

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels-They Five years ago I was so troubled work while you sleep. with kidney trouble and inflammation of the bladder that I had to lease working my farm. Life looked dark

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headto me until I heard of Dr. Kilmer's aches come from a torpid liver and Swamp-Root through a cured friend. I tried a bottle and began to feel betclogged bowels, which cause your ter at once. After using five or six stomach to become filled with undibottles I felt fine and have continued gested food, which sours and ferments to work as I had before my affliction. like garbage in a swill barrel. That's I want to state that Dr. Kilmer's Swamp-Root is a kidney medicine that the first step to untold misery-indi-

The Laconic Senator.

Not for the multitude, but for the fewness of his words, is Senator Lane of Oregon likely to become famous. Asked to contribute a sketch of himself to that annual of shrinking mod-

fer from indigestion, dyspepsia or any

stomach disorder. It's the quickest, surest and most harmless stomach

doctor in the world.

esty, the Congressional Directory, Mr. Lane wrote: "Harry Lane, democrat, of Oregon,

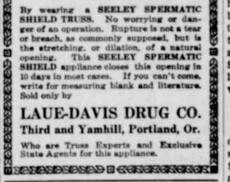
term expires March 3, 1919." When asked how he liked his sen-

ate tob, he replied: "I feel perfectly at home here. I was superintendent of the Oregon In-sane Asylum before I was sent here."

-"The Office Window" in the New York Mail.

Uruguay's imports from the United States for the first 11 months of 1912 reached the record sum of \$6,776,000, while the previous year they totaled only \$5,953,313, also a record year.

Last year there were 1,852,241 work-ers employed in factories in Great Britain, 890,834 of whom were engaged in the textile trades.



No. 2, '14.

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Here's Proof. "I had my back hurt in the Boer War and two years ago I was hit by a street car. I tried all kinds of dope without success. I saw your Liniment in a drug store and got a bottle to try. The first application caused instant relief, and now spect for a little stiffness, I am almost

scept for a little stiffness, I am alm

Instant Relief from Sciatica

"I was kept in bed with sciatics since the first of February, but I had almost in-stant relief when I tried your Liniment." —W. H. Hawkins, Frankford, Ky.

P. N. U.

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ed Ankle

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loan's Instructive Book on horses, cattle, poultry and hogs, sent free.

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r of your Liniment for the last 15 years. I can say it is one of the best on Fifteen years ago I sprained my ankle and had to use crutches, and aid I would always be lame. A friend advised me to try your Liniment ing it night and morning for three months I could walk without a cane od as any of the other firemen in my department. I have never been the since that time."-MR. William H. Brisco, Central billy, N.Y.

has been well heated over a bed of bright coals, grease the bars and lay the steaks upon it. Broil them well, turn them once and take care to save as much of the gravy as possible. Serve them with some currant jelly laid on each steak. Have your plates warm.

ready.

Baked Onlons in Ramekins.

onions; drain; chop. Melt two table- snow or a cutting wind to get to the spoons butter; add two tablespoons tank or pond. flour, one-quarter teaspoon salt, one minutes, add one egg slightly beaten Serve immediately.

in flour, and whatever gravy was left

of the venison the day before. Stir

in some currant jelly and let it boil

up, then put in the meat and keep it

over the fire just long enough to

warm through, but do not allow it to

Venison Steaks-Cut them from the

neck or haunch. Season them with

pepper and salt. When the gridiron

boll, as it has been once cooked al-

How to Cook Dried Peas.

Place a lump of soda the size of a stock, otherwise they should be drain- ing. ed in a colander, buttered and pepthem.

Fine-Grained Cake.

I use it for Washington pie or whipped cream pie. One cup sugar. one-half cup butter, one egg, one and one-half cups flour, one-half cup milk, one and one-half teaspoon baking powder, flavor. Bake in round tins, put together with jelly. Frost with one tablespoon of butter, one cup powdered sugar, little milk and flavor .--Exchange.

