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MAKERS—SAINT PAUL, U. S. A.

Children Recipes Kitchen Helps The Table Fashions Beauty Hints Fads and Fancies Etiquette

Woman's.... Exchange

BY MADEMOISELLE MISFIT.

Do You Get Your Beauty Sleep?

Has it ever occurred to you how large a portion of your life is spent in sleep?

If we get the eight hours daily rest which the physicians think we require that means fifty six hours a week, or more than two whole days of twenty-four hours each.

Counting up the surplus sleep we require, in infancy, to balance the shorter sleeps of old age, we pass nearly a third of our lives in unconsciousness.

That seems a great deal of time wasted when you think about it, does it not? But you must remember that nothing is wasted in nature and that we could not live as long as we do without proper periods of rest.

Now since we pass so much time asleep it would seem that as nature requires it, we should take every means to get what we need in the most comfortable and hygienic method.

But do we always look at sleep as essential and as our most important treatment in beauty culture? Not always, I fear, except those of us who have suffered the tortures of insomnia and can appreciate the blessings of restful sleep.

It is a difficult matter to keep tired lines from around the eyes and to keep bright and gay and youthful unless we enjoy quiet, restful sleep at night. That is something which a woman must remember, if she is to preserve her good looks.

Nervous women especially require plenty of rest, because they live upon a tension and depend so much upon will power to carry them through, that unless they can relax into quiet sleep at night they must literally go to pieces.

Avoid gaudy patterns in wall paper, and if the side walls are figured always have a plain ceiling. Nothing is more irritating to the nerves than a conspicuous design on a bedroom ceiling. Dainty wall papers are not prohibitive in price, neither are white enamel beds with brass mountings. Better, however, to have a plain iron cot than to spend so much on the bed that the mattress must be a cheap one to come within your price.

A good mattress pays in the end, for it can be renovated and recovered and turned for years into holes and becomes very uneven in a few months, a result which interferes materially with a comfortable night's rest.

The business woman who really wishes to make her work her first object in life, must learn sooner or later that she must keep regular hours at night or her youthful vivacity will soon disappear.

She must face the fact that outings to the theater and the like must be indulged in only at the end of the week, or when an easy business day is to follow. If she sits up late one night, she must at least go to bed early the following night.

Heavy eyes and pasty skin are not good assets either in business or in society, yet they are the inevitable results of poor nights.

The society girl finds that her face shows unmistakable signs of late hours, although she tries to make up for it by sleeping late the next morning.

She is fortunate if she can do this, but even so the morning sleep is rarely as sound or as refreshing as an earlier retiring hour at night, because in the morning the noises of street and house are more or less disturbing and, besides, the natural times for rest are always busy.

It is, I suppose, useless to preach reasonable hours to the society woman and the debutante, but I do say there are certain rules which everyone should regard, if one is not to suffer mentally or physically from the loss of sleep.

First, air your bedroom thoroughly before going to bed. Give it a airing of fresh air first, even if you do have, as

you should, a current of air in it at night.

Do not get into the habit of reading yourself to sleep. Sometimes if one is wakeful it deflects the mind to turn on the light and read for a short time, but if you find this necessary do not lie in bed and read. Get up, put on a warm gown and sit in a chair to read until you grow sleepy, then turn out the light and get back into bed. Bed is to sleep in not to lounge in.

Have plenty of fresh bedclothing on your bed and pretty lingerie for yourself. Pleasant surroundings go far toward inducing healthful slumber.

Have your beds well aired every day and the pillows and mattresses sunned at least once a week.

Have your bed made comfortable, even if you have to make it yourself. Everybody has her own likes and dislikes in the matter of bed making and the chambermaid probably has hers.

Cultivate the habit of sleeping on a

low pillow or else on none at all.

The natural way to sleep is on the side, preferably on the right side, so as not to interfere with the heart action.

If you wake with a headache make sure you are not sleeping with your mouth open, and that you have sufficient ventilation.

If you dream, see to it that your digestion is good or that you are not hungry when you go to bed.

Do all your hair brushing, facial massage and the like before retiring, rather than in the morning, not only does this allow you more time to sleep late, but the actions are soothing to the body, and the good results from the treatment have plenty of time to be felt before morning.

