

The Mother of Eight
and
Never had a Doctor

Reared Her Family
WITH
SIMPLE HOME REMEDY

An American Mother Beats Them All

There are few families in which the record of Mrs. Gustave Koch, Box 24, Kewick, Keokuk County, Iowa, has been surpassed. Not in the fact that she

caused a family of eight is her story remarkable. Thousands of families are larger. The history of the Koch family is unique in that the mother, with all her loving care, pinned her faith to a simple home remedy and never had a doctor for her children. Here is what she says: "Peruna has done my children good. I have a family of eight and never had a doctor, only your medicine. We all think Peruna a splendid tonic." So far as we have learned, Peruna is the only known remedy for which such a wonderful claim can be made. Like Mrs. Koch, there are thousands upon thousands of mothers who place their entire dependence upon Peruna. That Peruna has merited this confidence is attested by the words



COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPOHN'S COMPOUND is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how the colts or horses at any age are "exposed." SPOHN'S is sold by your druggist.

SPOHN MEDICAL CO., Sole Mfrs., Goshen, Ind.

Natural Procedure. "What do you think of that new gas scheme?" "Oh, everybody is making light of it."

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 Othine—double strength—is guaranteed to remove these honey spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it 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 seldom 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.

On Himself. Novelist Booth Tarkington tells with gusto this story against himself: "I was strolling round an artists' Red Cross fair when two pretty flappers of sixteen or so came up and asked me for my autograph. "I haven't got a fountain pen," I said, much flattered. "Will pencil do?" "Yes," replied the older flapper, and so I took out a pencil and signed my name in the morocco bound book that she had given me. "The flapper studied my signature with a frown. Then she looked up and said: "Aren't you Robert W. Chambers?" "No," said I. "I'm Booth Tarkington." "The flapper turned to her friend with a shrug of disgust. "Lead me your rubber, May," she said."

Quite So. Three little girls were discussing the clubs their fathers belong to. "My father belongs to the Moose," said Mary. "My dad belongs to the Elks," said Luella. "My papa must belong to the elephants. He's so fat and big," remarked Lenore. And mother, who was listening, had to leave the room to laugh.

Terrible Suggestion. "We have a duck of a doctor." "Great Scott! You don't mean to say he's a quack?"

A man carries domestic economy to extremes when he stops the clock at night to save time.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

Wild Horses a Problem. France has courteously but firmly refused to consider the straying meat of the hony Montana wild range horse. Washington dispatches declare that United States Senator T. J. Walsh of Montana, who took the matter up with the French high commission, was told that France was not in the market for Montana horse meat on any terms.

Sale of the range horse for food has long been agitated, as he devours the range. He is worthless as a horse and to round him up, slay and bury him would cost too much money. He is too numerous to kill and let lie, since he might start a plague. Various projects to can him have been gently scorned by American meat packers, and the solution of the problem, it would seem, is not yet.

Some Don't Know It. Here's a registration yarn which, though late, still has its laugh: Louis Yvno was born in sunny Italy. When he registered he was required to fill out an information slip giving name and other personal facts. He was a bright boy and made no mistakes until he came to the line marked "born," followed by a blank space. In this Louis wrote down very neatly the one word, "Yes."

Her Occupation. "What kind of a woman is his wife, Amanda?" "I think she is what you call a mandatory."

THE KITCHEN CABINET

Be pleasant until 10 o'clock in the morning and the rest of the day will take care of itself.

There are persons so radiant, so genial, so kind, so pleasure-bearing, that you instinctively feel in their presence that they do you good, whose coming into a room is like the bringing of a lamp there.—Henry W. Beecher.

Back of the loaf is the snowy flour. And back of the flour is the mill; Back of the mill is the wheat and the shower. And the sun and the Father's will.

WHAT SHALL WE HAVE FOR DINNER?

Soup is always a good beginning for the ordinary dinner, and the following will be found a tasty one:

Celery Soup.—Chop five stalks of celery and pound in a mortar. Cook in a double boiler with two slices of onion and four cupfuls of milk 30 minutes. Melt three tablespoonfuls of butter, add three tablespoonfuls of flour and cook one minute; then pour on gradually the hot milk, stirring constantly. Season with salt and pepper, add one-half cupful of cream, strain into a tureen and serve at once.

Potatoes en Casserole.—Wash and pare eight smooth, round potatoes of uniform size. Cover with cold water and let stand two hours. Drain, put in a casserole, sprinkle with salt, add a little butter, allowing a teaspoonful for each potato. Cover and bake until soft, about 45 minutes. Turn every 15 minutes.

