PHYSICALLY FIT AT ANY AGE

It isn't age, it's careless living that buts men "down and out." Keep your internal organs in good condition and you will always be obysically fit.

The kidneys are the most overworked organs in the human body. When they break down under the strain and the deadly uric acid accumulates and crystallizes look out! These sharp crystals tear and scratch the delicate urinary channels causing excruciating pain and set up irritations which may cause premature de-

excruciating pain and set up irritations which may cause premature degeneration and often do turn into deadly Bright's Disease.

One of the first warnings of sluggish kidney action is pain or stiffness in the small of the back, loss of appetite, indigestion or rheumatism.

Do not wait until the danger is upon you. At the first indication of trouble go after the cause at once, Get a trial box of GOLD MEDAL Haarlem Oil Capsules, imported direct from the daboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money vill be refunded. But be sure to get GOLD MEDAL. None other is genuine. In sealed boxes, three sizes.—Adv.

Pay of Jap Soldiers.

In the opinion of the Jui, the pay of Japanese soldlers is too small. At present it is 1.56 yen (78 cents) a month for first and second-class privates, and 1.95 (98 cents) for corporais. Even if the pay be increased 50 per cent, says the editor, it will not suffice for the needs of the soldiers. At present they have to get money from home to make up the shortage. which is not right. The total pay of the soldiers amounts to \$2,150,000, If it is trebled, the government will need only \$4,300,000 additional.

BOSCHEE'S SYRUP.

In these days of unsettled weather dook out for colds. Take every precaution against the dreaded influenza and at the first sneeze remember that Boschee Syrup has been used for fifty-three years in all parts of the United States for coughs, bronchitis and colds, throat irritation and especially for lung troubles, giving the patient a good night's rest, free from coughing, with easy expectoration in the morning. Made in America and kept as a household panacea in the homes of thousands of families all over the civilized world. Try one bottle and accept no substitutes.-Adv.

Landiadies in London are forming an association for the protection of their common interests.

Nothing is so uncertain as the certainty of certain politicians.

THIS WOMAN SAVED FROM AN OPERATION

By taking Lydia E. Pinkham's Vegetable Compound, One of Thousands of Such Cases.



saved me from an operation, I cannot say enough in praise of it. Isuffered from organic troubles and my side hurt me so I could hardly be up from my bed, and I was unable to do my housework. I had the best doctors in Eau Claire and they wanted me to have an operation, but Lydia E. Pinkham's

Vegetable Compound cured n.e so I did not need the operation, and I am telling all my friends about it."-Mrs. A. W. BINZER, Black River Falis, Wis.

It is just such experiences as that of Mrs. Binzer that has made this famous root and herb remedy a household word from ocean to ocean. Any woman who suffers from inflammation, ulceration, displacements, backache, nervousness, irregularities or "the blues" should not rest until she has given it a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass.



Children's Coughs may be checked and more serious conditions of the throat often will be avoided by assumptly giving the child a dose of safe

is just as good. All grocers, 5c

PISO'S



The flush of youth soon passes from

the face, The spells of fancy from the mind

The form may lose its symmetry and But time can claim no *fe'ory o'er the heart.

BEASONABLE FOOGA

Where apples are plentiful one may have a variety of dishes besides apple

ples and apple sauce, good as they are. Here

is one to enjoy: Apple Souffle .-Stew good tart apples as for sauce, adding lemon peel and juice. Spread the

stewed apples high around the sides and bottom of a baking dish. Make a custard, using the yolks of two eggs and a pint of milk, with a tablespoonful of cornstarch mixed with two of sugar; flavor with cimnamon. Cook the custard and let it cool, then pour it carefully into the apple-fined dish, using candles with orange shades, the Beat the whites of two eggs, add a table will be most attractive. For the tablespoonful of sugar and cover the centerpiece, a large pumpkin may be

shape while cooking. Turn and baste carefully until the apples are tender. Set them carefully into a baking pan and fill the centers with one-third of make a very attractive table. a cupful each of chopped nuts and raisins; sprinkle over them a little sugar and bake in a moderate oven poured around them.

Baked Apple Dumplings,-Select fart apples which cook without losing their sugar enough to float them until nearly done. Remove them with a skimmer fill the cores with sugar and lemon them. Moisten the tips of the pastry ley sprays, and press together over the top of the apple. Bake in a hot oven until well dust with nutmeg.

pastry and roll. Place in a deep baking dish, putting the folded pastry on the tep. Pour over a cupful of boiling water, add a cupful of brown sugar and a tablespoonful of butter. Bake one hour in a moderate oven. The apples with the sugar and water will make sufficient sauce, or cream and sugar may be served with it.

