

Assistance THAT IS Dependable
Is often needed in cases of
**POOR APPETITE
HEARTBURN
INDIGESTION
BILIOUSNESS
OR MALARIA**

and you will make no mistake in trying
HOSTETTER'S Stomach Bitters
It is an excellent tonic and appetizer. Get the genuine

The Best Plan.
There is no better plan for us to follow in our everyday life than the one which the Golden Rule marks out. The Savior himself gave it: "Do unto others as ye would they should do unto you."

Important to Mothers
Examine carefully every bottle of **CASTORIA**, that famous old remedy for infants and children, and see that it bears the Signature of *Wm. C. Foster* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

KEEP HEALTHY IN TRENCHES
Soldiers in Good Physical Condition Despite Hardships Which They Are Compelled to Undergo.

Notwithstanding all that has been said about the squalor and discomfort of life at the battle front, the remarkable fact appears, according to all medical testimony, that the health conditions of the men average far better than is the case with those at home and even better than among men of the same class and the same physical equipment in the days of peace.

A French army surgeon has recently written about experiences at the front during 1915, with the troops under his immediate observation. He shows that notwithstanding the fatigue, the overcrowding, the exposure and the unfavorable climate conditions, the total of contagious diseases among this army was less than two-fifths the peace average. In 1915 there were 853 cases of contagious disease, as compared with 2,157 cases in a small force before the war.

In spite of the extreme contagiousness of measles and scarlet fever, he writes, they did not spread among troops bivouacked or camping in the war zone in makeshift shelters, where there was at times the utmost overcrowding. He attributes this entirely to the life in the open air and to the hyper-oxygenation. It seemed to him that repeated contact did not possess the importance previously attributed to it in the communication of contagious diseases.

Radiating Love.
If you come into a room on a winter's day, you do not need to see the stove or the radiator to know there is heat there. Every nerve in your body tells you that, before you have a chance to use your eyes. And there are some people you cannot approach without feeling the radiating warmth of sympathy and kindness. Fill the heart so full of love that it can be felt by all who come near you.

What you wish to be, that you are—*Johann Paul Richter.*

A Pleasant Healthful Habit

A daily ration of **Grape-Nuts** and cream is a splendid food for those who want vigor and energy.

Grape-Nuts

is a concentrated health-food made from choice whole wheat and malted barley. It retains the vital mineral elements of the grain so essential to thorough nourishment of body and brain, but lacking in many other cereal foods.

Every table should have its daily ration of **Grape-Nuts**.

"There's a Reason"

No change in price, quality or size of package.

The KITCHEN CABINET

What we call Luck, is simply Pluck. And doing things over and over, Courage and will Perseverance and skill Are the four leaves of Luck's Clover.

MORE CHESTNUT RECIPES.

There are so many delicious dishes which may be prepared from chestnuts that where they are plentiful they should be used more often.



Chestnut Pudding.—Make a sirup of a pint of water and a pound of sugar; add 50 shelled and blanched chestnuts, and stew tender. Remove the nuts from the sirup and add a fourth of a pound each of seeded raisins and currants, and stew until tender. To the sifted nuts add a pint of sweetened cream in which the yolks of eight eggs have been cooked until smooth; cool, put into a freezer, flavor with vanilla and freeze. When thoroughly frozen add the fruit and a pint of whipped cream; cover closely and let stand for several hours to ripen.

Chestnut and Apple Dessert.—Boil one pound of large chestnuts for 15 minutes, remove the shells and skins, boil in a cupful of milk until soft enough to press through a sieve. Butter a mold well and line it thickly with sifted nuts, then add a layer of thick, sifted apple sauce, sweetened and colored pink with current jelly; then add another layer of nuts, and one of apple and squeeze on a little lemon juice. Bake in a moderate oven and serve with whipped cream.