Dinner Rolls.—Add two tablespoonfuls of butter, one-half tablespoonful of sugar, three-fourths of a teaspoonful of salt to one and one-half cupfuls of milk scalded. When warm add one yeast cake dissolved in two tablespoonfuls of luke-warm water, and three cupfuls of flour. Beat, cover and let rise. Cut down, add one-half cupful of flour and beat. Cover and let rise again. Toss on a board and knead thoroughly. Shape in biscuits and roll into balls. Arrange on buttered sheets and let rise; then bake.

Brussels Sprouts With Chestnuts.—Drain and saute one quart of boiled sprouts in three tablespoonfuls of butter. Cook one-fourth of a cupful of butter with two teaspoonfuls of sugar until browned; then add the sprouts, one-third of a cupful of brown stock, one-half teaspoonful of salt, a few grains of cayenne and two tablespoonfuls of fruit juice.

Turnips With Parsley.—Cook turnips cut in cubes until tender; add butter, chopped parsley, salt and paprika for seasoning.

Whether the world is blue or rosy depends upon the kind of spectacles we wear; 'tis our glasses, not the world that fits our attention.

FOOD FOR THE FAMILY.

Some of the dishes that were common a generation ago may be revived and will find great welcome. One of these is

Washington Pie.—Cream one-fourth cupful of butter, add one cupful of sugar gradually, two eggs, well beaten and one-half cupful of milk. Then add one and two-thirds cupfuls of flour mixed and sifted with two and one-half teaspoonfuls of baking powder. Bake in round layer tin and put sweetened and flavored whipped cream as a filling and on top. Raspberry jam may be used in place of the cream if preferred.

Tomato Soup.—Cook one can of tomatoes, two cupfuls of water, two slices of onion, 12 pepper corns, four cloves, a bit of bay leaf, and two teaspoonfuls of sugar, 20 minutes. Force through a sieve, add a teaspoonful of salt and one-eighth of a teaspoonful of soda. Melt two tablespoonfuls of butter, add three tablespoonfuls of flour, and stir until well blended; then pour on gradually while stirring the hot liquid. Bring to a boiling point and strain.

Baked Halibut.—Arrange six slices of fat salt pork in a dripping pan. Cover with one sliced onion and a bit of bay leaf. Wipe a two-pound slice of halibut and place over the pork and onion. Mask with three tablespoonfuls of flour mixed with three of butter. Cover with three-fourths cupful of buttered crumbs. Bake 50 minutes. Serve with a sauce made from the fat in the pan. Thicken with flour and add milk.

Boston Brown Bread.—Mix and sift one cupful of rye meal, one cupful of cornmeal, one cupful of graham flour, one teaspoonful of salt, three-fourths of a cupful of molasses and two cupfuls of sour milk. Stir until well mixed, turn into a buttered mold and steam three and one-half hours. Fill the mold two-thirds full and cover closely.

Brown bread may be dipped in water and heated in a hot oven, making the bread as fresh as if just steamed.

Nellie Maxwell

Modern Modes. Long, loose sleeves of transparent material button from top to bottom on the inside seam. Short coats feature double pockets and sleeves sewed into the armholes without fullness. Evening gowns are trimmed with inch-wide two-faced satin ribbon applied in rows and rows on tulle. On frocks of satin or tricotette applied full fabric is also appliqued velvet, making excellent trimming.

FISH AND SHELL FISH DISHES.

Fish, when it is obtained fresh, is one of our most important foods. It adds variety to the diet and is almost universally liked.

Oysters Louisiana.—Clean and parboil one quart of oysters; reserve the liquor; add water to make one and one-half cupfuls. Cook three

tablespoonfuls of butter with two tablespoonfuls of chopped red pepper and one-half teaspoonful of chopped shallot five minutes. Add four tablespoonfuls of flour, and the oyster liquor. Bring to the boiling point and season with one-half teaspoonful of salt, a few dashes of paprika, cayenne and one tablespoonful of acid fruit juice. Arrange in buttered shells, pour over the sauce and sprinkle with grated Parmesan cheese.

Crab Meat Timbales.—Melt three tablespoonfuls of butter; add three tablespoonfuls of flour and stir until well blended; then pour on gradually, stirring constantly, three-fourths of a cupful of milk and the same amount of cream. Bring to the boiling point, season with three-fourths of a teaspoonful of salt, add one-half pound of crab meat, one-fourth of a pound of mushrooms, snuted in a little butter, and one canned pimiento, cut in long strips. Fill timbale cases with the mixture and serve.

