

Genuine "Bayer Tablets of Aspirin"  
Always marked with "Bayer Cross"

For Pain  
Headache  
Toothache  
Earache  
Rheumatism  
Lumbago



Colds  
Grippe  
Influenza  
Colds  
Stiff Neck  
Joint Pains

Out of Pain To Comfort!  
Proved Safe By Millions!

Adults—Take one or two "Bayer Tablets of Aspirin" with water. If necessary, repeat dose three times a day, after meals.

Ask for and Insist Upon

"Bayer Tablets of Aspirin"

American owned—Entirely!

20 cent Bayer packages—also larger Bayer packages.  
Buy Bayer packages only—Get original package.

Aspirin is the trade mark of Bayer Manufacture of Monocaceticacidester of Salicylicacid

NOTHING NEW IN WARFARE

Methods Employed During Great Conflict Merely Copies of Those in Use Long Ago.

By the use of trenches in the great war the opposing forces adopted means of offense and defense that long antedated the invention of firearms. The steel helmet reappeared after more than 200 years of disuse, and many a soldier owes his life to the fact that the curved surface of his head-covering deflected a bullet. The trench periscope is an adaptation of a device that was invented nearly three centuries ago. The barbed wire entanglement is only another form of the ancient abatis, and the fact that it is now often painted green to make it less easy to see is a link that joins it even more intimately to its prototype. The pits with sharp spikes at the bottom and the cat-trops—four-pointed iron instruments that always stand with one point upward however they may fall, are survivors of medieval warfare. The catapult of the Romans that once threw stones recently cast explosive grenades from trench to trench. The German flame projector goes back to the days when armies deluged each other with burning oil and burning pitch, and the use of poisonous gases was anticipated by the Chinese, who for centuries used "stinkpots."

Tea Via the Mississippi.

Tea, 3,000 tons of it, reached Memphis, Tenn., following a trip that began in China, and which will end on the Mississippi river at St. Louis.

The cargo arrived on the government barge line and 250 cases were unloaded at the Memphis municipal terminal for use there.

The tea was brought from China through the Panama canal, across the gulf of Mexico and was loaded on the government barges at New Orleans. Five barges were in the tow.—Memphis Commercial Appeal.

Monkeys Die of Flu.

Monkeys are the latest victims of the Spanish influenza scourge which has been sweeping the world, according to a letter received by a resident of Albany, Ore., from a relative who is a banker in a South African city. Thousands of monkeys have perished in the forests of South Africa from influenza, the letter declares. Moreover the plague is prevalent among the white and black population, with high mortality.

Kidding Himself.

"That fellow Jones is plumb crazy kidding himself."  
"How's that?"  
"Why making excuses for himself—bolstering himself with pretense. For instance, the other night he came in at 12 o'clock. He didn't want to lie to his wife, so he turned the hall clock over on its side to make it look like a quarter of nine, and went to bed conscientiously."

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists Sell. Testimonials Free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

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

Airplanes to Subdue Head Hunters.

The next Japanese budget of the governor general of Formosa will contain an item of \$91,500 for a flying corps to subdue the head-hunting aborigines of that island. Mr. Shimomura chief of civil administration of Formosa, says: "Probably four airplanes will be used in the first year, and operations will be started as soon as the formal sanction of the diet is obtained. If it is difficult to secure the necessary aviators, we shall ask the army to send their airmen. We may also ask the army to train new aviators specially to meet our requirements. There is nothing like airplanes for awing Formosan natives; experience shows that this weapon is one of the best for subjugating them. No economic exploitation of Ari, Dalu, Niltake and other unsubjugated places can be undertaken until after the savage aborigines are subdued."

Poachers Kill Off Big Game.

Pisgah forest, United States government preserve and one of the few remaining big game sections of the country is about to be denuded of its game by poachers, according to statements by Rudolph Diefenbach, forest supervisor. Poachers, usually under cover of night, drive the deer out into the open or off the preserves and then kill them. The number slain is reaching alarming proportions.

