy to the taste and direct benefit to your health. A 10-cent package of EGG-O-SEE contains ten liberal breakfasts. Our friends advertise us. They eat EGG-O-SEE for a while. They grow strong. They are well and happy and they pass the good word along.

Next time you send to the grocer's tell your boy or girl to bring home a package of EGG-O-SEE. Have your children eat EGG-O-SEE. It is their friend. They'll eat EGG-O-SEE when nothing else will taste good.

You try EGG-O-SEE and you can deduct the cost from your doctor's bills.

We send our book, "Back to Nature," free. It's a good book of plain, good, common sense. If you want a copy, address EGG-O-SEE Company, 10 First St., Quincy, Ill.

The Newspaper Maker.

The newspaper maker is in honor bound to do good and sincere work. The whole community is his client, and is entitled to respect. Whatever may be advanced on his editorial page, the right to color the news to suit the purpose of any faction in the community is withheld. Otherwise the subscriber is not being treated with consideration or fairness. There must be the combination of brains, incessant energy, broad judgment and knowledge, with devotion to a high purpose, or the paper will fall short of achievement.—Philadelphia Ledger.

AWFUL ITCHING ON SCALP.

Hair Finally Had to Be Cut to Save Any—Scalp Now in Good Condition—Cured by Cuticura.

"I used the Cuticura Soap and Ointment for a diseased scalp, dandruff, and constantly falling hair. Finally I had to cut my hair to save any at all. Just at that time I read about the Cuticura Remedies. Once every week I shampooed my hair with the Cuticura Soap, and I used the Ointment twice a week. In two months' time my hair was long enough to do up in French twist. That is now five years ago, and I have a lovely head of hair. The length is six inches below my waist line, my scalp is in very good condition, and no more dandruff or itching of the scalp. I used other remedies that were recommended to me as good, but with no results. Mrs. W. F. Griess, Clay Center, Neb., Oct. 23, 1905."

Mother—"Johnny, why are you hopping around on one foot?" Johnny—"We're playing horse, and I'm the one papa bet on."

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

"The best hearts are over the bravest," said Sterne.



LITTLE VISITS WITH UNCLE BY

School's Out. Yep, our school has let out for two months and a day. An' they's nothin' t' do but t' caper an' play! We hev got a ball team an' we won't de a thing. Fer I'm pitcher an' captain an' coacher t' jing!

We hev built a new wharf at th' old swimmin' hole. An' my Aunt Mary's sent me a new fishin' pole! "Skinny" Jones an' myself we are makin' a raft— We're a-goin' t' sea when we've finished th' craft!

An' I guess we'll be PIRATES, if ma don't object— "Skinny" Jones sez t' sneak an' she'll never suspect! In "Th' Run" in th' brush we are buildin' a shack. Jist t' ren-dez-vous in when they git on our track!

An' we've filled it with breakfast food, nuts and some WINE! Up above on th' door we hev printed a sign. "JIST BEWARE," sez th' sign. "If YE ENTER IN HERE YE MUST LEAVE ALL YER HOPES AN' YER FEARS IN THE REAR!"

We are goin' t' divide all th' spoils that we take— "Skinny" Jones an' I splits on th' size of th' stake! An' th' first thing I do I'll git ma a new gown! It will be a green silk an' th' best one in town!

I suppose if she knew that her boy sailed th' sea. Jist a-piratin' things, she'd refuse it from me! But I guess that I'll tell her I ketch lots of fish. An' I sell 'em round fer th' price that I wish!

But it's sure that my ma needs a new dress, fer fair. Fer I heered her tell pa she ain't "nothin' t' wear!" Yep, our school has let out for two months and a day. An' they's nothin' t' do but t' caper an' play! Gee! It's fun jist t' fish an' t' run around town— Gosh! I wish th' old school would take fire an' burn down!

On the Quilt. The deaf man escapes the dago's hand organ. A nincompoop is the other fellow to the argument! A canner can can but he cannot can a can, can he? One little ray of sunshine is worth a cloudburst of whine!

One may lose one's own sorrow helping another forget his. The more rope you give some men the less they like smoking! Imagination has caused more stomach aches than green apples! In selecting books for your vacation do not forget your check-book.

