

ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."



—Mrs. MARY RIDGWAY, Durand, Wis. A Massachusetts Woman Writes: Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. PIERRE COUNTEY, Box 239, Blackstone, Mass. Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dizziness, etc., are signs of the heart, sparks from the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

Restful. "That head man of yours is a very picturesque figure," remarked the artist. "I'd like to paint him."

Protest. "Could you gimme sumthin' to eat?" inquired Plodding Pete. "Well, you can eat the grass and—"

A fool is a person who is not addicted to your own brand of folly.

Feel All Used Up?

Does your back ache constantly? Do you have sharp twinges when stooping or lifting? Do you feel all used up—as if you could just go no further? Kidney weakness brings great discomfort. What with headache, backache, dizziness and urinary disturbances it is no wonder one feels all used up.

Advertisement for Doan's Kidney Pills, including a picture of a man and the text 'A Nebraska Case'.

Advertisement for Carter's Little Liver Pills, featuring a cartoon of a man and the text 'Your Liver is Clogged Up'.

Advertisement for Partine Antiseptic Powder, describing its uses for personal hygiene.

Advertisement for Black Leg, a remedy for leg ailments.

Advertisement for Popham's Asthma Medicine, claiming prompt relief.

Advertisement for Parker's Hair Balsam, for restoring color and beauty to hair.

Advertisement for 'Rough on Rats' and 'Appendicitis' medicine.

CALLED AN IDEAL KITCHEN

Snowy White, and Not a Single Dark Cupboard in Apartment Marks Up-To-Date Household "Workshop."

The following description of the kitchen in the home of a woman famed for her interest in household efficiency is given to show what intelligence, combined with a reasonable amount of money and a determination to have one's workshop as up-to-date a place as possible, can do.

The kitchen is white from ceiling to tiles and contains no dark cupboards, but in their place shelves and cabinets. On the shelves on one side are 50 glass jars of graduated sizes, each one labeled with the name of a comestible or condiment. Opposite these are rows of fireproof glass bakings dishes for baking bread, cakes, pies, custards; the old-fashioned tin affairs have been discarded as unsightly and insanitary. Instead of granite ware there are files of bright aluminum sauce pans, reflecting points of sunlight which streams in through four large windows curtained with dimity. Under these shelves is a porcelain sink 40 inches high. No tired, round shoulders in this kitchen, you see.

Near this stands a gas range with an automatic electric pilot—light and glass doored ovens with thermometers. Four feet above the floor and near the range rests a modern steamer, which will cook an entire dinner over one gas jet. In the middle of the room is a glass-topped table, and, sitting there, the person who is doing the ordering can see at a glance what is lacking in the glass jars. The maid supplies the list of groceries which need replenishing at the beginning of each month and these are purchased in quantities at the most economical prices.

RECIPE FOR EXCELLENT HASH

Mixture of Ingredients Has Been Called by Its Admirers the "Best Ever Made."

First of all, fry an onion, finely chopped, in one ounce of margarine or dripping, till it is a golden brown, then add one ounce of flour, and after stirring well together for five minutes add half a pint of stock, well flavored with vegetables, two or three cloves, salt if necessary, and four tablespoonfuls of catchup. Stir for a few minutes over the fire, then flavor further with a teaspoonful or more of brown sauce or meat extract. Let the sauce boil fast over the fire, so as to reduce it a little, then add some browning. Strain the sauce into a small shallow stewpan and put it on one side to get cold. In the meantime cut some meat, and not too small slices from your meat, letting them be all as much as possible of the same size, and remove every particle of skin, fat, gristle or burnt portion, as it is the latter which gives the "warmed-up" taste that is so unpleasant. When the sauce is cold lay it in the pieces of meat, cover up the saucepan and in about an hour's time put it at the corner of the stove, warming by very gradual degrees. If allowed to boil, the meat is sure to be tough. As soon as it is thoroughly hot it is ready to be dishd up, with the sauce poured over it, and it should be surrounded with fingers of bread, fried a golden color. The addition of a little finely chopped parsley greatly improves the look of the dish.

Mint Ices. To make a refreshing mint ice, rinse a small handful of fresh mint leaves through several waters, then bruise thoroughly and steep for an hour in a cupful of lemon and orange juice mixed. In the meantime prepare a sirup of one pound of granulated sugar and one pint of water. Add the mint, strain and freeze.

Sanitary Kitchen Shelf. Rip the oilcloth and the perforated paper off the kitchen shelves and paint them if you value cleanliness and health. Water bugs and roaches and ants make the cozyest of homes in the warm corners of covered shelves, while they find odorous, freshly painted shelves far too cheerless for domestic purposes. By the time the paint is dry the prospective tenants will have settled elsewhere. And recollect the saving in paper, bug powder and time in the cleaning.