One cup of beef which has been cooked and put through food chopper, half cup bread crumbs, salt and pepper to taste, mix well. Stir into this twothirds cup of boiling water which has had one-half an envelope of gelatin dissolved in it. Pack in a tin and set in a cool place, after which it can be sliced.

How to Cook Beets.

Fill a pail as large as will hold as many as you want to cook. Don't cut them, as that makes them bleed. Cover with cold water, cover up tight, put in hot oven and let bake. This time of the year I put them in early so as to have them done for dinner. They

It is very important that the water drunk by the cows giving three or more gallons of milk daily be warmed to about 60 degrees Fahrenheit. Otherwise the cows will not drink as much as they need to keep up a good milk flow. It does not take much ice water to chill a thin-fleshed dairy cow

The beams that connect the harrow

with the planker is worked on a bolt

at (r. r.) which permits the harrow

WATER FOR THE DAIRY COW

Good Tank Heater or Some Other De-

vice Should Be Used During

Winter-Helps Milk Yield.

being raised to remove trash.

through and through on a cold winter day, especially when she is compelled Peel and parboll 12 medium-sized to walk some distance through the

Experiments made at the Missouri and one-quarter cups cream, four station show that drinking water is tablespoons soft bread crumbs, one needed in proportion to the milk yield. tablespoon chopped parsley. Boil five That is, a cow giving six gallons of milk a day needs about twice as much and the chopped onlons. Cool slight- water as a cow giving three gallons a ly, add whites of two eggs, beaten day. If the water is too cold to be stiff-more seasoning if needed. Bake comfortable if drunk in large quantiin buttered ramekins 20 minutes. ties, the cow will not drink enough, and as a result will drop considerably

in her milk yield.

When Missouri Chief Josephine was giving about 100 pounds of milk each walnut in a saucepan of cold water, day last winter she drunk daily about add the peas to this and bring to the 31 gallons of water. Imagine how she boil; allow them to boil for 40 minutes. would have suffered if that had been They will then be beautifully soft and ice water. It was warmed, however, well cooked. If for soup, add to the and Josephine did not chill after drink-

A good tank heater, or some other pered, and set aside for a few see device should be used this winter to onds for the butter to melt well into warm the water for the cows. It will pay.

EGGS EXTREMELY NUTRITIOUS

Contain All the Elements Required for Building Up and Support of the Human Body.

Hens' eggs contain 50 per cent. water, 16 per cent. protein, 33 per

Ducks' eggs, 46 per cent. water, 17 per cent. protein, 36 per cent. fat.

Goose eggs, 44 pen cent water, 19 per cent. protein, 36 per cent. fat.

Turkeys' eggs, 48 per cent. water, 18 per cent. protein, 33 per cent. fat. Protein, as is generally known, is the substance that goes to make muscle and blood. Fat, of course, is fuel for running the body-machine. Thus, it will be seen, eggs, though half or nearly half water, are extremely nutritious, containing all the elements required for the building up and sup-

port of the human body.

Dairy Calf Often Overlooked. Many dairymen and farmers fail to appreciate the great importance of spending thought and feed in the development of the dairy calf during the first six months of its life,

will cure and I owe my good work during the past five or six years to it. Yours vrey truly, C. W. MORRIS,

Prescott, Ark. Subscribed and sworn to before me, this 27th day of March, 1912.

O. B. GORDON, Notary Public. This is to certify that Mr. C. W. Morris has bought Swamp-Root at this

store in the past. Adam Guthrie, Jr., Druggist.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles

for sale at all drug stores.

gestion, foul gases, bad breath. skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They They work while you sleep-a 10-cent box from your druggist will keep you feeling good for months.

Seven books sold for a total of \$227,200 at the recent Hoe library sale. Two of these books were Bibles, one of which, a Gutenberg Bible, printed on vellum, brought the highest price ever paid for a book-\$50,000.

Brass farthings were authorized by English law in the year 1613. They were suppressed as worthless about 40 years later.

Lions and tigers are too weak in lung power to run more than half a mile.

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