If you have troubles make up your mind to think about something pleasant for at least fifteen minutes before retiring, if you wish to wake up bright and well and without dark circles under your eyes the next morning.

EVENING CHIT-CHAT

By... Ruth Cameron

Are you an "almost" person?

I mean one of that great class who allow themselves to be satisfied by getting almost there.

I have noticed the tendency so much in myself that I feel warmly on the subject.

If I have set myself a difficult task for the morning I work with all my might until I get it almost done. Then maybe I hear the clock strike 11 and I see that I have only a little left to do and plenty of time in which to do it and immediately I begin to slacken down and dawdle. So that instead of getting through with my work with flying colors and maybe even doing a little more than I planned, dinner time after all finds me only "almost" done.

Few people realize how very small the difference between the crowd of mediocre workers and the few at the top is.

There seems to be a very wide gap between the brilliant success and the ordinary worker. Maybe there's only 20 feet between the man who catches the train and the man who almost catches it, yet one reaches his destination and the other doesn't.

It's just doing a FEW more things, just working a WEE BIT harder, just pushing a LITTLE farther, just covering the TINY distance that lies between "ALMOST" and "WHOLLY" that makes success.

The mediocre workers are those who did well until they got to the five-yard line and then somehow began to slacken and weaken.

The successes are those who went on from the five yard line to the goal and scored.

Looking forward and not backward, concentrating on what you have yet to do and forgetting what you have done is the best cure I know for the "almost" disease.

Once upon a time I remember a certain magazine held a contest in which a prize was to be given for the best lists of the ten most terrible and the ten most beautiful words in the English language.

In the prize winning list of the most terrible words I remember "death," "life," "blood," "murder," "alone," "forever" and "almost." At the time I rather wondered at that being included, but now it seems to me the most fit of all.

When the record is finally finished and we are given the chance to look it over—it's the things we've almost done, the heights we've almost reached, the wise decisions we've almost made that are going to cause us the bitterest regret.

If I were a minister I think I would preach a sermon on the word "Almost." Maybe you think I'm doing it anyway. Then I'll prove I'm not.

How? Why, by stopping right here.

With the Small Farmer

Draft Horses Profitable

The horse for the farmer is the draft-bred horse. He is the horse that can be raised by the common farmer with little trouble and expense. He is in reach of almost every farmer in the country. It is a profitable business on the farm to raise a few good colts. I say good colts, for it is just as easy to raise good ones as poor ones.

It is just as easy to raise good horses as good cattle or good sheep or good hogs. It does not pay to raise poor ones—leave that for the other fellow. The farmers that raise good stock of any kind are the men that select good sires. The men who have good herds and good flocks are the men that select pure-blood sires from one or the other of the several pure breeds and stick to the breed of their choice. If in cattle it is Shorthorns, in a few years his herd is all the same type and color.

If it is Angus or Herefords, the results are the same. If this is true of cattle and sheep, it is certainly true of the horse. Fellow farmers, select a sire from one of the pure breeds of draft horses—Percheron, Shire or Belgian—it matters but little which breed.

It is only a matter of choice to the breeder himself. Be sure that the sire is a good individual. Breed just such mares as you have. The better the dam the better the result. Always breed their produce to a pure-bred sire of the same breed.

In a short time your mares are all alike and of the same type and disposition, all bearing a family resemblance. You will not have the disposition of a broncho in one and the trotting horse in the other, but you will have a class of horses that are easily handled, easily fitted for the market and an every-day market at home and abroad.

You need not spend any extra time and expense in looking after buyers; the buyers are always looking after this kind. If they get a wire cut or bluish they are the kind that are

useful to keep for any kind of farm work. A good mare with proper care will do just as much service on the farm and raise a colt as will a gelding.

Never allow the colt to follow the dam when in harness at work, as the colt will do much better if left in the barn, and the dam will be better off without the colt. Give the little fellow some oats and bran in its trough; it will soon learn to eat and forget its dam.

A colt is easily weaned, and if proper care is taken it will not stop growing until it is matured. Breed in this way and in a very short time it will be almost impossible to raise a poor colt. Look at the farmer who breeds one year to a draft horse and the produce afterward bred to some cheap mongrel. His horses in ten years' breeding are no better than when he began. The price of service fees should hardly be considered. It is the matured horse to be considered. It costs as much to raise a low-priced horse as to raise a high-priced one. It is all in the breeding.

