

# THIS WEEK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound that I bought a box and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. WORTHLINE, 2842 North Taylor St., Philadelphia Pa.

The majority of mothers nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, back-ache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthline.

## INDIGESTION Caused by Acid-Stomach

Millions of people—in fact about 9 out of 10—suffer more or less from indigestion, acute or chronic. It is a very common ailment caused by Acid-Stomach.

There are other stomach disorders which also are sure signs of Acid-Stomach—belching, heartburn, bloating after eating, food repeating, sour, gassy stomach. There are many ailments which, while they do not cause much distress in the stomach itself, are nevertheless, traceable to an acid-stomach. Among these are nervousness, biliousness, irritability of the liver, rheumatism, impoverished blood, weakness, insomnia, melancholia and a long train of physical and mental miseries that keep the victims in miserable health year after year.

The right thing to do is to attack these ailments at their source—get rid of the acid-stomach. A wonderful modern remedy called EATONIC now makes it easy to do this.

One of hundreds of thousands of grateful users of EATONIC writes: "I have been troubled with indigestion for about nine years and have spent quite a sum for medicine, but without relief. After using EATONIC for a few days the gas and pain in my bowels disappeared. EATONIC is just the remedy I needed."

We have thousands of letters telling of these marvelous benefits. Try EATONIC and you, too, will be just as enthusiastic in its praise.

Your druggist has EATONIC. Get a big 50c box from him today. He will refund your money if you are not satisfied.

**EATONIC** (FOR YOUR ACID-STOMACH)

Get the Genuine and Avoid Waste. Morgan's **SAPOLIO** Scouring Soap Economy in Every Cake

Illicit Music. "Pretty dry time at the club dinner last night, eh, old man?" "Well, the orchestra gave us a lot of Meyerbeer."—Boston Evening Transcript.

Shave With Cuticura Soap And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no almy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

Nothing Like That Here. An English chemist's synthetic milk which can be condensed or dried, is made from peanuts, soy beans, sugar, water and mineral salts from real milk.

To have friends, one must be friendly.

**Why That Lame Back?** Morning lameness, sharp twinges when bending and an all day backache; each in cause enough to suspect kidney complaint. If you feel tired all the time and are annoyed by dizzy spells, headaches and irregular kidney action, you have additional proof and should act quickly to prevent more serious kidney trouble. Use Doan's Kidney Pills, the remedy that is recommended everywhere by grateful users. Ask your neighbor!

**An Iowa Case** Alonzo Adams, Osceola, Iowa, says: "I had lumbago. Sharp pains went through my kidneys and left me almost helpless. I could neither stoop nor straighten. Mornings I was tired and exhausted, owing to lack of sleep. My kidneys acted irregularly and the secretions were unnatural. I took Doan's Kidney Pills and the trouble entirely disappeared."

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

**For Irritated Throats** take a tried and tested remedy—one that acts promptly and effectively and contains no opiates. You get this remedy by asking for **PISO'S**

# THE KITCHEN CABINET

If instead of a gem, or even a jewel, we could cast the gift of a lovely thought in the heart of a friend, that would be giving us the angels gift.—George MacDonald.

### THINGS WORTH REMEMBERING.

When going upstairs place the whole foot on the stair and keep the body erect; this manner of climbing stairs will not strain any muscle unduly.

A dish mop used for washing dishes is a great saving on the hands as the water may be used much hotter and the process is finished quicker.

When raisins and prunes stick to the paper which wraps them, hold them a moment near the steam of a tea-kettle.

A baby, no matter how young, should be given frequent drinks of sterilized water. A bottle is the best way to give it until the child is old enough to drink from a cup.

Orange juice for babies, given between meals, is a most wholesome and refreshing drink.

A harmless laxative which will be a pleasure to the children to take is the following: Grind through a meat grinder one pound each of figs, dates, raisins and softened prunes, with five cents worth of senna leaves. Mix and knead well, form into a loaf and wrap in waxed paper; keep in a cool place. For a child a piece the size of a pecan is sufficient; adults may take a larger piece. This will keep for weeks, is entirely harmless and much less expensive than many drugs sold for the purpose.

Add preserved citron to the mince-meat; it adds greatly to the flavor of this time-honored pie filling; the citron mellow pie is home prepared, not that used for cake.

