

Refused Insurance

Mr. Dunning Left Service in Bad Shape, But Doan's Soon Corrected His Trouble.

Geo. Dunning, ex-Chief Boatswain Mate of the U. S. Navy, 470 Medford St., Somerville, Mass., says: "Every bit of trouble I suffered from my kidneys was a result of exposure at sea. I was retired practically an invalid. My kidneys became more irregular all the time and some nights I was forced to get up every half hour. The kidney secretions burned like fire and were filled with brick-dust-like sediment. My joints swelled and were inflamed. I couldn't bend over to lace my shoes and had to be helped up and down. Right after my retirement from service I tried to get insured, but was turned down because of kidney trouble. I began taking Doan's Kidney Pills and used sixteen boxes. By that time every sign of kidney trouble left me and my back was like iron; not an ache or pain left. I tried for insurance again and was declared a good risk. I give Doan's Kidney Pills credit for putting me in perfect health." Subscribed and sworn to before me.

GEORGE L. DOHERTY, Notary Public.
Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Everything Upset.
A New York state church choir has gone on strike. The spirit of discord it seems has spread even to those who are supposed to furnish harmony.

BIFF!

Stop jolting Liver and Bowels with violent drugs, but take "Cascarets."

"Dynamiting" bile out of your system with calomel and other sickening purgatives is all wrong. Salts, Oil, and Cathartic Waters act by flooding the bowels with the digestive juices which are vital to the stomach. Cascarets are different. They act as a tonic to the bowel muscles, which is the only sensible way to relieve a bilious attack, a sour, acid stomach, or constipated bowels. There is no gripping or inconvenience. You naturally return to regularity and cheerfulness. Cascarets cost very little and they work while you sleep.—Adv.

Tell It to Them.
"Money isn't everything in this life." "Try to convince the profiteers of that, will you?"

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test 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.

HER LIFE WAS SAVED!

Kansas City, Kans.—"About twenty-three years ago Dr. Pierce's Favorite Prescription and Golden Medical Discovery saved my life. I became ill; had a cough, a cold, and bronchitis. At times I would get so badly choked up that I would have to sit up in bed to get my breath and in a short time I began to suffer with dropsy. I doctored but did not improve. In fact, I got so bad I was bed-ridden and had to have a nurse. The doctor told me the only thing that would help me was a change of climate. He advised me to go to a southern climate. I know of Dr. Pierce's Golden Medical Discovery and decided to try it. I had my nurse get me two bottles. The first night I had her give me just a few drops every few minutes and by twelve o'clock I was asleep. I think I had not done for about three weeks. The next day they gave me this medicine every half hour and after that as directed. I kept up its use until I was a well woman. It not only cured me but I was in better health than I had ever been and since that time I have always taken 'Favorite Prescription' whenever I was badly run-down or in need of a tonic and it has never failed to help me. I am glad to recommend Dr. Pierce's medicine."—MRS. SARAH COLEMAN, 1420 Wood Ave.

Run-down—Weak—Nervous

Omaha, Neb.—"I was at one time greatly benefited by taking Dr. Pierce's medicine. I became all run-down to health, was weak and nervous and was greatly in need of some good tonic to build me up and give me strength. I took the 'Favorite Prescription' and they proved to be just what I needed for they built me up and restored me to good health. For this I am very thankful, indeed."—MRS. JENNIE RICHARDSON, 537 S. 26th Ave.

The KITCHEN CABINET

I am confident that one of the chief sources of social unrest is the envy, not of the food the overrich eat, the clothes they wear or the character of the roofs over their heads, but of the sure and ample hours in which they may do what they like.—Luther H. Gulick.

CHEESE AS FOOD.

Cheese in various combinations takes the place of meat, supplying protein in a very concentrated form.



Toasted Cheese.—Cut thin slices of cheese a little smaller than the pieces of toast on which they are to be served. Put the cheese in a buttered tin and place in the oven to toast. While this is toasting, toast the bread, butter it, then place a slice of cheese on each piece of toast and serve at once. A rich cheese should be used for this dish.

Cheese Balls.—To one cupful of grated cheese add one-fourth of a teaspoonful of salt, a dash of paprika and three drops of Worcestershire sauce. Beat two whites of eggs until stiff; add enough of this to moisten the cheese. Make into balls, roll in bread crumbs and fry in hot fat. Serve hot in a nest of parsley.

