

# Libby's Food Products

Never Vary in Quality or Taste

Because the utmost care is taken by Libby's Chefs to select only the choicest materials and prepare them in the same careful manner every time. You are thus assured of uniform goodness, and this is the reason that the use of Libby's gives such general satisfaction to every housewife.

Try Libby  
Dried Beef Mexican Tamales  
Ham Loaf Chili con Carne  
Vienna Sausage  
Evaporated Milk

For luncheon, spreads or everyday meals they are just the thing.

Keep a supply in the house. You never can tell when they will come in handy. Ask for Libby's and be sure you get Libby's.



Libby, McNeill & Libby  
Chicago

## The difference remember this—

it may save your life. Cathartics, bird shot and cannon ball pills—tea spoon doses of cathartic medicines all depend on irritation of the bowels until they sweat enough to move. *Cascarets* strengthen the bowel muscles so they creep and crawl naturally. This means a cure and only through *Cascarets* can you get it quickly and naturally.

Cascarets—10c box—week's treatment. All druggists. Biggest seller in the world—million boxes a month.

## GRANULATED EYELIDS Cured

The worst cases, no matter of how long standing, are absolutely cured by

## Dr. Porter's Antiseptic Healing Oil

A soothing antiseptic discovered by an Old Railroad Surgeon. All Druggists refund money if it fails to cure. 25c, 50c & \$1.

Paris Medicine Co.      Hodges, Texas.  
Dear Sir: I must say that DR. PORTER'S ANTI-SEPTIC HEALING OIL is one of the greatest remedies known to me. I had granulated eyelids so badly it caused blindness for about six weeks. I got a bottle of DR. PORTER'S ANTI-SEPTIC HEALING OIL and up to the time of this writing have used about half of it and my eyes are almost entirely well. I wish every body could know the value of DR. PORTER'S ANTI-SEPTIC HEALING OIL.  
Yours truly  
(Signed) CLEMENT BASHAMS

Made by  
**E. W. Grove**  
Maker of  
**Laxative Bromo Quinine**

## W. L. DOUGLAS SHOES

\$5, \$4, \$3.50, \$3, \$2.50 & \$2  
THE STANDARD FOR 30 YEARS.

Millions of men wear W. L. Douglas shoes because they are the lowest prices, quality considered, in the world. Made upon honor, of the best leathers, by the most skilled workmen, in all the latest fashions.  
W. L. Douglas \$5.00 and \$4.00 shoes equal Custom Bench Work costing \$6.00 to \$8.00.  
Boys' Shoes, \$3, \$2.50 & \$2



W. L. Douglas guarantees their value by stamping his name and price on the bottom. Look for it. Take No Substitute. *Pat Color Eyelets.*  
Ask your dealer for W. L. Douglas shoes. If not for sale in your town write for Mail Order Catalog showing how to order by mail. Shoes ordered direct from factory delivered free. W. L. Douglas, Brockton, Mass.

**BLAIR'S PILLS**  
CELEBRATED ENGLISH REMEDY FOR GOUT AND RHEUMATISM. SAFE AND RELIABLE. AT YOUR DRUGGIST.

**PATENTS** Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.  
P. N. U. 21, 1910.

If afflicted with weak eyes, use **Thompson's Eye Water**

## Good Things to Eat AND HOW TO PREPARE THEM

### Fried Okra With Ham.

Mince half a pound of boiled ham fine. Mince two onions. Fry these in a tablespoonful of butter. When they have been fried brown add to them two dozen sliced spears of okra. Stir constantly with a long-handled wooden spoon until the okra browns. Then pour over the contents of the saucepan a teacupful of tomato sauce. Let it simmer until the juice is absorbed and the vegetables begin once more to brown. Then remove and serve in a vegetable dish.—New York Times

### Stuffed Peppers.

Remove from a half dozen good-sized peppers the seeds and inner pith. Place in boiling water and cook for fifteen minutes. Pour over a cupful of fine bread crumbs two tablespoonfuls of melted butter. Beat an egg and mix it thoroughly in the crumbs. Stir in a half teaspoonful of salt. Pour over a cupful of chopped cold meat some stock, enough to moisten it well. If the stock be lacking, use water. Thoroughly mix all. Fill the peppers with the mixture. Arrange them in a pan half filled with hot water. Bake in a moderate oven until the peppers are thoroughly done. Usually it requires an hour in a moderate oven.—New York Times.

### Hamburg Steak With Tomato Sauce.

Never buy your Hamburg steak already chopped, no matter how fresh and enticing it may look. Too often the most inferior grades of meat are used and then sprinkled with a preservative to give them a fresh appearance. Get a piece of lean meat from the round, not necessarily the tenderest portion, and have the butcher put it through the grinder while you are there. If you like onions with the steak chop one fine and add. Season with salt and pepper, shape into small, round, flat cakes and having your frying pan hissing hot and just lightly greased, with a bit of suet, lay in the cakes.

