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 I took Lydia E. Pinkham's Vegetable Compound and now am well." -Mrs. PIERRE COURNOYER, Box 239, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backsches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before 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 hired man of yours is a very picturesque figure," remarked the artist. "I'd like to paint him." . .

"Go ez fur ez you like," replied the farmer, "but it seems to me I've heard somewheres thet they ain't much of any market fer still life pitchers."

Protest. "Could you gimme sumthin' to eat?"

inquired Plodding Pete. "Well, you can cut the grass and-" "But, lady, I ain't no vegetarian."

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 upas if you could just go no further?

Kidney weakness brings great discom fort. What with backache, headache, dizziness and urinary disturbances it is

no wonder one feels all used up. Doan's Kidney Pills have cured thou sands of just such cases. It's the best recommended special kidney remedy.

A Nebraska Case Mrs. R o b e r Clark Chestnut St



across the floor. I felt restless and nervous and my kidneys were in bad shape. Doan's Kidney Pills gave me the first relief I had received and

CARTERS

Get Doan's at Any Store, 50c a Bes DOAN'S HIDNEY

FOSTER-MILBURN CO., BUFFALO, N. Y. Your Liver

Is Clogged Up That's Why You're Tired-Out of Sorts
-Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do. CureCon-

stipation, Biliousness, Indigestion and Sick Headache SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



ANTISEPTIC POWDER FOR PERSONAL HYGIENE solved in water for douches at pelvic catarrh, ulceration and inflam-mation. Recommended by Lydia E. Pinkham Med. Co, for ten years. A healing wonder for nasal catarrh A healing wonder for massi catarris, bore throat and sore eyes. Economical, has extraordinary cleaning and germicidal power, Sample Free. 50c. all druggists, or postpaid by mail. The Paxton Tollet Company, Boston, Mars.



WHY NOT TRY POPHAM'S ASTHMA MEDICINE

WILLIAMS MFS. CO., Props. Cleveland, O.



FROUGH on RATS Hads Rats, Mice, Burn

IDICITIS

W. N. U., OMAHA, NO. 37--1916.

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 at 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 baking 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 percelain sink 40 inches high. No tired, round shoulders in this kitchen, you

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 greceries 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 dunce 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 in it 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 dished 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 gar and one pint of water. Add the mint, strain and freeze.

Mix the juice of two oranges and four lemons with six tablespoonfuis of sugar sirup, using four tablespoonfuls of the mixture over each glassful of shaved ice. Place sprigs of mint on top of the ice and fill the glasses with mineral water.

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 coziest 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 Clam 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 burns 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.

CALLED AN IDEAL KITCHET THE EUROPEAN WAR A YEAR AGO THIS WEEK

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

several points in Caucasus. Italian, British and French warships shelled positions near Smyrna.

Russians repulsed Turks at

September 12, 1915.

Russian forces at Vilna threatened with envelopment. Turks defeated by Russians

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 com-

mand of London's aerial de-

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 work-

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 un-

fairly. 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 sirup of one pound of granulated su- 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 saw 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 Petain, 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 ents.

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 \$600.

In production of rice Mexico ranks sixteenth; of tobacco, fourteenth; cotton, seventh; coffee, sixth; lead, fourth; gold, fourth; copper, second, and silver, first. A "congress of continental American

history" is to be held in Rio de Janeiro in 1922 during the centennial celebration of the independence of Brazil. The "electric hobo" cooks his meals by electricity, stealing the current by

tapping any convenient wire that he may encounter for the purpose. Sixty millions iron half-pfennigs are now being coined in Germany to re-

place copper coins, which are being withdrawn from circulation. Chinese railroad embankments are protected from floods by planting them with a native grass with tenacious

roots that resists erosion.

Gibraltar is the smallest British possession and measures less than two square miles. Canada is the largest, with 3,746,000 square miles. The Croton river, which furnishes

New York tife greater part of the water consumed in its limits, was named for an Indian chief. French inventors have developed a vertical axis rotary motor for hydro-

planes that can be completely protected from water. The strength of tungsten filaments has been increased more than 300 per cent since they began to be used for electric lighting in 1908.

DADDY'S EVENING EFAIRY TALE LY MARY GRAHAM BONNER

CROSS GEESE.

"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 Barn-

yard. "'I would like to get a cool Drink of Water from the Stream,' said Mrs. '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.

