

As An Aid To Your Digestion - TRY -

HOSTETTER'S Stomach Bitters

It helps Nature correct any stomach, liver or bowel trouble

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Dates reasonable. Highest references. Reservation.

Going Too Far.

He had booked a room at a cheap boarding house near one of the railway stations.

He was about to sign the register, when he flung down the pen in disgust and turned away.

"What's the matter?" asked the proprietor.

"Matter? Well, I've stayed in these railway lodging houses before and I've had some rotten, sleepless nights. But this is the limit. Look at that little beggar crawling across the page of the register! I've put up with 'em in the bedrooms, but when they crawl across the book to see what room you're sleeping in—well, that's a bit too thick!"

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Dandierine hair cleanse." Just try this—moisten a cloth with a little Dandierine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Dandierine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Dandierine from any store and just try it. Adv.

Soldierly.

General Bliss was relating reminiscences of sham battles.

"I had a young friend, Captain Exe, who could never be worsted in sham warfare," he said.

"Exe one day started to lead his valiant company at double speed across a bridge to storm a height, but a young captain belonging to the opposite side rushed up and shouted:

"Hi, Exe! You mustn't cross that bridge! Don't you see the notice? The bridge is supposed to be destroyed."

"It is, hey?" roared Exe. "Well, then, we're supposed to be swimming across. On, boys, and at 'em!"

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription obtainable—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is evident that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Solicitude.

"Charley, dear," said young Mrs. Perkins. "I want you to promise that if you decide to enlist you will tell me all about it without delay."

"What for?"

"I want to speak to the general, so that he won't let you forget your over-shoes and eat things that disagree with you. You know, Charley, you are so careless!"

Send 10c to Dr. Pierce, Invalids' Hotel, Buffalo, for large trial package of Anurie for kidneys—cures backache.—Adv.

A Difference.

"How much are potatoes worth now?"

"They're worth no more than they ever were, but they're costing about six times as much."

When Your Eyes Need Care Try Murine Eye Remedy

No stinging, no smarting, no burning. 25 cents a bottle. Sold everywhere. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

The KITCHEN CABINET

What sculpture is to a block of marble, education is to a human being.—Addison.

Most people would succeed in small things if they were not troubled with great ambitions.—H. W. Longfellow.

WAYS WITH EGGS.

The omelet is a general favorite and almost any kind will be well received.

As eggs are now becoming more plentiful and cheaper in price we may occasionally indulge in a well-made omelet.

Spanish Omelet.—Separate the whites and yolks of six eggs; beat three tablespoonfuls of cold water with the yolks, seasoning with a half teaspoonful of salt and a few dashes of pepper. Stir in the stiffly beaten whites very lightly. Have ready a steel omelet pan, very hot and lightly greased with a tablespoonful of butter. When the omelet is well set on the bottom, place in the oven to cook on top; then fold over and serve with tomato sauce well seasoned. To make the sauce, use a can of tomato, a chopped onion, salt and paprika and a tablespoonful of chopped green peppers. Cook until soft and then strain. Place a tablespoonful of butter in a saucepan; when bubbling hot add a tablespoonful of cornstarch; cook until thoroughly cooked, add to the sauce and pour over the omelet.

For those who enjoy a sweet omelet, the following prepared as above with these additions, is very good: Place a half cupful of blanched almonds in the omelet pan just before turning in the omelet. Give the almonds a little time to become hot and covered with butter, but do not let them brown or the later cooking will burn them, then turn in the omelet and proceed as before, fold the omelet and surround with a hot maple syrup. The combination is especially delicious, as the nuts are crisp and a delicate brown.

Holland Eggs.—Beat four tablespoonfuls of flour with a teaspoonful of baking powder and sweet milk to make a thick batter. Add three or four well-beaten eggs; thin with a little milk and pour into a hot, buttered frying pan. Cover and set over a good fire. Slip a spatula under the sides and edges and when light and puffy turn the whole cake deftly. When brown—slip on to a hot plate, butter and sprinkle with maple sugar.

Scrambled Eggs With Green Peppers.—Break four eggs into a bowl, add four tablespoonfuls of water, salt and pepper to season and two sweet green peppers cut in ribbons. Put a tablespoonful of butter into a frying pan, turn in the egg mixture and cook, stirring well with a fork. Serve piled lightly on well-buttered toast.

Holland Eggs.—Beat four tablespoonfuls of flour with a teaspoonful of baking powder and sweet milk to make a thick batter. Add three or four well-beaten eggs; thin with a little milk and pour into a hot, buttered frying pan. Cover and set over a good fire. Slip a spatula under the sides and edges and when light and puffy turn the whole cake deftly. When brown—slip on to a hot plate, butter and sprinkle with maple sugar.