I could hardly feel much confidence in a man who had never been imposed upon.—Guesses at Truth.

The symbols of the invisible are the loveliest of what is visible.—Byron.

Dissatisfaction in the  
Quality or Price  
of Coffee

is easily remedied by changing your table drink to

THE ORIGINAL  
POSTUM CEREAL

Boiled just like coffee—15 minutes after boiling begins—you are certain of uniform quality.

The price doesn't fluctuate from one month to the next.

And besides there's only one grade—the best. You get it in every package.

There's a greater reason however why you should drink Postum—HEALTH.

No upset to stomach, heart or nerves—the penalty many pay for coffee drinking—follows the use of Postum. It's a rich, healthful, invigorating drink, and—

"There's a Reason"

The KITCHEN  
CABINET

The highest culture is to speak no ill: The best reformer is the man whose eyes are quick to see all beauty and all worth; And by his own discreet, well-ordered life, Alone improves the erring.—Ella W. Wilcox.

SEASONABLE DISHES.

As strawberries become more plentiful they may be used in various desserts. The following is one which is universally liked:

**Strawberry Cream.**—Wash and hull two quarts of ripe berries and sprinkle them with two cupsful of sugar; cover and let stand two hours, then squeeze through a double thickness of cheesecloth. Add three pints of thin cream and a few grains of salt. Freeze, using three parts ice to one of rock salt. Serve in sherbet cups and garnish with selected strawberries.

**Manhattan Pudding.**—Pick over one quart of berries; sprinkle with a cupful of sugar and let stand two hours. Squeeze through a cheese cloth and add one cupful of water and lemon juice to taste. Turn the mixture into a mold. Beat one pint of cream until stiff, add one-half cupful of powdered sugar, one-half tablespoonful of vanilla and two-thirds of a cupful of rolled macarons. Pour over the fruit mixture to overflow the mold. Cover and let stand packed in ice and salt (one part salt to four parts ice) for three hours.

**Milk Sherbet.**—Mix the juice of three lemons and one and one-half cupfuls of sugar, stirring constantly while adding four cupfuls of milk. Freeze and pack to ripen. The mixture may curdle while mixing, but it will freeze smooth and velvety.

**Ham Mousse.**—Dissolve one tablespoonful of granulated gelatin in one-half cupful of hot water; add two cupfuls of cold boiled ham, which has been pounded in a mortar. Season with one teaspoonful of mixed mustard and a few grains of cayenne. Add one-half cupful of heavy cream beaten until stiff, and turn into a mold which has been dipped in cold water. Chill, remove from the mold and garnish with parsley.

**Cucumber Sauce to Serve With Fish.**—Wash, peel and grate one or two cucumbers; season with salt, grated onion, vinegar and pepper.

"Simplicity is restful contempt for the non-essentials of life. It is restless hunger for the non-essentials that is the secret of most of the discontent of the world."

THINGS TO REMEMBER ABOUT VEGETABLES.

Onions are rich in sulphur, one of the valuable minerals needed in the body. Two to three grains are needed each day for body activities. Onions dissolve uric acid and absorb poisons. They are a tonic for nervous troubles.

They induce sleep. Nervous prostration is helped by a diet of onions. Insomnia is cured by a two-mile walk and a supper of baked onions and bread and butter.

Onion sirup may be made by cooking in the oven a plateful of sliced onions sprinkled generously with sugar. This will cure the worst cough, also good for croup.

A chopped onion poultice is a most effective remedy for bronchial or lung trouble. Renew when dry.

Carrots are rich in iron, increase the red blood cells, are a good spring tonic, clear the complexion, are rich in phosphoric acid. The tender leaves are rich in this same mineral; they should be eaten as salad. Carrots are good for nervous people and those suffering from asthma.

Lettuce is good for nervousness; will induce sleep.

Celery also is good for nervousness, serviceable in counteracting conditions which lead to neuralgia and rheumatism.

