

DIDN'T LIKE THE JOB

One of the daughters of a large family was recently planning the details for her wedding, which was a formal church affair. She desired to have all her sisters take part in the ceremony, so little Joan, three years of age, was chosen ringbearer.

All went well until the evening before the ceremony, when all the participants went to the church for a rehearsal. Little Joan started bravely with the ring embedded in the heart of a crimson rose, but after the first dozen steps had been taken down the long aisle, she dropped the rose, ring and all and rushing to her mother's arms, cried: "I don't want to be a rain barrel."—Indianapolis News.



How to train BABY'S BOWELS

Babies, bottle-fed or breast-fed, with any tendency to be constipated, would thrive if they received daily half a teaspoonful of this old family doctor's prescription for the bowels.

That is one sure way to train tiny bowels to healthy regularity. To avoid the fretfulness, vomiting, crying, failure to gain, and other ills of constipated babies.

Dr. Caldwell's Syrup Pepsin is good for any baby. For this, you have the word of a famous doctor. Forty-seven years of practice taught him just what babies need to keep their little bowels active, regular; keep little bodies plump and healthy. For Dr. Caldwell specialized in the treatment of women and little ones. He attended over 3500 births without loss of one mother or baby.

DR. W. B. CALDWELL'S  
**SYRUP PEPSIN**  
A Doctor's Family Laxative

The Lesser Evil  
Doubt is an easier guest to entertain in one's bosom than worry.

Why Dread Motherhood?

WOMEN who dread motherhood or who suffer from periodic pains every month, backache or the weakening drains from which women often suffer, can be helped by the use of Dr. Pierce's Favorite Prescription. Then, too, in middle life it's just the right remedy for the woman who suffers from nervousness and "heat flashes." Hear what Mrs. Guy Shepherd of 1113 E. 8th St., McCook, Neb., says: "Some time ago during expectancy I felt rundown, nervous, my appetite was poor and I was very weak—did not feel like doing anything. Dr. Pierce's Favorite Prescription certainly made me feel lots better. I was not nearly so nervous, felt stronger and, in fact, I felt much better in every way."

Write to Dr. Pierce's Clinic, Buffalo, N. Y., for free medical advice.

CATARRH

Can Now Be Washed Away  
Get a little nasal douche and an economical bottle of SINASIPTEC from your druggist and in a few minutes you can start to wash away every trace of matter caused by nasal catarrh. Keep using SINASIPTEC in warm water and soon all stiffness disappears, catarrh pressure is gone and your nose, head and throat feel marvelously clear. Tear this out. SINASIPTEC is pronounced Sina-sip-tek.

Rush Order for Glo-O-Youth Complexion Beautifier. New, stunning, whitens skin beautifies instantly. Detracts years. 75c p.p. Honan Laboratory, 1107 Pearl, Denver, Colo.

Miserable with Backache?

It May Warn of Kidney or Bladder Irregularities  
A persistent backache, with bladder irregularities and a tired, nervous, depressed feeling may warn of some disordered kidney or bladder condition. Users everywhere rely on Doan's Pills. Praised for more than 50 years by grateful users the country over. Sold by all druggists.

**Doan's Pills**  
A Diuretic for the Kidneys

Sloux City Ptg. Co., No. 11-1933

Guadalupe Cathedral Founded on a Vision  
MOST FAMOUS SHRINE IN MEXICO WAS BUILT ON SCENE OF THE LEGENDARY MEETING OF THE VIRGIN MARY AND AN INDIAN PEASANT PILGRIM



The shrine of Guadalupe, the religious capital of Mexico, on the Hill of Tepeyac, three miles from Mexico City.

By NEA Service  
Guadalupe Hidalgo, Mexico — In all the history of religious shrines probably none is so intimately woven with the performance of miracles as the present cathedral at Guadalupe.

The shrine was built directly as the result of a legendary vision and on the exact spot where it is said to have occurred. More than 400 years ago according to the stories, on a bright December day, a poor Indian peasant, one Juan Diego, trudged toward a nearby village to offer his prayers in the chapel of the Franciscan fathers. Walking slowly over the Hill of Tepeyac, a rocky, barren peak overlooking Mexico City, Diego was suddenly confronted by a beautiful woman who told him she was the Blessed Virgin. She bade him have no fear and expressed her wish that a shrine in her honor be erected on the spot. The peasant also was commanded to report his meeting to the bishop.

That worthy either refused Diego an audience or heard and disbelieved him for the incident was forgotten by all but the worshipful peasant. The next day the Virgin appeared again at the same place and this time commanded Diego to go to the top of the barren hill and bring her roses. Skeptical but also fearful Juan mounted the summit of the hill and found himself in a beautiful garden resplendent with roses. Re-

turning with the roses in his blanket the Virgin pressed the flowers to her breast and then told him to proceed again to the bishop and offer the blossoms. He repeated his story to the bishop and spread the roses on the ground. And then he held up his blanket, a rough, coarse-cloth mantle, the Indian and the pious father beheld painted on it the image of the Virgin Mary.

The bishop forthwith ordered that a chapel be built on the spot of the meeting and the magnificent stone edifice that stands there now is the outgrowth of that first humble shrine. On the impressive altar of bronze and gold in the present shrine still may be seen the Indian peasant's blanket, the figure of the Virgin still faintly visible, in a gold and silver frame.

The shrine is the scene of an annual fiesta when religious pilgrims from throughout the entire world come to venerate the miraculous painting and to seek cure for their ills. Dignitaries of the church have proclaimed December 12 as the holy day — the day when the first shrine to the Virgin was begun — and it has since become the Mexican national holiday.

