

CASTORIA
For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
Chas. H. Fletcher.
In
Use
For Over
Thirty Years
CASTORIA

Net Contents 15 Fluid Drachms
900 DROPS
ALCOHOL-3 PER CENT.
A Vegetable Preparation for Assimilating the Food by Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Thereby Promoting Digestion
Cheerfulness and Rest Contains
neither Opium, Morphine nor
Mineral. NOT NARCOTIC
Recipe of *OLD DR. SAMUEL FITCHER*
Pumpkin Seed
Aloe
Sulphur
Cinnamon
Sassafras
Licorice
Custard
Clarified Sugar
Whitening
A helpful Remedy for
Constipation and Diarrhoea,
and Feverishness and
LOSS OF SLEEP
resulting therefrom in Infancy.
The Genuine Signature of
Chas. H. Fletcher.
THE CENTAUR COMPANY,
NEW YORK.
At 6 months old
35 Doses 35 CENTS
Exact Copy of Wrapper.

**Make This Test For
Acid-Stomach**

There are millions of people who suffer almost daily from the horrors of an acid-stomach—indigestion; sour, gassy, stomach; distressing heartburn; sickening food-repeating; painful bloating and that miserable, puffed up, lumpy feeling after eating. Many of these people have tried treatment after treatment; medicine after medicine; others have gone to doctors and stomach specialists and some to hospitals, but in spite of all their efforts they have obtained no lasting relief or a permanent cure.

These symptoms simply mean acid-stomach. If allowed to run on, they are very likely to cause a lot of serious trouble. Dyspepsia, rheumatism, gout, lumbago, sciatica, splitting headache, dizzy spells, nervousness, sleeplessness, mental depression, melancholia, a feeling of listlessness and all-goneness—these are just a few of the disorders which can be traced to acid-stomach. As a matter of fact, acid-stomach is often the direct cause of those almost incurable conditions known as catarrh of the stomach, intestinal ulcer, and cancer of the stomach. The lives of those who suffer from these serious troubles are nothing short of daily agony. Surely, then, you must see how important it is to go at once to the seat of the trouble—acid-stomach. You know

what acid-mouth does to the teeth—how it eats right through the hard enamel and causes them to decay. Think then of the havoc that must be caused by excess acid in the stomach!

Even if you are not suffering any immediate stomach pains, but are not feeling just as fit and fine as you should, you should by all means make this test: Go to your drug store at once and get a big box of EATONIC. It is in the form of pleasant-tasting tablets—you eat them like a bit of candy. EATONIC is prepared for just one purpose—correcting acid-stomach by driving out the excess acid. EATONIC literally absorbs the excess acid. It brings instant relief from the pains of indigestion, heartburn, belching, sour, gassy stomach, bloating, etc. It makes the stomach pure, sweet, cool and comfortable, puts it in a normal, healthy condition, so that your food is properly digested. You need every bit of strength you can possibly get out of the food you eat—and EATONIC helps you get it.

Don't put this test off if you value your future good health and happiness. You run no chance at all because EATONIC is absolutely guaranteed to give you relief or your druggist will refund your money. The cost is a mere trifle.

EATONIC
FOR YOUR ACID-STOMACH

Very Naturally.
Gert—What did Myrt do when she found out you said she was homely?
Mabel—Oh, she got real ugly about it.
If a man is wide awake during the day he can afford to sleep at night.
Most of us are willing to take up our cross, but it must be a gilt one.

Counterfeiter Caught! The New York health authorities had a Brooklyn manufacturer sentenced to the penitentiary for selling throughout the United States millions of "Talcum powder" tablets as Aspirin Tablets.

Aspirin "DON'TS"

Don't ask for Aspirin Tablets—say "Bayer!"
Don't buy Aspirin in a pill box! Get Bayer package!
Don't forget that the "Bayer Cross" is your only protection against dangerous counterfeits.



Don't fail to say to druggist: "I want 'Bayer Tablets of Aspirin' in a Bayer package." The genuine! Buy only the regular Bayer package with the safety "Bayer Cross" upon it and on each tablet inside.

Bayer-Tablets of Aspirin

The genuine American owned "Bayer Tablets of Aspirin" have been proved safe by millions for Pain, Headache, Neuralgia, Toothache, Earache, Rheumatism, Lumbago, Colds, Grippe, Influenzal Colds, Joint Pains, Neuritis. Proper dosage on every "Bayer" package.

Boxes of 12 tablets—Bottles of 24—Bottles of 100—Also Capsules.
Aspirin is the trade mark of Bayer Manufacture of Monocetacidester of Salicylicacid

The KITCHEN CABINET

It is better to say, "This one thing I do," than to say, "These forty things I dabble in."—Washington Gladden.
SOME GOOD COMPANY DISHES.

It is a pleasure, when entertaining our friends, to give them something unusual and attractive.
Ham With Cider.—Have a thick slice of ham cut, lay it in the frying pan and quickly sear it over on both sides, then add a cupful of sweet cider, a tablespoonful of parsley and let it simmer for an hour on the back of the stove or in the oven. Serve with the sauce poured around the ham and garnish with parsley.