Deviled Filets of Chicken. Cut the raw meat into long, thin strips, or use the legs of cooked turkey. Dip in melted butter and boil until cooked or heated through. Place on a hot serving dish and spread with hot mixture. Stir in two tablespoonfuls of Worcestershire sauce or mushroom catchup, and a dash of salt. These hot seasonings are a matter of taste largely, and may be added separately if preferred. The meat may be gashed and laid in the deviled mixture before broiling.

Steamed Peach Roll. Sift two cupfuls of flour with one scant teaspoonful of salt and three tablespoonfuls of baking powder, rub in one rounded tablespoonful of butter and moisten with enough milk to make a rather stiff dough. Place on a floured board, pat into rectangular shape, cover with sliced peaches, dust with flour and sugar, roll into a loose roll, pinch the edges together, wrap in a floured cloth and steam one hour. Serve with peach sirup, slightly thickened with arrowroot or cornstarch.

Excellent Milk Soup. One quart of milk, four small potatoes cut into small dice and boiled in water until soft then drain, add milk and when it comes to a boil add 25 clams chopped fine. Stir occasionally, as it bubbles quickly. In the meantime cream one tablespoonful of butter and one of flour together and stir in soup until all is dissolved. Add chopped parsley, pepper and salt to taste. This is delicious and can be made quickly.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

September 11, 1915. Great German concentration on Dvinsk-Vilna line.

Russians repulsed Turks at several points in Caucasus. Italian, British and French warships shelled positions near Smyrna.

September 12, 1915. Russian forces at Vilna threatened with envelopment. Turks defeated by Russians near Olti. Zeppelins made unsuccessful raid on English east coast.

September 13, 1915. Hindenburg reached Rovno-Petrograd railway between Vilna and Dvinsk. Russians advanced in Tarnopol district. Von Mackensen checked northwest of Rovno. Sir Percy Scott placed in command of London's aerial defenses. German aeroplane raided coast of Kent.

September 14, 1915. Russians assumed the offensive in South Russia. Russian advance along Sereth forced Teutons across the Strypa. Severe artillery actions along the French front.

September 15, 1915. Von Mackensen's army occupied Pinsk. Asquith announced enlistment 800,000 munition factory workers. Italians again attacked Tolmino bridgehead.

September 16, 1915. Hindenburg drove Russians across the Dvina north of Pinsk. British submarine E-7 lost in Dardanelles. German cavalry reached the railway at Molodechno. English prize court condemned seized American meat cargoes. Entente allies demanded that Bulgaria declare her position. Russian duma prorogued.

September 17, 1915. German crown prince advanced toward Verdun. More allied troops landed on Gallipoli peninsula. Ambassador Dumba protested to U. S. that he was treated unfairly. Official account of Zeppelin raids on London give week's casualties at 38 killed and 124 injured.

GATHERED FACTS

Capt. Albert Maxfield of New York, who served with the Eleventh Maine regiment in the Civil war, was taken prisoner near Appomattox and made to surrender his sword. Not long ago a Bangor paper received a letter from John Davis Arbuckle of Lewisburg, W. Va., stating he had a sword which he had taken from a Yankee officer at Appomattox. Captain Maxfield said the letter, communicated with the writer and is now in receipt of his sword and an invitation to visit his former enemy.

A. A. Derrah and his wife of Perkins, the smallest town in Maine, were elected to five offices at the annual town meeting. Mr. Derrah was chosen town clerk, constable, auditor and truant officer, while Mrs. Derrah was elected to the school committee.

In the sale of collection of Persian antiquities of Mirza Raff of Persia at the Anderson galleries in New York, a sixteenth century Oushak palace rug brought the highest price of the sale, selling on order for \$4,200.

Although he is sixty years of age, General Pettain, the French hero of Verdun, is an all-round athlete and keeps himself in training by skipping the rope and weighing all the food he eats.

Master Humphrey's clock, made in 1829 by William Humphrey of Barnard Castle, Durham, from which Dickens took the title of a book, was sold recently in London for \$900. In production of rice Mexico ranks sixteenth; of tobacco, fourteenth; cotton, seventh; coffee, sixth; lead, fourth; gold, fourth; copper, second, and silver, first.

DADDY'S EVENING FAIRY TALE

by MARY GRAHAM BONNER

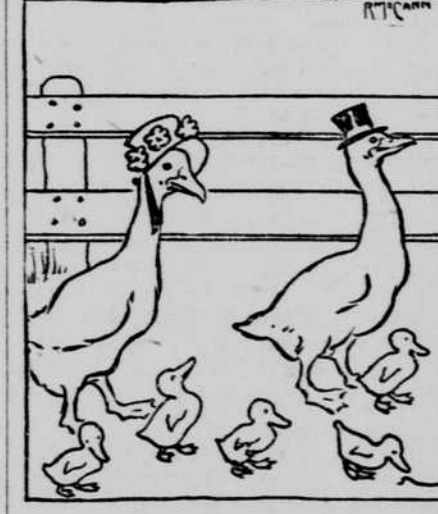
CROSS GEESSE.