Chestnut Fritters.—Cook nuts, peel and mash them; add to a pound of nuts a seasoning of butter, a beaten egg and flour to make a soft dough; roll into small balls or flat cakes, dip in egg and fry in olive oil.

Chestnuts cooked and used in various combinations make most dainty salads. With apple and celery and mayonnaise served in lettuce nests, or with pineapple or any other fruit chestnuts combine well.

Preserved Chestnuts.—These make a most delicious conserve to use throughout the year for various garnishes or desserts. Roast or boil the nuts, blanch them and drop them into a sirup made by using a pint of water, a pound of sugar, the juice of two lemons and the grated rind of one. Simmer gently for half an hour or more, then bottle and seal.

Chestnut Soup.—This is one of the most delicious of soups and with almonds in place of the chestnuts will add a pleasing variety. Boil a pound of chestnuts until the inner husk will rub off easily, then place the blanched chestnuts or almonds in a saucepan in which two tablespoonfuls of butter has been browned with four tablespoonfuls of chopped onion, cooked without browning; then add three cupfuls of water, some celery, salt, mace, and pepper to taste. Cook gently one hour. Beat an egg yolk and add to a cupful of milk. Strain and rub the soup through a sieve and add to the milk. Sprinkle with a teaspoonful of chopped parsley, reheat and serve with croutons.

Good fortune attend each merry friend,
Who doeth the best he may,
Forgetting old wrongs with carols and songs
To drive the cold weather away.

MORE COFFEE DISHES.

Coffee as a flavor may be used in many dishes and gives a most pleasing change from the regulation flavors.

Coffee Cream Pudding.—Take five tablespoonfuls of strong coffee, one and a half tablespoonfuls of powdered gelatin and while the gelatin is dissolving cook together the yolks of three eggs, a pinch of salt, four tablespoonfuls of sugar and one and a half cupfuls of milk; when smooth add the coffee and gelatin mixture, cool and fold in one cupful of whipped cream; stir occasionally until it begins to stiffen, then pour into a wet mold. Garnish with grated coconut and pistachio nuts.

Coffee as a flavor for fondant or panache with nuts is a combination well liked.

Coffee Bavarian Cream.—Dissolve two large tablespoonfuls of gelatin in half a cupful of boiling water; add two-thirds of a cupful of sugar and two cupfuls of good hot coffee. Strain and cool. Stir until the mixture begins to thicken, then fold in two cupfuls of whipped cream. Pour into a wet mold and when stiff serve with sponge cake.

Coffee Flummery.—Dissolve one heaping tablespoonful of gelatin in two pints of boiling water; when cool, add one cupful of strong coffee, then sweeten to taste. When the jelly begins to set, beat the whites of two eggs until stiff, then add a half cupful of sugar; beat all together until firm. Serve cold.

Coffee Charlotte Russe.—Take a half cupful of strong, clear, hot coffee, add two heaping tablespoonfuls of pow-

dered gelatin. Scald a cupful of milk with half a cupful of sugar, a quarter of a teaspoonful of salt, and the yolks of two eggs; gradually add two table-spoonfuls of powdered sugar, and when the custard is thick stir in the gelatin mixture. Strain and stir over a dish of chopped ice until it begins to thicken, then fold in three table-spoonfuls of cream, whipped. Turn into a large mold lined with lady fingers.

SEASONABLE DISHES.

Dates are not expensive and they may be used in combination with other fruit, making a most wholesome salad.

Steamed Date Pudding.—Cream half a cupful of butter, add one cupful each of molasses and milk, one pound of stoned and chopped dates, mixed with two cupfuls of stale bread crumbs, one teaspoonful of soda, and half a teaspoonful each of cloves, salt, cinnamon and nutmeg; mixed and sifted with one cupful of entire wheat flour. Turn into a buttered pudding dish and steam three hours. Serve with creamy sauce.

Creamy Sauce.—To the beaten whites of two eggs add one cupful of powdered sugar and one cupful of whipped cream, blend lightly; add a teaspoonful each of vinegar and vanilla extract.