Creamed Cheese on Toast.—Make a cream sauce of four tablespoonfuls each of butter and flour worked together with a pint of cream or milk; season with salt, mustard and paprika and add two cupfuls of soft cheese broken in bits. When the cheese is melted add two beaten eggs, then pour quickly over hot toast or wafers.

Cheese Croquettes.—Make a thick white sauce, using four tablespoonfuls of butter, the same of flour and one cupful of milk. Beat into this one egg yolk and season highly with paprika and a little salt. Add two tablespoonfuls of grated cheese, and when melted remove from the heat and add one and one-half cupfuls of mild cheese cut in cubes. Cool the mixture thoroughly, shape into any desired form and fry as usual in deep fat.

Cheese Fondue.—Pour one cupful of scalded milk over one cupful of soft bread crumbs, add three-fourths of a cupful of soft cheese cut in bits, one tablespoonful of butter, and salt and red pepper to taste. Beat five egg yolks until thick, add to the mixture, fold in the stiffly beaten whites and bake in a moderate oven 20 minutes.

It is the man or the woman of faith, and hence of courage, who is master of circumstances, and who makes his or her power felt in the world.—Ralph Waldo Trine.

HOUSEHOLD ECONOMIES.

Making the dollar do the work of two has been a woman's problem for years; but now with a dollar stretched to the breaking point to meet the demands laid upon it, it is certainly the work of the whole family. Even in homes where there has always been a good income, women who are good managers delight in using absolutely everything edible and wearable. There is great satisfaction in making something worth while from food or clothing. There are many ways that a dollar thus saved may be used toward added comfort, or extra hospitality, or for some special treat which the household can all enjoy, for "a dollar saved is a dollar earned." There are few housekeepers who need to be told how to save in large things (those that do, won't read this anyway), but it is in the little leeks and small wastes that count into the dollars during the year.

Do you scrape your molding board carefully after using it for pastry, bread, biscuit or cookies, and throw the waste into the garbage can? All such bits should be sifted to remove the flour, then add to the sour milk pitcher or jar. When using sour milk for griddle cakes or any other food, stir it well, and the bits of pastry will add shortening to the dish.

The homely, common dishes, such as beef stew, which have been served for years, may be made into a dish of real elegance if one-half cupful of stuffed olives, a dash or two of paprika and a sprinkling of parsley is added, just before taking up.

A bit of cooked ham of any kind put through the meat grinder adds flavor to a dish of Spanish rice or a white sauce.

A cut lemon or Bermuda onion may be kept fresh a long time by turning the cut side down on a plate and covering with waxed paper.

Preserved citron melon, a pint of it added to mince-meat, makes a most delightful addition. If the citron is put through a grinder before preserving, it will be found more enjoyable and may then be used as a garnish for puddings, ice creams and such dishes.

Surgeon's tape is a most valuable aid in the household. It will stop a leak for the time being in a hot water bottle, cure a corn if renewed occasionally and kept on to soften and protect the foot from friction.

"Those who bring sunshine to the lives of others cannot keep it from themselves."

EASY DESSERTS.

Rice is not holding its place as a wholesome dessert. Take one-third of a cup of well-washed rice, add a scant half cup of sugar (brown sugar adds a pleasing flavor), a little salt and two quarts of good, rich milk. Bake about three hours in a slow oven, stirring often during the baking. Add a cupful of raisins or less, with cinnamon, nutmeg or vanilla for flavoring. Serve with a hard sauce.

Fruit Puffs.—Beat the yolks of two eggs until thick and light colored, then add three-fourths of a cupful of sliced ripe peaches or bananas; add a tablespoonful of melted butter, third of a cupful of milk and a tablespoonful of sugar. Sift two teaspoonfuls of baking powder with one and one-half cupfuls of flour, add a little salt and mix well. Fold in the stiffly beaten whites of the eggs and drop by teaspoonfuls into hot fat. When brown, drain and roll in powdered sugar.

On baking day when it is hard to find time for extra dishes try these: Add shortening to bread dough, mold as for biscuit and let stand until light. Have ready any kind of juicy fruit, canned or fresh. When the biscuit is light, dot with bits of butter and pour the juice and fruit over them; sprinkle with sugar and nutmeg or cinnamon and bake one-half hour in a hot oven.

