

Once Picturesque Red Man Appears In Ranks of Western Farmers.

A new series of Indian portraits is needed. The "noble red man" of Fenimore Cooper and of Catlin, the fierce figure in war paint and feathers, lost his romantic interest when he was confined to a reservation and fed on rations. Now the staff-fed reservation dweller has been supplanted in turn by the new man, Indian only in blood and traditions, who is stepping up to take his place in the life of the West. The pictures that are to represent the new Indians will include a short-haired, dark-faced man, dressed in black slouch hat, dingy white cotton shirt, blue overalls, and hob-nailed shoes. He may be a Kiowa farmer who gathered 600 bushels of corn from 20 acres of cultivated land last year, or one of the 891 Pine Ridge Indians who put up \$700 tons of hay to carry their stock through the winter. Or he may be Teamy Buffalo, who has worked with plenty and scraper on the Huntley irrigation project in Montana for six months; or Bert Fredericks, the Hopi night foreman on the tunnel at the Zuni dam in Arizona.

The pictures will also depict the Indian woman as mistress of a prairie cabin, feeding the chickens or carrying food to the calves and pigs. They will include a group of children dressed very like white children, trotting off to day school at 8 o'clock, with their noon lunches in packages under their arms. A big canvas to hang beside the old painting of the war dance will show 2,000 Sioux attending a convocation of the Episcopal Church at White Swan, South Dakota, and listening to addresses from Bishop Hare, or from their own clergyman, Amos Ross, a full-blood.

Drain on Uncle Sam's Cash.
The current report of the postmaster of New York shows that the money order division of that great postoffice did a business last year of \$446,000,000. But the most striking item in it is that of this total no less than \$71,000,000 was in money orders sent to countries of Europe by immigrants, who, having acquired remunerative employment in the "land of the free," have been enabled to transmit that sum back to their old homes. This is another drain of American capital to foreign parts of which little is ever thought. And this, be it remembered, is but the money transmitted through one single office. What must the aggregate for the entire country be?—Wheeling Register.

The Rose in History.
When the captive Jews in Babylon hung their harps upon the willows, the air was sweet with the fragrance of growing roses; and upon returning to their own land, the exiles are said to have carried with them seeds of the flowers, which had brightened their captivity. Thus Syria became the home of roses. Even the name of this country is derived, according to some philologists, from "Seri," meaning "a wild rose." In the Sanskrit, the oldest of Hindoo myths declares that Vishnu found his wife in the heart of a rose. Since the days of Vishnu, many another has found his wife, if not in the heart of a rose, by means of a rose. "My love I speak in flowers," and the rosebud has been especially intrusted with the lover's message.—The Circle.

Light-Producing Trees.
Several well-known trees furnish good materials for light. There is the Japanese wax tree, for example, which bears bunches of fruit, growing like grapes, and contains a kind of wax, out of which candles are made. Another tree, found in the Pacific islands, and known as the candle tree, bears a fruit that is full of oil. The nuts themselves are used as candles, and will burn for some time. Still another is the candle tree, the fruit of which is three or four feet in length and about an inch in diameter. The fruit hangs from the tree so as to present the appearance of yellowish-white candles in a chandler's shop.—Chicago News.

MEAT OR CEREALS
A Question of Interest to All Careful Persons.

Arguments on food are interesting. Many persons adopt a vegetarian diet on the ground that they do not like to feel that life has been taken to feed them, nor do they fancy the thought of eating dead meat.

On the other hand, too great consumption of partly cooked, starchy oats and wheat or white bread, pastry, etc., produces serious bowel troubles, because the bowel digestive organs, (where starch is digested), are overtaxed and the food ferments, producing gas, and microbes generate in the decayed food, frequently bringing on peritonitis and appendicitis.

Starchy food is absolutely essential to the human body. Its best form is shown in the food "Grape-Nuts," where the starch is changed into a form of sugar during the process of its manufacture. In this way, the required food is presented to the system in a pre-digested form and is immediately made into blood and tissue, without taxing the digestive organs.

A remarkable result in nourishment is obtained; the person using Grape-Nuts gains quickly in physical and mental strength. Why in mental? Because the food contains delicate particles of Phosphate of Potash obtained from the grains, and this unites with the albumen of all food and the combination is what nature uses to rebuild worn out cells in the brain. This is a scientific fact that can be easily proven by ten days' use of Grape-Nuts. "There's a Reason." Read "The Road to Wellville," in pkgs.