Recognition of the legend of the Virgin of Guadalupe was given by the Vatican in 1754 and since that time this city has become the most venerated in the nation and has attracted more religious dignitaries and more pilgrims than any other shrine.

steak, soup stock, pork sausage, spare ribs, stewed chicken and lamb roast has been canned by the women of the county.

Meat Canning Plays Important Program Role

Clarendon, Ark. — (UP) — Meat canning has come to play an important role in the food preservation program of Monroe county, according to Miss Lucy Embrey, home demonstration agent.

Recently in one week, 2,150 pounds of beef were canned. At two community demonstrations 30 men and women came to learn the art of canning meat.

During 1932, 9,748 jars of beef roast, steak, chill, stew, hamburger

Baby Had Synthetic Case of Lockjaw

San Francisco — (UP) — Twenty-two months old May Alice Larsen had a homemade case of lockjaw all right, but it was synthetic.

In her daily surveying excursion of her parents' home, May Alice found an open tube of rubber cement, used to mend her mother's china. May Alice inserted the tube in her mouth and squeezed and squeezed.

Presently her mother noticed May Alice was singularly quiet. Her mouth was stuck together — tighter than a mended plate.

A trip to emergency hospital and fast work by a surgeon removed the baby's "lockjaw."

Monkey Mascot



This little simian pet, Jenny, in her smart afternoon frock, is the constant companion of Norma Taylor, well-known actress. Jenny, a chimpanzee, has almost human intelligence and is here shown doing her stuff with a baby comforter. Miss Taylor was recently named as co-respondent in the divorce action of Mrs. John Hutchins, who is seeking freedom from the well-known dramatic coach.

Woman Thought U. S. Belonged to Britain

London — (UP) — She thought, or at least she said she thought, that the United States was a part of the British Empire. She was fined £1 (approximately \$5 at par) but not for saying that.

It happened at Southend which is at the south of the River Thames. A fruiterer, Mrs. Rose Chalk, was arraigned for having exposed apples for sale without

Extras That Add Variety to Menu

Tempting Ways of Preparing Dainties Rich in Vitamins.

I wonder if you use in your meal plans many of what are known as "meat extras." Almost every one, of course, uses liver, especially since it has become so well known as a source of vitamins and of iron. Opinion has certainly turned over in a generation in regard to this meat as a constituent to a child's diet.

It used to be considered no food for children, and consequently many people never learned to like it. One point about its increased popularity is deplored by its older devotees, and that is the fact that increased demand for it has made it increase in price.

Kidneys, although they deserve at least part of the consideration given to liver, from the food value angle, have not become as popular and they can still be obtained at a comparatively low price. If you like kidney you usually like it very much indeed, and consequently kidney en brochette and kidney stew are among the real delicacies. Just writing about them makes me want to go to the telephone to order some immediately, a household expert writes.

We find sweetbreads are more popular generally than the other meats of this type. They are, of course, more delicate in flavor and are usually among the most expensive meats. Brains, either of calves or of lambs, may be used in any recipe which calls for sweetbreads, and also sweetbreads can be used in any recipe that calls for calves' or lambs' brains. You will find any number of persons who have never tasted brains who would like them very much if they were introduced to them under the guise of sweetbreads.

Tripe, especially honeycomb tripe, has its devotees, but it is not as well known in general as some of the other "meat extras."

While calves' hearts are considered the choicest, the hearts of beef and lamb are also used. They need comparatively long cooking and should be well seasoned. Stuffed hearts are particularly popular.

It is hardly necessary to mention tongue in connection with this group of meats, because it is more generally used and more popular than any of the others. Fresh, corned, smoked and pickled tongues are all available and you can take your choice.

Tongue is usually served with some sort of a sour sauce.

**SWEETBREADS IN EGG SAUCE**  
1 pair sweetbreads  
Salt and pepper  
1½ cups stock  
Few drops onion juice  
2 egg yolks  
1 teaspoon lemon juice  
1 tablespoon flour  
1 teaspoon minced parsley  
6 cream puff shells or patties

To cook sweetbreads, wash them in cold water, cover with water to which one-half teaspoon salt and a tablespoon of lemon juice or vinegar has been added, and cook them gently for thirty minutes. When done rinse in cold water, remove membranes and cut in small pieces.

Heat the stock, season with salt and pepper to taste, and add onion juice. Beat the egg yolks, add lemon juice, flour and parsley. Mix well, add stock, and cook over hot water until thickened, stirring constantly. Add cooked sweetbreads, cut in pieces and one-fourth cup of cream, heat well and serve either on toast or in patty or in cream puff shells.

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To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

And Then He Struts  
An Intellectual is one who likes fiction that he can't enjoy at all.



BAYER **SPEED!** BAYER

The quickest relief for a headache is two tablets of Bayer Aspirin. The tablet bearing the Bayer cross dissolves very rapidly and brings rapid relief. There is no known medicine that works quite like Bayer Aspirin for the awful head and face pains of neuralgia. There is nothing with quite the same effectiveness in relieving rheumatism.

Bayer Aspirin does not depress the heart, does not upset the stomach, does not have any ill effect. Its purity and uniformity are tested thirty-six times!

Time counts when you're in pain. Stick to genuine Bayer Aspirin!

And Bayer means **Safe!**



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SALTED  
Uneeda

LISTEN to the shoppers in any grocery store and you'll know that PREMIUM FLAKES must be good! Why, everybody seems to be ordering these tender, flaky crackers by the pound or 2-pound package. Actually, PREMIUM FLAKES are the largest-selling crackers in the world! Find out for yourself how good PREMIUM FLAKES really are. Find out how useful they are. Just say to your grocer what millions are saying... "I want those famous PREMIUM FLAKES!"

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