It makes a difference whether people laugh at you for saying thin, or at the things you say. When an author's receipts are more than his outlay for postage, then he may be said to be successful. If John Jones can run a mile in four minutes, how long will it take Farmer Ragtop to weed an onion patch?

Do not pluck your teeth. Let the dentist do this. Having had more experience, he can match them better. A Pittsburg doctor says a hen has a mind. And a sense of humor, too. Else why would she deposit her egg under the very center of the barn floor? The Right Cow Side. A city newspaper artist drew the picture of a milk man diligently engaged in milking a cow. A country editor protested on the grounds that no highly respectable cow would permit a man to expurgate the lacteal fluid while sitting at the wrong side of the cow.

"You are entirely mistaken," replied the artist, "for had I not known that the cow would not kick, I should have never placed the man on the wrong side of the bovine. In fact, my cows never kick, my dogs never growl, my horses never run away, my portraits never speak. Thank God for that!" Some of the portraits of deceased notables always awaken the thought of the boyhood axiom, "Tain't no fall to strike a man when he's down."

Panhandles. The red nose of a toper is never water colored. When calling, do not blow on your tea; fan it with your hat. If the June brides have all registered, we will begin to compile the Christmas record. Get your wife to try drinking from a bottle. Ginger ale will do—and it's more fun than a circus. "Man may fly at will," says a current magazine. At last the dream of love has come true—"Come fly, my love, with me!"

No, dear, you cannot plant bird seed and raise birds, but you can plant tomatoes and raise your neighbors' chickens any old spring.

German Cinnamon Cake. To one quart flour add one teaspoon salt, two teaspoons baking powder, three tablespoons butter, one egg, one pint milk, one teaspoon vanilla or lemon. Dough should be soft. Roll one inch thick, put in shallow pans and cover the top with a creamy mixture of sugar, cinnamon and melted butter. Bake in a quick oven.

A Flower Vase. For cleaning the inside of the flower glass or vase which cannot be scalded put a tablespoonful of rock salt into a gill of vinegar, pour into the vase and shake about for a few minutes, then rinse clean with soft water. The water should not be allowed to stand until it gets sour about the flower stems.

Maple Fudge. Break a pound of maple sugar into bits and put it in a saucepan with a pint of milk. Boil, stirring steadily, until it is brittle when dropped into cold water. Stir in a tablespoonful of butter and when this is melted turn into a greased pan, and, as it cools, cut into squares.

Byron Williams

SOME NEEDED LESSONS.

All the Members of the Family Should Co-operate About Keeping the Back Yard Neat.

Teach the little ones (and admonish the older ones) that the screen doors and window screens are not made to kick, or shove against, or to punch things through. How often we see the wire either bulging out, or pushed into holes where the feet or hands press against it in opening or shutting the doors, or the window screens rendered useless because the baby and his two or three year-old elder are allowed to press or lean against it, or to stick things through it. Each one should be taught how to handle such things, and not allowed to touch the wire, under any circumstances. A screen door patched with a bit of cloth is unsightly enough but it is better than the hole it covers, as it excludes the intruding insects. Old pieces of the wire, saved from a former covering, are much better to use as a patch.

Teach the children and their elders (and in some cases, yourself) not to throw peelings, parings, paper, bits of cloth, etc., about the back door. There should be a box or an old pail close at hand, and into this one can put all refuse, emptying it at least once a day, either to burn, bury, or put on the far-removed manure pile. If the whole family is careful to keep things picked up and put in place, the yard about the kitchen door may be as lovely as that in front of the house. This is the part of the premises more often seen by the housewife than any other, and it should have bright things in it. But the housewife cannot have this beauty without cooperation of the rest of the family, and she will often be blamed for a dirty, disorderly back yard when she has no sort of control over it. This is where cooperation should be strongly in evidence. I am sorry to say that the most frequent offender against the rules of order as they affect the back yard is the father of the family, himself.—The Commoner.

ARRANGING CUT FLOWERS.

Cut Stems a Little Every Day, Put in Fresh Water—Should Look as if Growing.

