

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINA B. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms of nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

Soothe Your Itching Skin With Cuticura

All druggists, Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura," Dept. E, Boston.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and book free. Rates reasonable. Highest references. Best results.

TO SHINE A COLD STOVE Quick and Easy

Use E-Z STOVE POLISH Ready Mix—Ready to Shine

MARTIN & MARTIN, CHICAGO

Irremediable. "My hair is coming out dreadfully. Do you know of any way to prevent it?" "No; you ought to have thought of that before you got married."—San Francisco Chronicle.

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try 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.

Rome and Romeo. "Was Rome founded by Romeo?" inquired a pupil of the teacher. "No, my boy," replied the wise man. "It was Juliet who was found dead by Romeo."

For true blue, use Red Cross Ball Blue. Snowy-white clothes will be sure to result. Try it and you will always use it. All good grocers have it.

Compressed. "A good many people bottled their wrath against the prohibition law." "Well, there's a kick in that bottled stuff, anyway."

Some women are unable to play on any instrument except the car drum.

BITRO-PHOSPHATE IS GOOD FOR THIN NERVOUS PEOPLE

A French scientist has discovered an organic phosphate which should be a very effective remedy for weak nerves, sleeplessness, thinness and lack of strength, energy and vigor.

Its substance is described by specialists as identical in composition with certain vital elements naturally found in brain and nerve cells and one which when taken into the human system is quickly converted into healthy living tissue.

This phosphate is already widely known among druggists in this country as Bitro-Phosphate and some physicians claim that through its use strength, energy, vigor and nerve force are frequently increased in two weeks' time.

Dr. Frederick Kofie, Editor of New York Physicians' "Who's Who," says it should be prescribed by every doctor and used in every hospital in the United States. As there are a great variety of so-called phosphates, those who wish to test this substance should be sure to get the genuine Bitro-Phosphate.

A Bad Cough If neglected, often leads to serious trouble. Safeguard your health, relieve your distress and soothe your irritated throat by taking

PISO'S

THE KITCHEN CABINET

Nothing like a wayward bit of Mother Earth to grip the human heart, nothing like a wild weed patch! It is a magnet, swinging us all around into line like iron filings. It isn't a run-down condition that makes most of us take a vacation, it's the call of a wild weed patch.

Let me live in my house by the side of the road Where the race of men go by— They are good, they are bad, they are weak, they are strong. Wise, foolish—so am I! Then why should I sit in the corner's seat, Or hurl the cynic's ban? Let me live in my house by the side of the road And be a friend to man.

CHESTNUT DISHES. The chestnut is especially popular, being the nut most enjoyed for Halloween parties. Its own delicacy of flavor blends so well with others that it is a general favorite and always a delight to the palate. Roasted and served with apples, cider and doughnuts, an October party is quite complete.

A Tempting Entree—Roast and mash to a paste one pound of chestnuts. Add half a cupful of cream, a teaspoonful of chopped parsley and a dash of salt with two well-beaten eggs; pour into well buttered timbale molds and bake, set in a dish of hot water. When firm, in about 25 minutes, turn out and serve with a cream sauce or with a rich tomato sauce.

A delicious soup may be made with chestnuts as a foundation. Cook a quart of chestnuts in boiling water, slip off the brown skins and drop them into cold water. Drop again into boiling water; add a small onion, three stalks of celery, a small blade of mace and a bit of bay leaf. When the nuts are tender mash through a sieve, add white stock, a tablespoonful of salt, half a teaspoonful of paprika and a pint of hot milk. When boiling hot remove to the back part of the stove and add two well-beaten eggs and a half a cupful of sweet cream. Serve hot in bouillon cups.

A Chestnut Salad.—For a dinner salad, chestnuts are delicious. Mix after blanching with chopped apple and celery; garnish with water cress and serve with a mayonnaise dressing.

Dainty Chestnut Dessert.—Prepare a custard, adding a teaspoonful of softened gelatin, a little flavoring of any kind and add a pint of prepared chestnuts. Pour into a mold, and when serving surround with whipped cream. Brussels sprouts and chestnuts served together is a greatly appreciated dainty. Serve in a thick cream sauce.