To grow and to keep in person as attractive as possible should be not only everyone's pleasure but should be also everyone's duty.

OLD-FASHIONED DISHES DEAR TO OUR HEARTS.

How very rarely do we see the toothsome crullers, dainty, sugary, rich and crisp. The same



nearly through to the edge with a sharp knife they look like an oldfashioned barred gate before they are fried. Drop into deep hot fat and fry a golden brown; roll in powdered sugar before serving. Some cooks twist the little strips before dropping into the fat, which gives them an especially attractive appearance.

Crutters.-Take one cupful of sugar. two eggs, three tablespoonfuls of butter, one cupful of sweet milk, a tenspoonful of cream of tartar, one-half teaspoonful of soda, some grated nutmeg and a bit of salt. Cream the butter, add the sugar and when well mixed the yolks of the eggs well bearen, then a little of the milk with flour sifted with the dry ingredients and fold in the stiffly beaten whites. Use just as little flour as possible to roll. Chill on ice before rolling and the cakes can be handled very soft.

Sour Cream Doughnuts.-Bent two eggs until light and foamy, add one over the fruit. Chill before serving and three-fourths cupfuls of sugar and continue beating until the sugar is nearly dissolved; add one and onefourth cupfuls of sour milk, one-fourth rolling. Fry in hot fat, using the one- place of the coconut, minute test. (A cube of brend brown-

ing in one minute in the fat.) lings may be prepared as follows: dainty dish. Take one beaten egg, one cupful of butter milk, not too sour, two teaspoonfuls of baking powder and half a tea-

spoonful of salt sifted in flour enough to make about a cupful and a half of drop batter. Drop from a teaspoon into a boiling bot kettle of meat with plenty of bones on which to rest the dumplings. Cook eight minutes. Do not uncover during the cooking.

The health and morals of a people depend mainly upon the food they ent and the homes they live in - Ellen

IDEAS FOR HALLOWE'EN.

The chestnut is the nut which belongs to the time-honored holiday, and no party on that occa-

sion is quite complete without a fire and reast ed chestnuts. Roasted chestnuts. doughnuts, apples and

cider make the ideal refreshments. For a Hallowe'en luncheon or a supper, by excluding the daylight and covering the lights with orange-colored tissue, or

Brown in the oven and serve cut in the form of a basket and used is the fruit holder for grapes and ap-Apple Stuffed With Nuts and Rais- ples. Small gourds or tiny pumpkins ins,-Core half a dozen even-sized ap- may be decorated with a face and ples and remove the peeling of half of lighted with a candle inside; these may each apple. Put half a cupful of wa- be favors for each plate, and around ter in a saucepan; into this set the ap- the pumpkin grape or autumn-tinted ples, the half which is unpeeled down, leaves may be placed. Small squashes as this keeps them from losing their may be used as candlesticks, or brass candlesticks are always appropriate. White gourds for jack-o'-lanterns and white cosmos as a centerpiece

Another pretty device for a candlelight supper: Fill a large punch bowl with water, place tiny paper bonts until glazed. Serve with the strup fitted with tiny candles to float on the

Chestnut Croquettes,-Mash ronsted chestnuts to a smooth paste; add a shape, though this is not necessary, tablespoonful of butter, two table-Core and peel. Cook in water and spoonfuls of milk, the grated peel of lemon, one teaspoonful of salt, a dash of cayenne and the beaten yolks and place each on a square of pastry; of two eggs. Form into balls the size of large chestnuts, dip in egg yolk, juice and drop a little of thickened then in crumbs, and fry in deep fat, sirup in which they were cooked over Garnish with slices of lemon and pars-

Marrons au Juc .- These are chestnuts preserved in a lemon sirup, and browned. Serve with cream and sugar; may be prepared in chestnut season. keeping for years. Shell and blanch To Make Egg Sauce .- Beat two eggs | the chestnuts, after cooking them in until light; add a half-cupful of milk, the shell until quite tender. Prepare a half-cupful of sugar, and cook over a lemon strup, and turn in the chesthot water until thick; add vanilla and nuts, when scalding hot, and seal airtight. These may be used as a garn-Apple and Raisin Roll.-Take two ish for ice creams, sherbets, puddings, cupfulls of chopped apple, a half cup- or may be served as a confection, ful of raisins. Place on a thin sheet of dipped in fondant or chocolate, or drained and rolled in powdered sugar.