"'Will you look after these fine Eggs then?' said Mrs. Goose. "'Indeed I will,' said Mr. Gander

proudly. "Now Mrs. Coose and Mr. Gander were very fond of each other but they did not have any Friends in the Barnyard. They were cross to all the other Animals and no matter if they were treated just as kindly as could be, they were extremely disagreeable.

"Mrs. Goose had waddled along on her flat, queer Feet to the Stream. She was having a fine time-but Mr. Gander, back in the Barnyard was as angry as could be! "Mr. Gander was a very fine-look-

ing Goose. He was white but his wings were brown. Mrs. Goose was entirely white. "Good afternoon, Mr. Gander,' said Mr. Peacock, as he walked through

the Barnyard. 'Are you keeping House? Where is your Wife?' "'It's not your affair whether I am keeping House or not, and I won't tell you where my Wife is. You're an inquisitive old Bird-that's what you

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

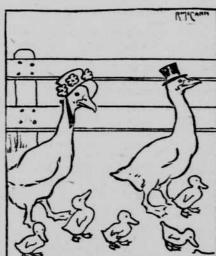
"'There!' he said, 'I hope that will teach you a lesson not to come meddling in other Folks' business.'

"'It will teach me,' wailed Mr. Peacock, 'never to speak to you again. I didn't believe you could be as cross as the other Animals said you were. I just thought I'd be friendly and come and call-and invite you to call on us some day.' "'All you wanted,' said Mr. Can-

der, 'was to steal the Eggs!' "'You old silly Gander,' said Mr Peacock. 'As if I wanted a lot of little Geese coming out of their shells! But if you think that way, I'll leave you. And this I will say: That now

I see why you all belong to the Goose family-for not only are you very cross but you're very, very silly! Good afternoon,' and Mr. Peacock, feeling very hurt from the shaking Mr. Gander bad given him, strutted "Pretty soon Mrs. Goose came back

from the Stream. 'Well, my dear,' she



Walks With Mother and Daddy.

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

"'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 added.

"'Safe,' said Mr. Gander. "The very next day the finest set of Geese came out of their shells and waddled after their Mother wherever she went. Mr. Gander kept very busy looking for food for the Brood.

"But every single one of the Geese were brought up to be cross and to hate all the other Animals in the Barnyard. They played by themselves or took walks with their Mother and Daddy.

"Sometimes they would fly around for exercise and then their Mother and Daddy would admire them-for they were all the most beautiful cream-colored Geese you can imagine and their wings were brown.

"Of course their Feet were uglybut the Mother and Daddy never noticed that. And why should they? For they had just the same kind of Feet!

"But Mr. Peacock never called on Mr. Gander again-and all over the Barnyard Mrs. Goose, Mr. Gander and the little Geese were known as 'that cross Goose Family!"

Her Choice. "When I am big, mamma, I'm going to marry a coctor 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." -Woman's Journal.

If One, Why Not the Other? Little Mabel had just recovered from an attack of the chicken pox. "Well," she informed her mother, "I'm glad that is over. Now what do I have next, turkey pox or duck pox?"

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.

Half way through the evening the couple disappeared onto a balcony. The girl sat down and the man stood gazing down at her. Without the slightest warning he asked her to be his wife. He was a widower, as she knew. "I wanted to please you," she said, "but I did not expect this."

"It is the unexpected that happens," he said with a smile. "I'm sorry," she said, "and I'm glad

at the same time. I have been trying to make you like me." "Why? "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 ventor, "that I believe there will be sation,

"Saved Daylight" 40 Years Menson, in Maine, wonders why there is so much ado about the "daylight saving" plan. According to the Youth's Companion, about 40 years ago someone in the town suggested that it ! would be a good thing for the workers in the slate quarries to gain an hour of daylight by going to work on hour earlier in the morning and stopping work an hour earlier at night.

Morson have been an hour ahead of farer, "I ain't had a bite to eat in 24 the clocks in other Maine towns.

town last week."

"How did he enjoy his visit?" 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

Boston. Sold everywhere.-Adv.

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

"Nine out of ten people would never attend a baseball game if they couldn't give the players and the umpire unsolicited advice."

Deserted Wife-I want to offer five dollars' reward for news of my husband, dead or alive. Police Official-But, madam, you

lars' reward if he's dead. Appropriate Returns.

"Did they realize anything from the

ice carnival?" "Certainly; plenty of cold cash."

There are but few unhappy marriages. The unhappiness shows up

from 60 to 85 degrees.