In ten seconds turn and in ten seconds more repeat. This gives a nice brown crust on each side of the cakes and it will not be necessary to turn so often. Cook five minutes if desired rare; a little longer for well done.

Serve with tomato sauce. Melt a tablespoonful of butter in a saucepan, add a tablespoonful flour, a half-teaspoonful salt and a dash of pepper. As soon as blended, pour in little by little one cupful strained tomato with a few drops onion juice, and cook three or four minutes and pour round the meat.—New York Telegram.

### Mushrooms and Chicken.

Cut the stems from ten medium-sized fresh mushrooms. Remove the gills and peel neatly. As soon as peeled drop them into a bowl of cold water. The flavor will be much improved if to the water has been added the juice of one lemon. Chop the mushroom stems very fine. Mix with them one small white onion well chopped. Place them in a saucepan in which has been melted a heaping teaspoonful of butter. Cook for two or three minutes and then add the mushroom stems. Cook slowly for five minutes. Season with pepper and salt to taste. Take off the stove and mix with the mushrooms.

Mince tender parts of chicken, preferably the white meat. A cupful will be required. Push through a sieve. Mix with it two tablespoonfuls of butter cut into fine pieces. Mix thoroughly. Beat the whites of two eggs and moisten the meat with this, stirring well. Season strongly with salt and pepper. Keep on ice until chilled. Mix with it a teacupful of whipped cream. Fill the mushrooms with this mixture. Place them in a buttered pan. Place them in an oven and cover with buttered paper. Bake until firm. Serve with either tomato or cream sauce. The latter is more delicate and is usually preferred for this dish in the South.—New York Times.



Dryness of skin and general eruptions call for more fruit to be eaten. Almond meal may be used instead of soap if the latter is irritating to the skin.

To remove match marks from a polished or varnished surface, rub with a rag dipped in water, and the stains will disappear.

In the summer the fruit phosphates are not only grateful fluids for the palate, but they have a tonic, diuretic and other medicinal virtues as well.

If scars remaining from pimples be bathed in a saturated solution of boric acid and then anointed with

zinc ointment they will readily disappear.

Whenever bread crumbs are to be used they are much better if seasoned first with pepper and salt. This does not refer to their use on sweetened puddings.

A wrinkled, dry skin has been deprived of its natural oil. Almond soap should be used instead of soap, and the face should never be washed in hot water.

To make the eyebrows grow: Four ounces of alcohol, two ounces of castor oil, fifteen drops of the oil of bergamot. Apply with a tiny brush night and morning.

Even though currants can now be bought "cleaned," the careful cook washes them through several waters, dries them on a soft cloth and puts them in a slow oven for a time.

You cannot be too careful of what you put on your complexion. Many of the cheap face creams are made with a basis of white vaseline, or lard, both of which are extremely harmful to the skin.

## Curious African Tribes.

By CAPT. C. H. STIGAN.

The men of this (the Reshiat) and the other tribes to the north of the Omo River—Murule and Kerre—carry about with them small wooden pillows like miniature one-legged stools, on which they sometimes sit.

The Reshiat can often be seen standing on one leg, with the sole of the other foot resting behind the knee-joint and knee, at right angles to the body—an attitude which has often been noted among Hamitic people. The people that do this are Somalis, Masai, Rendile, Samburr, Alui, Bari, Madi, and many other non-Bantu people of Africa.

The Reshiat are the only Africans I have yet met who make a practice of eating donkey-flesh, and the large number of these animals they breed appear to be used for food only and for no other purpose.

### For Sewing Material.

Girls, ask your brothers to make sewing boxes for you, so that the goods mother gives you for dolly's clothes may all be kept with your little workboxes in a large wooden box, even large enough for dolly herself. Tell your brothers that these sewing boxes are to look like flat-sided waste baskets. These are your instructions for the young workmen:

Obtain a wooden box about fifteen inches long, and with one end about seven inches square. Remove one of the square sides, which is to be the top of the box. To the bottom of the box nail a square piece of wood, which will project beyond the edges of the sewing box equally on all sides. This false bottom is to keep the box from tumbling over easily and to improve its appearance. The top of the box may be fastened on to form a lid by using brass hinges or hinges made of strips of some strong material such as denim. Sand paper this useful article, and then stain it.—Washington Star.

### The Chinese Riots.

The immediate occasion of the rioting at Changsha, in the province of Hunan, appears to be the failure of the rice crop. With all their centuries of agrarian experience, the Chinese have not yet learned to distribute the surplus product of one district to relieve the distress of another. It may be that in one province the cattle are driven into the fields to feed and the crops are used as fuel, while in an adjoining province the people are starving. The market for the rice crop is strictly a local one. While it is permissible to import grain from abroad in any quantity desired, grain of any kind may not be transported from one district to another without the express permission of the government.—Philadelphia Ledger.

