

What a Cold Can Do

Many a fatal case of kidney disease starts from a simple cold or chill. Congestion clogs and weakens the kidneys. Uric poisons collect, damage the kidneys and cause backache, rheumatic pain, headaches and urinary disorders.

When doctoring a cold, think of the kidneys. Drink water freely to help flush out the poisons. Take Doan's Kidney Pills to relieve congestion of the kidneys, give up a heavy meat diet and take plenty of rest. Nature will assist in the cure. Doan's Kidney Pills are used with success and are publicly recommended all over the civilized world.

A Nebraska Case

J. F. Brewer, 3334 Boyd St., Omaha, Neb., says: "Three or four years my back pained me intensely. After work I was all tired out and my joints ached intensely. My kidneys became irregular in action and were inflamed. When I read about Doan's Kidney Pills I used some and two boxes cured me. I have had practically no trouble since."



Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Adam had his faults, but he was never sued for breach of promise.

Red Cross Ball Blue makes the laundress happy, makes clothes whiter than snow. All good grocers. Adv.

But even if you are able to convince a fool, what's the use?

DISFIGURED WITH ERUPTION

2405 Copeland St., Cincinnati, Ohio.—"For one year my right wrist and left arm from elbow to shoulder were disfigured with sore eruption. The eczema broke out with a rash and looked like raw beef steak. It itched and burned continually and I had to keep my arms covered with soft linen cloths. I could not sleep at night. "I was told it was chronic case of eczema and got medicine but it had no effect. Then I sent for a sample of Cuticura Soap and Ointment and the first application seemed to help me. I purchased two cakes of Cuticura Soap and a box of Cuticura Ointment and in six weeks my arms and wrists were thoroughly healed." (Signed) Mrs. John Clark, Jan. 26, '14.
Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

The New Language.

Here is our esteemed contemporary World Speech again celebrating that accomplished international language, Ro, which is "easy enough for the Japanese, Chinese or Hindus, as for the Latin or Teutonic peoples." No doubt, and as easy for us as Japanese, Chinese, Etruscan and Basque. But listen to a bit of Ro dialogue:
"Gi tada, aci flaw? (Good morning, how are you?)
"Sto ec, asi lic. (Thank you, I am well.)
"Asi we rek abo? (Do you understand me?)
"We do not; but api mugcal hab awoz mebu? How many legs has a lobster?"—New York Sun.

His Escape.

The young man had threatened suicide if she rejected him. And although she did, he didn't.
"Why didn't he?" was asked.
"Said he'd give his heart to her."
"What's that got to do with it?"
"Oh, he didn't have the heart to kill himself."

Not That.

"Y say your wife is rustiating?"
"Hardly that. I could rusticate on \$15 a week easy, but it costs her \$76."

True Enough.

Teacher—What is a pedestrian?
Country Pupil—A feller what gets run over by an automobile.

Breakfasts of "Other Days"

ran something like this:

Ham, bacon or sausage; fried potatoes; doughnuts and coffee—prepared by overworked mothers.

Today's and Tomorrow's Breakfasts

run about like this:

Post Toasties

—with cream or fruits; a poached egg or two; crisp toast; and a cup of Postum—a royal starter for any day.

Quick, easy to serve, appetizing, and—

"Mother" has it easier!
—sold by Grocers.

The KITCHEN CABINET

The men of the past overcame because they had convictions. We of the present frequently fail because we have nothing but opinions.—Heine.

There are just two kinds of people, for whom I have no use. The one sits still and listens, while the other heaps abuse.

THE SCHOOL LUNCH PROBLEM.

As school opens there are thousands of mothers who will be troubled over the child's lunch, so that a few ideas and suggestions will be welcomed just now.

One likes the lunch to be tempting as well as nourishing, and it means thought and planning to accomplish this so that they may not say, with Dickens: "I live on broken wittles."

The country child who trudges over long country roads in the pure, sweet air, will need a heartier and more satisfying food than the child who leaves a steam-heated house and is sheltered from nature's wind and air.

Few know the nutritive value of nuts. A lunch basket should never be packed without a few of some kind or other.

Baked apples, jellies of various kinds, and fruits are always most satisfactory lunch basket foods.

Home-Made Deviled Ham.—Chop very fine one pint of boiled ham, more fat than lean, six hard cooked eggs, one teaspoonful of mustard, the made kind, season and press in a mold. This will keep for weeks, and makes fine filling for sandwiches.

Baked Bean Sandwiches.—Mash cold baked beans to a paste, season with mustard, and finely chopped celery, spread between buttered brown bread.

