



Those of us who are past middle age are prone to eat too much meat and in consequence deposit lime-salts in the arteries, veins and joints. We often suffer from twinges of rheumatism or lumbago, sometimes from gout, swollen hands or feet. There is no longer the slightest need of this, however, as the new prescription, "Anuric," is bound to give immediate results as it is many times more potent than lithia, in ridding the impoverished blood of its poisons by way of the kidneys. It can be obtained at almost any drug store, by simply asking for "Anuric" for kidneys or backache. It will overcome such conditions as rheumatism, dropsical swellings, cold extremities, scalding and burning urine and sleeplessness due to constant arising from bed at night.

Send to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for a 10c. trial package.

MADAMA, CAL.—"I recommend Doctor Pierce's Anuric very highly. I have suffered for the last three years with catarrh of the bladder, having tried every remedy I heard of but without relief. I saw Anuric advertised in the paper, and like a drowning man grabbing at a straw I thought I would try it also, which I did with great success, as it relieved me almost immediately, before I had taken all of the trial package, and having great confidence in the remedy I immediately sent to the drug store and bought a full-size package. I can say to all suffering from any disease of the kidneys or uric acid troubles, try this remedy and suffer no longer. I have great faith in Dr. Pierce's medicine."—S. P. HENRY.

High Cost of Goodness.
"Now, Bertie, if you're very good I'll give you a penny."
"I'm afraid I can't afford to be good for less'n two cents, gran'ma—not the way prices is today."—Life.

OLD PRESCRIPTION FOR WEAK KIDNEYS

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmor's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy that I know of has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmor's Swamp-Root is due to the fact that so many people claim, it fulfills almost every wish in overcoming kidney, liver and bladder ailments, corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmor & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Suitability.
"That girl is a high flyer."
"Then she's met her match, for she's engaged to an aviator."

Important to Mothers.
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fitch* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

The Reason.
"There goes a crack regiment."
"I suppose that is why there is so much sap about its marching."

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is a wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.—Adv.

The first phonograph was made forty years ago, but its popularity is of more recent date.

When there is nothing left to fight for we may hope for universal peace.

Influenza and kindred diseases start with a cold. Don't trifle with it. At the first shiver or sneeze, take

HILL'S CASCARA QUININE

Standard cold remedy for 20 years—in tablet form.

The KITCHEN CABINET

Discipline is doing what you don't want to do. It is resisting a lower desire in order to indulge a higher.—Dr. Crane.

WAYS TO USE CEREALS.

Cereals are always associated with breakfast, although they may be eaten daily in other forms than breakfast food.

Rice Souffle.—Take one cupful of cooked rice, one cupful of white sauce and three eggs. Whip the yolks of the eggs until thick, add the white sauce and cooked rice, then fold in the stiffly beaten whites of the eggs. Bake in an omelet. Tomato sauce or grated cheese may be added for variety.

Fruit Drop Cookies.—Take two and a half cupfuls of rolled oats, ground; one-half cupful of sugar, one quarter cupful of corn syrup, one half teaspoonful of salt, one tablespoonful of fat, two well-beaten eggs, one-half cupful of chopped dates or raisins, one teaspoonful of vanilla. Mix as usual and drop by spoonfuls on a greased baking sheet.

Corn and Barley Salad Waters.—Take one and one-half cupfuls of barley, one cupful of cornmeal, two tablespoonfuls of fat, two teaspoonfuls of salt, with milk or water to make a mixture to roll out very thin. Cut in shapes and bake in a hot oven. Cheese may be added by sprinkling it over the dough just before cutting out.

Cornmeal and Rice Waffles.—Mix and sift one-half cupful each of cornmeal and wheat flour, one-half teaspoonful of soda, one teaspoonful of salt and a cupful of sour milk, two eggs, a cupful of boiled rice and a tablespoonful of melted fat.

