



### For Lame Back

An aching back is instantly relieved by an application of Sloan's Liniment. This liniment takes the place of massage and is better than sticky plasters. It penetrates—without rubbing—through the skin and muscular tissue right to the bone, quickens the blood, relieves congestion, and gives permanent as well as temporary relief.

**Here's the Proof.**  
Mr. JAMES C. LEE, of 1109 9th St., S.E., Washington, D.C., writes: "Thirty years ago I fell from a scaffold and seriously injured my back. I suffered terribly at times; from the small of my back all around my stomach was just as if I had been beaten with a club. I used every plaster I could get with no relief. Sloan's Liniment took the pain right out, and I can now do as much ladder work as any man in the shop, thanks to Sloan's Liniment."

## Sloan's Liniment

Mr. J. P. EVANS, of Mt. Airy, Ga., says: "After being afflicted for three years with rheumatism, I used Sloan's Liniment, and was cured sound and well, and am glad to say I haven't been troubled with rheumatism since. My leg was badly swollen from my hip to my knee. One-half a bottle took the pain and swelling out."

Sloan's Liniment has no equal as a remedy for Rheumatism, Neuralgia or any pain or stiffness in the muscles or joints. Prices, 25c, 50c, and \$1.00.



Sloan's book on horses, cattle, sheep, and poultry sent free. Address: Dr. Earl S. Sloan, Boston, Mass., U.S.A.

## WESTERN CANADA

Senator Dooliver, of Iowa, says: "The stream of emigrants from the United States to Canada will continue."

Senator Dooliver recently paid a visit to Western Canada, and says: "There is a land hunger in the hearts of English speaking people, and will account for the removal of so many Iowa farmers to Canada. Our people are pleased with its government and the excellent administration of law, and they are coming to you in tens of thousands, and they are still coming."

can farmers who made Canada their home during 1909. For every acre during the year added to the wealth of the country upwards of \$170,000,000.00.

Grain growing, mixed farming, stock raising and dairying are all profitable. Free Home-Steeds of 100 acres are to be had in the very best districts, 100 acre pre-emption at \$3.00 per acre within certain areas. Schools and churches in every settlement, climate unexcelled, soil the richest, wood, water and building material plentiful.

For particulars to location, low settlers' railway rates and descriptive literature, apply to the "Last Best West" and other information, write to Dept. of Immigration, Ottawa, Canada, or to Canadian Government Agent.

H. M. WILLIAMS  
Law Building Toledo, Ohio  
(Use address nearest you.)

## Bad BLOOD

"Before I began using Cascarets I had a bad complexion, pimples on my face, and my food was not digested as it should have been. Now I am entirely well, and the pimples have all disappeared from my face. I can truthfully say that Cascarets are just as advertised; I have taken only two boxes of them."

Clarence R. Griffin, Sheridan, Ind.  
Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weaken or Grip. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back.

## Hay's Hair-Health

Never Fails to Restore Gray Hair to Its Natural Color and Beauty. Stops its falling out, and positively removes Dandruff. Is not a Dye. Refuse all substitutes. \$1.00 and 50c. Bottles by Mail or at Druggists. FREE Sample by Mail. Write for large sample bottle. Philo Hay Spec. Co., Newark, N. J., U. S. A.

## SCHOOL LAND SALES

in Minnesota.  
\$3.00 and up per acre. 15% cash. 40 years time on balance at 4% interest. Buy a farm home in this prosperous state. Next sales in May and June, 1910. For particulars add SAMUEL G. IVERSON, State Auditor, St. Paul, Minn.

## DR. J. D. KELLOGG'S

## ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. NORTHROP & LYMAN CO. LTD., BUFFALO, N. Y.

## PISCO'S

is the word to remember when you need a remedy for COUGHS & COLDS

## For Small Girl



The dress in above illustration is for a girl about 12 years old. It is of embroidered net, made up over mercerized lawn. The skirt is finished at the bottom with two ruffles of the material, edged with lace.

The blouse has a plaited shoulder collar, also edged with lace and ornamented with little buttons.

The yoke is made of bands of valen-

ciennes insertion, arranged diagonally, and a narrow satin ribbon forms the girdle.

The attractive model illustrated is of blue velvet trimmed with bands of soutache embroidery, which forms the collar and cuffs, the girdle and the border of the skirt.

In front are straps bordered with a heavy slip piping and ornamented with buttons of the same

### AFTERNOON DRESS.



### COLORS IN SPRING COSTUMES

"Pepper and Salt" Seems to Have Been Singled Out to Become an Especial Favorite.

All the smart costumes of the spring will be "pepper and salt." The individual taste can choose between the infinite stripes of black and white, the hairline, stripes or checks, or a fine tweed in which the two threads mix. All the London suitings are in the natty, mannish fabrics affected by the English woman and her spouse. English black and white shepherd plaids, checks and clever stripes with rough threads will be in the lead. The spring worsteds are in the tiny stripes, coming so close together that they are practically gray.

