

GAVE UP HOPE

Often Wished For Death to End Her Misery. Doan's Effected a Complete and Lasting Recovery.

"I was helpless with kidney trouble," says Mrs. Ellen Janis, 1404 N. Third St., St. Charles, Mo., "and began to think my case was beyond the reach of medicine. The pain in my back laid me up in bed and it seemed as if my back had been crushed. I couldn't sleep and was so nervous I was almost frantic. Flashes of fire came before my eyes and the pains in my head were terrible. My sight was affected and there were large, puffy spots beneath my eyes."



Mrs. Janis.

"How I suffered when passing the kidney secretions! I screamed in agony and I often wished I might die and be out of misery. I had night sweats and mornings on getting up I was so weak and numb I could hardly stand up. I grew so pale and emaciated I looked like death. Doan's Kidney Pills cured me completely and I have been as well and healthy since as any woman of my age."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

A Wise Orang-Outang.

Prof. William T. Hornaday, the noted animal preceptor, cites this instance of ape sagacity:

"I once became quite chummy with an untrained, caged, menagerie orang-outang by the name of Dohong. He was a son of the jungle and intensely concerned in matters that came into his narrow life. All that he learned outside of his inherited instincts he learned himself. His cage contained a number of horizontal bars attached to brackets on which he took considerable solemn exercise. One day he concluded that the bars ought to come down. Bracing his feet against the solid wall of the cage, he pulled every bar from its fastening and flung it on the floor. Larger bars were substituted, which the ape vainly tried to remove. After straining his back in this futile effort, he walked up and down in his cage and was apparently intently studying the situation. Eventually he procured the crossbar of his trapeze and using it for a lever, he not only pried every horizontal bar from its brackets, but he likewise pried the iron bars of his cage apart so that he could stick his head through the opening and satisfy his curiosity regarding his neighbor in the adjoining cage."

Compliments of the Day.

Soldiers have to do their own mending, when it is done at all, and it appears—although few persons would have guessed it—that the thoughtful war office supplies them with outfits for that purpose. Otherwise, this joke would be impossible.

Everything was ready for kit inspection; the recruits stood lined up ready for the officer, and the officer had his bad temper all complete. He marched up and down the line, grimly eyeing each man's bundle of needles and soft soap, and then he singled out Private MacCottle as the man who was to receive his attentions.

"Toothbrush?" he roared.
"Yes, sir."
"Razor?"
"Yes, sir."
"Hold-all?"
"Yes, sir."
"Huh! You're all right, apparently," growled the officer. Then he barked, "Housewife?"

"O, very well, thank you," said the recruit, amiably; "how's yours?"—*Journal of the American Medical Association.*

Enemy Precautions.

"What did Bill do when you told him you wanted him to dance at the german?"
"He took French leave."

A Loud Cause.

The man who would rather be popular than right usually winds up by being neither.



POSTUM
has been adopted as the table beverage in many a home because of its pleasing flavor and healthful nature



THE KITCHEN CABINET

It's everybody's business. In this old world of ours, To root up all the weeds he finds, And make room for the flowers. So that every little garden No water where it lies, May look like that which God once made, And called it Paradise.

CANNING AND PICKLING.

Tomatoes and corn are two of our fall vegetables that we never seem to have too much of to put into the cellars. Drying corn is one of the easiest ways of preserving it, and is more generally liked when dried quickly than even well canned corn.

Pull the ears, husk and silk and drop into boiling water for five minutes, remove from the boiling water and dip into cold water, drain and pull from the cob and place in the drying pans, or place in jars, adding salt brine, using a teaspoonful of salt to a pint of boiling water, to fill the jars to overflowing. Seal the jars tight, then turn back half an inch, place on a rack in a boiler or other receptacle, cover to the depth of an inch over the top of the tallest jar and cook three hours for a quart, three hours and a half for a two-quart jar. Seal on being taken from the boiler.

