

# YOUNG WIFE SAVED FROM HOSPITAL

Tells How Sick She Was And  
What Saved Her From  
An Operation.

Upper Sandusky, Ohio. — "Three years ago I was married and went to house-keeping. I was not feeling well and could hardly drag myself along. I had such tired feelings, my back ached, my sides ached, I had bladder trouble awfully bad, and I could not get to sleep. I had headaches, too, and became almost a nervous wreck. My doctor told me to go to a hospital. I did not like that idea very well, so when I saw your advertisement in a paper, I wrote to you for advice, and have done as you told me. I have taken Lydia E. Pinkham's Vegetable Compound and Liver Pills, and now I have my health."

"If sick and ailing women would only know enough to take your medicine, they would get relief." — Mrs. BENJ. H. STANSBERRY, Route 6, Box 18, Upper Sandusky, Ohio.

If you have mysterious pains, irregularity, backache, extreme nervousness, inflammation, ulceration or displacement, don't wait too long, but try Lydia E. Pinkham's Vegetable Compound now.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and such unquestionable testimony as the above proves the value of this famous remedy and should give every one confidence.

## Whittemore's Shoe Polishes

FINEST QUALITY LARGEST VARIETY



GILT EDGE the only ladies' shoe dressing that polishes, cleans, shines and protects. It is a combination for cleaning and polishing all kinds of shoes, including patent, black, white, tan, and brown. It is also a shoe preservative and keeps shoes soft and pliable. It is also a shoe conditioner and keeps shoes from becoming stiff and cracked.

BABY ELITE combination for gentlemen who take pride in having their shoes look like new. Restores color and lustre to all black shoes. Polishes with a smooth, soft, and shining finish. It is also a shoe preservative and keeps shoes soft and pliable. It is also a shoe conditioner and keeps shoes from becoming stiff and cracked.

QUICK WHITE the liquid form with special quickly cleans and whitens dirty canvas shoes. It is also a shoe preservative and keeps shoes soft and pliable. It is also a shoe conditioner and keeps shoes from becoming stiff and cracked.

Something in it.

Governor Beryl Carroll of Iowa has an amusing story of a state senator whose amusing appearance might possibly lead one to mistake him for a laboring man, but who is as sensitive as a woman to all unpleasant circumstances.

"This man," said Governor Carroll, "happened to be standing outside a Des Moines undertaking establishment, conversing with a friend on political matters, when one of the employes came out of the shop and said: 'Say, will you give us a lift with a casket?'"

"The senator shuddered and replied hesitatingly: 'Is there—is there—anything in it?'"

"'Sure,' came the hearty reply, 'there's a couple of drinks in it!'" — Philadelphia Saturday Evening Post.

True Till Death.

His companions bent over him with pitiful earnestness, and stared beseechingly into his waxen features. Again came the flutter of the eyelids, but this time his will mastered approaching death. His lips weakly struggled to execute his last command and the friends bent closer to hear the faltering whisper. "I am—gone! Yes—er—I know. Go to Milly. Tell her—er—I died with—her name on—my lips; that I—er—have loved—her—her alone—er—always. And Bessie—tell—er—tell Bessie the same thing." — London Weekly Telegraph.

It's difficult for a man who is broke to break into society.

## A Tempting Treat— Post Toasties

with cream

Crisp, fluffy bits of white Indian Corn; cooked, rolled into flakes and toasted to a golden brown.

Ready to serve direct from the package.

Delightful flavour!

Thoroughly wholesome!

"The Memory Lingers"

In preparing land for a new orchard take time to plow it all very deeply before a tree is set, and if there is a hard "plow sole," or a tight sub-soil, loosen it up with dynamite.

## NOTES From MEADOWBROOK FARM

By William Pitt



Keep nothing but pure breeds.

Peat soils need potassium (potash).

Be careful of caked udders in the ewes.

The natural color of butter is that found in June.

A deep bed will often cause the loss of a number of pigs.

A collar that fits is the best preventive for sore shoulders.

Never whip a horse when he shies. It will increase his fear.

Give the sows plenty of clean water to drink. Take the chill off.

If the fodder is getting scarce, better buy than stint the cows.

A good agitator on the spray pump is as important as a good pump.

Save all the hog manure. You have none on the farm that is richer.

In choosing eggs for hatching, try to get those from the best hens you have.

With three cows you need a cream separator; with ten, you must have a silo.

File the crosscut saw yourself; you will thus soon save enough to buy a new saw.

The churn should be thoroughly scalded and then cooled before cream is put in.

It is a losing proposition to try to raise 200 chicks where there is room for only 50.