Citron mellow, if grated before preserving, may be used for many dainty dishes or garnishes for ices, giving a delicate flavor well liked and adding to the variety of good things as well.

One may boil a pudding in a double boiler instead of in the old-time pudding bag. Line the upper part of the boiler with oiled paper, turn in the pudding and it will come out in good form.

When it is necessary to clean upholstered furniture indoors, cover with a dampened cloth and beat; the dust clings to the cloth.

Coffee custard is prepared by steeping two tablespoonfuls of ground coffee in two cupfuls of milk; then strain, add the eggs and sugar and cook as usual.

There is only one way to get ready for immortality, and that is to love this life and live it as bravely and faithfully and cheerfully as we can.—Henry Van Dyke.

### GAME IN SEASON.

A young tender rabbit is a delicious dish when properly cooked and served. Wash and wipe the meat carefully; cut in serving-sized pieces; brown in a little fat, then add water and two tablespoonfuls of vinegar, cooking slowly until tender. Thicken the gravy and serve as one does fricassee chicken. If an older rabbit is to be cooked, it should be parboiled in water with a tablespoonful or two of vinegar until tender, then brown as above.

**Roast Wild Duck.**—Clean and truss the duck; sprinkle well with salt and pepper and cover the breast with thin strips of salt pork. Place on a rack in a dripping pan or roaster; add a little water to the pan; place in a hot oven and cook for half an hour. Baste at least five times during the roasting. Serve with currant jelly. An onion or two may be put into the cavity of the bird, or a bunch of celery, removing before serving. These flavors add much to the flavor of a wild duck. Most epicures agree that the highly-seasoned stuffings overpower the delicate flavor of the bird. For those who still cling to the method of stuffing, the following will be enjoyed:

**Raisin Stuffing.**—Soak one quart of bread crumbs in cold water and squeeze dry; add two well-beaten eggs, one teaspoonful of salt, two tablespoonfuls of chopped parsley, one cupful of chopped raisins and one-half cupful of chopped celery.

**Roast Venison.**—Rub the roast all over with the cut side of a lemon; lard it with strips of fat salt pork, and roast 15 minutes to the pound, basting occasionally; cook until tender but rare. Serve with spiced grape jelly. If one cares to improve the flavor, add a small chopped onion and carrot to the roasting pan.

**Rabbit With Vegetables.**—Place a thick layer of onions in a casserole, then a layer of rabbit cut in serving-sized pieces, a sifting of flour and seasoning and another layer of onions, and rabbit until all is used. Cover and cook in a moderate oven.

As no moisture (except that in the mixture) is added, care must be taken to keep it from scorching. Serve with mashed potatoes.

The happy state of mind so rarely possessed in which we can say "I have enough," is the highest attainment of philosophy. Happiness consists not in possessing much but in being content with what we possess. He who wants little always has enough.—Zimmerman.

### MILK DESSERTS.

Milk, the food best suited to children, makes the best of foundation for wholesome desserts, good for the young, wholesome for those of weakened digestion.

A smooth, nice custard may be made using two eggs and a pint of milk. If one wishes to have the custard thick enough to mold, three to four eggs should be added. The more egg the more nutriment, so it is a dish to be recommended when eggs are at all reasonable in price.

**Baked Custard.**—Beat four eggs slightly, add a half cupful of sugar and a quart of fresh milk. Cook over water in the oven, sprinkling in a bit of cinnamon, nutmeg or any flavor desired. A pinch of salt should also be added to all milk dishes. Do not allow the water to boil at any time during the baking or the custard will whey. Any egg and milk combination should always be cooked at a low temperature. To test the custard to know when it is done dip a knife into the center; if it comes out clean the custard is ready to be taken from the oven and hot water. If the cups are allowed to stand outside the oven in the water they will often overcook.

**Ginger Custard.**—Line buttered custard cups with pieces of canton ginger, then pour in a thick custard, using four eggs to a pint of milk, a third of a cup of sugar, a fourth of a teaspoonful of salt and two teaspoonfuls of vanilla. Beat the eggs slightly, add sugar, salt, milk and flavoring and strain into the mould or moulds. Set in hot water and bake until firm. Serve with a spoonful of canton ginger sirup poured over each serving.

**Caramel Custard.**—Melt in a smooth omelet pan one-half cupful of sugar, and gradually four cupfuls of scalding hot milk and stir until the caramel is dissolved. Beat five eggs, add half a teaspoonful of salt, a teaspoonful of vanilla and strain into a mould rinsed in cold water. Bake as usual. Serve with a caramel sauce.