Always use a pure-bred draft sire—a better individual than the dam—and then you are sure of gaining. Select one breed or the other and stick to it and you will come out ahead and be on the right side of the road to success in the horse-breeding business.

To Expedite Litigation.

WASHINGTON, Oct. 1.—President Taft's suggestion for reform looking to the expedition of litigation to final judgment is to find practical application by the supreme court of the District of Columbia. Today the court put into operation for the first time the new rules recently adopted after a careful revision by its chief justice and associate justices of the draft prepared by a committee of the local bar association, which for nearly two years was engaged in simplifying the modes of procedure in the courts of the district.

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New York Dramatic Letter

By William S. Brewer

NEW YORK, Oct. 1.—Although evening festivities have played a large part in the Hudson-Fulton celebration, they have not affected the theater attendance for during the entire week every theater in town has been pasted from ticket office to gallery with "standing room only" signs. Be it said to the credit of theatrical managers that in only a few, if any instances, has advantage been taken of the demand for seats to rise prices to unreasonable figures. The afternoon has exhibited as far as possible the same spirit of hospitality and cordiality that has prevailed from the beginning of the celebration, all of which has done much to dispel the belief current outside the metropolis that New Yorkers are all "on the get" and unkind of any interests except their own.

Miss Margaret Anglin, who has not appeared in a new role in New York for several seasons, has made at "The Savoy, an emphatic hit in "The Awakening of Helene Ritchie," a play which has been visited by a host of Hudson-Fulton visitors. The work is a dramatization of Mrs. Deland's well known novel and the character of the heroine is one that appeals strongly to the emotional actress.

No other woman of the American theater seems so well adapted to portray such a role as Miss Anglin, who may be said to have regained for this almost forgotten school or drama such popularity as went to "Zira," "The Great Divide," and has in the cities outside New York been the fate of "The Awakening of Helene Ritchie."

His 16th season as a Charles Frohman star is being marked by the appearance of John Drew at the Empire new comedy in three acts from the theater in "Inconstant George," a new comedy in three acts from the French, by R. de Flers and G. de Caillavedy. As in "My Wife"—the earliest comedy by the authors of "Inconstant George," which was his vehicle two seasons ago—Mr. Drew again has a role that gives admirable scope to his versatile powers in genteel comedy and that perfectly fits his personality as well.

It is not an overstatement to say that "The Fortune Hunter," at the Gaiety theater, has scored one of the most substantial comedy hits of the past ten years on Broadway. The Winchell Smith play is so intensely

human, so racially American in its humor, and so kindly in its optimism that the play-going public has taken the piece to its big receptive heart and bared it in the role of success. John Barrymore, in the production "Nat Duncan" has firmly established himself as a player of genius indeed, so many he seems a counterpart of his great father.

"The Love Cure," Henry W. Savage's charming operetta of stageland has settled for a season's run at the New Amsterdam theater. Edmund Eysler's score has been unanimously voted the most charming light opera music heard in New York in many months, while Oliver Herford's gay humor and sprightly wit appear in full relief in the libretto.

The only fly in the amber of unvarying success for the musical comedy, "The Dollar Princess," is that the Knickerbocker theater can only hold a fraction of the public that has fallen contented captives to the lady's charms. All aver the performance is indelibly stamped the Frohman imprimé of elegance and excellence. The throngs that nightly test the seating capacity of the Knickerbocker theater prove beyond question that if it pays to advertise, the finest kind of a reputation for a musical comedy is refinement of taste and an abundance of wit and humor.

The revival of the Whitney opera company by F. C. Whitney, with which he is producing "The Chocolate Soldier" at the Lyric theater recalls some of the successes of this organization, notably among which were "Dolly Varden," with Lulu Glaser; "Love's Lottery," with Mme. Schumann-Heink; "Rob Roy," "Brian Boru" and many others equally well known. "The Chocolate Soldier" bids fair to eclipse all of these for popularity, and already some of the stirring march tunes and waltzes for which Oscar Strauss has long been famous are being sung and whistled all over the town.

On Oct. 11 Mrs. Fiske will resume her tour in "Salvation Nell" for a period of four months. An entirely new production is being built duplicating in every particular the original one which was destroyed by fire at the close of the season. Early in the new

(Continued on Page Six)

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