Fried Chicken Southern Style.—Joint a fat young chicken, dredge it with flour, salt and pepper and place on a platter. In a deep frying pan, try out a half-pound of bacon, add one cupful of lard and when smoking hot lay in the pieces of chicken; turn when brown, giving the thicker pieces longer time to cook. Place on a hot platter and garnish with watercress.

Rhubarb Baked With Figs.—Cover well washed figs with water (boiling) and cook until the water is nearly evaporated. Cut a pound of unpeeled rhubarb into inch pieces, put a layer into a baking dish, sprinkle with sugar, then add a few figs; repeat until the dish is full. Add a few tablespoonfuls of water and bake covered in a slow oven until the fruit is tender.

Frozen Boston Pudding.—Grate a half-pound of brown bread a day old, pour over it a pint of cream, boiling hot, and let it stand until cool. Prepare a rich boiled custard, using a pint of milk, three eggs and two tablespoonfuls of sugar. Cook until the custard coats the spoon. When frozen remove the cream to a chilled platter and cover with crumbs of macaroons. The cream may be packed in a mold dusted with the crumbs and let stand packed in ice for several hours to develop the flavor.

Blueberry Cake.—This is an old-fashioned dish which one never refuses. Cream a tablespoonful of butter, add a cupful of sugar, and when well mixed, two unbeaten eggs. Beat five minutes, add a teaspoonful of vanilla a few gratings of nutmeg, two teaspoonfuls of baking powder sifted with two cupfuls of flour; then add a pint of well-floured blueberries. Bake in a loaf and serve warm with butter.

The well-informed housewife will find no great difficulty in selecting a combination of foods that is nutritively efficient and at the same time simple and economical.—Jordan.

CARE IN CONTAGION.

Contagious diseases are due to distinct living things, which are transmitted from one person to another and live like parasites upon a patient. This knowledge will help us to guard ourselves and our loved ones from the spread of contagion. The best protection against contagion is robust health. One who is strong and vigorous is much less liable to yield to disease than one less robust. Wholesome food, exercise and fresh air are essentials in combating disease. An active body is far less liable to disease than an inactive one that has little outdoor exercise.

The need of fresh air, day and night, is one of the important factors in maintaining health. The belief that night air is dangerous and sleeping in an unventilated room is responsible for much ill health. Sleeping rooms should be well aired by day, bedding sunned often and a free circulation of air in the coldest weather maintained in the sleeping rooms during the night.

The eating utensils used by a patient, or indeed anything else which he uses or handles during a contagious illness, are a menace, as they are easily contaminated with infectious germs. A diphtheria patient who has been in his mouth will contaminate spoons, cups, forks or anything which he uses. This is also true of other contagious diseases to a less extent. Consequently too much care cannot be taken of everything that the patient handles.

Allow no one to use or handle any of his utensils, toys or books. The utensils may be boiled; ten minutes will sterilize them, but toys, books or things that cannot be boiled should be burned.

Paper napkins and dishes of paper may be used, saving the care of iron and utensils, and these may be burned.

To ventilate a sick room without a draft, place a board four to six inches wide under the window, and of the same width; by shutting the window down on this board, a current of air will come up between the sashes, keeping a circulation of fresh air, without a draft.

When airing the room, place an open umbrella over the head and shoulders of the patient, cover with a blanket, and open all doors and windows for a few minutes. Do not remove the cover until the room has become warm again.

The utmost patience must be used in dealing with a sick person. One who is ill is out of balance in mind as well as in body.

If you were busy being true To what you know you ought to do, You'd be so busy you'd forget The blunders of the folks you've met. —Rebecca Foresman.

HELPFUL HINTS.

When baking a cake, set the alarm clock, so that no matter how busy, the attention will be called to the kitchen.

Old stocking legs slipped over the sleeves will keep a gown fresh, when working in the kitchen.

A stocking leg slipped over an old whisk broom makes a fine brush for the stove.

Obstinate stains of almost any kind may be removed by using soap with peroxide, then placing the stain in the sun. Sometimes several applications of the peroxide will be necessary. Iron rust is easily removed by a solution of salts of lemon in water applied to the spots, and then the bright sunlight to act upon it.

Candles for use on the table will burn clearer and longer if kept on ice for a day before using. A ring of salt put around the wick will give a soft, steady flame and will burn all night.

Cracks and splits in furniture may be filled with melted beeswax and then varnished, so that they will hardly show.

Swiss chard and chinese cabbage are two vegetables which should be found in every garden. The chard may be canned for winter use, making a most acceptable addition to the vegetables for winter.

Clean soiled plumes in alcohol. Shake, and they will be as fresh as ever.

Pineapple juice is a good cure for indigestion. Pineapple with bananas and an orange, all cut fine, makes a good cake filling. One can of shredded pineapple, three bananas and one orange sliced very thin, will be enough filling for a large cake.