Hot vegetable soup made of any small amount of leftover vegetables with the addition of a binding of butter and flour and a little milk, will make a most appetizing dish of soup for a chilly night.

Rhubarb Sponge.—Clean and cut in half-inch pieces one pound of rose rhubarb. Do not remove the skin. Stew until tender in one-fourth of a cupful of boiling water, or just enough to cook without scorching. Soften one ounce of granulated gelatin in one-third of a cupful of cold water. Strain the cooked rhubarb, pressing out all the juice and add enough boiling water to make three cupfuls. Mix three-fourths of a cupful of sugar and a half teaspoonful of ground ginger. Stir in the rhubarb juice and add the gelatin, stirring until the gelatin is dissolved. Add the grated rind and strained juice of one lemon and set the mixture to chill. When it begins to thicken add the stiffly beaten whites of three eggs and beat until stiff. Mold. Serve with beaten and sweetened whipped cream.

Pumpkin Pie.—Take a cupful of well-cooked, sifted pumpkin, add a pint of rich milk, a half cupful of sugar, two eggs, a teaspoonful of ginger, a dash of cinnamon and a half teaspoonful of lemon extract. Fill the crust and bake slowly.

Friendship is helpful—not so much because it helps you as because it compels you to help your friend. Selfishness is the foundation of sin, and friendship is the destruction of selfishness.—*Amos R. Wells.*

GOOD TABLE THINGS.

Rice is such a good old standby that the following dish is quite a surprise, because of its elegance.

Rice Pudding.—Wash a cupful of rice. Let it boil five minutes in salted water and drain carefully; then put it into a double boiler with a fourth of a teaspoonful of salt and two cupfuls of milk and cook until the grains are tender. Add three-fourths of a cupful of powdered sugar and let cool slightly. Soak one-fourth of a box of gelatin in two tablespoonfuls of water, then add three tablespoonfuls of boiling water and let stand in a warm place until well dissolved. Set it into a pan of ice water and stir until it begins to set, then flavor with vanilla and fold in a cupful of double cream whipped stiff. Put the mixture into a quart mold and fill the corners well, press on the cover over paper. Let stand packed in equal parts of ice and salt for two hours. The mixture should not be frozen, simply well chilled. Serve on a platter with cubes of lemon or orange jelly around it. Preserves of any kind may be used instead of the jelly if so desired.

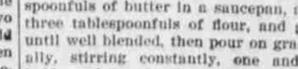
Prune Ice Cream.—Cover a cupful of well washed prunes with cold water and let stand overnight. Cook in the same water until soft, remove the stones and put the pulp through a sieve. Add a cupful of sugar, four tablespoonfuls of lemon juice, a pinch of salt, and one and a fourth cupful of heavy cream beaten until stiff. Freeze as usual.

Rice cooked in salted water and served with a cheese sauce makes a most nourishing dish.

Cheese Sauce.—Put three tablespoonfuls of butter in a saucepan, add three tablespoonfuls of flour, and stir until well blended, then pour on gradually, stirring constantly, one and a half cupfuls of milk. Bring to the boiling point and add a cupful of good flavored cheese, cut in small bits; season with salt and plenty of paprika with a dash of cayenne.

Will the smoke inspector please explain why so much of the soft coal soot settles on the white-haired dog?

Sudden Cold. Look out—it's dangerous.



The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after-effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store.

Nellie Maxwell

GAS, DYSPEPSIA AND INDIGESTION

"Pape's Diapepsin" settles sour, gassy stomachs in five minutes—Time it!

You don't want a slow remedy when your stomach is bad—or an uncertain one—or a harmful one—your stomach is too valuable; you mustn't injure it. Pape's Diapepsin is noted for its speed in giving relief; its harmlessness; its certain unfailing action in regulating sick, sour, gassy stomachs. Its millions of cures in indigestion, dyspepsia, gastritis and other stomach trouble has made it famous the world over.