Indian Pudding.—Add three-quarters of a cupful of cornmeal to a pint of hot milk; let it cool for 20 minutes, stirring occasionally; add a half cupful of molasses, salt, two eggs and a cupful of chopped suet. Put into a baking dish; add a quart of cold milk and a half cupful of raisins. Bake for four or five hours. Stir for the first half of the cooking occasionally and dredge with flour to make a rich brown crust with the suet. Sugar may be substituted for the molasses if the flavor is not enjoyed.

Corn Oysters.—Take one can of corn, two eggs, two tablespoonfuls of melted butter, one teaspoonful of baking powder and one-half cupful of flour. Season with salt and pepper. Fry on a hot greased griddle.

The boast of heraldry, the pomp of power,
And all that beauty, all that wealth
e'er gave,
Await alike the inevitable hour:
The paths of glory lead but to the grave.

THE SCHOOL LUNCHEON.

The basket lunch for child or grown-up is harder to prepare than the meal served at home as there are many foods that do not carry well or must be served hot. This limits the choice and extra care must be taken to make the basket luncheon attractive as well as satisfying.

By the use of waxed or paraffin paper moist foods may be carried, which formerly had to be omitted. Paper cups and small glasses are a great help, as custards, canned fruits and jellies and jams as well as other semi-solid foods may be carried.

Corn bread in times past was never served cold yet it tastes well and is good as a sandwich bread. The filling of any sandwich should be moist enough to make it palatable.

A common fault with most mothers is putting too much into the basket. If the child attends school where a hot soup or hot drink is served daily the luncheon will be packed with that consideration. The day is not far away when the hot dish will be a part of every school lunch.

A baked apple or pear is always a good luncheon dish. They may be baked or served uncooked.

In packing the lunch basket put the things the least likely to crush in the bottom and always have tucked in an out of the way corner a bit of candy, a cube or two of sugar or a fig or a few dates; such surprises delight the heart of a child.

Paper napkins are inexpensive and should be supplied so that the child may use one to spread over his desk.

Here are a few sandwich fillings: Peanut butter mixed with a little salad dressing or milk and chopped olives.

One-half cupful of dates, one-fourth cupful of nuts, ground and mixed, moistened with salad dressing or cream.

Honey mixed with chopped pecans or any local nut. Honey with cream or cottage cheese is another good filling.

One-fourth of a cupful of orange marmalade with two tablespoonfuls of

What shall I have for dinner?
What shall I have for tea?
An omelet, a chop, or steak
Or a savory fricassee?

DELICIOUS HOT BREADS.

Although wheatless days in America are now a thing of the past, we have learned to like many of the substitutes and many a family will continue to use them, even with wheat flour free as usual.

Potato Biscuits.—Take one cupful of mashed potato, one cupful of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt, one tablespoonful of butter substitute, one tablespoonful of lard and one-half cupful of milk. Mix and sift the dry ingredients. Add these to the potatoes, using a spatula. Add the fat and gradually add the milk. Toss on a floured board and roll out to one-half inch in thickness. Cut in shape with a cutter and place in greased pans. Bake twelve to fifteen minutes.

Barley and Oats Shortcake.—Take two cupfuls of barley flour, one and one-half cupfuls of ground oats, one teaspoonful each of salt and sugar, four tablespoonfuls of fat, a pinch of soda and four teaspoonfuls of baking powder, one cupful of water. Mix and bake as usual.

Cornflour Shortcake.—Take two and two-thirds cupfuls of corn flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one tablespoonful of sugar, six tablespoonfuls of fat and one cupful of milk or water. Mix and bake as usual.

Oatmeal Biscuits.—Take one and one-quarter cupfuls of flour, one and one-half teaspoonfuls of baking powder, two tablespoonfuls of sugar, one-half teaspoonful of salt, six tablespoonfuls of shortening and one and one-third cupfuls of oatmeal, with two-thirds of a cupful of water. Mix, adding more water if needed to make a soft dough. Roll out thin on a floured board and cut with a biscuit cutter. Bake in a moderate oven one-half hour. Less time is taken in baking if the oatmeal is parched before using.