DOUGLAS

THE SHOE THAT HOLDS ITS SHAPE \$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 AND WOMEN Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers.

The Best Known Shoes in the World. W. L. Douglas name and the retail price is stamped on the bot-W tom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass, by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free. President \$3.00 \$2.50 & \$2.00 W. L. Douglas Shoe Co., Brockton, Mass.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

"Automobile accidents are numerous," remarked the prolific in-

Long-Felt Want.

"What is the nature thereof?" asked the owner of the big red car.

"It's a shock absorber," answered the man behind the idea. "Huh!" grunted the other, "the killed."

woods are full of shock absorbers." "Yes, I know," rejoined the inventor, "but this is different. It is for pedestrians to wear when crossing Telegram. streets."

And throwing on the high speed gear, the inventor started for the millionaire class.

Charity. "Please, kind lady," said the wayhours.

"You are just the man 'Im looking that he has become quite miserly .for," replied the lady of the house. Puck. "My uncle from Kansas was in "My husband gathered a mess of mushrooms this morning, and I want to make sure they are not toadstools. "He didn't. When he found out Just wait a moment and I'll bring you a dish of them.'

Thorough.

first mortgage."

"Did the grasshoppers do much dam age to your farm last year?" "I should say they did. They de voured everything clear down to the

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 Peaches '

How Aviators Get Messages. Helmets for aviators have been in-Address postcard, Cuticura, Dept. L. phones built into the ear flaps.

> manufacture of artificial silk is being tried at Yonezawa.

The first experiment in Japan in the

Awful to Contemplate. The fat plumber and the thin carpenter engaged in their usual conver-

Boys' Shoes

"There was great excitement near our shop today."

"What caused it?" "Man hit by an automobile."

"Hurt him much?" "No, but at first they thought he was

"What made them think that?" "He was carrying a cherry pie and it nashed under one arm."-Youngstown

Calling for Reform. Frances-You say you are going to

marry a man to reform him. That is fine. May I ask who he is? Flora-It's young Bond. Frances-Why, I didn't know he had

Flora-Well, his friends are saving

Nothing More.

"Your wife must be very solicitous about you." "Why do you say that?"

any bad habits.

"She writes every day." "She's solicitous about the canary." -Louisville Courier-Journal.

No Compliment.

"I call the little girl I'm sweet on my Dotty Dimples." "Well, if she's sweet on you, she's the dotty part. all right."

"Mrs. Gaddy does talk a great deal, but she's as deep as a well." "I hope she is like one of the wells which sometimes dry up."

Minnesota farmers in four years vented with wireless receiving tele- have spent about \$20,000,000 for new buildings.

Kentucky and Pennsylvania produce

nearly all the cannel coal mined in the United States.

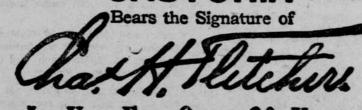


gun. Winchester Model 1912 shotguns are made entirely of nickel steel. and hence are the lightest and strongest guns on the market. Be sure to see one before buying. Sold by all dealers. THE REPEATER PAR EXCELLENCE

Children Cry For

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotte substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels,

assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend. GENUINE CASTORIA ALWAYS



The Kind You Have Always Bought

In Use For Over 30 Years

you. Why? Because last night I a great demand for my latest invenfion. married your son."

The town adopted the suggestion, but instead of changing the working hours it set the clocks ahead. Through all the years since then the clocks of

Swindled.

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. Free sample each by mail with Book

give unsolicited advice." "But, why, my friend, should one resist a temptation of that sort?" asked the ardent fan. "I don't understand you, sir."

Assessed Value.

ought not to put news of him dead or alive at the same figure D. W .- All right. Make it ten dol-

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

Winter temperature of Cuba ranges

Grant Tateher. let Contents 15 Fluid Drachms 900 Drops ALCOHOL-3 PER CENT

AVegetable Preparation for Assimilating the Food and Regula-ting the Stomachs and Bowels of INFANTS CHILDREN Promotes Digestion, Cheerful ness and Rest. Coutains neither Opium Marphine nor Mineral NOT NARCOTIC. Beign of Gai Dr. SAMIEL POTCHE

Promite Suit
All Series
Products Suit
And Series
And Se Aperfect Remedy for Constitution, Sour Stomach Diameter.
Worms, Feverishness and
LOSS OF SLEEP.

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