

**Those new "Bran Foods"**—a new one is born every week—a recognition of the need of food laxatives instead of drug laxatives. The problem of presenting bran to the human stomach in combination with a nutritious, easily digested food was solved twenty years ago by the invention of **Shredded Wheat Biscuit**, the food that supplies all the body-building material in the whole wheat grain in a digestible form, combined with bran which is Nature's laxative. A body-building, strength-giving food. Serve with milk or cream or sliced peaches and cream or other fruits. Made at Niagara Falls, N. Y.

**TESTED RECIPES**

**Mushroom Catsup.**  
Mushroom catsup may be made after the following recipe, says a writer in Farm and Fireside.

One peck mushrooms, carefully picked over one pint vinegar, two tablespoons salt, one-half teaspoon cayenne, two tablespoons mustard, one tablespoon ginnsom, one-half teaspoon mace, one-half tablespoon cloves.

Cook the mushrooms with one cup water until quite tender, and run them through a colander. Add to this jelly the vinegar and spices, and cook half an hour longer. Bottle and seal.

**To Serve With Tea.**

Sponge cake baked in a sheet and then cut with a small biscuit cutter into rounds may be frosted with orange jelly and rolled in grated rind or the top decorated with the rind making very tasty cakes to serve with a cupful of tea when a friend drops in.

**Rivals Her Daughter In Youthful Beauty**

A well-known social matron whose youthful beauty is so well preserved that she is regarded as her daughter's rival in this respect—though she does not care as much—attributes her girlish complexion chiefly to two things. She says:

"I am convinced that many women, by overlooking the skin and pores tend to use the complexion. Normal food was his just the opposite effect. It keeps the pores clean, permitting them to breathe, and removes dead particles of matter which are constantly separating and which give the complexion that aged look. When ever my skin begins to get the least bit offensive, inside or faded, I go to my favorite remedy for a course of several weeks. I apply this mixture, like cold cream, for a week or so, washing it off morning. This is what keeps my complexion so fresh, clear and velvety.

"The absence of wrinkles and flabbiness I owe to the use of a simple face bath prepared by dissolving one ounce of powdered exfolite in a half pint witch hazel. This opens the skin 'tight' and firm."—Social Register.

**TUNE YOUR PIANO**  
By Reliable Tuners  
**Knauss Music Store**  
Phone 362

**BOSTON MEAT MARKET**  
F. E. KNOWLES, Proprietor.

The Leading Market in the City and Still Growing.

We kill our own Cattle and Hogs and they are inspected by the State Inspector before being slaughtered. We handle only the best.

We make our own Sausage and Hamburger. Ground daily. We also make our Bologna and Wienerwurst. We keep a nice assortment of Cold Meats for lunch.

Fresh Boiled Meat at 11 A. M. daily.

Fresh Fish on Fridays.

Watermelons on Ice.

Our goods are right. Our prices are right and we'll treat you right.

122 E. Oklahoma Ave. Phone 684.

**Notes and Personals of Society**

Lenore Burke. Phone 246.

**DAILY THOUGHT.**

**CALENDAR.**

Friday.  
Domestic Science Club—Postponed.  
West  
Egmont League Reception for High School and University Students—10:30 M. E. Church  
Saturday  
Teacher Mooney Club—Mrs. John K. Beland.  
Phi Delta Gamma Club—Mrs. Ransom Hamill.

**ACTIVITIES OF WOMEN**

One out of every four women in this country is a wage-earner.

Women are better students than men, according to figures given out by G. L. Elliot, registrar of Leland Stanford university.

Mrs. Minnie A. Hale has been admitted to the bar in Georgia and will be the first woman to undertake the practice of law in that state.

The Royal British Commission on the Civil Service has recommended an increased admission of women of all grades in the Civil Service.

In strictly industrial occupations, aside from munition work, 292,000 women in England have taken jobs usually regarded as exclusive for men.

Mrs. Annie Bosant, president of the Theosophical Society of London and one of the leaders of the movement for home rule in India, has been prohibited from entertaining the Bombay Presidency.

**STRAYED**—One brown-black horse, male, right about 1905 lbs. Please notify Homer Trim.

**PERSONAL AND LOCAL**

Col. A. A. Basing left this morning for Shawnee and the southern part of the state where he has oil lease interests.

**OF LOCAL MOMENT**

Perry, Seward, Cowle and Cashion swayed the crowd at the fair yesterday night. And they all went away happy after having had a glorious time.