For one who takes to mountain climbing, golf, motoring or any outside exercise, the homespuns are the best of all for wear. These, in the imported cloths and in our own home weavings come in sixteen shades, so variety is not lacking.

Speaking of fabrics, it is said that a woman's character comes out in the textures she wears. Withal so much depends on the making that the rule cannot be accepted in any sense as fast bound. A rough homespun, made simply in perfect taste, is as dainty as a smooth fabric on a small person.

### SPREAD IS MADE ELABORATE

Pink Roses Embroidered on Bed Covering Has Become Distinctly Popular.

Not only a flowered surface, but with blossoms made by hand, is the latest in bedspreads.

Great cabbage roses in rich delicious pink dotted here and there all over the plain surface of a white linen spread.

Not closer than you care to place them, with the embroidery in view, but just so near that there will be plenty of pink in evidence. You can do the stamping yourself, if you secure a single large rose with a leaf and a very little stem and trace it upon the goods.

Mercerized and twisted embroidery cotton—a coarse number—will be your best medium, and the work need not be solid. Skeleton embroidery is effective where there are large petals, and the work should be done in a bold way, so that the result will be decidedly pink or old rose.

Two shades of cotton may be used, with green leaves and stems, or with both of these done in the rose pink. The dropping of this large, loose rose upon curtains and cushions in the same room will not be wasted work.

### To Give Red Hair a Luster.

The red-haired girl should insist upon a pinch of salts of tartar being put in the shampoo mixture each time her hair is washed.

This does not act as a bleach or dye, but gives a warm pretty luster to the hair that brings out all its lights.

There is no possible danger of injury to the hair if no more of the acid is used than a good-sized pinch or as much as will go on the end of a knife.

The salts should be kept in a dry place as it is rapidly affected by dampness.

### Breakfast Jacket.

For a breakfast jacket have Japanese silk and cut it hip length, with point at the front and straight across at the back. Loose pointed sleeves should be bound with ribbons and a simple neck binding used. Morning jackets are simple and usually constructed of fine silks.

## The KITCHEN CABINET



**J**UST being happy is a fine thing to do: Looking on the bright side rather than the blue; the blue; Sad or sunny musing Is largely in the choosing. And just being happy is brave work and true.

**Cooking for Two.**  
Almost all housekeepers start out in getting experience in the culinary art in cooking for two, but we find few recipes for such a small family. The proportions in all ordinary recipes are made for a family of five or six and the young cook is often at a loss, when dividing the recipe, to get correct proportions.

The following recipes may be safely followed:

### Bread.

Take one-fourth of a cupful of hot milk, one-fourth of a teaspoonful of sugar, one teaspoonful of lard, one-fourth of a yeast cake dissolved in two tablespoonfuls of lukewarm water. Put into a bowl and add the yeast. When the milk is a little cooled, so that the yeast plant will not be killed, add flour enough to handle, then knead until the dough is elastic to the touch. Put back into the warm bowl which has been scraped and buttered, and let rise closely covered until double its bulk. Now knead again and make into a loaf, let rise again until double in bulk, then bake in a moderate oven.

A perfect loaf of bread should be well rounded over the top, a golden brown in color, a crisp, tender crust, fine crumb and good flavor.

### Muffins.

Cream one tablespoonful of butter, add half a tablespoonful of sugar, one-half a beaten egg if large, or a whole one if small, five tablespoonfuls of flour sifted with a pinch of salt and a half teaspoonful of baking powder.

### A Few Don'ts.

Don't forget to dry the wash boiler after using it, as if rusty it spoils the clothes.

Don't leave stoppers out of bottles, or the cover off of the baking powder can.

Don't put hot food into the refrigerator.

Don't let the fires burn with the dampers open and heat all going up the chimney.

### A

**H** WITH the coffee all my years provide! Its chemicals may turn me green inside, But all my fears are scattered to the winds When o'er the fragrant pot I can preside.—Olive Green.

### Generalities.

The juice of stewed cranberries with the addition of lemon and sugar to taste makes a delicious drink.

Cover plaster of paris figures with a thick coating of starch and water, let it dry on and the dirt will brush off with the starch.

Put an oyster shell in the tea kettle to gather the lime from the water.

Freshen velvet by holding it over a steaming teakettle or a hot iron covered with a wet cloth. This raises the pile. If the velvet needs cleaning use gasoline.

Delicious sandwiches may be made of creamed cheese and chopped red peppers, the canned variety.

### Household Hints.

Any piece of woolen wrung out of gasoline makes a good duster, but care must be used to keep it away from open fires.

Make croutons for soup by cutting stale bread a half inch thick, butter it well on both sides, cut in half-inch squares and brown in the oven.

In serving a poached egg place it on a circle of bread sauted in a little butter for a change from toast.

Table linen may be ruined by continued use of a scraper instead of a brush.

The scraper roughs up the linen and breaks the threads.