Cranberry Pudding.—Put a quart of berries over the fire to stew with sufficient water; when boiling hot drop small spoonfuls of batter over the berries, cover and steam 20 minutes. Serve with sugar and cream. Make the batter by using one egg (beaten), one-half cupful of milk, one cupful of flour, one teaspoonful of baking powder and half a teaspoonful of salt.

Fifteen-Minute Pudding.—Make a batter of one cupful of flour, half a cupful of milk, a teaspoonful of baking powder, half a teaspoonful of salt. Butter custard cups, drop in a spoonful of the batter, add a heaping tablespoonful of any juicy canned fruit like cherries or strawberries, add another spoonful of batter and place the cups in a pan, add boiling water to come up well on the sides, cover closely and steam 15 minutes, boiling all the time. Serve unmolded with cream and sugar.

The roses of pleasure seldom last long enough to adorn the brow of him who plucks them; for they are the only roses which do not retain their sweetness after they have lost their beauty.—Hannah More.

FOR THOSE WHO LIKE FISH.

Fish are always in season, either fresh or canned, and many delightful dishes may be prepared of various kinds of fish, suitable to the season and purse.

Baked Trout with Shrimp Sauce.—Clean, wash and dry a large trout. Gash each side in half a dozen places, lay in each gash a lardoon of fat salt pork, then brush the fish inside and out with melted butter mixed with lemon juice. Put a rack in the baking pan, or in lay the fish, pour a cupful of boiling water in the bottom and place in a very hot oven. Allow twelve minutes to the pound and baste three or four times with melted butter. Cook in a saucepan one tablespoonful of butter and flour together. When the fish is removed from the pan pour the water from the pan into the thickened butter, add salt, pepper, and enough kitchen bouquet or curramel to make a brown sauce; add a tablespoonful of lemon juice and one-half cupful of finely chopped shrimps. If the sauce seems too thick, add boiling water and boil up again. Garnish the fish with parsley and quarters of lemon.

Piquant Stuffing.—Pour half a cupful of vinegar over three cupfuls of crumbs, squeeze dry, add to the crumbs one-half cupful of melted butter or butter substitute, one cupful of chopped olives, three chopped pickles, one small green pepper, finely chopped, salt, pepper and curry powder to taste.

Broiled Fish.—Any good sized fish of firm flesh may be selected for broiling. Split it from head to tail and remove the back bone if desired. Brush with melted butter and broil in a wire broiler over a clear fire. A five-pound fish will require twenty-five minutes. Serve garnished with latticed potatoes which have been fried a golden brown in deep fat; add also the usual lemon quarters and a bit of parsley.

Fresh Fish Balls.—Flake any left-over fish and mix it with an equal quantity of seasoned mashed potatoes, fresh and hot; make into balls, add egg to the potato or dip in egg and fry. Boiled rice is a good substitute for potato.

Neelie Maxwell

PE-RU-NA and MANALIN Cured Me

Mrs. E. M. Harris, R. R. No. 3, Ashland, Wis., sends a message of cheer to the sick:

"After following your advice and using Peruna and Manalin, I was cured of catarrh of the nose, throat and stomach, from which I had suffered for several years. When I commenced taking Peruna I could not make my bed without stopping to rest. Now I

Catarrh of the Nose, Throat and Stomach.

do all my work and am in good health. I recommend this valuable remedy to all suffering from any disease of the stomach."

Peruna is Sold Everywhere Liquid or Tablet Form

Big Return.

British ministry of munitions has realized nearly \$700,000,000 from the sale of war material from tin tanks to tanks.

State of Ohio, City of Toledo, Lucas County—
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1898.
C. A. W. Gleason, Notary Public.
HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.
F. J. Cheney & Co., Toledo, Ohio.

Man's Foot in the Shoe.

Henry, aged nine, had tried to sneak into the circus free, but was put out by the sharp-eyed ticket man.

He returned home bawling and told his mother that the man had thrown a shoe at him, at which his mother exclaimed: "He did!"
Henry replied: "Uh, hub, an'-an'-an' his foot was in it, too.—Ball's more Evening Sun.

A Lady of Distinction.

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

A Close Observer.