Stillast streams. Off water greenest meadows; and the bird. That butters least is longest on the wing. —Cowper.

TOAST AND TOAST MAKING.

A good piece of toast is not made without knowledge. A poor piece of toast carelessly prepared is most unwholesome and indigestible.

Bread for toasting should be at least 24 hours old and cut, then placed in the oven to dissipate some of the moisture before toasting.

Then toast brown on both sides. A crisp, dry piece of toast is well masticated in the mouth, which gives it its good start in digestion. Zwieback, or twice-baked bread, is especially good for the sick, as it is browned until all the moisture is thrown off and it is crisp to the center.

Toast water is often given as a drink in intestinal trouble and is prepared by soaking toast in water, straining the water and serving it with, or without, lemon juice and sugar.

Milk Toast.—For those who like toast dropped into hot milk slightly seasoned with salt and butter the old-fashioned method used by our grandmothers in making toast called milk or creamed toast may not be liked, but there is no more popular way of serving it if you have early learned to enjoy it. Prepare nice crisp brown toast, dip the edges in hot milk, and butter generously. Prepare a white sauce, using as rich milk as is possible to obtain, or a mixture of cream and milk. To a pint of milk take two tablespoonfuls of butter and when it is melted and bubbling hot add two tablespoonfuls of flour, and when mixed add a pint of rich milk; cook until smooth. Arrange the bread, slice on slice, in a tureen and pour over the hot cream sauce. Season with salt, and for a change stir in a half cupful of finely grated cheese. Let it melt before pouring over the toast.

Grape Toast.—Butter crisp toast that has been moistened around the edges with boiling water, then pour over the following: Melt a tablespoonful of butter, add a half tablespoonful of cornstarch, and when well mixed add a cupful of grape juice, less if serving but a slice or two of toast. Cook this until it has thorough-

ly cooked the starch, then pour over the hot buttered toast and serve hot.

Prune Toast.—Cook a half dozen prunes that have been soaked overnight in water to cover. Remove the pits and put the pulp through a sieve. Add this to the juice in which they were cooked. Sweeten if necessary. Add a little cream and pour over buttered toast. Serve hot.

Health is so necessary to all the duties as well as the pleasures of life that the crime of squandering it is equal to the folly.—Dr. Johnson.

HONEY DISHES.

Honey is the nectar of flowers gathered by bees and ripened by them in the hive. The nectar is changed in the honey sac so that it finally becomes delicious honey. Different flavors of honey are made from different flowers. Honey is a natural sweet; foods prepared from honey will keep better than those prepared from sugar and molasses.

Honey Tea Cake.—Take a cupful of strained honey, a half cupful of sour cream, two eggs, half a cupful of shortening, two cupfuls of flour, a half teaspoonful of soda, and a teaspoonful of cream tartar, salt, the amount depending upon the shortening used. Bake 30 minutes in a moderate oven.

Oberlin Honey Layer Cake.—Take two-thirds of a cupful of butter, one cupful of honey, three eggs well beaten, half a cupful of milk, two cupfuls of flour and a teaspoonful and a half of baking powder. Bake in layers and fill with whipped cream mixed with strained honey to sweeten.

Honey Jumbles.—Chop fine a fourth of a pound each of citron and candied orange peel, place in a dish and just cover with warm strained honey. Let stand overnight in a warm place. Beat two eggs, add a cupful of sugar, then add the fruit and honey, a little salt and 2½ cupfuls of flour sifted with two teaspoonfuls of baking powder, knead to a smooth dough, roll out very thin and cut in fancy shapes.

Pumpkin Pie.—To a cupful of pumpkin add a cupful of honey, two eggs, a pint of rich milk, a teaspoonful of ginger, a grating of nutmeg, and a fourth of a teaspoonful of cinnamon, salt, mix and fill a shell. Bake slowly.

Butterscotch.—Take a cupful of butter, two cupfuls of sugar, two cupfuls of strained honey, a teaspoonful of cinnamon; boil ten minutes; pour into buttered pans and mark off in squares.

A creed of the Open Road—To live our highest in all things that pertain to us, and to lend a hand as best we can to all others for this same end.—Ralph Waldo Trine.

ASPARAGUS AS A TONIC.