GARDEN, FARM and CROPS

SUGGESTIONS FOR THE UP-TO-DATE AGRICULTURIST

Nutrient in Mutton.

Among the meats generally eaten there is none which has so high a percentage of nutrient as mutton. The fact is not generally appreciated as well as it should be. Not only is it true that mutton contains a higher percentage of nutrient, but it is considered by all authorities as the most wholesome meat and the only wonder is that it is not more generally used.—Agricultural Epitomist.

Green Food for Chicks.

An excellent green food for young chicks can easily be provided through the expenditure of a few cents for oats. A half bushel of oats should be placed in a shallow box so that the entire mass is two two four inches deep. This should be sprinkled with water daily until the seeds have become saturated when they will sprout and continue to send up tender green shoots. Very young stock may be fed the shoots only, while older chicks can be given seed and all.—Farmer's Home Journal.

Methods of Milking.

Milking must be regular and frequent if the flow is to be long sustained. A doe giving a large quantity should be milked three times a day, to prevent wasting, as the milk easily escapes from a too greatly distended udder.

A milk goat has two teats and is milked in the same manner as a cow. These animals are very gentle and can be milked by children, especially when feed is given at milking time, and they are extremely easy to manage in every way.

The young are ready to breed at one year of age. They should have a tolerably rough range, and not be kept too fat.—Farm Journal, Philadelphia.

Good Tools Needed.

A good farmer needs good tools, and good tools deserve a good tool house, which means one with plenty of room to use the tools as well as to keep them handy and safe. A large, well-stocked tool house goes far to solve the rainy day problem. If the farmer and his men are handy with tools there will be plenty of work for all weathers and at all times of the year. Almost anybody may easily become a good enough carpenter, blacksmith, painter, harness maker and plumber; that is, good enough for farm emergencies and for use of time that would otherwise be wasted. Lack of convenient tools and place to use them is all that prevents saving many a dollar.—American Cultivator.

Buy Brood Mares.

Never has there been such a demand for brood mares as there is this spring. Here is just one instance of how farmers are buying up good mares that will breed. At the Chicago Stock Yards recently, a fine Shire mare was offered for sale for \$150. She had been injured in a car smash up, and it was uncertain whether she would breed or not. The farmer was willing to chance \$150 on it, and took the mare home. The demand is largely for heavy draft mares, and prices are running from \$200 to \$250. When such prices are paid one should get good, sound ones, those that will weigh from 1400 to 1600 pounds. Then bred only to the best draft stallions. With right care a good mare will raise a good colt every year, and do her share of the farm work.—Indiana Farmer.

Sugar for Tired Horses.

From France comes the information that good results have been obtained from the use of sugar to overcome the great fatigue in horses when overworked. The horses employed in the service of the National Military College in transacting the business of the establishment are exposed during the rainy season to great strain and consequent exhaustion as a result of slippery roads and the increased amount of transportation due to certain conditions then prevailing.

For this reason many horses in past years have succumbed to the excessive strain, very many become sick. Pathogenic microbes found in the prevailing conditions favorable fields for their development, and fatigue caused great loss of appetite, loss of flesh, pulmonary lesions, cardiac disturbances, etc.

The good results obtained by a military surgeon from the use of sugar in large doses in forced marches led him to employ it for the purpose of overcoming fatigue. Two hundred grains of sugar were fed daily, mixed with the horse's food, and distributed regularly throughout the day. Not only did the fatigue disappear, but many animals until then useless because of their miserable condition recovered their normal strength and rendered good service.—Indiana Farmer.

Loyal Bob White.

We have always sounded the praises of that farmer's friend, the Bob White, and we are always glad to quote anything in corroboration of our statements. A writer in Successful Farming says this about him:

"The ornithologists of the department of agriculture have been making an investigation of the economic value

of the bob-white as a result of which it is announced that the bird is probably the most useful abundant species on the farms.

