

THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Muskegon, Mich.—"For six years I was so weak in my back at times that I could hardly walk. Lydia E. Pinkham's Vegetable Compound was recommended to me and it made me good and strong again so that I am able to do all my work. I highly recommend your medicine and tell everyone I meet what it did for me."
—Mrs. G. SCHOONFIELD, 240 Wood Ave, Muskegon, Mich.

Woman's Precious Gift
The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation.

Still on Trial.

"Do you believe in woman suffrage?"

"Yes," replied Mr. Meekton, "for the present. But we've been talking it over, and unless Henrietta gets elected to some office or another pretty soon I shouldn't be surprised if our family were to change its mind and call it a failure."

BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschee's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectation in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

Honor thy wife and thy children, and thy neighbor, and his wife and his children.

The fact that he couldn't get people to listen to him has made many a man a writer.

Was Going Down-Hill

Mrs. Bergman's Friends Were Worried, but Doan's Brought Remarkable Recovery From Kidney Complaint.

"I couldn't sit down without putting a pillow behind my back," says Mrs. Ole Bergman, 820 Pennsylvania St., Gary, Ind. "When I bent over it felt as though somebody had stuck a knife right into my back and I would often fall to the floor. The kidney secretions made me get up four and five times a night. There would be only a small amount, which would burn so that I would almost scream. Before long my body bloated and my feet were so swollen that I couldn't wear my shoes. My skin looked shiny and when I pressed it down it left a dent. I had chills and fever. Sometimes I would sweat so that I could fairly wring the water out of my clothes. Everybody said I was going down-hill fast. In two months I lost fifteen pounds and was discouraged. By the time I had finished three boxes of Doan's Kidney Pills I was entirely cured and I have enjoyed the best of health ever since."



Mrs. Bergman

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

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

PISO'S

LET "DANDERINE" BEAUTIFY HAIR

Girls! Have a mass of long, thick, gleamy hair



Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality.

Get a 35-cent bottle of delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic, then its life, color, brightness and abundance will return—Hurry!—Adv.

Magnanimous Conduct.

"You call yourself a public-spirited citizen?"

"I do, sir," replied the fussy little man.

"On what ground?"
"I'll give you an example of my public spirit. Last night at a fire some firemen turned a hose on me. Did I get mad? Did I threaten to sue the city or break somebody's head? I did not, sir. I shook myself and said: 'Don't apologize, boys. I know you didn't mean it. Resume your battle with the flames and think no more about it!'"

SWITCH OFF!

Put aside the Salts, Oil, Calomel, or Pills and take "Cascarets."

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely whipping them into action every few days with Salts, Cathartic Pills, Oil, or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets gently cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the colon and bowels all the constipated waste matter and poisons so you can straighten up.

Cascarets tonight will make you feel great by morning. They work while you sleep—never gripe, sicken, or cause any inconvenience, and cost so little too.—Adv.

Heavy Shipments From Seattle.

During the first half of 1919 Seattle, the American gateway to Siberia, shipped \$15,785,796 worth of goods to this once obscure land, as compared with only \$987,381 worth of goods in the same period last year.

DYED CHILD'S COAT AND HER OLD SKIRT

"Diamond Dyes" Made Faded, Shabby Apparel So Fresh and New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings—everything!

The Direction Book with each package tells how to diamond dye over any color.

To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Well, Well!

"I suppose," said the man who was buying a parrot, "that it will be easier for the bird to learn short words?"
"Oh, not at all!" the dealer responded cheerfully. "I've found that they take most naturally to polysyllables."

Catarrh Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Props., Toledo, Ohio.

Spoken in Bitterness.

"I saw you coming out of a cafeteria." "You named it wrong. It's a profferia."—Washington Star.

Cuticura Comforts Baby's Skin When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

Nearly every male quartet exists because it was lucky enough to find a tenor.

The KITCHEN CABINET

SEASONABLE FOODS.

To each man is given a day, and his work for the day. And once, and no more, he is given to travel this way. And woe if he flies from the task, whatever the odds; For the task is appointed to him on the scroll of the gods.
—Edwin Markham.

