

TWO SIGNALS.

There are two serious signals of kidney ill...

The first signal comes from the back with numerous aches and pains...

The second signal comes in the kidneys as a frequent urge to urinate...

Notes on Cattle Feeding. In a talk before the Illinois farmers' institute Prof. Herbert W. Mumford made the following points on cattle feeding:

The higher the price of cattle the better it will pay to feed steers of high quality...

A prime steer, according to the market term, is a steer that is neither too fat nor too poor...

The Angus breed will feed longer and keep smoother than any other breed of cattle...

Packers are not infallible in buying cattle. Many of us, but they sometimes make serious mistakes...

State to Prohibit Cigarettes. Madison, Wis., special. The senate committee on state affairs has decided to report the assembly bill prohibiting the sale or importation of cigarettes or cigarette paper into Wisconsin for consumption.

SECURE A FREE HOME

In the Fertile Wheat Fields of Western Canada. To the Editor: The emigration of well-to-do farmers from the United States to the Canadian Northwest has assumed such proportions that organized efforts are now being made to stem the tide...

Back to His Own Church. Youth Had Gone Rounds of the Others and Was Satisfied. Young Stanley McMinimman of Rumford Falls, the son of Mr. and Mrs. George McMinimman, is supposed to be an attendant at Father Le Flannery's church.

A Boon to Humanity. Mrs. Thomas J. Coughlin, of Lakeland, N. Y., in a letter, says: "I have derived great benefit from the use of Huxley's Mandrake Bitters when suffering from indigestion and loss of appetite."

The Best Pomme Slicker in the World. Judge Shiras is well justified as a Justice of the supreme court, gains \$2,500 a year by the passage of the bill increasing the salaries of the members of that tribunal.

When a well bred girl expects to wed, 'Tis well to remember that men like bread. We're going to show the steps to take. So she may learn good bread to make.

First, mix a lukewarm quart, my daughter, One-half of milk and one-half of water; To this please add two cakes of yeast, Or the liquid kind if preferred in the least.

Next stir in a teaspoonful of nice clear salt, If this bread is n't good, it won't be our fault. Now add the sugar, table-spoonfuls three; Mix well together, for dissolved they must be.

Pour the whole mixture into an earthen bowl. A pan's just as good, if it hasn't a hole. It's the cook and the flour, not the bowl or the pan, That makes the bread that makes the man.

Now let the mixture stand a minute or two. You've other things of good importance to do. First sift the flour—use the finest in the land. Three quarts is the measure, "GOLD MEDAL" the brand.

BACK TO HIS OWN CHURCH.

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WE WANT YOUR TRADE

You can buy us at wholesale, sale prices and save money. Our 1,000-page catalogue tells the story. We will send it upon receipt of 15 cents. Your neighbors trade with us—why not you?

W. L. DOUGLAS \$3.50 SHOES \$3.50. W. L. DOUGLAS makes and sells the best quality shoes in the world. \$25,000 REWARD will be paid to anyone who will disclose the whereabouts of any of our employees.

Little Journeys to lake resorts and mountain homes will be more popular this summer than ever. Many have already arranged their summer tours via the Chicago, Milwaukee & St. Paul Railway.

and many more are going to do likewise. Booklets that will help you to plan your vacation trip have just been published, and will be sent on receipt of postage, as follows:

"Colorado-California," six cents. "In Lakeland" and "Summer Homes," six cents. "Lakes Ojoberg and Spirit Lake," four cents.

F. A. MILLER, General Passenger Agent, CHICAGO.

DENSION JOHN W. WENNER, 1100 Washington, D. C. W. N. U., DETROIT, NO. 16-1903. When Answering Advertisements Kindly Mention This Page.

HERE'S A RECIPE FOR MAKING BREAD.

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SOME people like a little shortening power, If this is your choice, just add to the flour. Two tablespoonfuls of lard, and jumble it about. Till the flour and lard are mixed without doubt.

NEXT stir the flour into the mixture that's stood. Waiting to play its part, to make the bread good. Mix it up thoroughly, but not too thick; Some loaves make bread that's more like a brick.

NOW grease well a bowl and put the dough in, Don't fill the bowl full, that would be a sin; For the dough is all right and it's going to rise, Till you will declare that it's twice the old size.

HERE IS THE SAME THING IN PROSE.

GOLD MEDAL FLOUR. BREAD RECIPE. To one quart of lukewarm water—half water and half milk, or water alone and two half-ounce compressed cakes, or a small quantity of liquid yeast, and stir until dissolved.

Add one teaspoonful of salt and three tablespoonfuls of sugar. Stir thoroughly. Add one cup of sifted flour, or until dough is sufficiently stiff to be turned from the mixing bowl to the moulding board in a mass.

Knead this dough, adding if necessary from time to time, flour until it becomes smooth and elastic and ceases to stick to fingers or board. For two hours, or until light, then knead well on board, three quarts of well sifted flour, or until dough is sufficiently stiff to be turned from the mixing bowl to the moulding board in a mass.

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When light, form gently into loaves or rolls, place in greased bread pans, brush with butter or drippings, cover again and let stand for one and one-half hours, then bake.

READ IT AGAIN. WASHBURN-CROSBY'S GOLD MEDAL FLOUR. Makes the Finest Bread and is Best For Biscuits Also.

TRAINING THE HUMAN EYE.

Unless we are color-blind we all can see the seven colors in the rainbow. That is, ordinary eyesight which may be carefully trained to be wonderfully developed.

The tapestry workers of France, for instance, by continued practice learn to distinguish different shades of the same color in a truly marvelous way. Some of these men and women, by their eyes, are able to distinguish 600 different shades of a single color, and combine them in wonderful harmonies.

Their eyes are like factory foremen like those of other people; but they have trained their sight until it becomes almost unbelievably perfect. Their work is priceless, because they have raised an ordinary possession into an extraordinary endowment.

There are sixty-three committees in the house of representatives at Washington, and only one of them was entirely exempt from the effects of last fall's election. That is the committee on expenditures in the treasury department of which Hon. Cassius M. Iowa is chairman. Every other committee lost from one to five members through defeat in convention or at the polls.

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MISS TINKHAM'S EXPERIENCE.

"Some time ago I was in a very weak condition, my work made me nervous and my back ached frightfully all the time, and I had terrible headaches."

"My mother got a bottle of Lydia E. Pinkham's Vegetable Compound for me, and it seemed to strengthen my back and help me once, and I did not get so tired as before. I continued to take it, and it brought health and strength to me, and I want to thank you for the good you have done me."

LYDIA E. PINKHAM'S VEGETABLE COMPOUND CURES because it is the greatest kidney remedy for kidney and womb troubles.

Every woman who is puzzled about her condition should write to Mrs. Pinkham at Lynn, Mass., and tell her all.

PISOS CURE FOR KIDNEY AND CONSUMPTION.

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