A little girl of Bellefield was caught in a gross exaggeration the other day, whereupon her mamma said in properly severe tones:
"My dear, don't you remember what happened to Ananias and Sapphira, whom I told you of the other day?"
"Yes'm, but de dear Lord don't make people dead now for tellin' stories," replied the small observer of events.—Pittsburgh Chronicle-Telegraph.

STRENGTHENS KIDNEYS—PURIFIES BLOOD

You can't expect weak kidneys to filter the acids and poisons out of your system unless they are given a little help. Don't allow them to become diseased when a little attention now will prevent it. Don't try to cheat nature.

As soon as you commence to have backaches, feel nervous and tired, GET RUSHY. These are usually warnings that your kidneys are not working properly.
Do not delay a minute. Go after the cause of your ailments or you may find yourself in the grip of an incurable disease. GOLD MEDAL Haarlem Oil capsules will give almost immediate relief from kidney troubles. GOLD MEDAL Haarlem Oil Capsules will do the work. They are the pure original Haarlem Oil Capsules imported direct from the laboratories in Haarlem, Holland. Ask your druggist for GOLD MEDAL and accept no substitutes. Look for the name GOLD MEDAL on every box. Three sizes, sealed packages. Money refunded if they do not quickly help you.—Adv.

Preferred the Cash Bail.

Judge Chesbro of Los Angeles was embarrassed when he found that a man whom he had held for a misdemeanor in \$25 bail, and who did not have the \$25, had disappeared from the courtroom, leaving his wife as bail. The judge was much relieved when, just before it was time to close the court, the man rushed in, put down \$25 in real money, and walked away with his wife.

ASPIRIN FOR HEADACHE

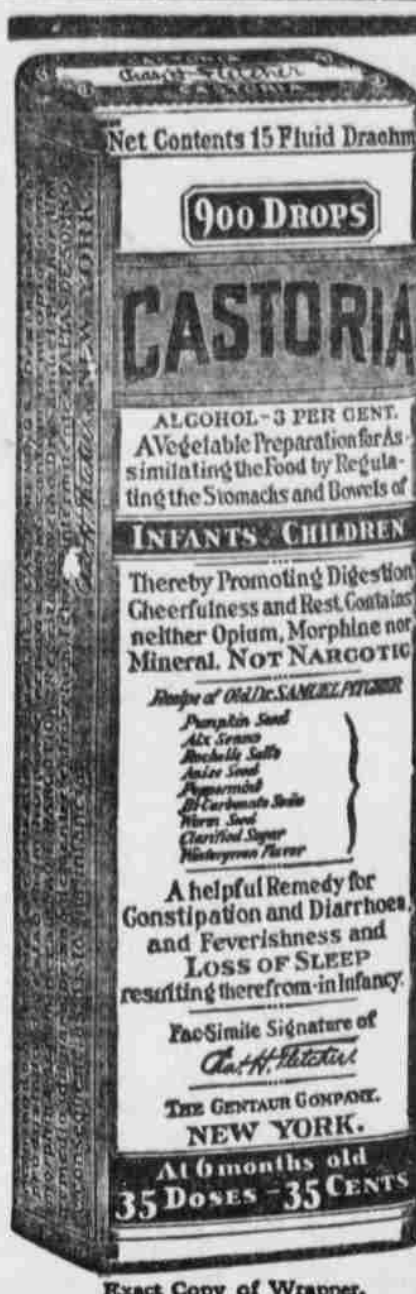
Name "Bayer" is on Genuine Aspirin—say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.—Adv.

The steady horse for the long pull.

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or
YOUR EYES Granulated, use Murine often. Soothes, Refreshes. Safe for infant or Adult. All Druggists. Write for Free Eye Book. Rutan Eye Remedy Co., Chicago



Exact Copy of Wrapper.

She Knew a Way.
A Terre Haute school was trying hard to get a new flag for one of the rooms. The children were denying themselves candy and other luxuries in order to bring their pennies to school to add to the flag fund. But little Pearl had not brought any.
"My mother gets my candy for me," she explained her delinquency, "so I can't bring that money. But I'll tell you what I will do, teacher, I'll not give anything at Sunday school next week and bring that penny to put in on our flag."—Indianapolis News.

Rather.
"What is your estimate of Brown?"
"He's a liar and a thief."
"That's rather a rough estimate."