Keep this perfect stomach doctor in your home—keep it handy—get a large fifty-cent case from any dealer and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach all such distress vanishes. Its promptness, certainty and ease in overcoming the worst stomach disorders is a revelation to those who try it.—*Adv.*

Free Speech.
"I never did care for rink skating."
"You prefer the fresh air, I suppose?"
"Yes, and I like to be able to get far enough away from the crowd so that I can say what is really in my mind when I fall down."

CARE FOR YOUR SKIN
And Keep it Clear by Daily Use of Cuticura—Trial Free.

A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczemas, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—*Adv.*

New York's Bridges.
Irrespective of the elevated railroad system comprising the Second, Third, Sixth and Ninth avenue lines, and the elevated portions of the Broadway and Lenox avenue sections of the subway, New York city has 42 bridges spanning the East and Harlem rivers, Newtown creek, and other waterways. These roads over rivers, including the Brooklyn, Manhattan, Delancey street and Queensboro spans, among the greatest in the world, represent, with the real estate requisite for their approaches, an investment by the municipality of more than \$135,000,000.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man "Give me a small bottle of freezezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

If your druggist hasn't any freezezone tell him to order a small bottle from his wholesale drug house for you.—*adv.*

Four Miles a Day.
"In Denver on a clear, glorious January day, about thirty-five above zero, they will tell you it's much too rough to be out. In Minneapolis they would be wheeling all the babies up and down for the mild air! If you must have winter habits, have the right ones. As a foundation there is nothing better than four miles a day in the open air, and take the weather as it comes. Your family, your work and your life-insurance company will all appreciate the benefits derived, and your face will show the difference by next March 31."—*Collier's Weekly.*

Probably Not.
Will the smoke inspector please explain why so much of the soft coal soot settles on the white-haired dog?

The DAIRY



PRODUCTION OF BLOODY MILK

More Objectionable as Matter of Appearance Than as Menace to Health—Various Causes.

Bloody milk is more objectionable perhaps as a matter of appearance than as a menace to health. Hemorrhages may occur within the udder as a direct result of a bruise caused by rapid motion, by a bad position while the cow is lying down, by the tread of a cow in an adjoining stall, or because of the breaking of a tiny blood vessel or the escape of red corpuscles through tiny vessel walls. Heavy feeding may also produce bloody milk.

The remedy is careful milking and light feeding with laxative foods and repeated small doses of mild physic. When the trouble occurs with cows giving a heavy flow of milk and under heavy feed, improvement follows a marked reduction of the ration. A change of stall may give good results, if it allows a cow to obtain a better position and avoid uneven pressure on the udder while lying down. Cows with long, heavy udders should be driven slowly and should not be driven over high sills.

IMPORTANT FOR DAIRY CALF

Modern Experiments Show That Good Flesh is Desirable Feature—Mixture for Grain Feed.

The importance of feeding and caring for dairy calves is emphasized by J. B. Fitch, associate professor of dairy husbandry in the Kansas State Agricultural college.

"Calves should be fed whole milk until they are one month old, when they should be changed to skim milk," said Professor Fitch. "They should be fed skim milk until they are six months old. While they are on milk they should be given grain and alfalfa hay."

"A good mixture for grain feed is four parts of corn or corn chop, one part of oil meal, and two parts of wheat bran. After taking the calf off the milk increase the grain gradually to two pounds a day in addition to silage and alfalfa hay."

"It used to be considered that good flesh was undesirable in dairy calves, but experiments show that this is not



Guernsey is Desirable Type.

the case and that quite the contrary is the case, especially before calving.

"The heifer should be bred so as to calve when from twenty-four to thirty months of age, depending upon the breed and growth of the animal. The Guernsey and the Jersey should be bred so as to calve when from twenty-four to twenty-six months old, while the Holstein and Ayrshire breeds should be bred so as to calve when thirty months of age. If bred so as to calve earlier than this, their growth is apt to be injured."