Foods that have strong odors, that may fill the laundered clothing with odors, should not be cooked on ironing days.

Groceries, as well as meats, should be kept in a cool, dry place.

Jot down on a slate or tablet the articles getting low in the kitchen, so that the supply may be kept up.

### A WONDERFUL CHANGE.

From Daily Wretchedness and Pain to Normal Health.

Mrs. R. Crouse, Manchester, Ia., says: "For two years my back was weak. Rheumatic pains racked my lower limbs, day and night. The action of the kidneys was annoyingly irregular. When I started using Doan's Kidney Pills, these troubles soon lessened and the dull backache vanished. The kidneys now act normally and I give Doan's Kidney Pills credit for this wonderful change."

Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

### An Irresistible Petition.

"And now, Lawd-uh," a bit ominously proceeded square-headed Brother Tarr, in his supplication, "in de convolution dat am gwine to take place soon I meet up wid Brudder Dingford—sneaky scoun'el wid side-whiskers dat's been up-slippin' an' up-slidin' 'round muh yaller wife—be nootral, Lawd; dat's all I axes—I'll do de rest!"

"I has been, as you kin see for yo'sef by de church books, a pillah in good an' efficient stan'in' for lo dese many yeas, an' de tudder gweleman am a pusbidin' eldah; so I hasn't de brazen statuary, Lawd, to ax yo' to take muh side in de battle. But if yo' kaint help, dess hang off an' be nootral. Git yo'sef a comfable place in de shade somers, an' sed down, an' yo'll see one o' de peartest fights yo' ever had de pleasure o' witnessin'.

Amen!"

### Airing the Poodle.

The messenger boy towed the leading lady's pet poodle in front of the big ventilation fan and tied him.

"Great Scott, boy!" exclaimed a bystander, excitedly. "Do you want to blow that dog away? Why, that fan is worse than a cyclone."

"Naw!" snapped the messenger boy with a pout. "Let him stay there and get aired. That blooming actress hires me two hours every day to air her blooming kihoodle, and I want him to get enough of it."

### What a Trained Nurse Says About Resinol.

I get absolute satisfaction from Resinol and use it constantly. One of my patients has had ulcers for 15 years, and Resinol has helped her more than anything else. She will continue using it until cured. I have made some remarkable cures with it.

Mrs. Agnes T. O'Neill, Somerville, Mass.

### The Simple Life.

Hungry Guest—Afraid I'm a bit late, but hope I haven't kept breakfast waiting.

Hostess—Oh, I forgot to mention that we're trying the "no breakfast" plan, and feel so much better for it. We do trust it will have the same effect with you.

### PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding Piles in 6 to 14 days or money refunded. 50c.

The difference between slender and skinny women is a matter of dollars rather than sense.

### Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays their pain, cures wind colic, sicka bottle.

Hope is a fine thing, but it doesn't always enable a man to deliver the goods.

## WOMEN OF MIDDLE AGE

### Need Lydia E. Pinkham's Vegetable Compound

Brookfield, Mo.—"Two years ago I was unable to do any kind of work and only weighed 118 pounds. My trouble dates back to the time that women may expect nature to bring on them the Change of Life. I got a bottle of Lydia E. Pinkham's Vegetable Compound and it made me feel much better, and I have continued its use. I am very grateful to you for the good health I am now enjoying."

—Mrs. SARAH LOUISIGNON, 414 S. Livingston Street, Brookfield, Mo.

The Change of Life is the most critical period of a woman's existence, and neglect of health at this time invites disease and pain.

Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs.

For 30 years it has been curing women from the worst forms of female ills—inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, and nervous prostration.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

### The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin.

SMALL PILL. SMALL DOSE. SMALL PRICE. GENUINE. Must bear Signature:



### ABSORBINE

Cures Strained Puffy Ankles, Lymphangitis, Puff Swellings, Sprains, Sore Throats, Bruises and Swellings, Lameness, and allays Pain quickly without blistering, removing the hair, or lancing the horse up. Price 50c. to \$1.00 per bottle. Horse Book 5c. Free.

ABSORBINE, JR., (milked \$1.00 and \$1.00 bottle) For Strains, Gout, Various Venous, Varicose, Hydrocele, Prostatitis, kills pain. Your druggist can supply and give references. Will tell you more if you write. Manufactured only by W. F. YOUNG, P. O. Box, 310 Temple St., Springfield, Mass.

### FATENTS

Capitalize your brains. Advise and teach \$1.00. Special offers. Personal services. Patents advertised free. H. B. OWEN, Washington, D. C.

### PATENT

Book and Advice FREE. Mason, Fenwick & Lawrence, Washington, D.C. Est. 42 yrs. Best references.

W. N. U., CLEVELAND, NO. 13-1910.

## CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

*Wm. A. Fletcher*

of

**In Use For Over Thirty Years**

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THE CENTAUR COMPANY, NEW YORK CITY.

For **DISTEMPER** Pink Eye, Epizootic Shipping Fever & Catarrhal Fever

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