A little oil meal or a few potatoes will help the horses get rid of their winter hair.

Before you start your incubator, get out the manufacturers' directions and re-read carefully.

Do not use any ill-formed eggs for hatching, nor any that are unnaturally long, or nearly round.

Keep your fowls on the same footing that you keep your cattle, and you will surely be rewarded.

Most anyone can have a small flock and keep from eight to a dozen hens and feed on table scraps.

Be sure the fenders are in position in the farrowing pens to prevent the sows laying on the young pigs.

Cold, raw winds make chapped teats all the worse. Have a small jar of vaseline handy at milking time and use it.

It costs a good deal of money to buy a satisfactory team. In most cases this can be avoided by the farmer raising his own.

It is hard for an empty sack to stand straight, but it is still harder for a lazy man to succeed in the dairy business."

Every four years 1,000 pounds of rock phosphate is needed to keep up the phosphorus content of average corn belt soil.

An occasional colt or young horse to sell, even when one is not making a business of raising horses, is a help to any farmer.

Get after the San Jose scale. What a milliferous pest this little black beetle under! But cover him with Bordeaux all the same.

The time to plant grape cuttings is in early spring, as soon as the ground can be worked. Slant the cuttings a little and leave only one bud above ground.

If you are a beginner with sheep go slow until you have mastered the industry. As in poultrying or any other like business, experience is the safe, sure teacher.

Sheep that are well kept and fed during the fall season so that they enter the winter quarters in thrifty and vigorous condition will keep easily over winter.

Early peas may be followed by celery or cabbage or potatoes, followed by late beans or corn, thereby getting several crops from the same ground each year.

Young currant canes may be bent over in spring, and the middle covered with earth. Roots will start at these points and in a short time you will have currant plants.

Horticultural inspectors in Washington, Oregon and Idaho report that there are 16,000,000 growing fruit trees in those states—5,744,257 of them bore fruit last year.

If you allow the young stock to sough it with the older and stronger stock, they'll be rough looking creatures when they come through in the spring, and they may be lost entirely.

Thousands of acres of pasture land in Illinois, Wisconsin, Michigan and Iowa are devoted to feeding corn to supply Chicago consumers with milk and cream and other dairy products.

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Don't forget the water.

Clean out feed troughs daily.

Pekins lay from 120 to 170 eggs per year.

Alaska clover helps out the stand of red clover.

A purplish red comb indicates bad health in a fowl.

Test out infertile eggs on tenth and seventeenth days.

A quart of mixed feed is about right for twelve hens.

If you wish to succeed, know that your hens are comfortable.

Do not make too violent crosses. Select a type and stick to it.

It is not so much the make of incubator as the man who runs it.

Air-slaked lime is a valuable disinfectant in the poultry house.

Variety is always good, but sudden and abrupt changes are dangerous.

It pays in more ways than one to be on friendly terms with the heifers.

The sort of seed corn to select is the kind that produces bushels per acre.

Correct sour or acid soil with one to five tons per acre of crushed limestone.

To maintain normal soil fertility the supply of humus must be conserved.

The business hen is the hen that puts her daily credits in the egg basket.

The only proper way to replenish the flock is to save the best lambs each year.

A common cause of slow churning is an overfilled churn. Half full is about right.

Dirty collars are probably as responsible for sore shoulders as ill-fitting ones.

Keep the horses well cleaned, but remember that you can be cruel with the curry comb.

The hopper system of feeding is a good one, but put only one kind of feed in one hopper.

The fault of too many dairy farmers is failure to make the cows produce up to their limit.

Too much corn has caused the loss of many a fine litter of pigs, and often the loss of the sow as well.

In raising horses for one's own use it should be done as intelligently as if it were to be a regular business.

Spraying is one of the unavoidable tasks of the farmer who would keep his orchard in desirable condition.

Place the bee hives on string supports about eight inches from the ground to prevent dampness and cold.

The man who is producing milk for the city trade should have a clear mind, clean hands and a pure heart.

Arsenate of lead which is held over from the year before will be good if it has not dried out and become a hard lump.

When turkeys are penned up to fatten for market, good results are not obtained if they are cramped for room.

Now and then put a little brine on the straw. It acts as an appetizer, and the sheep clean up the straw better.

A heifer may give as much milk in proportion to the food eaten as a mature cow, and make some growth in addition.

A paint brush that has become hardened with paint can be made soft and pliable by immersing it in boiling vinegar.

It is just as easy to multiply defects in breeding as it is to strengthen good points, and many people are doing the former.

The colt crop on the general farm may be made a by-product that will cost very little, but swell the bank account considerably.