First of all, a little salt put in the water in which cut flowers are kept will lengthen the lives of the flowers. The water should be changed each day, and the stems cut a trifle, and washed by being held under the faucet. Remember, when arranging bunches of flowers that the most effective bouquets are those made to look as nearly as possible like the growing plant. Use plenty of green foliage and put the flowers in loosely, never in a tight, wet bunch. The best way to arrange them is to put the green in first and then fill in the blossoms. Sometimes two or three long-stemmed flowers, or even a single flower, in a long, slender vase is more effective than a large bunch of the same flowers. Little wire screens for holding the flowers are fitted over the top of bowls and baskets, and make the arranging of the flowers a very easy matter. This is specially necessary if the bowl is a shallow one. An ingenious woman, who did not wish to go to the expense of having a silver wire screen made for this purpose, bought a wire screen, such as is commonly used for the sink, and fitted it over a bowl herself. This made an excellent holder and was, of course, much cheaper than the silver one.—Brooklyn Eagle.

To Procure Sound Sleep.

The character of sleep is affected by many influences, both mental and physical. The person who, upon retiring for the night, fails to put away the cares of the day that is past, or borrows the thoughts of the morrow, is slow to reach the depths of sleep, and wakes but little refreshed. An overfilled stomach prevents sound sleep, but hunger should be relieved before retiring, and for this purpose there is nothing better than a glass of warm milk.

Eggs a Hundred Years Old.

In finding a large tree some days ago in Cirencester, Gloucestershire, a bird's nest containing four eggs was discovered enclosed in a hollow near the heart of the trunk. The sap rings showed that nearly a century has elapsed since the eggs were laid, and it was obvious that the hollow had closed automatically. The eggs were intact but slightly faded.—London Daily Mail.

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POOR COWS.

When a man increases the number of his cows at the expense of quality he does a very unbusinesslike thing. Better not keep cows unless they are good ones. Take better care of what you have and be content rather than buy poor cows. When one raises his own cows he should test out the heifers that do not promise well as possible, no matter if they are registered, and have a good pedigree. We must have something in the dairy barn besides breeding to make a success. We want individuality. When this is well backed up by breeding all the better, but the profitable cow we must have. It is not always judicious to sell a heifer if she does not come up to the standard the first season, provided she gives promise of better work later on. One must use judgment, as well as the scales and Babcock test with a heifer. It is a good plan to have an animal clearance sale and dispose of the undesirable cows to the butcher.

MAKE A NOTE OF THIS.

Commission merchants say that on an average there is a difference of four cents a dozen between soiled eggs and those that are sent to market bright and clean, and it is not necessary that all the eggs of a shipment shall be soiled in order to make a consignment rank as such. Even a very small proportion of soiled eggs in a package will cause the whole to be rated several cents below the market price. The tramping of the eggs by the dirty feet of the hens, fresh from the moist earth of the yard, and the discoloration produced, does not affect the contents, but it gives the eggs an uninviting appearance, and it is not expected that people will be indifferent to the looks of things which they buy for their table. Poultry keepers can afford to take time to clean the shells of the eggs which they send to market when the failure to do so means the loss of four cents a dozen.

NEATNESS IN BUTTER PACKAGES.

The careful packing of butter has a good deal to do with the fostering of the butter trade whether that trade be with a few private families or with large commission houses. This matter has been frequently referred to in these columns, and without doubt some improvement is being made. The commission men report that the manner in which butter is put up helps or hinders them in making sales. A creamery that has the reputation of neatness in packing finds itself sought not only by the commission men, but by large grocers that want an article that looks well. This matter of looks is especially important in butter that goes to the homes of the wealthy. They will form opinions on the looks of things. Two packages of butter may be similar in quality, but if one is put up in better style than the other the buyers are prejudiced in favor of that package, and the eaters, if they have seen the package will actually imagine that the butter is of better flavor.

A FEED YARD.

The most useful and economical device about our farm yard is our feed yard. It is a small space about 50 by 100 feet, enclosed on the north and west by a tight, high board fence; on the south and east, the fence is lower but some buildings serve as wind-breaks. When we commence hauling up our hay in the fall we stack all along the north and west sides. This gives us a well sheltered yard where cattle can be fed when it is too cold for them to go out in the pasture and where the young stock can be kept at night until late in the season, as they are protected from the wind. We can feed from stacks around the yard, and though the yard will need cleaning occasionally, we find it a great saving of feed, time and labor.

WHY THE HORSE EATS OFTEN.

