

SELF DEFENSE

DEFEAT BACKACHE AND KIDNEY TROUBLE WITH ANURIC

Many people in this section, as elsewhere, have suffered from rheumatism and kidney trouble and have found Anuric to be the most successful remedy to overcome these painful and dangerous ailments.

The lucky people are those who have suffered, but who are now well because they heeded Nature's warning signal in time to correct their trouble with that wonderful new discovery of Dr. Pierce's called "Anuric." You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease, such as diabetes or stone in the bladder.

To overcome these distressing conditions you should take plenty of exercise in the open air, avoid a heavy meat diet, drink freely of water and at each meal take Dr. Pierce's Anuric Tablets (double strength). You will, in a short time, find that you are one of the firm indomers of Anuric, as are many of your neighbors. It sells for 60c a pkg. Send Dr. V. M. Pierce, Buffalo, N. Y., 10 cents for trial package.

Blair, Neb.—"This spring I saw Anuric advertised. It was the first intimation I had that Dr. Pierce, with whom I had doctoring so successfully, had a kidney medicine on the market, and as I was suffering at that time with backache and stiff joints, also a slight dropsical condition, I decided to try 'Anuric.' I can honestly say it is equally as good as Dr. Pierce's older remedies. It is doing the work of cleansing my kidneys and I am feeling much better in every way. The dropsical condition has almost disappeared and my backache is greatly relieved. Anuric is the best kidney medicine I have ever used."—Mrs. L. H. Lothrop, 811 E. Lincoln St.

Arsenic Industry Controlled.

With the idea of further conserving the nation's food supply by protecting it from insect ravages, President Wilson, in a proclamation, has placed the arsenic industry of the United States under direction of the food administration. The president's action comes in answer to a threatened shortage in the supply of arsenical insecticides, which are the farmer's chief protection for his crops against the onslaught of "biting insects."

PROVEN SWAMP-ROOT

AIDS WEAK KIDNEYS

The symptoms of kidney and bladder troubles are often very distressing and leave the system in a run-down condition. The kidneys seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to more dangerous kidney troubles.

Dr. Kilmer's Swamp-Root, which, so many people say, soon heals and strengthens the kidneys, is a splendid kidney, liver and bladder medicine, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who use it.

A trial will convince anyone who may be in need of it. Better get a bottle from your nearest drug store, and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

To Calculate Amperage.

To find the horsepower of an electric motor, if the current is direct, multiply the volts by the amperes and divide the product by 746. If the current is alternate you must multiply also by the power factor. There are meters which give the power factor as another meter gives volt or amperage readings.

MILLIONS USE RED CROSS.

Millions of good housewives use Red Cross Ball Blue. Each year its sales increase. The old friends use it and tell others. Red Cross Ball Blue will make your old clothes look like new. Ask your grocer.—Adv.

Many a so-called smart man smart because of his alleged smartness.

Constipation can be cured without drugs. Nature's own remedy—selected herbs—Garfield Tea. Adv.

Belleville, Ill., drops German from school studies.

Neglected Colds bring Pneumonia

CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opium—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. 24 Tablets for 25c. At Any Drug Store.

Why Bald So Young Rub Dandruff and Itching with Cuticura Ointment Shampoo with Cuticura Soap

A BAD COUGH is risky to neglect. Take it in hand, and safeguard your health by promptly taking **PISO'S**

Interesting Coat Dress With Novel Trimming



The lady in the picture has on one of those coats (or is it a dress?) which leaves us in doubt as to its identity. "Will you remove your coat?" might bring the answer: "I cannot, this is also my dress," without surprising anyone. The coat-dress proved a convenience to the tourist who wished to travel light, especially when designed to allow an extra undergarment upon need of warmth, and a coat-dress like that pictured is a thing of beauty and distinction.

If you are looking for a garment versatile enough to play this double role, be assured you will not find anything handsomer than the model shown here. It is of plain, smooth-faced cloth, and will appeal to good taste if we imagine it in gray or tan, or in darker colors. It is lifted into the ranks of the exceptional by its decoration. This is a bordered scroll in which cable cord, covered with cloth like that in the dress, is used instead of braid. The large covered cord, wound with a small silk cord in a darker shade of its own color. The coat is simple in design with straight,

full shirt, joined to a semifitting, roomy bodice, having plain coat sleeves and a long, square cape at the back. This, with the turnover collar, the cuffs and belt give additional opportunity to feature the novel decoration. The large scroll pattern, appearing on the skirt is repeated in smaller motifs on the belt, across the cape and collar and on the cuffs.