Tomatoes are a fine liver stimulant. The acid when fresh is especially cooling to the blood.

Beans, spinach, raw cabbage and asparagus are all rich in iron and phosphorus, which are good for anemic people.

Spinach and dandelion are rich in iron and act directly upon the kidneys. Asparagus is another kidney stimulant.

Water cress, found in many brooks in quantities, is rich in tonic properties and should be used freely in the spring. Serve with a dash of salt or with a simple French dressing.

Fruits of various kinds are also rich in mineral salts and acids; good for the system. Lemons are for liver trouble and rheumatism. An orange at night relieves constipation. A teaspoonful or two given often to the baby between milk feedings will keep its digestive apparatus in good working order.

The apple is one of the most valuable of fruits, eaten fresh or baked. "An apple a day keeps the doctor away."

"Worry is the most popular form of suicide. Worry impairs appetite, disturbs sleep, spoils digestion, irritates disposition, warps character, weakens mind, stimulates disease and saps bodily health. Worry is mental poison; work is mental food."

WAYS WITH MEATS.

An unusual but very tasty meat dish is the meat sandwich. Take two slices of veal, small steaks. Between them lay a slice of ham cut three-quarters of an inch thick; fasten together with skewers and bake until well done. Cut in strips and serve with a well-seasoned gravy.

**Potted Ham.**—When a ham is boiled there is often much waste of the small pieces which do not make a presentable slice. Mince until fine, then rub to a smooth paste, using one-third fat. Season well with salt and pepper, heat thoroughly and pack while hot in small jars.

**Spiced Meat.**—Take two pounds each of veal and pork. Three pounds of finely chopped beef, eight milk crackers rolled fine, four eggs well beaten, one teaspoonful of pepper, one tablespoonful of chopped parsley, one teaspoonful of ground nutmeg and one teaspoonful of cinnamon and one-half teaspoonful of cloves. Mix well and bake in a slow oven for five hours. Let stand in the dish in which it was baked several hours before serving.

**Scalloped Chicken.**—Shred the chicken left from Sunday dinner. Cover the bottom of the baking dish with the chicken, then with bread crumbs, not too dry; repeat with another layer of chicken and crumbs, dot with bits of butter, season with salt and pepper and cover with enough milk to moisten well. Bake until well heated.

**Veal Loaf.**—Take two pounds of cooked veal, two pounds of chopped pork, six cupfuls of cracker crumbs, one cupful of tomato, two large onions chopped, four eggs and seasoning to taste. Mix all together with the hands until it holds its shape, then roll and cover with crumbs. Bake slowly two hours.

**Baked Ham.**—Take a thick cut of ham from the center, about four inches thick. Cover with a thick layer of brown sugar, add water and bake one to two hours. Baste during the baking very frequently.

"The power of self control is one of the great qualities that differentiates man from the lower animals. He is the only animal capable of a moral struggle or a moral conquest."

GOOD HOMELY DISHES.

When making bread save a cupful of sponge for a

**Bread Cake.**  
Take one cupful of sugar, one-half cupful of shortening, one cupful of flour, one cupful of bread sponge, one egg and spice and raisins to taste. Put to rise after beating well and when well risen bake in a moderate oven.

**Dried Apple Cake.**—Stew two cupfuls of dried apples until soft enough to chop, then add two cupfuls of molasses, with spices to taste, and boil with the drained chopped apples. Drain and reserve all the liquor; mix with one cupful of sour milk, one cupful of shortening, four cupfuls of flour, two teaspoonfuls of soda and mix well, then add the chopped apples at the last. Bake in a slow oven.

**Scalloped Tomatoes, Corn and Onions.**—Butter a baking dish suitable for the table, put in a layer of corn, season with salt and pepper, add a few bits of butter, then a layer of tomato pulp with no juice and a very thin layer of thinly sliced onions, then repeat the layers. Cover and let cook one hour or until the onion is tender. Remove the cover, spread over the top a half cupful of buttered crumbs and bake until the crumbs are browned.