Fillets of Halibut.—Wipe two three-fourths-pound slices of halibut and cut into eight fillets. Roll each and fasten with wooden skewers. Arrange six thin slices of fat salt pork in a pan, cover with one sliced onion, one-half a bay leaf, broken in bits, and place the fillets over this. Cream together three tablespoonfuls of butter and add the same amount of flour. Cover the fillets with the mixture and sprinkle with buttered cracker crumbs. Bake in a hot oven.

Sardine Cocktails.—Skin, bone and separate into small pieces one box of sardines. Mix a cupful of tomato catsup, two teaspoonfuls of Worcestershire sauce, one-half teaspoonful of tabasco sauce, the juice of a lemon; add the sardines and season with salt. Chill thoroughly and serve in scallop shells on crushed ice.

A happy man or woman is a better thing to find than a five-pound note—they practically demonstrate the theorem of the livableness of life.—R. L. Stevenson.

MORE GOOD THINGS.

A few slices of side pork, cooked until brown, and a gravy made by using two tablespoonfuls of the fat with two tablespoonfuls of flour, well blended, makes a nice dish to serve with baked potatoes.

Fried Salt Pork, Country Style.—Cut salt pork in thin slices and wash each find several times. Dip in cornmeal and flour, using two parts cornmeal to one of flour. Fry in a hot frying pan until crisp and brown. Remove from the pan and strain the fat; to two tablespoonfuls of fat add three tablespoonfuls of flour and, when well blended, add a cupful of milk, salt and pepper to taste, and one and one-half cupfuls of hot beefed potato cubes.

Chicken Gumbo.—Cook one onion, finely chopped, in four tablespoonfuls of butter five minutes, stirring constantly. Add one quart of chicken stock and one-half can of okra, two teaspoonfuls of salt, one-half a green pepper, chopped, and paprika to taste. Bring to the boiling point and simmer 40 minutes.

Prune Pie.—Wash one-half pound of prunes and soak in water to cover. Cook in the same water until soft. Remove the stones, cut the prunes in quarters and mix with half a cupful of sugar and a tablespoonful of lemon juice. Line a pie plate with paste, cover with prunes, pour over the liquor (one and a half tablespoonfuls), dot with bits of butter and dredge with one tablespoonful of flour. Bake with a top crust.

Cream of Spinach Soup.—Cook two quarts of spinach 30 minutes in three cupfuls of boiling water. Drain, chop and rub through a sieve; add four cupfuls of chicken stock, heat to boiling point, bind with four tablespoonfuls of butter and a third of a cupful of flour, cooked together; then add two cupfuls of milk. Season with salt and pepper.

Pimiento Potatoes.—Season three cupfuls of hot reed potatoes with three tablespoonfuls of butter, one-half a cupful of cream, and salt to taste. Heat vigorously five minutes. Add one and one-half canned pimientos cut in bits and forced through a strainer; beat until well blended. Reheat and pile on a hot serving dish.

Look out for Spanish Influenza.

At the first sign of a cold take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine bottle has a Red Top with Mr. Hill's picture. At All Drug Stores.

Skin Tortured Babies Sleep After Cuticura

All druggists. Soap, Ointment and Lotion. Sample each free of Cuticura, Soap, & Paste.

The sooner a man shuffles off this mortal coil the sooner his good qualities will be recognized.

Catarrhal Deafness Cannot Be Cured

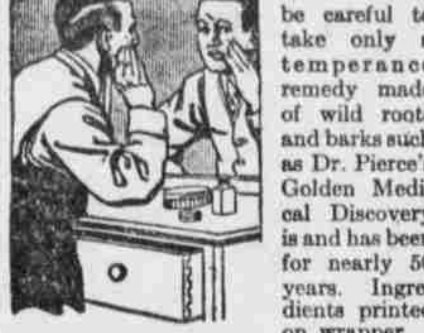
by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the system. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be removed, this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Surfaces.

ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE.

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Oh! My Face



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The first day you start to take this reliable medicine, impure germs and accumulation begin to separate in the blood and are then expelled through the eliminative organs.

In place of the impurities, the arteries and veins gradually get fresh vitalized blood and the action of this good blood on the skin means that pimples, boils, carbuncles, eczema, rash, acne and all skin blemishes will disappear. Then you must remember that when the blood is right, the liver, stomach, bowels and kidneys become healthy, active and vigorous and you will have no more trouble with indigestion, backache, headache.

Get Dr. Pierce's Golden Medical Discovery to-day at any medicine dealer, in tablet or liquid form, or send 10c for trial package to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

Occasionally one should "clean house" with castor oil or tiny pills made up of the May-apple, leaves of aloe and root of jalap, first put up by Dr. Pierce and now sold by almost all druggists in this country as Doctor Pierce's Pleasant Pellets. Always convenient to take.

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