Unexpected details in the costume appear in the slit pockets in each side of the skirt and in the small scarf made to match the coat. This scarf idea has been developed by costumers in several clever ways, sometimes attached to the coat and sometimes not. The turban worn with this very interesting garment is evidently a part of the outfit, for it depends upon a covered cord to furnish its decoration, but goes further and adds an odd new pompon which looks much like a chrysanthemum made of ostrich feathers.

Nothing illustrates better the "difficult simplicity" which is demanded of designers of the dress of today, than this smart coat-dress.

Millinery Birds of Passage



Hats for winter resort wear, along with other apparel for tourists that journey southward, are all ready for the companies of women that will soon turn their backs upon the lands of snow. A glimpse of them is alluring enough to fix a wavering purpose and determine those who may follow them to the ends of the earth; that is to those ends that project themselves into the Gulf of Mexico, or the South Atlantic, or the Pacific in California. Wherever they go they must vie with the best efforts of millinery designers.

Many of the models prepared for tourists are not so distinctly summer-like as to bar them from wear in the north, but the greater number belong only in lands of the sun. At the top of the group pictured, there is a fine turban of black slipper straw, with crown-top of black satin. It is a typical southern tourist model, beautifully shaped and simply trimmed. Its broad spread of black, glossy wings suggests flight in a happy course—southward.

The black hat at the left, of madelines and panne velvet, bows to edict for simplicity in millinery and makes us marvel at the style and beauty of its lines. It belongs to no section or climate, being an adaptable hat for afternoon wear anywhere; and dress hats of this kind now extend their usefulness to evening wear also. It could hardly be simpler, with its finishing touch merely a pin that cannot even be classed as "fancy." Its head is a long coil of panne velvet, and that is all there is of trimming, and no one who sees the model wishes for more. To some millions of us who spend our

winters north this is the most interesting hat in the group.

At the right the hat of "peanut" braid belongs, like the butterfly, among growing flowers. It is a novel weave in straw in a light turquoise blue color, with a narrow lace mesh woven in two rows in the body of the hat. The brim is faced with orchid pink velvet, and narrow strips of it are laced through the mesh in the hat. Tassels that finish the trimming are made of these narrow strips. This is something new under the sun, and hats of braid are shown in all the lovely light colors that herald the spring.

Julia Bottomley

Washable Blouses Popular.

Lingerie blouses will always be preferred by some women, and many of them are being shown this season. Batiste and fine cotton voile are the favorite fabrics for lingerie models, and fine tuckings, hemstitching, and dainty lace edgings constitute the favored trimmings.

Tailored blouses of men's wear silk and of satin are extremely popular also.

For a Stretched Sweater.

To restore the shape of a sweater wash in hot water and white soap. Rinse in cool water and lay to dry on a covered table top or other flat surface. Pin the arms up, fasten the buttons and lay the whole garment so that the width is stretched rather than the length.

THE KITCHEN CABINET

I remember the black wharves and the ships
And the sea-lanes tossing free,
And the Spanish sailors with bearded lips,
And the beauty and mystery of the ships,
And, the magic of the sea.
—Kipling.

INEXPENSIVE GOOD THINGS.

A little leftover oatmeal if molded may be cut in slices and fried. If a piece or two of bacon or a little meat or sausage is added to it before putting it in the mold it will make a more nourishing dish and one which may take the place of meat.

Chicken en Casserole.—Prepare a small fowl as for stuffing. Remove legs and wings. Bone the legs and stuff them with the following: Chop the cooked chicken liver, a half cupful of ham and six blanched chestnuts. Mix with a cupful of bread crumbs a half-cupful or more of milk, two egg yolks. Season to taste with nutmeg, thyme, marjoram, salt, parsley and onion juice. Roll the fowl after stuffing in flour and brown in the pan; place in a casserole, add two carrots, two onions and a half cupful of uncooked rice with a pint of water. Simmer one or two hours.

Indian Delight.—Cook a half pound of spaghetti in boiling salted water. Chop one small onion, one clove of garlic, a green pepper fine and fry in half a cupful of olive oil until the onions are golden, then add a cupful of condensed tomato, one and a half teaspoonfuls of salt, cayenne and paprika to taste, a half teaspoonful of Worcestershire sauce. When thoroughly heated stir in a half cupful of cheese. When melted add the spaghetti and a half a can of corn and lastly a half pound of hamburger steak, softened with cold water to prevent its cooking in lumps. Stir over the fire for five minutes and turn into a baking dish. Sprinkle with grated cheese and bake 20 minutes.