No man or woman of the humblest sort can really be strong, gentle, pure and good without somebody being helped and comforted by the very existence of that goodness.—Phillips Brooks.

### SOUR MILK AND CREAM DISHES.

Cooked food made from sour milk or sour cream has a flavor and texture which is especially good. Cakes made with cream or sour milk keep better and improve in flavor.

**Waffles.**—Mix and sift one cupful of flour, a half teaspoonful of salt and one and one-half teaspoonfuls of baking powder. Beat one egg, add one cupful of sour milk then the flour mixture; beat well; add a teaspoonful of soda dissolved in half a tablespoonful of water, and when well mixed add a tablespoonful of butter; beat again and cook on a hot waffle iron. Serve hot with maple sirup.

**Sour Milk Biscuit.**—Mix and sift together one quart of flour, one teaspoonful of soda, one teaspoonful each of salt and sugar, cut in two tablespoonfuls of shortening and moisten with one and one-half cupfuls of sour milk. Roll out and bake in a hot oven. Serve with honey or maple sirup.

**Boston Brown Bread.**—Mix thoroughly one cupful each of whole wheat flour, cornmeal, and graham flour. Mix two cupfuls of sour milk and one-half cupful of molasses and a teaspoonful of salt with one teaspoonful of soda. Stir in the dry ingredients, beating thoroughly. Turn into well-buttered baking powder cans and steam two hours. Remove the covers and dry out in the oven for 15 minutes. Raisins and nuts may be added if desired. Cut in neat slices, using a string.

**Spoon Bread.**—Take one pint of coarse white cornmeal, half a teaspoonful of salt, and enough boiling water to make a smooth paste. Add one egg, one cupful of sour milk or buttermilk, and a half teaspoonful of soda. Beat until smooth; pour into a hot, well-buttered baking dish and then bake quickly.

**Sour Cream Cookies.**—Cream half a cupful of shortening with one and one-half cupfuls of sugar; add two beaten eggs, half a cupful of sour cream, one teaspoonful of soda and flour to roll; flavor with nutmeg and chill before rolling.

*Nellie Maxwell*

# ROAD BUILDING

## MOTOR TRUCKS ON HIGHWAYS

Series of Impacts Being Conducted at Arlington to Determine Impact on Roads.

(Prepared by the United States Department of Agriculture.) To determine the destructive effect of heavily loaded auto trucks on highways and streets, and to meet the demand for data on the design of road surfaces and foundations to withstand such heavy traffic, a series of experiments is being conducted by the bureau of public roads at the Arlington experiment farm to determine the impact of auto trucks on roads.

The most striking single development in the highway field in 1918 was the tremendous increase in motor-truck traffic. Five years ago heavy motor trucks were few in number and limited practically entirely to the paved streets of larger cities. These vehicles now comprise probably 4 to 5 per cent of the grand total of all motor vehicles and are to be found wherever traffic conditions permit profitable use. But very few roads were designed to carry any large volume of this class of traffic. Consequently, the cost of adequate maintenance was increased greatly during the year. In many places the damage due to the incessant pounding of these fast and heavy vehicles was so great as to require complete reconstruction.

Maximum service that cannot monopolize because of keen competition and lack of control over sources of supply is furnished at a minimum of profit—a fraction of a cent per pound from all sources.

Therefore Swift & Company is taking every legitimate step of citizenship to prevent such interference.

These advertisements are intended to help you, and to help Congress decide what is best to be done. Mistakes are costly and apt to be harmful in these trying times.

Let us send you a Swift "Dollar." Address Swift & Company, Union Stock Yards, Chicago, Ill.

**Swift & Company, U. S. A.**

THIS SHOWS WHAT BECOMES OF THE AVERAGE DOLLAR RECEIVED BY SWIFT & COMPANY FROM THE SALE OF MEAT AND BY PRODUCTS. 65 CENTS IS PAID FOR THE LIVE ANIMAL. 12.96 CENTS FOR LABOR EXPENSES AND FREIGHT. 2.04 CENTS REMAINS WITH SWIFT & COMPANY AS PROFIT.

**SWIFT DOLLAR** WHERE IT GOES 12.96¢ To Stock Raisers 85¢

**COMPACT SURFACE OF ROADS**

Excess Water Successfully Removed By Use of Piece of Pipe, Operated by Two Men.