> Search as we will we will find that the inner unseen realm of thought is in-variably the realm of cause and the realm of material form is the realm

EVERY-DAY LUNCHEONS.

It is in the every-day food where we need variety. Anyone may create



some dainty for an occasion, but it takes real brainwork to keep going every day and avoid monotony. Frizzled Oysters.-Put half a

cupful of sweet fat into the frying pan, add three wellbeaten eggs, mixed with a cupful of cracker crumbs. Add two cupfuls of ysters, with their liquor; season with salt and pepper and cook ten minutes, st rring constantly.

Cabbage Salad.-Select a small, neavy, round head of cabbage. Cut a slice off the top and scoop out the inede, leaving a thin shell. Shred the cabbage with half as much celery; mix with a highly sensoned boiled dressing; add a few nuts and fill the shell. The shell may be used to hold the frizaled oysters and the salad served on lettuce leaves.

Spoon Bread.-Take two cupfuls of weet milk, add one cupful of cornmeal and cook until it makes a smooth mush; add two cupfuls of buttermilk, half a tenspoonful of soda, one tenspoonful of salt and three well-beaten eggs; mix well and bake in a well-buttered pudding dish. Serve from the

Baked Pears.-I'eel and core pears and fill the cavity with sugar, butter and a bit of grated lemon rind. Place in a baking dish, pour over water, add sugar and the juice of a lemon; bake until tender, basting often with the sirup. Beil down the sirup and pour

Corn Flake Daintles,-Take two cupfuls of corn flakes, one cupful of coconut, one egg, well beaten; add a teaspoonful of vanilla, a speck of salt of a cupful of thick, sour cream, a tea- and a cupful of sugar. Mix well and spoonful of sods, a half tenspoonful of drop by small tenspoonfuls on a baking salt and grated nutmeg to flavor. Add sheet. Bake until a golden brown, as little flour as possible to bandle; Chopped pecans, peanuts, Lickory nuts set on ice an hour to harden before or any kind of nut may be used in

Shelled pecaus, browned in a bit of nutter and dusted with a dash of cay-Dumplings,-Delicious fluffy dump- enne pepper and sait, caske a very



American Is Head of the New Republic of Russia

W ASHINGTON,-This is a queer world nowadays. Did you ever hear of Uhro-Rusinia and its acting governor, Gregory I. Zsatkovitch? Of course not. Well, Uhro-Rusinia is one of the smallest of the new self-governing



republics in Europe and Gregory I. Zsatkovich is an American citizen. He has just been here after his wife and children and is on his way back to resume his official duties. His official title is "President of the Directorate of Autonomous Rusinia." American Russians are settled in

large numbers in about 150 cities of Pennsylvania, Ohio, New York, Connecticut, New Jersey and Illinois, and smaller numbers are to be found scattered all over the country. They are

represented by the American National council of Uhro-Rusins. This council worked so energetically that in 1918 at the convention of the Mid-European union in Philadelphia the Rusins were recognized as a self-governing unit of the Czecho-Slovak republic. This was ratified by an American plebiscite.

Uhro-Rusinia has a population of about one million. Its capital is Uzhorod. Set in the Carpathian mountains, Rusinia is noted for its picturesqueness, with its pretty, well-kept houses and its quiet, contented people in their brightnational costumes.

D. A. R. Exchange Stars and Stripes With Congress

N THE house the other day Representative Mondell of Wyoming, the majority leader, called attention to a beautiful new flag suspended back of the speaker's desk. He read a letter from Mrs. George Thacher Guernsey,

president general of the D. A. R., presenting the flag as a substitute for the one presented in 1901 by one of the chapters of the society. He offered a resolution accepting the flag, which was unanimously passed by a rising vote. He then offered the following preamble and resolution and asked manimous consent for its immediate consideration:

"Whereas the flag which was displayed in the hall of the Louse of representatives from the year 1901 until

displaced by the flag presented to the house by the National Society of the Daughters of the American Revolution, and this day accepted by the house, a period of time covering the first 19 years of the twentieth century, during which the house of representatives participated in the events preliminary to and in the enactment of legislation for the prosecution of the war with the imperial German government and with the royal Austro-Hungarian government, and during which time also many other historic and important acts originated, were perfected, or consummated herein; therefore, be it

"Resolved, That because of the association of said flag with the legislative history of the United States during the period aforesaid, and in token of the house's appreciation of the patriotism of the members of said society and of the women of the United States, the clerk of the house of representatives is hereby authorized and directed to deliver said flag to the board of management of the National Society of the Daughters of the American Revolution, to be displayed and carefully preserved in the archives of said society, together with a copy of this preamble and resolution."