**Hamburg Cakes.**—Put a pound of meat from the top of the round through a meat grinder, add a teaspoonful of onion pulp, a teaspoonful of salt, a half cupful of broth or cold water. Mix thoroughly, then pat into cakes and cook in a well-greased broiler. When moisture is seen on the top of the cakes, turn and cook on the other side. The meat may be broiled in a thick slice if preferred, but is equally delicious cooked before a coal fire in small cakes.

**Deviled Salmon.**—Take one pint of cream sauce, add a teaspoonful of Worcestershire sauce, the juice of one lemon, salt, pepper and a can of salmon. Mix well and fill shells or ramekins. Cover with buttered crumbs and bake until the crumbs are brown.

Nellie Maxwell

**Rough on Old Clothes Men.**  
Seven hundred and forty million pounds of wool, grease equivalent, were used by manufacturers in the United States during 1918. Much of this wool went into clothes for soldiers, while the old clothes men called it vain for the shiny and patched garments worn by civilians at home.

CALLUS CORNS  
LIFT RIGHT OFF

Doesn't hurt to lift them off with fingers



Don't suffer! A tiny bottle of Freezone costs but a few cents at any drug store. Apply a few drops on the corns, calluses and "hard skin" on bottom of feet, then lift them off. When Freezone removes corns from the toes or calluses from the bottom of the feet, the skin beneath is left pink and healthy and never sore or tender.

Cinch.

"How can I be sure that I am the only woman you ever loved?"  
"That's easy. Until I met you I didn't know what love was."—Louisville Courier-Journal.

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Easily Done.

"How can you prove he is a man of loose habits?" "I can do it from the way he gets drunk."

Do your best, then take what comes without flinching. Every experience can be turned to good account.

For Colds, Catarrh or Influenza



Do you feel weak and unequal to the work ahead of you? Do you still cough a little, or does your nose bother you? Are you pale? Is your blood thin and watery? Better put your body into shape. Build strong!

An old, reliable blood-maker and herbal tonic made from wild roots and barks, is Dr. Pierce's Golden Medical Discovery. This "nature remedy" comes in tablet or liquid form. It will build up your body, cure your cold, and protect you from disease germs which lurk everywhere. One of the active ingredients of this temperance alterative and tonic is wild cherry bark with stillingia, which is so good for the lungs and for coughs; also Oregon grape root, blood root, stone root, Queen's root, all skillfully combined in the Medical Discovery. These roots have a direct action on the stomach, improving digestion and assimilation. These herbal extracts in the "Discovery" aid in blood-making, and are best for scrofula. By improving the blood they aid in throwing off an attack of influenza.

Catarrh should be treated, first, as a blood disease, with this alterative. Then, in addition, the nose should be washed daily with Dr. Pierce's Catarrh Remedy. Send 10c for trial pkg. of Medical Discovery Tablets or Catarrh Tablets to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y.

LIBERTY BONDS

\$47.75 for \$50 3d Liberty Bond with 3 coupons; \$47 for 4th bond with 4 coupons. Send bonds by registered mail. H. M. HOWE, 522 S. Western Ave., Chicago, Ill.

Fitting.

Hix—"I hear they're retooling the country club garage." Dix—"With parquet, I suppose."—Cartoons Magazine.

A "Close-Up"  
Swift & Company's Profit of 2.04  
cents on each dollar of sales



The diagram at the top shows the distribution of the average Swift dollar received from sales of beef, pork and mutton, and their by-products, during 1918. The magnifying glass brings out the distribution of the 2.04 cents profit per dollar of sales:

- .94 of one per cent goes to pay interest on borrowed money, taxes, etc.
- .50 of one per cent goes to pay dividends to shareholders.
- .60 of one per cent remains in the business to help in improving and financing the business.

Total 2.04 percent

1919 Year Book of interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois

Swift & Company, U. S. A.