California Pudding.—Take a cupful each of raw potato ground, a carrot and apple, also ground, a cupful of brown sugar, a cupful of raisins, a cupful and a quarter of flour, a teaspoonful of cinnamon, a half teaspoonful of cloves and a teaspoonful of soda stirred into the potato. Cream a half cupful of shortening with the sugar, dredge the raisins with a little flour. Mix and steam three hours. Serve hot with hard or liquid sauce.

Think that Washington is slow
Saints above!
Want to get 'em on the go?
Want to shove?
Want to help for woe or weal?
Listen, Bub:
Put your shoulder to the wheel
Not the hub.
—McLamburg Wilson.

SEASONABLE GOOD THINGS.

A thick cut of round steak makes a most appetizing dish cooked in a casserole. Wipe the steak and broil it for two minutes on each side to sear the meat and hold in its juice. Transfer it to a stone-covered dish, add one pint of Spanish sauce, one cupful of small onions which have been lightly browned in hot fat and four tablespoonfuls of any canned

fruit juice or a little grape jelly. Cover and cook in a moderate oven for an hour and a quarter. Add one cupful of potato balls, which have also been browned, and send to the table in the casserole.

Spanish Sauce.—Cook together for ten minutes two tablespoonfuls of sweet fat, two of chopped onion, two of chopped carrot and one tablespoonful of chopped celery. Add two tablespoonfuls of flour and cook until a rich brown; add one pint of rich clear stock and stir until thick and smooth. Add one tablespoonful of chopped ham, one bay leaf, two cloves, a sprig of parsley, a blade of mace and salt and pepper to season. Simmer very slowly for two hours; add one tablespoonful of gelatin soaked in a quarter of a cupful of soup stock until soft; simmer for 15 minutes longer, skim and strain.

Combination Rarebit.—Take three-fourths of a cupful of grated cheese, half a pound of spaghetti cooked until tender, one cupful of minced cooked ham, two tablespoonfuls each of sweet fat and flour, a cupful of milk, three-fourths of a teaspoonful of salt and one-eighth of a teaspoonful of pepper, a half cupful of dry crumbs mixed with two tablespoonfuls of ham fat. Butter a casserole. Melt the fat and add the flour and seasonings, then the milk and cheese, allowing the cheese to melt. Put a layer of spaghetti in the casserole, sprinkle with ham, add some sauce, continuing until all is used, having the crumbs on top. Bake 15 minutes in a hot oven. The proportions of ham, spaghetti and cheese may be varied to suit the amount of leftovers.

Cauliflower Soup.—Select one good head of cauliflower. Wash and pick it apart, drop into a kettle of boiling water, add a teaspoonful of salt after a few minutes and cook thirty minutes. Drain and add to the water one pint of milk, a teaspoonful of scraped

onion and a bay leaf. Mix together two tablespoonfuls each of flour and butter and when well cooked, add to the milk, cook five minutes, add the cauliflower and serve.

Just doing right—not striving to be great
Or wise or rich or seeking noble fate:
Just being good and generous and brave.
Just trying how humanity to save—
Ah! that's the way to live!

GOOD THINGS FOR THE TABLE.

Try this good and inexpensive cake: As we are conserving on sugar, it seems to be the good custom to go without frosting on our cakes:

Inexpensive Cake.—Beat to a cream five tablespoonfuls of sweet fat of any kind, add a cupful of sugar and an unbeaten egg yolk. Mix well one and two-thirds cupfuls of flour with two teaspoonfuls of baking powder, a dash of salt; add this mixture to the sugar and egg mixture alternately with a half-cupful of cold water, beating very thoroughly, then fold in the egg white and bake 45 minutes in a moderate oven. If this cake is well-beaten and carefully made it will have a fine texture.

Ginger bread, hot and fresh, with cottage cheese and apple sauce makes a most satisfying dessert.

Marshmallow Rice Pudding.—Take cold boiled rice and add sugar, spices or flavoring, with a beaten egg and milk for an ordinary rice pudding. Then place on top a dozen marshmallows which have been soaked in milk for three hours, and bake until a light brown.

Apple Omelet.—Mix a tablespoonful of flour into a smooth paste with one-third of a cupful of milk; add a quarter of a teaspoonful of salt, a teaspoonful of sugar and a tablespoonful of sweet fat, melted, with four well-beaten eggs. Pare, core and chop four large apples, melt a tablespoonful of fat in a frying pan and, when very hot, turn in the apples, stir and cook until slightly soft. Pour over the flour, egg and milk mixture and shake well, lifting the edges to prevent scorching and to cook evenly. When the eggs are set, dust with sugar and roll out on a hot platter. Set in the oven on the grate, or under the gas flame to brown the top.