The horse can conveniently eat for 20 hours out of the 24. A horse which is in good health has a good appetite at all times and is able to stand plenty of work and is rarely on the sick list. To be a good feeder especially on a journey, is a great recommendation in the opinion of every good judge of horsemanship. The reason of a horse being such a constant eater is that its stomach is really small in proportion to the size of its body, and therefore it requires feeding often, not less than four times a day, two of which should be early in the morning and at night, while hay should in the stall be always within its reach.

Duel to Death in a Canoe.

Fort William, Ont.—W. A. Thompson and Isadore Bouchard, while in a canoe on Helen lake, half a mile from shore, engaged in a combat, capsizing the craft. They then climbed to the top of the overturned canoe and engaged in a hand-to-hand struggle lasting nearly 20 minutes, when, their strength spent, they slipped into the water and sank.

Alfalfa meal is one of the best hog foods we know of; in fact, the same is being fed quite extensively to all live stock including poultry.

All stock should be salted regularly. If this is attended to, it will keep their digestion in good order and oftentimes prevent many diseases.

When a horse eats eagerly, bolting his food without chewing, he should have dried meal and shorts mixed with oats.

Keep the colts in a growing condition from the day they enter the world until they are matured.

It is a good rule to scald out the drinking vessels once a week.

GREAT FEAT OF RUNNER.

Covered Six Hundred Miles in Five Days Over the Roughest Kind of Country.

The Tarahumares, a great tribe of the northern Sierra Madre, are the greatest runners on earth, not in regard to speed but in endurance. They have been known to average 170 miles per day; there is an absolute record that is indisputable of a Tarahumare sent with an important government document that necessitated an immediate answer covering the distance there and back, 600-mile jaunt, in five days, or an average of 120 miles covered in each 24 hours, not counting the time lost while the answer was being prepared, and it must be remembered that this feat was not performed upon a fair road or on an undulating plain. It was over the wildest country that the Sierra Madre affords; up and down paths that the very deer would hardly esteem a trial; the only level ground encountered was the crossing of a deep river. Also, the journey was done on "pinole," a species of popcorn ground down and mixed with water, and the runner carried his camp equipment, a native woven white wool blanket.

KAFFIR WOMAN WAS BRAVE.

Armed Only with Hoe, She Forced Lions to Drop Human Prey It Was Carrying Off.

One of the first explorers of the interior of South Africa was William Cotton Oswell, a noted hunter and a friend of Livingstone, to whom he rendered important aid. In his biography the following story is given from one of his African letters: "An incident highly creditable to Kaffir womanhood occurred just as we reached Mbatose. The women, as is their custom, were working in the fields, for they hoe, and the men sew. A young man, standing by the edge of the bush, was chatting with them. A lioness sprang on him, and was carrying him off, when one of the women ran after her, caught her by the tail and was dragged for some little distance. Hampered by the man in her mouth and the woman behind her, she slackened her pace, whereupon her assailant straddled over her back and hit her across the nose and head with a heavy short-handled hoe until she dropped her prey and slunk to cover."—Youth's Companion.

Her Time All Taken.

The average woman thinks the sun and stars would cease to shine sooner than that she could interfere with the regular routine of household duties. A Sabatha woman was recently informed by her physician that she would have to have an operation performed. She said she didn't see how she could—that Monday was washing day, Tuesday ironing day, Wednesday the missionary society met, Thursday was the day to clean up, Friday to bake, Saturday to give the children their baths and mend. If he could get it in Sunday after dinner and before evening service perhaps she would try it.—Sabatha Herald.

Long Fibre of Silkworm.

Authorities and popular works differ greatly in their estimates of the length of the fibre in the cocoon of the domestic silkworm, Bombyx mori. Published statements of the length of this fibre could be cited which range all the way from 1,100 feet to eleven miles. Even so good an authority as the Encyclopaedia Britannica places it at 300 yards. Recent measurements made in the division of entomology show that with certain Milanese yellow cocoons raised in the United States from eggs purchased from France the fibre varies in length from 288 to 1,195 yards.—Forest and Stream.

Potato Chowder.

Parse and cut into blocks two quarts of potatoes. Peel and chop two good-sized onions, half a cup of celery and two tablespoonfuls of parsley. Put in the bottom of a kettle a layer of potatoes, a sprinkling of onion and parsley, a dusting of salt and pepper, and so on until your ingredients are all used. Add a pint of water, cover tightly and cook slowly until the potatoes are tender. Rub together one tablespoonful of butter and two of flour, add a pint of milk and stir until boiling; add a small teaspoonful of salt, then pour over the chowder and serve.