Field observations, experiments and examinations show that it consumes large quantities of weed seeds and destroys many of the worst insect pests with which farmers contend, and it does not injure grain, fruit or other crops. It is figured that from September 1 to April 30, annually, in Virginia alone, the total consumption of weed seeds by bob whites amount to 537 tons. Some of the pests which it also destroys are the Mexican cotton boll weevil, which damages the cotton crop upward of \$15,000,000 a year; the potato beetle, which cuts off \$10,000,000 from the value of the potato crop; the cotton worms, which have been known to cause \$30,000,000 loss in a year; the chinch bug and the Rocky Mountain locust, scourges which leave desolation in their path and have caused losses of \$100,000,000 in some years. Certainly measures should be passed to preserve this valuable bird."

It is to the best interest of the farmers to afford this valuable bird adequate protection from the inroads of the merciless pot hunter. No farm is complete without the presence of Mr. Bob White.

Pruning Fruit Trees.

Begin early in the life of the tree to shape it. A young tree should consist of a central leader with the main branches distributed evenly about it, forming a well-balanced head. On no account should a tree be set with a decided fork in the trunk. The point at which a limb should be removed is just at the upper part of the shoulder, which will be at the base of each limb where it joins the main trunk. If we cut closely, the size of the wound is increased without in any appreciable extent decreasing the size of the stub. If the cutting is further from the tree, the scar is still the same size, and a long stub is left over which it will take a year or two to grow.

If possible, avoid removing large limbs; and the best way to do this is to begin when the tree is young and prune it systematically and carefully. If it is necessary to remove a large limb, use a saw, cutting it a short distance from the bottom first, then saw down from above, and the limb can be removed without fear of splitting off below. Large wounds should be removed without fear of splitting off below. Large wounds should be smoothed over with a knife, then covered with gum shellac dissolved in alcohol.

In a general way, summer pruning promotes fruitfulness, while if wood growth is desired, prune in winter. The explanation of this is that great growth and great fruitfulness do not go together. A plant must reach a certain degree of maturity before it will produce fruit, and an abundance of plant food at the time the buds are forming is desirable for best results. Now, if by summer pruning part of the branch is removed, the growth is checked, and as the part removed lessens the demand for plant food, it can be devoted to the production of fruit buds.—Correspondence of Green's Fruit Grower.

It Pays to be Honest.

The general manager of a traction system of a Western city recently received the following communication, together with a five-cent piece:

"I beg to advise you that a week or two ago I rode home on Car 1989, of your Main street line. The car was very crowded, and the conductor, through no fault of his own, failed to reach me. When I left the car he was too far to the front to enable me to get to him. I therefore now remit you the amount of my fare, and beg to say that I would have done so sooner had it not been that I was out of town."

This unusual occurrence was reported by the general manager to the board of directors, with the result that by their instruction, an annual pass was sent to the honest patron, together with a letter couched in complimentary terms. The recipient must have recounted his experience to his neighbors, for in a little while the manager received a letter from another patron, reading:

"In view of the fact that yesterday I neglected to pay my fare on your line I herewith enclose a five-cent piece. Kindly forward pass to address below."—Philadelphia Public Ledger.

An Indian Tradition.

At the government house in Poona, India, every cat which may happen to pass out of the front door after dark is saluted by the sentry, who presents arms to pussy. Tradition relates that in 1828 Sir Robert Grant, governor of Bombay, died in the government house. On the evening of the day of his death a cat was seen to leave the house by the front door and walk up and down a particular path, where the late governor had been in the habit of strolling after sunset. A Hindoo sentry observed this, and told a priest, who declared that in the cat was Gov. Grant's soul, and it should be saluted. As the particular cat could not be identified by the sentry, it was decided to present arms to all the cats.—New York Times.

THE HOUSEKEEPER

To Move Parlor Stove.
Take a good heavy stick or pole, run it through the sides of a stove after doors are removed. Thus you have two good strong handles. It then can be handled with ease.

To Mend Glassware.
Which would be disguised by common cement, use a mixture of five parts of gelatine to one of a solution of acid chromate of lime. After covering the broken edges with the mixture and pressing the parts firmly together expose the object to the sunlight. The junction practically will be invisible and the solution insoluble even in boiling water.

Labor-Saving Device.
All housewives know the difficulty of keeping the carpets, etc., under the beds free from dust and fluff. The following method will be found a saving of labor: Take a piece of unbleached cotton the size of the bed, bind neatly. This should be laid on the floor and fastened securely at each corner, either by safety-pins to the carpet, or by tapes to the feet of the bed. This can be removed and shaken free from dust.