### The Lion's Share.

Two brothers, of whom a writer in the Washington Post tells, got on none too well with each other, for reasons which will be plain to all.

"Here," said their mother to the older of them one day; "here is a banana. Divide it with your little brother and see that he gets the lion's share."

The younger child a few minutes later set up a great bawling.

"Mamma," he shrieked, "John hasn't given me any banana!"

"What's this?" inquired the mother, hurrying in.

"Why," explained the older boy, "lions don't eat bananas!"—Youth's Companion.

### And That's Going Some!

A teacher in a New England grammar school found the subjoined facts in a composition on Longfellow, the poet, written by a fifteen-year-old girl:

"Henry W. Longfellow was born in Portland, Me., while his parents were traveling in Europe. He had many fast friends, among whom the fastest were Phoebe and Alice Carey."—Everybody's.

# Answer This Question

When shown positive and reliable proof that a certain remedy had cured numerous cases of female ills, wouldn't any sensible woman conclude that the same remedy would also benefit her if suffering with the same trouble? Here are two letters which prove the efficiency of Lydia E. Pinkham's Vegetable Compound.



Fitchville, Ohio.—"My daughter was all run down, suffered from pains in her side, head and limbs, and could walk but a short distance at a time. She came very near having nervous prostration, had begun to cough a good deal, and seemed melancholy by spells. She tried two doctors but got little help. Since taking Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills she has improved so much that she feels and looks like another girl."—Mrs. C. Cole, Fitchville, Ohio.

Irassburg, Vermont.—"I feel it my duty to say a few words in praise of your medicine. When I began taking it I had been very sick with kidney and bladder troubles and nervous prostration. I am now taking the sixth bottle of Lydia E. Pinkham's Vegetable Compound and find myself greatly improved. My friends who call to see me have noticed a great change."—Mrs. A. H. Sanborn, Irassburg, Vermont.

We will pay a handsome reward to any person who will prove to us that these letters are not genuine and truthful—or that either of these women were paid in any way for their testimonials, or that the letters are published without their permission, or that the original letter from each did not come to us entirely unsolicited.

What more proof can any one ask?

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.



According to C. Hart Merriam, chief of the biological survey, the increasing ravages of wolves are to be added to the many other leakages of American wealth. In the Northwest last year, he says, the depredations amounted to \$13,000,000 in value of property destroyed.

### Unightly Complexions.

The constant use of Cuticura Soap, assisted by Cuticura Ointment, for toilet, bath and nursery purposes not only preserves, purifies and beautifies the skin, scalp, hair and hands, but prevents inflammation, irritation and clogging of the pores, the common cause of pimples, blackheads, redness and roughness, yellow, oily, mothy and other unwholesome conditions of the complexion and skin. All who delight in a clean skin, soft, white hands, a clear, wholesome scalp and live, glossy hair, will find Cuticura Soap most successful in realizing every expectation.

Cuticura Soap and Ointment are admirably adapted to preserve the health of the skin and scalp of infants and children, and to prevent minor blemishes or inherited skin humors becoming chronic, and may be used from the hour of birth. Cuticura Remedies are sold throughout the civilized world. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, Mass., for their free Cuticura Book, 32 pages of invaluable advice on care and treatment of the skin, scalp and hair.

The number of accidents on street and steam railroads within the city of New York was 56,481 in 1908, while in 1909 the number was reduced to 52,618.

### The Most Brilliant Peer.

Marked as is the superiority of Lord Rosebery to every other talking man in England, it is not to his tongue alone that he owes his central position just now on the political stage. He is the most appreciated of peers to-day because he proclaims the doom of the house of lords. Archibald Philip Primrose, fifth Earl of Rosebery, sometimes leader of the Liberal party, once prime minister of England, and always the bright particular star of the peerage, burns in the present crisis with all that genius for oratory that has made his country for years hang upon his words. The fate of the house of lords, suspects the London "Post," is in his hands. Lord Rosebery alone can save the hereditary chamber from extinction, and all the conservative organs in England implore him to devise the plan. He is at this moment meditating it, insist the champions of his order, but he is content for the time being to veil his thoughts in the splendid rhetoric for which he is so famed. No other speeches are so widely read and quoted as his. No other speaker was ever so many kinds of an orator as he. No other politician has sprung so many surprises upon his country; and all England now awaits the greatest of them all—the plan which, it is confidently predicted, will, at the moment, avert the crisis which now portends the doom of the most ancient chamber of privilege in history.—Current Literature.

In his report on the cavalry operations of last year on Salisbury Plain, issued by the British war office, Lieutenant General Sir Douglas Haig attributes "great importance to young officers being encouraged to hunt and play polo."

## What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomach tonic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medicinal forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.