Washing Fluid.

Here is a recipe for a good washing fluid: One box potash, one ounce salts tartar, one ounce pulverized ammoniac, one ounce pulverized borax, two quarts boiling water. After dissolved add four quarts cold water. Use one cup of glass jars where it will not freeze and out of the way of children; also keep the children out of the room where it is being made.



Boarding and Day School for Boys. Situated in the heart of the Rocky Mountain district, nearly one mile above sea level, it enjoys an unsurpassed climate. Buildings modern, steam heated and electric lighted. Hot and cold baths. The institution claims to give most thorough courses in Classical, Scientific and Commercial Branches, conferring degrees in the same. Inspection of chemical and physical laboratories invited. A Fine Museum and Mineralogy department, separate care of little boys by a competent master. Gymnasium of the best. Indoor games during winter season. Compulsory military drill under the direction of an army officer. Music of every kind taught, the band and the orchestra being special features of the college. Private training for desirable students, outside of regular school hours, in Higher Mathematics, Chemistry, Mineralogy, Assaying, etc., and also in Commercial subjects. Terms moderate. Apply for full Year Book and other particulars to The Rev. President.



"Old Abe" is the trade mark of the famous Case Thresher. He has witnessed numerous victories over all competing threshers. Success always crowns the Case. Makers of the Case have a far seeing, "eagle eye," and always keep away ahead of all competitors. Sole agents for Bain Wagons, Red Tag Twine, McCormick Machines, Deere, Oliver and P. & O. Plows. For any item in Implements, Vehicles or Stoves, please write us. Terms to suit.

Leading Implement Dealers Utah and Idaho

Consolidated Wagon and Machine Company GEO. T. ODELL, Gen. Mgr. Houses at Salt Lake, Ogden, Logan, Idaho Falls and Montpelier. WE CLOSE SATURDAYS AT 1 P. M.

TIME IS MONEY

And a good Watch will save its cost many times in a year. We sell GOOD Watches, and repair Good Watches, and guarantee them to keep time.



ESTABLISHED 1862. Park's JEWELRY. 170 MAIN ST. SALT LAKE CITY, UTAH. Union Assay Office. M. B. HANAUER, P. O. BOX 1448. J. V. BADLER, SALT LAKE CITY, UTAH.

Curing a Pampared Pet.

A very clever veterinary had a system all his own. When he received an overfed toy dog he would consign him to a disused brick oven with a crust of bread, an onion and an old boot. When the dog began to gnaw the bread, the anxious mistress was informed that her darling was "doing nicely." When it commenced operations on the onion, word was sent that the pet was "decidedly better;" but when the animal tackled the boot, my lady was gratified to hear that her precious pet was "ready to be removed."—Woman's Home Companion.

We Make Travel Easy.

Five trains daily via the Atchison, Topeka & Santa Fe, Colorado to Kansas City, St. Joe, Chicago, Galveston, El Paso, City of Mexico. Ask me about reduced rates. C. F. Warren, G. A. A. T. & S. F. Ry., 411 Dooly Block, Salt Lake City, Utah.

The Power of Utah.

"Ready, Jane," said Mrs. Simpson to her maid, who was not content with an overwhelming desire to work hard, "you are the laziest girl I ever knew! You can't even do what you're told. I don't think you have one redeeming quality. You must leave on the first of next month." "Law, mum," said Jane, who knew that her mistress was not proof against flattery, "ow can I do me work when I 'ear you a-singing and a-playin' on the piano that beautiful that I simply can't 'elp stoppin' to listen to you? It ain't my fault that I love good music!" "That will do, Jane! You may stay!"—Stray Stories.

Merit System Indorsed.

Representative civil service reformers who met in Washington recently to confer with the national civil service commission paid their respects to the president, and received from him gratifying indorsement of their work. "After considerable experience in almost every kind of governmental work," said he, "I have never yet found any position or branch of the service as regards which the intrusion of political reasons in making appointments does not do damage." He said further that the service was the least efficient in government offices the heads of which tried to circumvent the merit system law.

All Hallows College Salt Lake City

Under the Direction of the Marist Fathers, aided by Expert Lay Professors.