Can or dry all vegetables or fruits as quickly as possible after picking. The slogan today is "An hour from the garden to the can." If prime foods are thus cared for they will be superior when opened in the winter.

Tomato Canning.—Select firm, ripe, uniformly red tomatoes for canning, of small size to slip whole into the jar. Cover with boiling water until the skins crack, dip quickly into cold water, drain and peel, using care to remove the hard green stem end and not to break into the seed sacks and lose the juice. Pack into sterilized jars and fill with tomato juice, without a drop of water; add a little salt, half a teaspoonful to each quart, and seal as for other vegetables. Cover in the boiler with boiling water and cook a half-hour. Remove and seal tightly at once. Good rubbers, if the jars are not sealed too tight, will pass through the three hours' cooking of corn without stretching or looping out from under the cover. If this should occur, remove the rubber, replace with another, dipped in hot water, and put back to boil again for a few minutes to be sure the vegetable has been well sterilized. We are asked not to allow anything to go to waste; if we do not need it, it may be placed in reserve for those who do, as there surely will be many

As plants convert the minerals into food for animals, so each man converts some raw material in nature to human use.—Emerson.

DISHES WITH CONDENSED MILK.

Condensed milk is a great convenience and a supply may be kept for any emergency.

Banana Ice Cream.—Take two pint cans of condensed milk, one quart of water, one and one-half cups of sugar, six bananas and the strained juice of half a lemon. Peel and wash the bananas, add the sugar and lemon juice and beat to a smooth paste. Dilute the milk with the water and combine with the other ingredients. Freeze as usual.

Lemon Sherbet.—Strain the juice of three large lemons, add one and one-half cups of sugar, one can of condensed milk diluted with water, stir until the sugar is dissolved and fold in the beaten whites of two eggs. Freeze.

Spoon Bread.—Take four tablespoonfuls of condensed milk, one cupful of boiling water, one cupful of cornmeal, two tablespoonfuls of butter, one tablespoonful of sugar and one tablespoonful of flour, three teaspoonfuls of baking powder, a half teaspoonful of salt and two eggs. Mix the cornmeal, flour, salt and baking powder together, sifting well. Dilute the milk with the water and add the melted butter. Beat the eggs, separating the yolks and whites. Add the yolks to the liquid mixture and combine the dry ingredients. Lastly fold in the beaten whites. Bake in a greased pan 30 minutes.

Creamed Lima Beans.—Cook the beans until tender in salted water, using as little water as possible. When tender add two tablespoonfuls of condensed milk, two tablespoonfuls of water, a dash of paprika and a tablespoonful of butter. Serve hot.

Condensed milk with water may with various vegetable seasonings be converted into a cream of anything, soup in a short while.

There are some of the condensed milks which will whip and may thus be used as whipped cream for garnishes or for pudding sauces. If the flavor is at all objectionable, it may be disguised by adding a strong flavor of orange or other flavors of strength.

Condensed milk may be combined with various fruit juices and pulps, making most delicious frozen dishes. The soups from canned fruit are especially nice used with this milk as they

usually have a high flavor of their own which overcomes any of the flavor of the milk.

The world will turn aside to let any one pass who knows where he is going.—David Starr Jordan.

COOLING DRINKS.

These are always in season and a variety to choose from when entertaining is an advantage.

Laureate Mint Punch.—Put into a punch bowl two cupfuls of sugar, the juice of a dozen lemons, and thinly sliced portions of six lemons. Set aside to chill. When ready to serve add four cupfuls of chilled ice and a cupful of mint leaves or sprays of mint.

add four bottles of ginger ale, stir well and serve.

Chiffonade Tea Punch.—Make four cupfuls of strong tea, let it cool, then add to it the juice of six lemons and one pineapple cut in fine pieces, one pound of cherries, cooked, one cupful of granulated sugar. Stir until the sugar is dissolved. Add a quart of carbonated water. Pour into a glass pitcher, put a sprig of fresh mint on the top and pour into glasses half filled with chilled ice. Serve with soft cookies.