Cornmeal Griddle Cakes.—Take one cupful of cornmeal, add one cupful of scalded milk, one egg, two teaspoonfuls of baking powder, a tablespoonful each of melted shortening and molasses. Scald the meal with the milk and when cool add the other ingredients. Mix well and bake on a hot griddle.

The woman who increases the efficiency of her home is demonstrating the most practical kind of patriotism.

A FEW CANDIES.

The foundation for so many of the French candies is made from fondant.

To prepare the fondant take four cupfuls of granulated sugar, one and one-half cupfuls of cold water, one-fourth of a teaspoonful of cream of tartar or a tablespoonful of corn syrup. Set on the back part of the range and let stand until the sugar is dissolved. Boil, washing down the sides to keep it from graining. The hand may be dipped into cold water quickly brushing down the sides of the pan, or a swab of white cloth may be used. Cook the sirup until a soft ball is made when dropped in cold water. Pour the sirup out on a marble slab or large platter lightly greased. Do not scrape out the saucepan or allow the last of the sirup to drip from the pan as any grainy portion will cause the whole to grain. Work the edges with a wooden spoon, turn toward the center, then knead until the mass is white and firm. Let stand for an hour or two then pack in bowl, cover with a cloth and let stand overnight. The next day the fondant may be used, but several days' standing will improve it.

To make bon-bons, add any desired flavoring and color to a small portion of fondant, then dip in melted chocolate or tinted fondant, melted over hot water.

Chopped fruit of different kinds may be mixed with fondant dipped in chocolate or uncolored fondant and decorated with half a nutmeat. To make the chocolate creams that are very soft in the center, take it off before it makes a soft ball to handle. Then mix as before and put out on ice to freeze. Make in balls while very cold and dip, then they will have the very soft creamy centers.

Double Fudge.—Boil together seven minutes two cupfuls of sugar, one-half cupful of cream, two squares of chocolate and a tablespoonful of butter; beat and pour into a buttered tin to cool. Boil together two cupfuls of granulated sugar, half a cupful of cream and a tablespoonful of butter and cook ten minutes. Add a teaspoonful of vanilla, beat and pour on top of the fudge in the pan. When cool, cut in squares.

Cecil Rhodes' Dream Realized.
The early completion of a tunnel under the Straits of Gibraltar, which, in connection with the tunnel from Dover to Calais, will practically complete an all-rail connection between Cape Town and London, will more than realize the dream of Cecil Rhodes of a Cape-to-Cairo railroad. The necessary link along the Barbary coast will be simple matters when the intervening waters have been spanned. England is taking hold of the Gibraltar tunnel in a way that means the success of that giant

HAD GOOD POINTS

Hot-Tempered Woman Evidently Not Altogether Bad.

Surcly No High-Priced Lawyer Could Have Surpassed Pathetic Plea of Husband Which Won Her Her Liberty.

There was a negro family living in Bowling Green, Ky. The wife had a notoriously ungovernable temper, usually taking it out on her husband, who was meek and lowly. On this occasion she struck him with a skillet, inflicting a wound so painful and dangerous as to necessitate his having to be taken to the hospital for treatment. The neighbors, knowing the violent temper of the wife, and the cruel treatment she had inflicted upon her husband for such a long time, were so outraged they could endure it no longer, and procured a warrant for her arrest on the charge of assault with a deadly weapon.

The husband sat through the trial, giving rapt attention to its every detail. The case was handed over to the jury and after very brief deliberation it brought in a verdict of guilty. The old darkey husband rose and said:

"Marse Judge, I don't reckon nothing a ole nigger could say would make much diffence, but I would lak to say a word before you send the 'old man' to the penitentiary. She's always been a good mother to the chillun, all the neighbors will tell you that. She washes and scrubs and sews and mends for 'em, and keeps 'em clean and nice, an when they's sick she sits up with 'em at night. And, Marse Judge, I jest want to ax you if you won't let her go by the house and see the chillun befo' you send her to the penitentiary. They's at home all alone right now, cryin' they po little hearts out and it would do 'em good, and the ole 'oman, too, if she could just go and kiss 'em good-by befo' she was put in the penitentiary."