CASTORIA

For Infants and Children. Mothers Know That Genuine Castoria

Always Bears the Signature

of *Dr. J. C. Hathorn*
In Use For Over Thirty Years
CASTORIA

THE RIGHT WAY...

In all cases of Distemper, Pinkeye, Influenza, Colds, etc.

of all horses, brood mares, colts, stallions, is to

"SPOHN THEM"

On their tongue or in the feed put Spohn's Liquid Compound. Give the remedy to all of them. It acts on the blood and glands. It ouths the disease or expelling the disease germs. It wards off the trouble no matter how they are "exposed." Absolutely free from anything injurious. A child can safely take it. Sold by druggists, harness dealers, or sent express paid by the manufacturer. Special Agents Wanted.

SPOHN MEDICAL CO., GOSHEN, IND., U. S. A.

Plombr.
"I understand Mr. Grabcohn spent \$50,000 educating Miss Maye Grabcohn."

"Was the money wasted?"
"Not entirely. Since Miss Grabcohn returned from an expensive finishing school she has been able to hold her own quite handsly with a traffic policeman."—Birmingham Age-Herald.

YOUR COLD IS EASED AFTER THE FIRST DOSE

"Pape's Cold Compound" then breaks up a cold in a few hours

Relief comes instantly. A dose taken every two hours until three doses are taken usually breaks up a severe cold and ends all the gripe misery.
The very first dose opens your clogged-up nostrils and the air passages in the head, stops nose running, relieves the headache, dullness, feverishness, sneezing, soreness and stiffness.

Don't stay stuffed-up! Quit blowing and snuffing! Clear your congested head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store. It acts without assistance, tastes nice, contains no quinine—Insist upon Pape's!—Adv.

Quite Plain.

Tramp (at the door)—If yer please, lady—
Mrs. Muggs (sternly)—There, that will do! I am tired of this everlasting whine of "Lady, lady." I'm just a plain woman, and—
Tramp—You are, madam—one of the plainest, I've ever seen, an' one of the honestest to own up to it.—Pearson's Weekly.

Baby's little dresses will just simply dazzle if Red Cross Ball Blue is used in the laundry. Try it and see for yourself. At all good grocers, 5c.

One of New York's largest trust companies has 2,000 employees and 88 departments.

BELCHING Caused by Acid-Stomach

Let EATONIC, the wonderful modern stomach remedy, give you quick relief from disgusting belching, food-repeating, indigestion, bloated, gassy stomach, dyspepsia, heartburn and other stomach miseries. They are all caused by Acid-Stomach from which about nine people out of ten suffer in one way or another. One writes as follows: "Before I used EATONIC, I could not eat a bite without belching it right up, sour and bitter. I have not had a bit of trouble since the first tablet."

Millions are victims of Acid-Stomach without knowing it. They are weak and ailing, have poor digestion, bodies improperly nourished although they may eat heartily. Grave disorders are likely to follow if an acid-stomach is neglected. Cirrhosis of the liver, intestinal congestion, gastritis, catarrh of the stomach—these are a few of the many ailments often caused by Acid-Stomach.

A sufferer from Catarrh of the Stomach of 11 years' standing writes: "I had catarrh of the stomach for 11 long years and I never found anything to do me any good—just temporary relief—until I used EATONIC. It is a wonderful remedy and I do not want to be without it."

If you are not feeling quite right—lack energy and enthusiasm and don't know just where to locate the trouble—try EATONIC and see how much better you will feel in every way.
At all drug stores—a big box for 50c and your money back if you are not satisfied.

EATONIC (FOR YOUR ACID-STOMACH)

Now-a-days, housekeepers who are particular, keep the living room a d kitchen stoves well polished without hard, dirty work by using

E-Z Stove Polish

Ready-Mix—Ready to Shine
If your dealer don't sell E-Z, try others and send his name to Martin & Martin, Mrs. Chicago

FRECKLES

POSITIVELY REMOVED BY Dr. Perry's Freckle Cream. Freckles, Moles, Warts, etc. 25¢
W. N. U., OMAHA, NO. 45-1919.

Baby Coughs

require treatment with a remedy that contains no opiates. PISO'S is mild but effective, pleasant to take. Ask your druggist for

PISO'S