Chestnut croquettes is another good dish and with a few pounds of chestnuts and a little forethought one may prepare any number of delicious dishes.

☉ suns and skies and clouds of June And days of June together, Ye cannot rival for one hour October's bright blue weather. —Helen Hunt Jackson.

FRENCH DISHES FAVORITES IN AMERICA.

We will have to admit that the French have distanced us in matters of economy. They look with dismay upon the huge roasts and juicy steaks which are found on American tables. Though France knows much, she does not know it all, by any means.

Mark Twain, in his usual entertaining vein, says: "There is here and there an American who will say he can remember rising from an European table d'hôte perfectly satisfied; but we must not overlook the fact that there is here and there an American who will lie."

Onion Soup With Eggs and Cream.—Cut up six white onions very thin and fry in a tablespoonful of butter until light brown. Then add a quart of water and a pint of milk, season with one teaspoonful of salt and a dash of pepper, a teaspoonful of sugar and a pinch of mace. Cook slowly for an hour and strain; beat four eggs until light, add a cupful of cream and a tablespoonful of cornstarch mixed with a little cold water; cook until the starch is well done, before adding the eggs, as the soup must not then be boiled or the eggs will curdle.

Burgundian Pate.—For this dish the breasts of two chickens must be pounded into a paste; add to this one cupful of fresh bread crumbs and half a cupful of melted butter, half a teaspoonful of salt, a dash of cayenne and five beaten yolks of eggs. Cook six livers and six gizzards one hour in good stock. Then add a cupful of chopped ham and the same amount of chopped mushrooms cooked in butter. Cook a few moments and then cool. Line a pate mold with puff paste, fill with the mixture, cover with a paste and bake slowly in a moderate oven. Cover with paper if the crust browns too quickly and add stock through the opening. Serve cold or hot.

Cream Fritters.—Take a quart of milk, one cupful of salt, a cupful of blanched and chopped almonds and a tablespoonful of orange flower water. Boil the milk, add sugar, butter and salt and cook ten minutes. Then stir in six beaten eggs, and cook until thick. Spread in a well buttered pan an inch thick to cool. When chilled cut in diamonds, dip in crumbs and egg and fry a golden brown in deep fat. Serve hot with a lemon sauce.

Chicken a la Marengo.—This dish is said to have originated for Napoleon after the battle of Marengo. Singe and clean a five-pound chicken and cut it up for fricassee. Melt two tablespoonfuls of butter in a saucepan and add three tablespoonfuls of the best olive oil. When it is hot add the dark meat of the chicken and cook five minutes. Then add the white meat with salt and pepper and a bit of garlic. Mix and stir over a good fire and cook 20 minutes, until each piece is a golden brown. Have ready a tomato sauce, made from one can of tomatoes a bit each of onion, carrot, parsley, cooked thick and rubbed through a sieve; add one-half pound of fresh mushrooms and the chicken. Cook the mushrooms in fat five minutes. Arrange the chicken on a platter; add to the gravy in the pan three tablespoonfuls of the tomato puree, stir until it is hot; pour over the chicken and serve.

Chicken Baked in Milk.—Melt one-fourth of a cupful of butter, add one large onion thinly sliced; cut two young chickens in pieces for serving, cover and cook slowly, turning often, for ten minutes, then add one cupful of chicken stock and cook until the chicken is tender. Remove the chicken, put stock and onion through a sieve and add one and one-half tablespoonfuls each of butter and flour creamed together. Season with salt and pepper. Arrange the chicken on a serving dish, pour the sauce around it and garnish with sliced bananas cut in diagonal slices, dipped in flour and sauted in butter.

A widespread hopeful disposition. In your only true umbrella in this vale of tears.

SOME CHOICE CAKES FOR OCCASIONS.

Careful baking is a most important point in successful cake making. If the cake is to bake one hour, watch the oven the first quarter or 25 minutes and see that it commences to rise; the second quarter it should finish rising and begin to brown; the third quarter it should finish browning and begin to shrink from the pan, and the last quarter, finishes the baking. If a cake rises in the middle and bursts open, it may have too much flour or too strong a heat. A cake filled with large holes has either too much baking powder or soda or it has not been well blended. It is not best to move a cake in the oven until it has finished rising, then it can be safely turned. The first five minutes one may turn a cake without injuring it.