To Test Linen.
A test for linen, and one in vogue with old-fashioned housekeepers, is to dampen the finger and hold it beneath the material. If the moisture appears on the surface it is a pretty good test that the material is linen, but if there is no dampness visible, then one may be pretty sure that the material is, if not all, at least part cotton. Cotton absorbs the water, while the linen does not.

Another very good test for linen is to unravel a portion, taking a couple of threads, one of the warp and one of the woof, and to touch a match to them. If cotton is present in the weave the thread will burn quickly, leaving a charred bit. If linen, it will be longer in burning.—Pittsburg Press.

To Clean Black Silk.
The Parisian method of cleaning black silk is very simple and the result infinitely superior to that achieved in any other manner. The silk must be thoroughly brushed and wiped with a cloth, then laid flat on a board or table and well sponged with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show. It is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease and restores the brilliancy of the silk without imparting to it either the slimy appearance or crackling and papery stiffness so often resulting when other methods are used. The silk appears by the coffee process, and this good effect is permanent.—Pittsburg Press.

Recipes.
Ripe Tomato Sandwiches.—Prepare a French dressing and dip into it slices of raw tomato peeled. Lay these between slices of thin white bread, buttered. Prepare these sandwiches only for a short while before they are to be eaten or they will become soggy.

Strawberry Mousse.—Whip a pint of thick cream very stiff and stir into it a cupful of crushed berries which have been sweetened abundantly and from which all of the juice has been drained. Mould and pack in ice and salt for hours. When ready to serve, garnish the whole with strawberries.

Mushrooms in Pastry.—Roll delicate puff paste very thin. Line small, deep patty pans with paste, bake in hot oven. Fill with following mixture: A dozen chopped mushrooms pulp of one tomato, a tablespoonful each of butter and cornstarch, two of thick cream. Set over fire and stir until thick.

Orange or Other Fruit Ice.—Boil one quart of water, then pour it over one pound of sugar. When the latter has dissolved, pour the sirup over the carefully extracted juice of six oranges and two lemons. Let it stand for about thirty minutes; then strain and freeze. If a sherbet is to be made, add the stiffly beaten whites of two eggs just before packing the ice.

Sweetbread Salad.—Select two pairs of sweetbreads that have been previously parboiled, cut into small pieces, season with salt, white pepper and a tablespoonful of lemon juice; add one cupful each of celery, olives, and nutmeats, chopped. Mix when ready to serve, with a rich mayonnaise dressing. Serve on nasturtium leaves, garnished with the blossoms of the flower and sliced lemon.

Creamed Young Beets.—Cook with two inches of the stem on to prevent bleeding and do not clip the tap root. Have ready a cupful of cream, heated with a pinch of soda. Rub the skins off, top and tail the beets, and slice them then into the cream, setting the saucepan containing it in boiling water. When all are in, stir in a tablespoonful of butter rubbed into one of flour, pepper, salt and a teaspoonful each sugar and onion juice. Simmer two minutes to cook the flour, and dish.

A Task Before Him.
"But," said the persistent suitor, "if I were to swear to you that I would go to the ends of the earth for you—"

"First of all," interrupted the Boston beauty, "you would have to prove to me that the earth really has ends, and that, you know, is quite impossible."—Philadelphia Press.

WOMEN WHO CHARM

Health is the First Essential Toward Making a Woman Attractive.



MISS HULDA KUGLER MISS ELIZABETH WYNN

There is a beauty and attractiveness in health which is far greater than mere regularity of feature.

A sickly, irritable, and complaining woman always carries a cloud of depression with her; she is not only unhappy herself but is a damper to all joy and happiness when with her family and friends.

It is the bright, healthy, vivacious woman who always charms and carries sunshine wherever she goes.

If a woman finds that her energies are flagging and that everything tires her; if her feminine system fails to perform its allotted duties, there is nervousness, sleeplessness, faintness, backache, headache, bearing-down pains, and irregularities, causing constant misery and melancholia, she should remember that Lydia E. Pinkham's Vegetable Compound made from native roots and herbs will dispel all these troubles. By correcting the cause of the trouble it cures where other treatment may have failed.

Miss Elizabeth Wynn, of No. 205 8th Avenue, New York City, writes:

Dear Mrs. Pinkham:—
"For months I suffered with dreadful headaches, pain in the back and severe nervousness. I was weak and out of sorts all the time. Lydia E. Pinkham's Vegetable Compound helped me when all other medicine had failed. It seemed to be just what I needed and quickly restored my health."