Creamed Cookies.—Cream a half cupful of butter, add one cupful of sugar, one well beaten egg and a half cupful of milk, three and a half cupfuls of flour, one teaspoonful of soda, and two of cream of tartar, then flavor with lemon. Roll out and cut and put the following filling in between two cookies before baking. Cook until thick, one cupful of raisins, juice and rind of a lemon, one cupful of sugar and a half cupful of water, with two teaspoonfuls of corn starch. Half of this will be sufficient for a small rule of cookies.

I have told you of the Spaniard who always put on his spectacles when he ate cherries, so they might look more tempting. In like manner you should look at your own blessings.—Shouldy.

CHESTNUT TIME.

This wholesome, delicate-flavored nut is not appreciated as it should be. There are any number of delicious dishes to be made wholly of the nut or in combination with other foods.

Chestnut Custard.—Blanch, boil until soft and mash through a colander a quantity of chestnuts; to one cupful of the pulp add three yolks of eggs and one beaten white, one cupful of milk and half a teaspoonful of vanilla extract, with sugar to taste. Pour into a buttered dish and bake slowly. Make a meringue with remaining whites and two tablespoonfuls of sugar, spread over and brown in the oven. Garnish with preserved cherries.

Chestnut Sauce.—After roasting a turkey, remove the fat from the pan gravy and stir in two tablespoonfuls of flour to the little fat left, which will be about three tablespoonfuls; if more than that, let it cook down. Pour in two cupfuls of boiling water, stir until smooth and thick. Season with salt and pepper and add a pint of mashed cooked chestnuts, a tablespoonful of chili sauce or a few drops of tabasco. Pour into a sauce boat and serve with the turkey.

Mashed Chestnuts.—These are served in place of potatoes and are seasoned as one does potatoes. Cook the blanched nuts in milk until very soft, then mash and season with salt and butter.

Curried Chestnuts.—Shell and blanch one pound of chestnuts; stew in stock until tender. Melt two tablespoonfuls of butter, add a teaspoonful of sugar and a sliced onion, one chopped apple, one tablespoonful of curry and a teaspoonful of sweet chutney; moisten with one cup of stock or gravy and cook until the apple is soft, then rub through a sieve, add a squeeze of lemon juice and simmer until the nuts have absorbed the flavor. Serve with plain boiled rice.

U. S. A. Style.

From an American paper, under the heading, "Good Advertising Brings Dollars." "A poor joke printed is a boomerang. A good joke diverts attention from your prices and goods." "Put prices in your advertisements." "If you are using a small space talk about one article at a time." "Talk about your goods, not about your firm or what a fine place your store is." "Change your ads often. People think you are not alive if you don't."—Dundee Advertiser.

The treasures of the deep are not so precious. As are the concealed comforts of a man. Look'd up in a woman's love. I scent the air. Of blessings, when I come but near the house. What a delicious breath marriage sends forth.—The violet bed's not sweeter.—Middleton.

FOR SPECIAL OCCASIONS.

There are such numbers of dainty toothsome sandwiches that one need never be at a loss for a variety; but often one likes something a little out of the ordinary and here are a few:

Cheese and Pepper Sandwiches.—Mash a small cream cheese, season well with salt, red pepper, and add enough thick cream to soften, then a finely shredded green pepper, mix well and spread on white bread, cut in rounds to serve. A good way to do it, if there is time, is to get the bread all spread and filled and not cut the crust off, or use the fancy cutters until they are ready to serve.

A very dainty sandwich which delights the children and even older people is the so-called Kindergarten sandwich. Cut bread in rounds with a doughnut cutter or use a larger center cutter if so desired. Have slices of both brown and white bread, and slip the brown center into the white circle and the white center into the brown one; spread with any desired mixture and serve.

Royal Sandwiches.—Mix a half cupful of shrimps with one-half cupful of chicken livers (cooked), one half a red pepper, and one-half a Bermuda onion. Finely chop and moisten with mayonnaise dressing. Spread on slices of brown and white bread, putting the two colored slices together and cut in fancy shapes.

Nut Sandwiches.—Blanch and brown a half cupful of almonds, season well with salt and red pepper; add two tablespoonfuls of chopped pickles, one tablespoonful of Worcestershire sauce, and one tablespoonful of chutney. Spread sandwiches with creamed cheese, and sprinkle with the almond mixture finely chopped. Serve on unsweetened crackers.

Windsor Sandwiches.—Cream a third of a cupful of chopped ham and two-thirds of a cupful of cooked chicken. Season well with salt paprika and spread on buttered white bread.

MEAT SUBSTITUTES.

For the vegetarian, or those who cannot eat meat there are many most desirable and tasty dishes, so that one need not feel that there is nothing to eat if meat is cut from the diet.

