

**"WHACKS"**

**And What They Mean**

When Old Mother Nature gives you a "whack" remember "there's a reason" so try and say "thank you" then set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all. Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be that causes her disapproval. Whiskey, Tobacco, Coffee, Tea or other unnatural treatment of the body, until serious illness sets in or some chronic disease. Some people seem to get on very well with those things for awhile, and Mother Nature apparently cares but little what they do. Perhaps she has no particular plans for them and thinks it little use to waste time in their training. There are people, however, who seem to be selected by Nature to "do things." The old Mother expects them to carry out some department of her great work. A portion of these selected ones oft and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc. You know all of these throw down the same class of alkaloids in Chemical analysis. They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have drugged for a time, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind. Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body. Perhaps it is coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, SURE. And you may also be sure she will hit you very, very hard, if you insist on following the way you have been going. It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.

Coffee drinkers when ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee at once and for all, by having well made Postum, with its rich, deep, seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out. It pays to be well and happy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune. Strip off the handicaps, leave not the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back. "There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."

**Question Box**

A. J.—Recipe for making vinegar of cider given in another column.

Anna M.—Set your dishes of vegetables in a pan of hot water, and they will not dry out.

Housewife—Two recipes are given for mincemeats in another column. Mincemeats should be made a week or more before it is to be used, in order to have the flavors well blended.

Beginner—Unless the recipe states to the contrary, the flour, sugar, spices and soda should be sifted before measuring. A teaspoonful of unsifted flour will usually make twice as much in quantity after it is sifted, and many fail of having success with recipes because of this.

Hostess—For a home dinner, the platter containing the turkey should be placed on a napkin in front of the carver. The individual plates should be a little to his left; as the portion is served, the plates should be passed, age taking precedence, unless there is a guest, when he should be served first. A roast should be served hot.

Agnes B.—Thanksgiving would hardly be recognized as such without either pumpkin or mince pie, or both, and your mincemeat should be prepared at least a week before the pies are to be made. Cranberries, in some form, are also a Thanksgiving dish. Let the gelatin stand in cold water half an hour, then pour boiling water over it. A given amount of liquid requires less gelatin in winter than in summer.

Hattie—For rolled sandwiches cut bread that is about a day old into slices lengthwise of the loaf, and very thin; have your meat chopped fine, or beaten to a pulp; rub the yolks of three hard-boiled eggs to a paste with three tablespoonfuls of melted butter, a little mustard, and lemon juice, if liked, season with salt and pepper, mix well with the meat, spread on the thinly-sliced bread and roll as you would jelly cake. Toothpicks may be used as skewers.

Mrs. S. J.—Meats and raw vegetables should be run through a chopper if intended for soup; many people cook both meat and vegetables until stewed to pieces, then press through a fruit or vegetable press, or even a flour sieve, which makes the soup perfectly smooth and free from lumps. Put into the soup kettle every scrap of meat, vegetables or cereals left from other meals, being careful that nothing is in the least soured or spoiled.

Fannie L.—The currants should be rubbed with the hands until all the stems are separated, then put into a colander and water poured over them until all stems, gravel stones and sand are washed off, then scald, drain, spread on pie tins and stand in a cool oven with door open until dry.

Bessie B.—Henna is the name of a small shrub which is found in the East Indies, and on the Mediterranean coasts, and the leaves of which are used for coloring the finger nails and other parts of the hands and feet an orange-red color, which is supposed to add to the beauty of the Egyptian women and Mohammedan women of India. For bleaching blonde hair use a teaspoonful of salts of tartar to a basin of warm water, washing the hair well in this and rinse in clear water to which a pinch of borax has been added. Or wet the roots of the hair daily with a solution of a teaspoonful of bicarbonate of soda to a pint of water, using continuously. Some shades of brown.

Subscriber—Walnut dye is a very unsatisfactory thing. The roots of your hair would be continually showing up the natural color. Better to use the sage tea treatment recommended a few weeks ago. This will not only darken the hair, but will strengthen it as well. The recipe was given very recently.

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**Inside Nerves!**

Only one out of every 98 has perfect health. of the 97 sick ones, some are bed-ridden, some are half sick, and some are only dull and listless. But most of the sickness comes from a common cause. The nerves are weak. Not the nerves you ordinarily think about—not the nerves that govern your movements and your thoughts. But the nerves that, unguided and unknown, night and day, keep your heart in motion—control your digestive apparatus—regulate your liver—operate your kidneys. These are the nerves that wear out and break down.

It does no good to treat the ailing organ—the irregular heart—the disordered liver—the rebellious stomach—the deranged kidneys. They are not to blame. But go back to the nerves that control them. There you will find the seat of the trouble.

There is nothing new about this—nothing any physician would dispute. But it remained for Dr. Shoop to apply this knowledge—to put it to practical use. Dr. Shoop's Restorative is the result of a quarter of a century of endeavor along this line. It does not dose the organs or deaden the pain—but it does go at once to the nerve—the inside nerve—the power nerve—builds it up, and strengthens it, and makes it well.

Don't you see that this is NEW in medicine? That this is NOT the mere patchwork of a stimulant—the mere soothing of a narcotic? Don't you see that it goes right to the root of the trouble and eradicates the cause.

**Mince Meats**

This recipe is given by Mrs. Rorer: Two pounds of beef, two pounds of layer raisins, two pounds of currants, picked, washed and dried, one pound citron, two nutmegs, grated, one-fourth ounce cloves, one quart good home-made currant wine, or sherry, two pounds beef suet, half pound candied lemon peel, four pounds apples, two pounds sultana raisins, two pounds sugar, half ounce of cinnamon, one-fourth ounce mace, teaspoonful of salt, quart of good brandy, juice and rind of two oranges and two lemons. Cover the meat with boiling water and simmer gently until quite tender, then stand away in the water remaining, if any, until cold; shred the suet and chop it very fine; pare, core and chop the apples; stone the raisins, shred the citron, and when the meat is perfectly cold chop it fine and mix all the ingredients with it; then add the juice and rinds of the lemons and oranges, mix thoroughly and pack in a stone jar; pour over it the brandy and wine, cover closely and stand in a cool place. When ready to use, dip out the desired quantity and thin with cider or wine. Mincemeats made

But I do not ask you to take a single statement of mine—I do not ask you to believe a word I say until you have tried my medicine in your own home at my expense absolutely. Could I offer you a full dollar's worth free if there were any misrepresentation? Could I let you go to your druggist—whom you know—and pick out any bottle he has on his shelves if my medicine were not UNIFORMLY helpful? Could I do this if I were not straightforward in my every claim? Could I AFFORD to do it if I were not reasonably sure that my medicine will help you.

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after this recipe should keep all winter.

Mincemeat No. 2.—Two bowls of chopped apples, one bowl of chopped lean beef (cooked), one-fourth pound of suet, grated rind and juice of one lemon, two teacupfuls New Orleans molasses, one large teaspoonful each of cinnamon and cloves, one nutmeg, one pound raisins, half pound currants, one-fourth pound of citron shredded fine, one quart of good cider and sugar and salt to taste.

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