Holland and Her Lace.
There has never been a time since the beginning of the fifteenth century when Holland has not depended on the wages of her lacemakers, and she does so still. There is hardly a town, east or west, where it is not made, and in West Flanders alone are 400 schools to-day where the making of lace is taught to 30,000 children. There are, besides, the beguinages, as they are called. These are institutions presided over by a Catholic sisterhood. The inmates support themselves, and give a certain number of hours' work each day for the support of the sisterhood, usually by making lace. There are thousands of workers in these homes.—St. Nicholas.

AWFUL EFFECT OF ECZEMA.
Covered With Yellow Sores—Grew Worse—Parents Discouraged—Cuticura Drove Sores Away.
"Our little girl, one year and a half old, was taken with eczema or that was what the doctor said it was. We took her to three doctors, but by this time she was nothing but a yellow, greenish sore. One morning we discovered a little yellow pimple on one of her eyes. Doctor No. 3 said that we had better take her to some eye specialist; since it was an ulcer. So we went to Oswego to doctor No. 4, and he said the eyesight was gone. We were nearly discouraged, but I thought we would try the Cuticura Treatment, so I purchased a set of Cuticura Remedies, which cost me \$1, and in three days our daughter, who had been sick about eight months, showed great improvement, and in one week all sores had disappeared. Of course it could not restore the eyesight, but if we had used Cuticura in time, we are confident it would have saved the eye. Mrs. Frank Abbott, R. F. D. No. 9, Fulton, Oswego Co., N. Y., August 17, 1906."

Keeps Rust from Tools.
To keep iron and steel goods from rust dissolve half an ounce of camphor in one pound of hog's lard; take off the scum, mix with much blacklead as will give the mixture an iron color. Iron and steel goods rubbed over with this mixture and left with it on for 24 hours, and then dried with a linen cloth, will keep clean for months.—Mechanical World.

Grounds for Divorce.
When a woman looks for a reason for getting a divorce she usually finds one. A Philadelphia woman has secured a divorce because her husband does not keep her supplied with candy, and one out west has been divorced from her husband because he chews tobacco in bed.

A FRANK STATEMENT.
From a Prominent Fraternal Man of Rolla, Missouri.
Justice of the Peace A. M. Light, of Rolla, Mo., Major, Uniformed Rank, Knights of Pythias, Third Battalion, Second Regiment, Missouri Brigade, says: "I am pleased to endorse the use of Dorn's Kidney Pills, a medicine of great merit. Having had personal experience with many kidney medicines, I am in a position to know whereof I speak and am pleased to add my endorsement and to recommend their use."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

FREE To convince any woman that Paxtine Antiseptic will improve her health and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE cleanses and heals mucous membranes in all cases of catarrh, gonorrhea, etc. It is a powerful power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents a box or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT.

THE E. PAXTON CO., Boston, Mass.
P. O. No. 30, 1907.

Thompson's Eye Water

THE DAISY FLY KILLER cures all the most stubborn cases of itching, burning, sore, and watery eyes. It is a powerful eye medicine, and will not only cure the eye, but will also cure the throat, and will keep the eye from becoming sore again. It is a powerful eye medicine, and will not only cure the eye, but will also cure the throat, and will keep the eye from becoming sore again. It is a powerful eye medicine, and will not only cure the eye, but will also cure the throat, and will keep the eye from becoming sore again.

HAROLD SOMERS, 149 DeKalb Ave., Brooklyn, N. Y.

PIMPLES

"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and black heads. After taking Cascarets they all left. I am confident the Cascarets are the best medicine I have ever used. I feel fine when I rise in the morning. Hope to have a chance to recommend Cascarets to my friends."

Fred C. Witten, 76 Elm St., Newark, N. J.

Cascarets
Best for The Bowels
THEY WORK WHILE YOU SLEEP
CANDY CATHARTIC

Pleasant, Palatable, Painless, Taste Good, Do Good, Never Sickens, Weakens or Grips, 30c, 50c, 90c, Sold in bulk. The genuine tables stamped C. C. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N. Y., 950
ANNUAL SALE, TEN MILLION BOXES

FREE To convince any woman that Paxtine Antiseptic will improve her health and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

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