Pimento and Cheese Entree.—Take six canned red peppers, salt the insides, after draining; fill with a cupful of sharp cheese, grated; set on rounds of toast, pour the pimento liquor around the toast in a pan and bake just long enough to melt the cheese.

To save meat we must use more poultry, rabbits and especially fish and sea foods, perishable meats like kidneys, liver and sweetbreads, in place of beef, mutton and pork.

SEASONABLE DISHES.

With eggs as high in price as they are it seems expedient to plan our meals without much reference to them. They are so nourishing that when possible, especially when one has children they should be used in various ways occasionally to add variety to the diet and furnish the growth determinant which is found in egg yolk and so necessary for bodily well-being.

Southern Rice Bread.—Put two cupfuls of boiled rice in a bowl, add two cupfuls of milk, and the yolks of four well beaten eggs. Sift in gradually, one cupful of flour, add a half teaspoonful of salt, two tablespoonfuls of melted shortening, and the whites of the eggs beaten to a stiff froth. Turn into a shallow well greased pan and bake 45 minutes in a moderate oven. A half cupful of rice may be added to almost any muffin, gem, or griddle cake batter.

Almond Milk Soup.—Take a half a pound of rice, wash well and put into a double boiler with a quart of milk, add one-half teaspoonful of salt and let it cook slowly until every grain is tender and swelled to double its original size. While the rice is cooking, shell and blanch a half pound of almonds, chop them very fine, or grind in a meat chopper, then pound in a mortar, add a few drops of milk at a time (using three or four tablespoonfuls. It will make the nuts less oily). When the paste is smooth, add it to three pints of milk and simmer for thirty minutes. When the rice is done turn it out carefully into the soup tureen, then pour over it the almonds and milk.

Nellie Maxwell

No Woman Auctioneer. Although there is no record that a woman has ever been an auctioneer, it is on record that in May, 1912, the mayor of New York, Mr. Gaynor, answered an inquiry addressed to him by a woman by saying that there was nothing in the law to prevent a woman from becoming an auctioneer. Strange enough, it was a milliner who made the inquiry.

EAT SKINNER'S THE BEST MACARONI

European factories each week make about 16,000,000 pounds of artificial butter with coconut oil as base.

Constipation, indigestion, sick-headache and bilious conditions are overcome by a course of Garfield Tea. Drink on retiring Adv.

Self Deception Easy. Nothing is more easy than to deceive one's self, as our affections are subtle persuaders.—Demosthenes.

Soothe Itching Scals. On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail Soap 25, Ointment 25 and 50.—Adv.

Nuns Fight Flames. Nuns assisted to fight a fire in East Mariches, L. I., the other day. A three-story wood-and-stucco edifice caught fire. Bucket lines were formed, and 12 nuns who had been living in the building took part, but the fire was unconquerable, and the building was destroyed.

BOSCHEE'S GERMAN SYRUP

Why use ordinary cough remedies, when Boschee's German Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Sold in all civilized countries 30 and 90 cent bottles.—Adv.

TIMBER NEEDED FOR FRANCE

Virgin Forests of Vast Area in Africa May Be Drawn Upon for Supply After the War.

France is beginning to figure out how to meet an anticipated shortage in lumber and firewood after the war. The destruction of forests by shell fire and the heavy demand for lumber for barracks and road construction combine to make a deficit of 1,000,000 cubic feet annually.

Beyond the range of shells, on both sides of the front, the military woodmen's axes have drawn heavily on timber from the North sea to the Swiss frontier. The consumption of lumber will increase during the war at the rate of 3,000,000 cubic feet a year; and for several years after peace is made, the demand will continue for the repair and rebuilding of devastated regions.

The solution of the problem is considered to be a question of transportation, and of forest exploitation in the colonies. Specialists have calculated that French equatorial and western Africa, Madagascar, Guinea and Indo-China possess 875,000 square miles of virgin timber land, which could amply supply France, and several other countries with fuel and lumber.

When Interest Ceases. As soon as the rat finds that he is trapped he loses all interest in the piece of cheese that caused his downfall.

The United States has added 26,000 persons to Washington departmental pay rolls on war account.



The Rich Flavor Grape-Nuts

is due to the blending of malted barley with whole wheat flour. Wheat alone does not possess this rich flavor. The wonderfully easy digestion of Grape-Nuts is also partly due to the barley for the barley contains a digestive which wheat lacks. "There's a Reason" for Grape-Nuts