Walnut Croquettes.—Mix together the following ingredients, form into croquettes and fry as usual. Take a cup of ground or finely chopped walnut meats, a cup of mashed potato, a teaspoonful of salt, one egg, slightly beaten, a cup of soft bread crumbs, and the yolks of three eggs; mix well and shape. Serve with tomato sauce.

Asparagus Leaf.—Take two cups of cooked asparagus. If fresh cook it and drain. Add two-thirds of a cupful of cracker crumbs to a cupful of hot cream, add a teaspoonful of butter, a teaspoonful of salt, a little onion juice and one egg beaten. Fold in the asparagus cut in half inch pieces and bake in a buttered dish a half hour.

Macaroni and Eggs.—Break the macaroni into inch pieces and cook in boiling salted water until tender. Place in a buttered baking dish and pour over the following: Three eggs, well beaten, a cupful and a half of sour cream, and a teaspoonful of salt pour into a well buttered baking dish and bake a half hour.

Nellie Maxwell.

Why the Rooting?

Little Anna's father was a baseball enthusiast and had taken her to several games. One Sunday morning she went with him and her mother to the service in the Methodist church. Anna was not much interested in the sermon until the minister warmed up to his subject and the older men near the pulpit began to shout, "Amen," "Hallelujah," etc. On the way home she looked up at her father and exclaimed: "Say, pop, who were the men up front rooting for the preacher?"

Temperance

(Conducted by the National Woman's Christian Temperance Union.)

BEER DRINKING AND DEGENERATION.

(By PROF. DR. VON BUNGE, of Germany.)

Think of the madness of the whole process. Yearly, giant masses of our most valuable nutritive substances, grains, fruits, berries, are thrown to these yeast fungi to devour. The fungi devour this yeast and what they leave, their poisonous excreta, is collected in vast quantities, stored in bottles and barrels, sent into all countries, distributed among all men. And now, day after day, all the organs and tissues of the human body are flooded with this poison, even those which secrete the germ cells, and so the universal weakening is carried down into all succeeding generations.

With half measures we can accomplish nothing. Only the most radical means promise any success whatever. Our aim is the total prohibition of the production and trade in all alcoholic drinks.

Our real, our chief enemy, is the giant capital which is laid down in the brewing, distilling and liquor-selling trades. If prejudices still rule among us it is because this capital controls, directly or indirectly, the whole press, and does not allow proper information to get to the people.

Such horrors as a great modern joint-stock brewery perpetuates are unrivaled in the whole world's history. Men in past centuries were made chattel slaves. But the slaves kept their health. Men have been killed by thousands. But the children of the murdered remain strong. Now they make slaves of them and murder them at the same time. They kill them with their children and their children's children. They kill them slowly; they torture them slowly to death.

DOES NOT INCREASE TAXES.

A bulletin issued by the census bureau gives the financial statistics of cities with a population of 30,000 and over. The 24 cities having a population of between 45,000 and 60,000 include Topeka and Wichita, Kan.—the only two in this group located in temperance states. The average tax rate in the 22 wet cities is \$19.28 per thousand of assessed valuation. The tax rate of Wichita (59,222 population) is \$15.50; that of Topeka (45,478 population) is given as \$13.10. The current rate of the latter, however, including city, county and state, is but \$10.50. Only eight of the cities in license states have a less rate than Wichita; none has a smaller rate than the current rate of Topeka. Although Topeka stands at the bottom of the list on population, only two cities show a larger assessed valuation.

DANGER OF MODERATE DRINKING.

Twenty years ago medical science discovered that the white blood corpuscles are the guardians of the body, defending it against disease germs. It has been proved that even alcohol through its narcotic effect paralyzes these defenders and makes them powerless to destroy the invading foes—this even after very minute doses of alcohol. Moderate drinkers are, it is well known, prone to diseases of the liver. This is because alcohol interferes with its functional duties. Physiological science tells us that the liver destroys much of the poisonous waste matter generated in the body. When alcohol is taken into the system the liver, it seems, goes to work to eliminate that first. The power of the liver being limited, some of the other work is left undone, waste matter returning into the blood and disease is the result.

AN INDUSTRIAL BENEFIT

The Reymann Brewery represented one of the big industries of Wheeling, W. Va., before the state went dry. The wets pointed to it as one of the great concerns which temperance would destroy, thereby throwing men out of employment. Instead of destruction, however, came transformation. The Reymann Brewery has been changed into the Reymann Packing company. Additions to the plant costing at least one hundred and fifty thousand dollars are being built and it will employ 400 men. The brewery employed 40.

EDUCATION AND SALOON MONEY.

An American saloon worker was trying to persuade an Irishman to vote for the saloon by using the threadbare argument that if you close up the saloons and cut off the revenue, it will be necessary to close the public schools. "And then what will your boy do for an education?" "Well, he gorrh," said the Hibernian, "I'd rather have my boy learn his A, B, C in heaven than to be able to read Latin 'd hell.'"—Vanguard.