Seed corn? Of course you have it all in good shape and ready for the germination test. Do not plant a grain unless you know it comes from sound stock.

The best medicine in the world for poultry are dry, clean quarters and lots of sunshine. Better lose every other poultry recipe known than to forget this.

The great seed of the day is educated dairymen, men who understand the care and feeding of the cow as well as the successful marketing of her products.

Now is the time to set a shaft box of earth in the window and start some cabbage and tomato seeds for early planting, first in the hotbed and then in open ground.

If the dairymen could come into direct contact with the people who eat their butter there would be less need of discussing the subject of making a better grade of butter.

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## PAPER BAG COOKING

WONDER-WORKING  
SYSTEM PERFECTED  
BY M. SOYER, WORLD'S  
GREATEST LIVING  
CHEF

FRUIT CAN BE COOKED DELICIOUSLY.

By Martha McCulloch Williams.

A French woman, a student of medicine, has just won her doctor's degree with a paper on scientific cooking. In it she impresses forcibly the fact that good feeding is not merely necessary to good health, but essential to its restoration. Further, she sets forth that the slops and messes to which invalids are commonly condemned, but that they are positively hurtful. They overwork stomachs already weak, in sympathy with debilitated bodies; worse still there is no commensurate return for the work in the way of nourishment. Yet, it is manifestly impossible for sick or weak or ailing folk, old people and little children, to feed upon the "hearty" things, or those highly spiced and sauced, which suit healthy persons of strong appetites and stronger digestions.

Right here comes in the paper bag cooking. By help of it, food is made tender, easily digested and flavored as nature wills, with only the added savors that fire brings out. Not only meat and vegetables, but fruit as well. The French lady lays stress upon the fact that fruit is almost curative for many things if properly prepared.

Fruit cooked in a paper bag is wholly sanitary. There is, further, no trouble of watching, or stirring, or apprehension of scorching.

Peaches should be scalded in boiling water for a minute and a half, then the skins removed, and the fruit, on the seed, put to stew in a lightly buttered bag. Add a tablespoonful of water for a dozen large peaches—less if they are very juicy. Cook for 20 minutes in a fairly hot oven, slacking heat a third after five minutes from the putting in. The seed gives an adorable bitter-almond flavor. Add sugar to taste, while the fruit is very hot, and let stand several hours before using. For an invalid, choose sweet, very juicy peaches, cook in small quantity—say half a dozen at a time—without adding water, and buttering the bag well. Serve unsweetened with thick cream.

Baked pears are relished by almost everybody. Ripen full flavored fruit of medium size and even is the best. Cut off the stalks close, snip out the blossom end, and stick in a clove there. Pare thinly, pack in a buttered bag with a little water and cook 45 to thirty minutes in a fairly hot oven.

Leg of Lamb, with Turnips: Get a fat leg of lamb, have the butcher take off carefully the outside membrane—in that most of the "sheep-y" taste resides. Scrape well, wipe over with a damp soft cloth, and if necessary, wash quickly in cold water, but avoid washing if possible. Salt and pepper moderately, then grease well—using either butter or clarified drippings—dredge very lightly with flour and put

preference pineapple) into a thickly buttered bag. Add the apples, seal bag, place on broiler and simmer gently until cooked, but take care that they do not get baked. Line a paper souffle-case with puff paste, place carefully in a well greased bag, put the apples in this, and twist long strips of citron and angelica round them. Place four ounces of butter in a clean basin, sift in eight ounces of sugar and whip to a cream. Then add the well beaten yolk of four eggs and season to taste with grated nutmeg. Place on the fire and stir gently until very hot, then add the whites of the eggs, whipped to a stiff froth. Stir these in lightly, then pour over the apples, place in the bag, put it in the oven without loss of time and bake to a golden hue. Dust thickly with powdered sugar and serve hot or cold.

Apple Dumplings: Make it the usual way. Cook in the paper bag. Allow twenty minutes in a hot oven.

Beans: Any kind of beans or breakfast rolls should be placed in a large loose greased paper bag in hot oven. Allow ten to fifteen minutes according to size.

(Copyright, 1911, by the Sturgis & Walton Company.)

A chicken hearted man should never marry unless he is anxious to break into the henpecked class.

DEBIT.  
Paper bags, butter, clips, one month ..... \$2.00  
CREDIT.  
Gas saved ..... \$1.00  
Saved in wear and tear (5 per cent) ..... .50  
Food saved (\$1.00 a week) ..... \$4.00  
Saved on meat (75 cents a week) \$3.00  
(Copyright, 1911, by Associated Literary Press.)