Chocolate Nougat Cakes.—Cream one-fourth of a cupful of butter; add gradually one and one-half cupfuls of sugar and one egg beaten; when well mixed add two-thirds of a cupful of milk, two cupfuls of flour sifted with three teaspoonfuls of baking powder; add one-half teaspoonful of vanilla. To two squares of melted chocolate add one-third of a cupful of powdered sugar; add a third of a cupful of milk and cook until smooth. Cool slightly and add to the cake mixture. Bake in layers and put between the layers and on top.

Wedding Cake.—Cream one pound of sugar gradually and beat until well mixed. Separate the whites and yolks of 12 eggs; beat the yolks until thick and lemon colored, the whites until stiff and dry. Add the yolks to the first mixture. To four cupfuls of sifted flour (one pound) reserve a third of a cupful to dredge the fruit. The rest sift with two teaspoonfuls of cinnamon and three-fourths of a teaspoonful each of allspice, mace, and nutmeg and a half-teaspoonful of cloves. Then add three tablespoonfuls of orange juice, one of rose water and two of lemon juice. Add a pound of currants and figs, three pounds of raisins, one pound of citron, all cut fine and dredged with flour. Fold in the whites before adding the fruit. Bake three hours in a slow oven.

Disliked Red Hair. Napoleon's hair was without a curl, while Achilles and Ajax had very curly locks. Black hair was not esteemed by the Romans, and red hair was an object of aversion. Nero, who fiddled while Rome burned, had bright red whiskers. Nebuchadnezzar, whose divine punishment is described in the book of Daniel, also had red hair.

GREEN'S AUGUST FLOWER. Stop a minute and think what it means to say that "Green's August Flower has been a household remedy all over the civilized world for more than half a century." No higher praise is possible and no better remedy can be found for constipation, intestinal troubles, torpid liver and the depressed feeling that accompanies such disorders. It is most valuable for indigestion or nervous dyspepsia and liver trouble, 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.

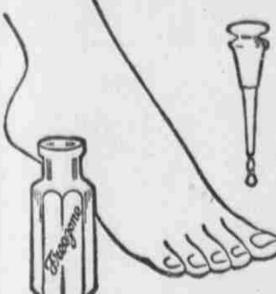
Encircling Movements. He—You look cold. Shall I take off my coat and put it around you? She—Why take it off? It would take 27,000 spiders to produce 1 pound of web.

What's Repartee? "Pa, what is repartee?" "It is, as a rule, an insult with a dress suit on, my son."

Two Estimates. "Cholly Woggles regards himself as a great catch." "The poor fish!"

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!—Adv.

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WRIGLEY'S

5c a package before the war

5c a package during the war

5c a package NOW

THE FLAVOR LASTS SO DOES THE PRICE!



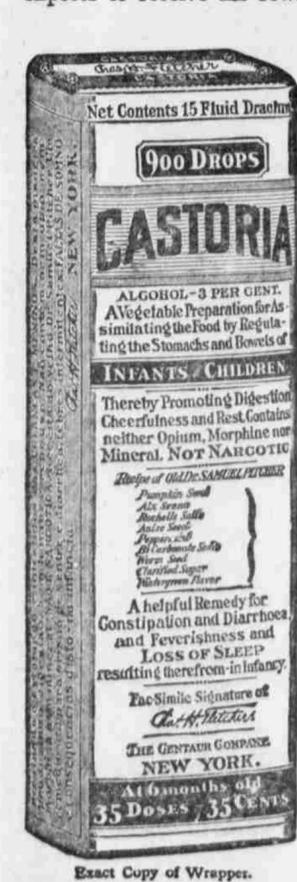
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Honest Advertising.

THIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

That it has all the virtues to-day that was claimed for it in its early days is to be found in its increased use, the recommendation by prominent physicians, and our assurance that its standard will be maintained.

Imitations are to be found in some stores and only because of the Castoria that Mr. Fletcher created. But it is not the genuine Castoria that Mr. Fletcher Honestly advertised, Honestly placed before the public and from which he Honestly expects to receive his reward.



Children Cry For Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher THE CENTAUR COMPANY, NEW YORK CITY.