The Hoodlum wagon did a "rush" business last night and many "bad cases" went to the "hoosegow."

"The Guthrie spirit is the kind that wins," said Henry S. Johnston, of Perry, who spent yesterday here taking in the fair. "That country fair I over attended in fact it is in the state fair class," he added.

The stores, banks and P. O. and the county buildings were closed yesterday afternoon. Everybody took in the fair and all enjoyed the day.

"The finger girls are the best asset the town has," said a visitor today. "Quite right, stranger."

The reason why a woman is a woman is because after she has raised a large family of children and grandchildren.

**The Easiest Way To End Dandruff**

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single strand and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and itching of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive, and four ounces is all you will need. This simple remedy has never been known to fail.

**Headquarters Here for Men's and Young Men's New Fall and Winter Suits**

It behooves you to make early selection to procure the choicest designs, because duplication of these fabric values and beautiful pattern effects will be impossible later, even at advanced prices. Come in at once and see our big stock of new Fall and Winter Suits at \$8.00, \$10, \$12.50, \$15.00, \$18.00, \$20.00 and \$25.00.

**ABELL'S**  
WE SELL GOOD CLOTHING CHEAPER THAN ANY HOUSE IN OKLAHOMA.

Send her husband she feels like she could run the whole darn country. We're willing at that.

Jack Torney took the Perry hotel in hand and gave them a royal good time. And Jack knows how.

The advance in the price of "smokes" may mean power boat streaks, but no demeritation in smoke-log.

Let the booster spirit continue to expand after the fair. It's a good thing to keep pushing.

Our guess is that the boy under the cap hates for you to stand on his platform.

Of course we think thirty dollars too much for a hat, but a good deal depends on how dear the head is.

Maybe you also have noticed that some of those who yawn loudest for personal liberty close up tight when it comes to personal liberality.

Undoubtedly the Europeans would be better off if they could soak their crowded heads.

**Children Cry FOR FLETCHER'S CASTORIA**

Is it for rent? Try The Leader and Columns.

**HINTS FOR THE HOUSEHOLD**

Fried Cabbage is delicious. Put the cabbage up as for slaw put it into a pan with enough water to cover and let simmer until almost tender, then put it in the fat and brown it as you would potatoes. It takes little time to cook it in this way.

A savory cheese sandwich is made with one pound American Cheddar cheese crumbled in a bowl with one fourth pound butter, one tablespoon fat table sauce, a little mustard and a

**THEY WANT MISSOURI TO SHOW THEM**



MRS. ERNEST STIX MRS. W.C. FORDYCE

Mrs. Ernest Stix and Mrs. W.C. Fordyce of St. Louis are in active charge of the suffrage campaign in their state, at least in active charge of the work of raising money for the

**MANY WAYS TO USE REMNANTS OF BREAD**

WILL KEEP SEVERAL DAYS IF WRAPPED IN WAX PAPER AND PUT IN JAR

Of all the left-over remnants of food from the kitchen bread is the most common perhaps, and many pieces are daily thrown away, which a little thought would turn to excellent use. If the left-over pieces are not utilized the same day, an excellent plan is to wrap them in pieces of waxed paper and store them in a stone jar. They will keep well for a week in this way.

Bread crumbs for stuffing and meat frying. Put the crusts and small pieces in a baking pan and dry in the oven without burning. They may then be put through the food chopper and stored in clean Mason jars until wanted. They may be used as a basis for most croquet, poultry stuffing and other things.

French toast may be made from the whole shew of left-over bread. Beat an egg and add a little milk. Dip the slices of bread and add a little milk. Dip the slices of bread in this and fry a nice brown in hot dripping. Serve with butter, jelly or marmalade.

Bread custard puddings. Put the bread in dainty shapes and butter liberally. Make a plain custard of eggs, milk and sugar. Put in baked dish and heat the buttered bread on top. Sprinkle with grated nutmeg and bake in quick oven until brown. This is excellent.

To make crotons from various soups. Cut the bread in cubes and fry in butter or oil before putting into the soup. Add five or six to each plate of soup. These are delicious with almost any soup.

Bread jelly for invalids. Salt the stale bread from crusts wash to a paste until of mushlike consistency. Add a little sugar and flavoring, mold and serve with cream.

Dried bread is also valuable for mixing with various other foods for feeding household pets.