Iced Turkish Coffee.—Prepare a quart of clear black coffee and while still hot stir in three yolks of eggs well beaten into two cupfuls of boiling hot milk. Cook over hot water until thick, using care not to curdle the egg, sweeten to taste and when cold add the stiffly beaten whites and one cupful of firmly whipped cream. Serve with strawberries in chilled glasses, adding a teaspoonful of cracked ice to each, garnish with a small pyramid of whipped cream; with a cherry on top of the cream.

Chocolate Sirup.—Put six heaping tablespoonfuls of grated chocolate into a saucepan over the fire, add two cupfuls of boiling water; simmer slowly and stir occasionally until the chocolate is dissolved, then add four cupfuls of granulated sugar and stir until the sugar is dissolved, then simmer for five minutes. Strain and add two teaspoonfuls of vanilla and pour into bottles and seal. When ready to serve allow three-quarters of a cupful of cold milk and two tablespoonfuls of the sirup for each glass required. Put the ingredients into a large mason jar, well covered, and shake well for three minutes, pour into chilled tumblers and garnish with whipped cream.

It is the best sign of a great nature that it opens a foreground, and like the breath of morning landscapes, invites onward.—Emerson.

FROZEN DISHES.

The following are a few recipes of ice creams which will be a little out of the ordinary

Frozen Peaches.—Take two quarts of peaches, one quart of water and three cupfuls of sugar. Pare, stone and mash the peaches. Add six broken peach kernels to the sugar and water, and boil five minutes. Strain and when cool add to the peaches and freeze.

Pistachio Cream and Peaches.—Cook together a pint of milk, one tablespoonful of flour and one cupful of sugar in a double boiler, fifteen minutes, then add a beaten egg and cook until it is set. Cool, add a pint of cream, one tablespoonful of vanilla and one teaspoonful of almond and green coloring to that. Freeze and serve with fresh-chilled sliced peaches.

Junket Ice Cream.—Take a quart of lukewarm milk, one cupful of cream and a quarter cupful of sugar, one-eighth of a teaspoonful of salt, one and a half rennet tablets dissolved in one tablespoonful of cold water, flavor with a tablespoonful of vanilla. Mix in the order given, pour into a dish and let stand in a warm place to set, then freeze in a small freezer, mold and pack in ice and salt. When serving, garnish with sliced peaches.

Fig Ice Cream.—Soak two pounds of figs over night. Put through a meat chopper, cover with boiling water and bring to the boiling point. Take a quart of milk, one pint of cream, one and a half cupfuls of sugar, boil, add to the figs, cool and flavor with any desired flavoring.

Blackberry Sherbet.—Strain the juice from a quart of preserved blackberries, add half as much water as juice, and sugar if not sweet enough. Add a tablespoonful of lemon juice. Freeze to a mush, then add the whites of two eggs beaten stiff and freeze hard. Grape juice, raspberry or any fruit juice may be treated in this same way.

Nellie Maxwell

So It Seems.

"Women are not very strong physically."

"So they say. Yet a woman can put the lid on a jar of fruit so that a Hercules can hardly get it off."—Kansas City Journal.

MORE WHEAT PRIZES

Honors for Western Canada Come Year After Year.

At the recent Soil Products Exposition at Peoria, Ill., in a keen contest for the coveted first prize for wheat, Western Canada has again carried off all the honors. Not only has she won the first, but also the second and third prizes. These were won by Mr. S. Larcombe, of Birtle, Manitoba. In past years the Province of Saskatchewan had the distinguished honor of carrying off the initial prize.