By this time the judge and the spectators were in tears and the judge said: "Gentlemen of the jury, I haven't passed sentence yet and if you want a few minutes to further consider this case, I will be glad to grant it." The jury retired and in a few minutes returned with a verdict of "not guilty."

Sailor Values Charm.

The king and queen recently received at Windsor castle the Australian, New Zealand and South African press delegates now on a visit to Great Britain. His majesty spoke warmly of the gallantry of the Dominions troops, and exchanged recollections of his empire tour of 1901. When Mr. Pirani of New Zealand mentioned the name of Maggie Papanura, the Maori guide who conducted the king round the hot springs wonderland of Rotorua, the king recalled her at once, and was interested to learn that she is now in England. The New Zealand delegates found that Princess Mary knew all about the pre-war Maori prophecy concerning the battle-cruiser New Zealand—that she would go into action within a given number of years and would be hit but escape serious damage if her captain wore a Maori tiki (greenstone charm). The first part of the prophecy came true, and so up to date has the second. The captain does not forget to wear his tiki.

Passed by Sentry.

A colonel of a colored regiment coming in about 10:30 was duly challenged by the sentry, and responded: "Colonel —, officer of the camp." The sentry tried his best to pierce the darkness, gave it up, and finally said:

"Look 'eah, man, yo-all ah de foth man what's done tried to make me think he's Cunnel —. Go way wid dat stuff."

The colonel pretty warmly reaffirmed that he was Colonel — and demanded immediate admission. The guard, unabashed, told him to step up so that he could see him. The colonel walked up to him in a rage, and you can imagine his consternation when the sentry took hold of the silver eagle on his shoulder, looked up at him with a grin on his face and said: "Oh, Lawdy! 'Tis de ole bird, ain't it?"—The Bayonet.

"Flu" Marketing.

Marie, who was three Thanksgiving, was out trying her new mask. Passing a grocery, she decided to buy some bananas. Mother, not having worn her "flu" protector, sent Marie in to make the purchase. Mother saw the grocer pulling off tons of bananas, it seemed. At length, when there was nothing left but the stalks, Marie handed the grocer her little pocketbook containing one solitary dime. "How many bananas did your little girl want?" asked the grocer as he came to the door. "Ten cents' worth," replied mother. "She told me she wanted a peck," said the grocer.

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Cattle Buying for Swift & Company

Swift & Company buys more than 9000 head of cattle, on an average, every market day.

Each one of them is "sized up" by experts.

Both the packer's buyer and the commission salesman must judge what amount of meat each animal will yield, and how fine it will be, the grading of the hide, and the quantity and quality of the fat.

Both must know market conditions for live stock and meat throughout the country. The buyer must know where the different qualities, weights, and kinds of cattle can be best marketed as beef.

If the buyer pays more than the animal is worth, the packer loses money on it. If he offers less, another packer, or a shipper or feeder, gets it away from him.

If the seller accepts too little, the livestock raiser gets less than he is entitled to. If he holds out for more than it is worth, he fails to make a sale.

A variation of a few cents in the price per hundred pounds is a matter of vital importance to the packer, because it means the difference between profit and loss.

Swift & Company,
U. S. A.



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In Western Canada Grain Growing is a profit maker. Raising Cattle, Sheep and Hogs brings certain success. It is easy to prosper where you can raise 20 to 45 lbs. of wheat to the acre and buy on easy terms.

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Railway and Land Co's. are offering unusual inducements to homeseekers to settle in Western Canada and enjoy her prosperity. Loans made for the purchase of stock or other farming requirements can be had at low interest.

The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta extend every encouragement to the farmer and ranchman.

You can obtain excellent land at low prices on easy terms, and get high prices for your grain, cattle, sheep and hogs—low taxes (none on stock), good improvements, good markets and shipping facilities, free schools, churches, splendid climate and sure crops.

For illustrated literature, maps, description of lands for sale in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., apply to Representatives of Immigration, Ottawa, Canada, or

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