BEST PLACE FOR MILK ROOM

Should Be in Some Building Other Than Barn—Northeastern Exposure is Favored.

The milk room should be in a building other than the barn. It should be located if possible with a northeastern exposure. Immediately after being drawn the milk should be strained and put in shallow pans to cool quickly. This applies to conditions where a milk cooler cannot be used.

Where no separator is available it is necessary to cool the milk as soon as possible to enable the cream to rise. Where five or more cows are milked it is advisable to invest in a cream separator, because running the milk through a separator immediately after getting absolutely clean milk, even if the whole milk is to be used.

BE SUCCESSFUL WITH COWS

Plenty of Feed and Balanced Ration Essential—Grain Should Be Supplied in Winter.

To be successful with cows one must be a good feeder. This takes plenty of feed and a balanced ration. To get milk in winter, grain should be fed. With butterfat at 35 cents it can be fed with profit. If silage with fair corn in it is fed use enough bran and cottonseed meal or oilmeal to balance the ration. Where alfalfa is fed the brand ration may be largely reduced.

Safety in the Home
Part of Woman's Daily Duty

Every woman in charge of a household realizes that it is a large part of her duty to keep that household well.

In this task she must know the simple home remedies to be applied at the first symptom of illness. Coughs and colds are two of the foes she must constantly combat, and digestive disturbances need immediate attention. Thousands of American housekeepers have found the most help to come from ever-ready-to-take

PERUNA

Because Peruna has established itself as the reliable family medicine of America, in the 45 years it has been before the public, the forward-looking housekeepers keep it ready for instant administration in the period of depression that precedes a cold, or when stomach troubles manifest themselves. Both of these disorders are caused by inflammation of the delicate membranes lining the breathing apparatus and the digestive tract. Peruna clears away the waste, aids the membranes in recovering from inflammatory conditions and tones up the system. Its effectiveness is the reason that so many depend upon it, and its long record of merit maintains it as the dependable home tonic.

Must Be Profane.
Yenst—I see a Massachusetts man has a parrot which has a vocabulary of seventy-five words. Crimmonbeak—I didn't know there were that many swear words in existence.—*Yonkers Statesman.*

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is restless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. *Adv.*

Nearly every father of a marriageable daughter is willing to marry his home to be used as a courthouse.

There is a movement under way to make Mammoth cave a national park.

Nerves All On Edge?

Just as nerve wear is a cause of kidney weakness, so is kidney trouble a cause of nervousness. Anyone who has backache, nervousness, "blues," headaches, dizzy spells, urinary ills and a tired, worn feeling, would do well to try Doan's Kidney Pills. This safe, reliable remedy is recommended by thousands who have had relief from just such troubles.

A Nebraska Case

Mrs. Weisberg, 708 W. Fourth St., North Platte, Neb., says: "For four years I suffered terribly from kidney complaint and backache. The doctor said I had floating kidney. At times, I could hardly stand the pains. The kidney secretions were in bad shape. I took Doan's Kidney Pills, I got relief and in a little over a month I was cured. When I have taken Doan's Kidney Pills since, they have always helped me."

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

Constipation Vanishes Forever

Prompt Relief—Permanent Cure
CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion. Improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



Wm. Wood

GALL STONES OPERATIONS AVOID

(No Oil) No more gall-stones! No more pain! Aches in Stomach, Back, Side or Shoulders; Liver Troubles; Headaches; Migraine; Biliousness; Headaches; Constipation; Piles; Catarrh; Nervousness; Bites; Jaundice; Appendicitis. These are common gall-stone symptoms. **DOAN'S GALL PILLS** send for home treatment. **Special Book sent FREE** Liver, Stomach, Gall Troubles and Appendicitis. Gallstones Remedy Co., Dept. W-9, 219 S. Dearborn St., Chicago