**OIL LEASES AND PLATS.**  
Oil leases and township plats for oil men, on sale at Leader office. As assignments, affidavits of possession and affidavits of cash bonus paid. All of the latest forms, and conform to all leasing laws.

**TOPICS OF THE TOWN AND STATE**

**Cotton 15 to 16c at Purcell.**  
Weather conditions are ideal for the cotton farmers in central Oklahoma. The staple is fine. Purcell cotton buyers are paying from 15c to 16c.

**Ada Plans Dress-Up Week.**  
Ada has taken the national dress-up week and will have dress up week October 2 to 7, preceding the Pontotoc County Fair.

**404,000 Ballots Required.**  
Requestion for the ballots to be used in the November election has been made upon the state board of affairs by the State election board. Erret Dunlap of Ardmore and Harry Beeler of Choctaw, members of the

**Oil and Gas Lease Blanks.**  
Oil and gas lease blanks for sale at The Leader office. Conform to all state supreme court decisions.

**WOMEN'S STOMACH TROUBLES**

The Great Woman's Medicine Often Just What Is Needed.

We are so used to thinking of Lydia E. Pinkham's Vegetable Compound as a remedy exclusively for female ills that we are apt to overlook the fact that it is one of the best remedies for disorders of the stomach.

For stomach trouble of women it is especially adapted, as it works in complete harmony with the female organism, since it contains the extracts of the best tonic roots and herbs. It tones up the digestive system, and increases the appetite and strength. Here is what one woman writes showing what this medicine does:

Newfield, N. Y.—"I am so pleased to say I can recommend Lydia E. Pinkham's Vegetable Compound as an economical and beneficial remedy in most ailments pertaining to women. At least I found it so by only taking two bottles. I had indigestion in a bad form and I am now feeling in the best of health and owe it all to Lydia E. Pinkham's Vegetable Compound."—Mrs. BURR WILLIAMS, R. D. No. 29, Newfield, N. Y.

Many women suffer from that "all gone feeling," and "feel so faint," while doing their work. Ten chances to one their digestive system is all out of order. A tablespoonful of Lydia E. Pinkham's Vegetable Compound after each meal should completely remedy this condition in a few days.

**Curing Catarrh by Breathing Medicated Air Through Pocket Inhaler.**

Prevention of Every Lethal Disease. The Greatest Health System of the World. Cures Catarrh, Bronchitis, Pharyngitis, Hoarseness, Etc.



**LOGICAL WAY TO TREAT CATARRH**

This treatment has been endorsed and used by physicians, as absolutely safe to use and is not at all expensive. A fresh start is made in one week. These who have tried this form should be satisfied.

Another Independent Move  
In the private law President City News will be independent in politics. The News has the right idea of things. This is an age of independence and the press should not be bound by the procession.

**Shrine Tent at State Fair.**  
Indian Temple Shrine, Oklahoma City and Oklahoma Counties of this city have jointly arranged to maintain Shrine headquarters and rest rooms at the state fair, according to announcement made Thursday by Frank Herr. A tent 28x42 feet, will be the general headquarters. They will also be the rest room tents.

**Auto Tax Mounts High.**  
The total amount of auto tax collected by the state highway commission in the state January 1 is \$310,742. Of this amount Logan county's share is \$32,180; \$5,594.98 of which has been received by Treasurer Stewart.

**Ask Buy, A suburb of Calais, Me. has two persons, and both are named Bell, one being the Rev. C. A. Hill of the Baptist church and the other the Rev. A. H. Hill of the Methodist church.**



Husband: My! my! A regular one for each company?  
Wife: No, but I presume the cook does.

**PREPAREDNESS**

Prepares for next war by taking time to buy Blue Bull Blue. Ask for Red Bull Blue. Red Bull Blue makes you smile when you see the beautiful, white basket of clothes. Red Bull Blue is the blue that's true blue.—Adv.



**Father Listens to Son!**

Style and all around good appearance won the young man. He liked the price, too. Result! He brags about the idea to his dad. Now we have two in one family boosting

**Styleplus \$17 Clothes**

You can get models with a distinctive touch—designed for men who refuse to look like an old man or a millionaire kid. We have models that are just the happy medium for men of medium age. These are the famous guaranteed medium priced clothes. One price the nation over. And the same price this season as last. We are the Styleplus store of this town. Special models for young men, too.

**Other Fall Suits, \$10. to \$20.**

**Gardner & Soehl**