Asparagus as well as many other green, tender vegetables not only adds variety and flavor to various dishes, but supplies ballast to cleanse the digestive tract and mineral salts to stimulate the various functions and remove waste. An old Roman proverb

was, "Let it be done quicker than you would boil asparagus," which discovery years ago has not been improved upon. This tender, highly prized vegetable should be cooked quickly to hold all its fine flavor and lose as little of its salts as possible. The best method to have the whole stalk well cooked at once is to put the bunches well tied into a deep pan, an old-fashioned tin coffee pot is an ideal dish, as the asparagus then will stand upright. The best sauce for asparagus is perhaps plain melted butter. Dipping the stalks into the butter and eaten as one does celery. The following sauce is rather difficult to make but is the best of all sauces for asparagus.

Mousseline Sauce.—Take a half cupful of butter, three egg yolks, two and a half tablespoonfuls of lemon juice, a fourth of a teaspoonful of salt and a few grains of paprika, and a fourth of a cupful of heavy cream. Cream four tablespoonfuls of the butter, beating the egg yolks in thoroughly, one at a time, then add the cream and salt and pepper. Set the mixture over hot water and cook until it thickens, stirring constantly. Then beat in the lemon juice and add the rest of the butter in small bits, beating with a whisk. Do not reheat.

Asparagus served in a rich white sauce served on toast is a dish most common. Asparagus cut in small pieces and cooked in milk is another good way to save every bit of the flavor. Season with salt, pepper and butter and if liked, a small amount of flour may be added for thickening.

Asparagus cooked and added to an omelet is another good dish. Simply fold in a few tablespoonfuls of asparagus as the omelet goes into the pan. Poached eggs served with a white sauce and asparagus is another good dish. Serve the sauce on buttered toast with a poached egg on each.

Nellie Maxwell

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passage every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

Everybody's Son but Mine. "There's one kind of spirit we don't want in America," said a novelist, "and that is the spirit which was too prevalent at the beginning of the war in England."

"An English statesman visited Nottingham, the lace-making town, the other day, to ask for labor volunteers, and the mayor said that Nottingham wanted to do her duty, but nothing, of course, must be allowed to harm the Nottingham lace industry."

"Then the statesman jumped up and said that the mayor was a survival of the old 1914 spirit, now happily dead and buried in England—the spirit that made each English father wave a flag in August, 1914, and shout: "Take everybody's son but mine!"

GREEN'S AUGUST FLOWER

Used All Over the Civilized World for More Than 50 Years.

Stomach troubles seem to be almost universal the last few years; I mean indigestion in many forms, internal nervousness, caused by incompatible food fermentation, coming up of food, sour stomach, headache, apparent palpitation of the heart, habitual constipation, intestinal indigestion, caused by a torpid liver, and a general breakdown with low spirits and depressed feeling. Green's August Flower was introduced in this and foreign countries fifty years ago with wonderful success in relieving the above complaints. Sold by dealers everywhere at 25c trial bottles or 75c family size. Sole manufacturer, G. G. Green, Woodbury, N. J., U. S. A., Australia and Toronto, Canada.—Adv.

True Manliness.

"What is your definition, Miss Mabel, of a manly man?" he asked. Miss Mabel looked at him coldly. The clock struck eleven. She hid a yawn behind her hand and said: "My definition of a manly man, Mr. Skinner, is a chap who doesn't stay on and on and on just because he knows the girl isn't strong enough to throw him out."

THE 3 D'S IN DODD'S

Mr. Robert W. Ferguson, Hingham, Mass., writes: "I suffered from kidney disorder for years. Had incessant backache and trouble. Nearly died from it at one time while in Vancouver, but overcame it by a persistent use of Dodd's Kidney Pills. Finally I was completely cured. I occasionally use the remedy now in order to keep the kidneys regulated. I have the highest praise for Dodd's. Be sure to get 'DODD'S,' the name with the three D's for deranged, disordered, diseased kidneys, just as Mr. Ferguson did. No similar named article will do.—Adv.

Sweet Innocence.

Mrs. Youngbride—Our cook says those eggs you sent yesterday were quite old.

Grocer—Very sorry, ma'am. They were the best we could get. You see, all the young chickens were killed off for the holiday trade, so the old hens are the only ones left to do the layin'."

Mrs. Youngbride—Oh, to be sure! I hadn't thought of that.

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 *Chas. H. Fletcher* In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Its Class.

"Wasn't it a scene when the Smiths brought all their old battered furniture out of the house?" "Yes, quite a moving picture."