Pastry

By Nicolas Soyer, Chef of Brooks' Club, London.

Pastry, cakes and sweets generally are wonderfully improved by being cooked in paper bags. The concentration of heat which is thus gained has the effect of making the puff paste lighter and more regular in texture and all cake mixtures "rise" in a manner the oven cannot produce. Then again the cooking takes much less time, and I need not point out the value of this. In the old style the oven door had frequently to be opened to watch progress. The pastry was thus exposed to draughts of cool air, which could but produce "doughy," heavy and unsatisfactory results.

Puff Paste: Take one pound flour, three-quarters of a pound butter, and mix the flour with water and salt lightly, to the consistency of butter. Leave this dough for half an hour, then flatten it with your hand, and lay your butter on top of the paste. Then fold four-corner way, and give it two rolls as usual. Leave your paste in a cool place for forty-five minutes, then roll twice more. Leave it for forty-five minutes, and roll twice again. Place it in a larger paper bag which will not touch the paste. Put on broiler and allow twenty minutes in a hot oven.

SUNDRY SWEETS.  
Petit Miel: Peel and core half a dozen cooking apples. Empty a gill, a liberal quantity of fruit syrup (for

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into a roomy, thick greased bag with a pint of sliced turnips, two small thinly sliced onions, a small sprig of mint, and a half cup of tomato pulp or catsup. Sliced potatoes can be added at will—in that case use fewer turnips. Be sure there are no sharp ends of bone projecting—they should be cut off rather under the flesh. Season the vegetables lightly with salt before putting them in the bag, but take care not to put in too much. Add half a tumbler of cold water, seal, put in a hot oven, slack heat after five minutes and cook until well done. Time depends on weight.

ITS MANY ECONOMIES.

A dollar's worth of paper bags will be ample to cook for any average family throughout a month. Add a box of clips at ten cents—they will be good for another month, and still another in careful hands—and the outlay is still inconsiderable. Add still further fifty cents for greasing—a pound of lard, half a pound of butter, half a pound of drippings—and the total still more moderate. Notwithstanding, it is more than plenty of us would care to spend monthly merely in the interest of flavor or ease of ease. Plenty more of us like to take duties laboriously, feeling that thus we in to the kingdom of thrift. So if there were no economic offset, paper bag cooking would have to be reckoned either a fad or a luxury. It is neither—it has come to stay.

Say you pay three to four dollars a month for gas—which is about a fair average. If the paper bag cooking cuts this a third, it has almost paid for itself at one fell swoop.

Next comes the saving in quantity of food cooked. Paper bag cooking is one-fifth to one-fourth ahead there. In part cooking the scales show a shrinkage treble that of bag cooking. This is a saving well worth while, yet far from telling the whole story. Things bag-cooked nourish better because they are more readily digested.

Set the extra nourishment at one-tenth of the food cost, and the food cost or a family ten dollars a week. Right there you have more the price of bags, grease, clips, etc.—almost the cost of the gas.

But even then the sum in domestic economy is just fair. Paper bag cooking not only saves thus negatively by preventing loss and insuring full edibility, but positively—and in many, many ways, as, for example, in the food bought. Round steak is more nourishing than any other—but the fact has been held to be offset by the extra dentist's bill the eating of it necessitated. Paper bag cooking makes it as tender as porterhouse itself—moreover, there is no bone to be thrown away—nothing but clean meat. And the favorable difference in price runs from eight to ten cent the pound.

Living is dearer in every way—the one possible alleviation of this increasing cost, without skimping of appetites, is in buying things less costly and cooking them as to make the difference all in their favor.

Paper bag cooking will do it; it has done it for me. Let's recapitulate. Say one uses one hundred and fifty bags in the month, and then allow seventy-five cents for clips, lard, butter, and dripping. This gives an initial debit of two dollars beginning the account thus:

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Paper bags, butter, clips, one month ..... \$2.00  
CREDIT.  
Gas saved ..... \$1.00  
Saved in wear and tear (5 per cent) ..... .50  
Food saved (\$1.00 a week) ..... \$4.00  
Saved on meat (75 cents a week) \$3.00  
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Paper bags, butter, clips, one month ..... \$2.00  
CREDIT.  
Gas saved ..... \$1.00  
Saved in wear and tear (5 per cent) ..... .50  
Food saved (\$1.00 a week) ..... \$4.00  
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In a Hurry.  
Magistrate—What is the charge against the old man?  
Officer—Stealing some brimstone, your honor. He was caught in the act.  
Magistrate (to prisoner)—My aged friend, couldn't you have