A simple method for compacting the surface of concrete roads and removing excess water has been evolved by an engineer, B. F. Batchelder, of Ravenna, Ohio.

After striking off the surface with a template, according to Mr. Batchelder's plan, a piece of ordinary gaspipe, operated by two men, is used as a roller. After the excess water has come to the surface, another trip up and back with the roller removes all the

**A Piece of Ordinary Gaspipe is Successfully Used as a Roller to Remove Excess Water From the Road Surface.**

water and leaves the surface in good condition for further finishing if necessary. A wave of mortar is carried ahead of the roller the "first time over," which fills in porous places or depressions. The second rolling removes nothing but water that is virtually clear.

This method is especially useful when using crushed stone or slag.—Popular Science Monthly.

### FIND WEAK PARTS OF ROADS

It Should Be Especial Business of Every Road Commissioner to Make Observations.

It should be the special business of every road commissioner to find the weak and susceptible parts of a road, and if there is any likelihood at all of the creation of a "bottomless pit," the saying of "a stitch in time" will apply very truthfully to the question in hand.

**Interest in Road Building.** The increasing interest in road construction in Cuba is an indirect result of the world's demand for sugar in the war period.

**Motor Truck is Best.** For all the general haulage on the farm a motor truck is the best vehicle if the roads in the neighborhood are good.

**Campaign Moving Rapidly.** The good roads campaign is moving more rapidly than ever before.

# Criticism and Citizenship

It is the plain, public duty of every citizen to criticize proposed government measures believed to be harmful.

Swift & Company is in a better position perhaps, than others, to understand the meat packing business in all its relations to public and private interests, even though the others may have been giving the subject a great deal of sincere attention.

Swift & Company is convinced that interference with its legitimate business function by governmental agencies, however well intentioned, would be an injury to every man, woman and child who wants meat to eat, as well as to the men who raise the meat and to those who dress and distribute it.

Maximum service that cannot monopolize because of keen competition and lack of control over sources of supply is furnished at a minimum of profit—a fraction of a cent per pound from all sources.

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## Syrup Purity

Absolute purity—with all its own virtues—is one good reason why we know you will like Farmer Jones Sorghum Blend Syrup once you try it. Its superior goodness is pledged by the Farmer Jones label and you can depend upon it.

**FARMER JONES** SORGHUM BLEND SYRUP

Made by an exclusive process which makes it wholesome, economical and delicious from cane grown in our own fields. None genuine without this signature.

New Recipe Book Sent FREE. The Four Scott Sorghum Syrup Co. 200 West 12th Street, Kansas City, Mo. Manufacturers of One-Cup Syrup. *John S. Daily Farmer Jones*

**Influence.** The high school teacher was giving a review biography of John Milton. "His life influenced a great many of his poems," she told the class, "and Milton had a very unhappy life indeed. His first wife and he were very unhappy." She talked a few minutes and then asked: "Now what poem did this unhappy marriage cause him to write?" "Paradise Lost," came back from one of the listeners.

**The Supreme Sparkle.** "Now that you are a high-salaried picture star, you can wear diamonds." "Diamonds!" echoed the film favorite, scornfully. "Where are you going to get any jewelry that will put up a display to compare with the electric lights at the front of the house?"

**In a Low Key.** Joe—What was the tenor of his talk? Bob—There was no tenor to it; he has a bass voice.

A woman dislikes men who understand her.

Use **MURINE** Night-Morning. **Keep Your Eyes Clean, Clear and Healthy** Write for Free Eye Care Book Murine Co., Chicago, U.S.A.

**Resemblance.** Fond Mother—Don't you think the baby resembles his father? Caller—Well—er—they are both bald.

**112 Millions** used last year to KILL COLDS. **HILL'S CASCARA QUININE BROMIDE**

Standard cold remedy for 30 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. **At All Drug Stores**

**WANTED** LOCAL REPRESENTATIVE to handle new, low price, guaranteed tire. Liberal commission. Write for price lists. **STANDARD TIRE CO.** 410 N. 16th St. Omaha, Neb.

**TO SHINE A COLD STOVE** Quick and Easy. Use **E-Z STOVE POLISH** Ready Mix—Ready to Shine. **MARTIN & MARTIN, CHICAGO**