Keep plenty of water in the boiling pots and pans on a damp, rainy day, for the atmosphere absorbs it rapidly.

In cooking rice, use plenty of boiling water, and keep it boiling rapidly at first, so that the grains will be distinct.

Apply soap and ammonia to burns from acid immediately, to allay the pain.

Grated horseradish mixed with whipped cream, salt and cayenne makes a good sauce to serve with fish.

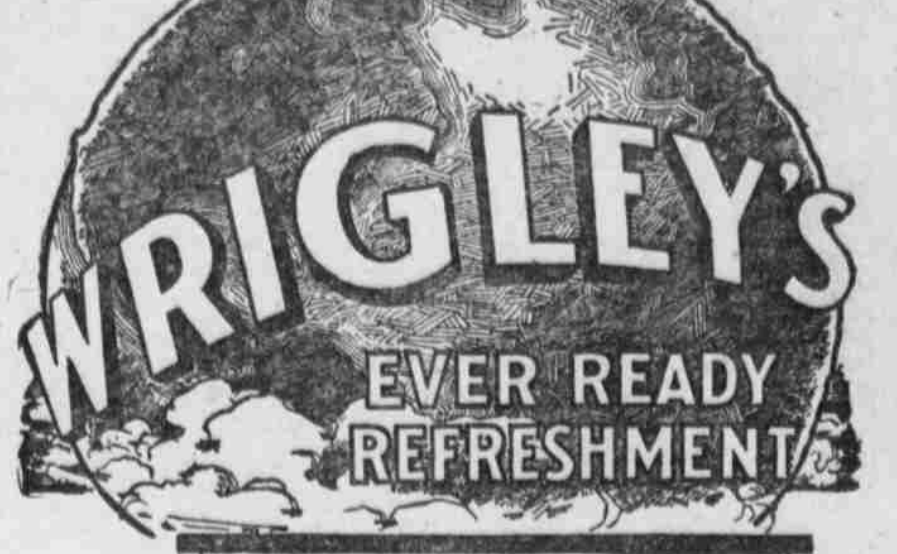
The ethics of gastronomy are as marked as those of society, and the arrangement of a bill of fare calls for as much finesse as do the functions of a chaperon.—Ehwanger.

SEASONABLE DISHES.

During the early summer months the appetite needs a little urging and especially attractive dishes to appeal to the appetite.

Mutton With Peas.—Cut mutton in serving sized pieces, brown in a little boiling water and cook at a low temperature until well done. Pour around the mutton a pint of cooked peas and serve when well heated.

LONG LASTING



Satisfaction for the sweet tooth.
Aid to appetite and digestion—benefit and enjoyment in LASTING form.
And only 5 cents a package.



The Flavor Lasts

Subtlety wins but wisdom holds.
GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Keeping It Up.
A maid servant applied for a week-end off, as her home was distant, for the purpose of being at home on her parents' silver wedding day.

The leave was granted, and the maid returned.

"Well," said her mistress, "did everything go off satisfactory?"

"Oh, yes, thank you, ma'am," said the girl, "and mother told me to say she is very grateful to you for letting me off."

"And what did your father say?" asked the lady.

"Oh, lor! ma'am," replied the girl. "He wasn't there. He's been dead this 20 years."

That Friend!
"Mother doesn't think she'll go to the theater with us tonight, Albert."

"Is that so? I have got three tickets. What shall I do with the third one?"

"Give it to the man you always go out to see between the acts. He can sit with us and you won't have to go out and see him."

Complimentary to Him.
He—But I asked you, dearest, to keep our engagement a secret for the present.

She—I couldn't help it. That hateful Miss Oldum said the reason I wasn't married was because no fool had proposed to me, so I up and told her you had.—Brooklyn Citizen.

Mystery Explained.
He stood amid the blaze and splendor of his magnificent mansion, and in his hand he held the portrait of a beautiful woman. His face was pale and haggard, and his lips moved convulsively.

What was this mystery. Was this the picture of his departed wife?
No.
Was it the portrait of his dead but dearly remembered daughter?
No.
What, then, was the cause of his haggard face?
Was it not the same portrait that two minutes ago had fallen from its nail, and raised a lump as big as a hen's egg on his head?
It was.

A Diagnosis.
"Oh, doctor," said a worried looking agrarian, "My wife is in an awful condition! From a medium fat woman she has been reduced to skin and bones. She talks incessantly in a loud squawking voice, begins a sentence and never finishes it, and jumps from subject to subject without uttering anything that has the least sense to it."
"H'm! I see!" returned the physician. "Go home, Mr. Gableby, and take out your party line telephone at once. Your wife has been listening in on it too much."—Kansas City Star.

Lots of people make fortunes out of other people's curiosities.

Breakfast is Ready when you have a package of Grape-Nuts

for this tasteful blend of wheat & barley is ready-cooked.
Not a bit of waste: Usable to the last crumb
Usual price 15¢ per package.