WHAT LIQUOR DID.

During a temperance campaign in a certain state the proprietors of the breweries published in a local paper the following notice: "Alexander the Great drank beer and conquered the world before he was thirty-two. Perhaps he might have done it sooner if he had not drunk beer, but you'd better take no chances." Shortly afterward the same paper published the following as a rejoinder: "Alexander the Great died in a drunken debauch at the age of thirty-three. You'd better take no chances."

Capes Practical and Capes Ornamental



CAPES that are really practical

are those made in three-quarter length, well fitted about the shoulders and full about the bottom. They are roomy, without being cumbersome, and they are comfortable. But the cape, plain and simple, is not as well liked for general wear as the capelike jacket and those combinations of cape and coat or cape and jacket, which costume makers have seized upon for making new effects in wraps.

The long, full cape is an ideal garment for evening wear. For this purpose it is developed in many fabrics. Black velvet, lined with white satin or brocade, and white silk or satin draped with black lace make themselves a place of honor in wraps for evening or other full dress. Often handsome furs in deep collars appear on these as on other brilliant fabrics. The long cape promises well in the rich brocades and plushes and embroidered silks and crepes so well adapted to it, especially in conjunction with fur used in broad collars or bands for trimming. For warmth the lighter fabrics are interlined.

For smartness and a style touch

the effectiveness of the cavalier cape. Its best developments are in plain velvet with plain satin linings. It is made here in combination with a sleeveless jacket with flaring collar.

Many of the combination wraps are puzzling at first glance; one hardly knows whether to classify them in the cape list or not. Quite often what appears to be a simple cape turns out to be a sleeved garment. The ingenuity of designers has managed to introduce the lines of the cape into cloaks, and has evolved cape-jackets and cape-coats that are the most novel of the offerings for fall and winter wear in wraps.

Monogram Towels.

The towel monogram is now being enhanced by an embroidered frame for the initials. Sometimes the frame is composed of a simple wreath of forget-me-nots or similar small flowers, and frequently the frame is an embroidered ribbon or a simple added oval.

Kimono Jacket and Morning Cap



EVERY woman, young or old, likes

the comfortable and dainty morning cap and jacket which we usually classed as dressing gowns and breakfast caps. It is at the beginning of the day that they serve their owners best. Nothing but the kimono jacket is made with a view to being put on in the shortest possible time, and no headband but the breakfast cap is designed to make up for a lack of hair dressing. These virtues of the cap and jacket are enough to endear them to the average human.

But they do more than simply add to one's comfort, for it is the fashion to make the articles for the breakfast garb of pretty, gayly colored fabrics or of flowered materials and to deck them out with laces and ribbons. They are bright and "homey" looking and the admiration of other members of the household. A very pretty breakfast cap helps to start the day right. Of such an inexpensive luxury everyone may have a number so as to add variety to the morning toilette.

Consider the number of fabrics one may choose from to make the breakfast jacket. All the fine cotton weaves, lawn, dimity, organdie, mull, batiste, crepe, voile and challie. They are made in all colors and in the most beautiful of flowered patterns. They are inexpensive and it takes only a short length to make a jacket. Or if something more rich is wanted there are the light weight silks, embroidered crepes, nets, plain and figured, and laces. But the breakfast jacket is quite as pretty in the cheaper cotton goods as in the others.

There are many forms of the jacket. All pattern companies supply patterns

for them. The most practical are the simple ones that can be laundered easily. They are no trouble to make, so that every woman may supply herself with these gay and becoming garments.

The very simplest of designs is shown in the picture given here. It is cut by a kimono pattern and made of figured cotton crepe showing a small rosebud on a white surface. The only seams are the underarm and sleeve seams. When these are felled, the bottom and fronts hemmed and the neck bound, the garment is ready for trimming.

A ruffle of shadow lace is sewed to all the edges. Pink ribbon an inch and a half wide is used for fastening the neck and the fronts. A half yard sewed to each side ties into pretty bows. Three yards will provide these and small bows to set on the sleeves as well.

The cap is made of a puff of white mull gathered on an elastic cord. A band of the figured crepe is sewed across the front and turned back about the face. This is one of the washable caps made to outlast an experience in the laundry. There are many others, of ribbon and laces, with frills and flower trimmings that are prettier but less durable. It takes so little to make these bits of finery, even when ribbons and laces are used, that most people can afford them.

The cap shown in the picture is an excellent pattern for a sweeping or dusting cap. No one should neglect to protect the hair as much as possible from dust, which is its worst enemy.

JULIA BOTTOMLEY.