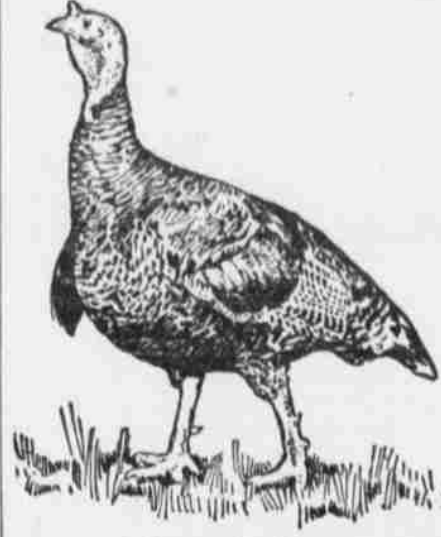
FARM POULTRY

MOST PROFITABLE SIDE LINE

Cost of Raising Turkeys is Small Where Free Range Can Be Given—Some Important Factors.

For those who are favorably situated for raising turkeys, a more profitable side line can hardly be found. Given plenty of range where the turkeys can find grasshoppers and other insects, green vegetation, the seeds of weeds and grasses, waste grain, acorns and nuts of various kinds, the cost of raising them is very small and the profits large. Grain and stock farms are particularly well adapted to turkey raising, and it is on such farms that most of the turkeys are found. Little has ever been done in the way of raising turkeys in confinement, and where it has been tried the results have been discouraging. Plenty of range is essential to success in turkey raising.

In selecting turkeys for breeding, the most important factors to be considered are vigor, size, shape, bone, early maturity and color of plumage. The body should be deep and wide, the back broad and the breast round and full. The head should be of good size and of a clean, healthy appearance. A strong, well-made skeleton is shown by thick, sturdy shanks and straight, strong toes. It should be the aim of every turkey raiser to have a flock of purebred turkeys, even though they



Bronze Turkey.

are sold at market prices. The male at the head of the flock should by all means be a purebred of the best type obtainable. The male is one-half the entire flock, and by continually selecting the best females of a similar type and mating these with a purebred male, one can soon have a flock of uniformly large, early-maturing, strong-boned, long and deep-bodied turkeys of the same color.

Fifteen turkey hens can safely be mated to a vigorous tom. If 25 or 30 hens are kept, two toms should not be allowed to run with them at the same time, but one should be confined one day and the other the next. When two toms are allowed to run together during the mating season they fight badly and the stronger does practically all of the mating.

DISPOSE OF DEAD CHICKENS

Practice of Permitting Carcasses to Lie About Premises is Poor One—Burning is Best.

The practice of allowing dead chickens to lie about the premises or in the brooders and of throwing them over the fence for the hogs to eat, are decidedly bad, and directly responsible for large losses each year by causing and distributing disease, writes M. H. Becker in Farm and Home.

Burning is the safest and easiest method for disposing of dead fowls. The coal-burning brooder stoves will take care of any losses among small flocks and where considerable numbers of fowls are kept a small laundry stove or air-tight heater set up in the feed house or tool room will prove very satisfactory.

PREVENTING WASTE OF FEED

Give as Much Mash as Fowls Will Clean Up in Ten Minutes—Scatter Grain in Litter.

Feed as much mash food at each meal as the fowls will eat up in ten minutes, and remove any that remains. Give as much grain as they will work hard to scratch out of a deep litter.

More feed than this is wasted, and spoils the appetite of the fowls because it is constantly before them.

REMEDY FOR FROZEN COMBS

Thaw It Out With Snow, Rub Briskly With Alcohol and Later on Apply Vaseline.

When a fowl freezes its comb, if the comb is still full of frost, thaw it out with snow, rub it briskly with alcohol and later apply vaseline. If the comb has thawed out when discovered, apply carbolated vaseline or even ordinary vaseline twice a day.

WOMAN SICK TWO YEARS

Could Do No Work. Now Strong as a Man.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 165 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. Jos. O'Bryan, 1755 Newport Ave., Chicago, Ill.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, and nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

He Explains. "You were mumbering in your sleep about Augusta. Now, who is this Augusta?" "A city, my dear. I may have to go there on a business trip."

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Going Abroad.

"Are the Grabeolins still trying to break into society?" "No. They have decided to wait until the war is over and conquer Europe first."

RED FACES AND RED HANDS

Soothed and Healed by Cuticura—Sample Each Free by Mail.

Treatment for the face: On rising and retiring smear affected parts with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. For the hands: Soak them in a hot lather of Cuticura Soap. Dry, and rub in Cuticura Ointment.

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

It is the emission of waste steam through the stack that causes a locomotive to puff.

A red sunrise, with clouds lowering later in the morning, indicates rain.

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A Nebraska Case

J. Fushner, Thirteenth St., Central City, Neb., says: "I had to go around half bent over with each hand across my back as every step I took was painful. I noticed the trouble worse at night and I couldn't sleep well. The kidney secretions didn't pass regularly and I was miserable and run down. Finally I used Doan's Kidney Pills and they greatly relieved all these ailments."

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