Congress Apparently in Favor of Budget System

CONGRESS is apparently taking the national budget system movement quite seriously. The Illinois plan of control of public expenditures through a budget system was explained to the house appropriations committee the



other day by Governor Lowden of Illinois, who suggested that machinery similar to the Illinois plan be set up in the federal government, with the secretary of the treasury exercising the exclusive authority and responsibility for appropriations analogous with the position held by Omar H. Wright, Illinois' state director of finance. The treasury department should be made the exclusive department for national finance, the governor said, and the administration of the

THIS IS THE ONE

BILL

WE WANT -

public health service and other subsidiary bureaus should be removed from the treasury department. In other words, said the governor, while all the other departments are working to secure increased appropriations, there should be one central bureau whose sole duty it should be to keep expenses

"It cannot be emphasized too strongly that somebody outside the influences of the departments should receive the estimates and make up a budget for which he would be responsible and who should answer to the president alone," Governor Lowden declared.

The appearance of Governor Lowden on the floor of the house following his testifying before the appropriations committee was the signal for an ovation which interrupted proceedings. Democrats and Republicans alike joined in an outburst of cheering and applause.

The creation of a special commission for the preparation of a national budget would be a "dangerous experiment," said the governor, maintaining that an independent commission would not be held to a proper responsibility

"If we require the president to submit a budget, saying what expenditures he believes to be necessary for the proper running of the government, then the country will know that the president asks only that amount, and no more."

American Legion Post Opposes Reclamation Bill

S ENATOR FLETCHER of Florida read into the Congressional Record the other day resolutions adopted by Tampa post, No. 5, American Legion, which are substantially as follows: "Whereas various measures have been

atroduced in the congress of the United States for the aid of the discharged soldler, sailor and marine, veterans of the late war; and, whereas, among such measures is H. R. 487, referred to as the Mondell bill, otherwise the national soldier settlement act; and, chereas, such a measure will not beneot all soldiers, sailors and marines, and even under the most favorable circumstances it is limited to approximately 80,000 out of 4,800,000; and.

whereas, under the terms of said bill an initial capital of not less than \$1,200 is required of each soldier, sailor and marine; and, whereas, said bill is not confined to the public lands of the United States, but provides for 'projects' to be purchased in the several states, thus opening the way for fraud, reckless expenditures of public funds, and real estate grafting of all natures and kinds; and, whereas, a certain measure has been introduced in the congress of the United States providing for loans for the purpose of accuring to the discharged soldler, sailor and marine, veterans of the late war city or country homes, and in the sum of from \$1,000 to \$5,000 at 4 per cent interest and payable over 40 years of time; and, whereas, this in the judgment of this post of the American Legion is the fairest and most equitable of all such measures, both to the soldier and to the United States; therefore, be it

"Resolved, That we condemn and oppose H. R. 487, known as the national soldier settlement act, and that we favor and acclaim this loan measure."

NERVES GAVE OUT

Serious Kidney Trouble Had Made Life Miserable, But Doan's Removed All the Trouble. Hasn't Suffered Since.

"I had such severe pains in my back," says Mrs. Albert Akroyd, 304 W. Indiana Avenue, Philadelphia, Pa., "that they almost doubled me up. Many a day I could not do my housework and at every move it seemed as if my back would break in two. My feet and ankles swelled until I had to wear large-

I had to wear large-sized slippers and sometimes I couldn't

stand up.
"I had dizzy spells and dreadful heada ches and flery flashes passed before my eyes. Had a heavy weight been resting on my head, the pain could not have been more distress. could not have been more distress-ing. The least noise startled me, l was so nervous. I couldn't control the kidney secretions and the pain in passage was awful.

"It began to look as though my case was beyond the reach of medicine until I used Doan's Kidney Pals. The first box benefited me and four boxes cured all the trou-I have had no further cause for complaint. Sworn to before me, Thos. H. Walters, Notary Public.

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FOSTER-MILBURN CO., BUFFALO, N. Y. Rank Cowardice.

"You ask a divorce from this man on the ground of desertion?" "Yes, your honor."

"But he says he left home because you were always throwing household atensits at his head and he was afraidthat some day you might hit him."

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W. N. U., OMAHA, NO. 43-1919.