"Mrs. Goose," said Daddy, "was sitting on some Eggs. She was waiting for the little Geese to break through and come peeping out into the Barnyard."

"I would like to get a cool Drink of Water from the Stream," said Mrs. Goose. "Whatever shall I do? I can't leave these Eggs! And somehow, I am very hot and my Throat is very dry."

"Go along and get your Drink from the Stream," said her husband, Mr. Gander, for he was very devoted to Mrs. Goose.

"And Mr. Gander beat poor Mr. Peacock with his wings, and gave him a horrid twig with his sharp beak."



Walks With Mother and Daddy.

"I had a fine Drink and I went in wading too!" "And then she noticed that Mr. Gander was looking angry and very much ruffled."

"What has happened, Mr. Gander? You look as if you had been in a fight!" "Well, I gave that old Peacock fellow a good piece of my mind," he said, "and not only that—I gave him a bite with my beak and a thoroughly good spanking with my wings. He won't come here again."

"Good!" said Mrs. Goose. "I do hate Visitors!" "And how are the Eggs?" she asked.

"When I am big, mamma, I'm going to marry a doctor or a minister." "Why, my dear?" "Cause if I marry a doctor I can get well for nothing, and if I marry a minister I can be good for nothing."

ROLE WOS FORCED ON DADDY

Really Had No Desire to Act as Father to the Girl, But He Had Been Forestalled.

The dowagers and chaperons whispered their surprise that so young and so pretty a girl should have devoted herself the whole evening to a man so much her senior. True, he danced well enough and was known as a man of many millions. Still they had never thought Meta mercenary.

"I like you so much, as a father—" "Thanks," he interrupted; "I'm not decrepit yet."

"Of course not. But I came here solely to meet and be introduced to you. Why? Because last night I married your son."

"Saved Daylight" 40 Years. Monson, in Maine, wonders why there is so much ado about the "day-light saving" plan.

"My uncle from Kansas was in town last week." "How did he enjoy his visit?" "He didn't. When he found out that the Eden Musee was closed he was so mad he threatened to sue the railroad company if they didn't refund the price of his ticket."

FOR HAIR AND SKIN HEALTH

Cuticura Soap and Cuticura Ointment Are Supreme. Trial Free.

These fragrant, super-creamy emollients keep the skin fresh and clear, the scalp free from dandruff, crusts and scales and the hands soft and white. They are splendid for nursery and toilet purposes and are most economical because most effective.

Part of the Fun. "There are few people in this world who can resist the temptation to give unsolicited advice."

Assessed Value. Deserted Wife—I want to offer five dollars' reward for news of my husband, dead or alive.

Appropriate Returns. "Did they realize anything from the ice carnival?" "Certainly; plenty of cold cash."

Toothed tongs of much power have been patented by a Washington inventor to pull weeds.

Winter temperature of Cuba ranges from 60 to 85 degrees.

W. L. DOUGLAS

Advertisement for W. L. Douglas shoes, featuring a portrait of W. L. Douglas and the text 'THE SHOE THAT HOLDS ITS SHAPE'.

"Automobile accidents are so numerous," remarked the prolific inventor, "that I believe there will be a great demand for my latest invention."

"What is the nature thereof?" asked the owner of the big red car. "It's a shock absorber," answered the man behind the idea.

"Please, kind lady," said the wayfarer, "I ain't had a bite to eat in 24 hours."

"You are just the man I'm looking for," replied the lady of the house. "My husband gathered a mess of mushrooms this morning, and I want to make sure they are not toadstools. Just wait a moment and I'll bring you a dish of them."

"Did the grasshoppers do much damage to your farm last year?" "I should say they did. They devoured everything clear down to the first mortgage."

Name of Spirit. Press Agent—I've got a dandy name for the chorus beauties of this piece. Manager—What is it? Press Agent—I call 'em our Brandy Peneches."

How Aviators Get Messages. Helmets for aviators have been invented with wireless receiving telephones built into the ear flaps.

The first experiment in Japan in the manufacture of artificial silk is being tried at Yonezawa.

A ton of Campeche logwood, which is the best, is worth \$200.

An honest man has no business in jail.

WINCHESTER

Advertisement for Winchester Hammerless Shotguns, Model 1912, Extra Light Weight.

Children Cry For Fletcher's CASTORIA

Advertisement for Castoria, a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups.

Advertisement for Castoria, featuring a portrait of Charles H. Fletcher and the text 'GENUINE CASTORIA ALWAYS Bears the Signature of'.

Advertisement for Castoria 900 Drops, featuring a picture of the medicine bottle.