Harvesting and threshing are now completed in Western Canada, and while it is early in the season to give exact figures as to the average yield per acre of wheat, oats, barley and flax it is safe to assume that the former will yield about 20 bushels per acre. The price to the farmer will be about \$2.00 per bushel, giving him \$40.00 an acre of a return. When it is considered that the land upon which this wheat is grown averaged less than \$30 an acre, it takes very little figuring to arrive at an estimate of the profit there is to the grain grower of Western Canada. The writer knows where a farmer purchased 100 acres of land in the spring of 1916, broke it up the same year, put it in wheat in 1917. His crop was harvested a few days ago. It yielded 4,800 bushels and he sold it at \$2.05 per bushel, giving him \$9,840. The land cost him \$4,800, breaking, seeding, seed, cutting and threshing, \$1,920. His profit was \$3,120 after paying for his land and his costs of improving. He has now \$3,120 to commence another season with a "paid for in full" improved farm.

Never has farming offered such profitable returns for labor as at present and nowhere is the large profit equal to that of the low priced, high yielding lands of Western Canada.

There has been a big rush during the past few weeks of renters and owners of high priced lands in many parts of the United States to investigate these 100% profit reports. No better season of the year could be selected by anyone desiring to better their condition and wishing to give Western Canada the "once over." Threshing is now completed and the grain being marketed. The weather is fine and will be pleasant for a couple of months and a visit now to personally investigate the conditions will be convincing and profitable. While old home ties and family associations are one of the first considerations in the mind of the reader, who feels that the old five or ten per cent return is sufficient, it behooves the modern and progressive farmer always to be on the alert to grasp the opportunities of the hour. Land in Western Canada that is annually producing a gross return of from \$40.00 to \$80.00 per acre is purchasable at from \$15 to \$30 per acre. It can be seen at a glance that such values cannot help but increase as they have done in the older agricultural districts of the United States. The new settler will find himself surrounded by same contented and prosperous neighbors. The expense of making one visit to look into Western Canada's opportunities is small—a special reduced rate is available and you owe yourself a holiday and a trip may do you good. You owe your dependents a right to better your condition and Western Canada offers that opportunity.—Advertisement.

Liquor Control in Bermuda.

Consul Carl R. Loop of Hamilton, reports that the Bermuda legislature has passed a law whereby "during the continuance of the present war the sale or supply of intoxicating liquor in all clubs and licensed premises is prohibited between the hours of nine o'clock at night and nine o'clock on the following morning."

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We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System.

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P. J. Cheney & Co., Toledo, Ohio.

When to Keep Still.

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Every woman in Cologne, Germany, is forced to work.

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Your MONEY WILL BE REFUNDED BY YOUR DRUGGIST WITHOUT ANY QUESTION IF THIS REMEDY DOES NOT BENEFIT YOUR CASE OF ASTHMA, BRONCHIAL ASTHMA, HAY FEVER OR DIFFICULT BREATHING. No matter how violent the attacks or obstinate the case.

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In either form (Cigarette, Pipe Mixture or Powder) Asthmador positively gives INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable, after having tried every other means of relief in vain. Sufferers are afforded an opportunity of availing themselves of this "Money-Back" guarantee offer as through purchasing from their own regular druggist, they are sure their money will be refunded by him if the remedy fails. You will be the sole judge as to whether you are benefited and will get your money back if you are not. We do not know of any fairer proposition which we could make.

R. Schiffmann Co., Proprietors, St. Paul, Minn.

Bone Surgery Marvels.

A reserve officer in the United States medical corps who recently returned from Great Britain is loud in his praises of the work in bone surgery being done in British hospitals. He says: "They can take a rib from a man and use it to replace a crushed bone in his arm. Patients who in earlier times would have been considered permanently disabled are now fixed up in a few weeks so that they can go back to the front. In a single month, in one hospital, we had 1,350 bone cases, and 1,000 of them were ready at the end of the month to go back and fight again."

Quite Appropriate Motion.

"Thrones are rocking these days." "Quite right, too. A rocking throne is the cradle of liberty."

Need to Be Nagged.

If we were a woman and had to live with some men we know we'd nag them, too.

One can't always judge a woman's innate truthfulness by what she says.

Pride is the thing a political orator uses to point with.



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you get 1862 calories of food value in tasty, appetizing and nourishing form.

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