For those who enjoy kidneys the following dish will prove worth a trial:

Beefsteak and Kidney Pie.—For an ordinary pie use one pound of round steak and four or five lamb's kidneys. Cut the steak into pieces an inch and a half long and wide. Cut the kidneys through the center. Put the kidneys into cold, slightly salted water and allow this to come slowly to the boiling point. As soon as the boiling point is reached, draw off the water, add cold, salted water and boil again. Then drain, rinse well and add the kidneys to the steak.

In the meantime, roll the pieces of steak in seasoned flour, and brown nicely in a frying pan. Cover with water; add a pinch of marjoram, summer savory, and a few grains of nutmeg. Simmer until the meat is tender. Add any further seasoning needed. Thicken the gravy with flour and butter. Pour the meat into a pie dish with gravy enough to cover and then add the pastry top. Serve either hot or cold.

Pastry for Meat Pies.—Cream together one and one-half tablespoonfuls each of lard and butter. Put this into one cupful of flour which has been mixed with one-half teaspoonful of salt and one teaspoonful of baking powder. Add enough cold milk to make the particles stick together. Roll and cover to the edge of the dish. Leave an opening for the steam to escape. Serve from the dish after baking a golden brown.

Lemon Honey.—Cream one cupful of butter, add one-half cupful of sugar and mix until well blended. Beat in two-thirds of a cupful of honey and beat in a double boiler, beating until well blended. Beat four egg yolks until thick, add the rind of a lemon, turn into the mixture and cook until thick. Add the juice of two lemons and stir until the mixture is like thick cream. This will keep if put into covered jelly glasses. Is very nice for cake or sandwich filling.

Company Cake.—Cream one-half cupful of softened (not melted) butter substitute with one cupful of sugar, add the yolk of one egg and one whole egg and cream until well mixed. Save the egg white for the frosting. Add one teaspoonful of cinnamon and half a teaspoonful of cloves. Mix well and add one cupful of canned berries, juice and all. Sift one teaspoonful of soda with two cupfuls of flour and add the first mixture; beat well and pour into a well greased loaf tin. Bake in a moderate oven. Cover with boiled frosting, using the egg white, one cupful of sugar and one-third of a cupful of water boiled together until it hairs, then pour over the stiffly beaten egg white.

Chocolate Sauce for Ice Cream.—Melt two squares of chocolate in one cupful of hot water, add two tablespoonfuls of flour to one cupful of sugar; when well mixed add to the chocolate and water, with a pinch of salt; cook until smooth, remove from the heat and add a teaspoonful of vanilla.

WAYS OF SERVING POPCORN.
Happiness is the natural and the normal; it is one of the concomitants of righteousness, which means living in right relations with the laws of our being and the laws of the universe about us. No clear-thinking man or woman can be an apostle of despair.

First pop the corn. Corn should be popped over a hot fire, but care should be taken not to scorch the grains. If a wire popper is used hold it far enough from the heat to prevent burning. The right degree of heat should make good corn pop in about a minute and a half. Too strong heat will cause some of the kernels to pop sooner, but many will not pop at all. If corn pops well the bulk should be increased 20 times. Do not throw away the "old bachelors" (those that won't pop), but put them through the coffee mill or meat grinder and serve as a breakfast food; they give variety and are far superior to many breakfast foods.

Sugared popcorn is another nice confection. Make a sirup by boiling together two cupfuls of sugar and one of water until the sirup hairs or hardens in cold water. Pour this sirup over six quarts of popped corn and stir until the grains are well coated. A handful of fluffy white kernels of well popped corn will add to many desserts or entrees.

Serve a few kernels on the sherbet glass of junket or on the boiled custard over a soufflé just before taking to the table.

HOUSEHOLD HINTS.

Life, or rather life in a continually expanding form, is after all a business, and they who are the most in earnest get from it the most and in turn give the most back to the world again.

Experiments show that cooked rhubarb added to such fruits as strawberries and raspberries makes a preserve of fine quality. Rhubarb being common and cheap, while the berries are not always so, it is a suggestion worth noting. This mixture may take place after the fruits are cooked, but of course the results will be better if both are cooked together when fresh. Use one part of the berries to two parts of rhubarb.

Save all juices from canned fruit. If but a tablespoonful in the jar; mixed with two or three of some other flavor, one will have enough to flavor a pudding sauce, lemonade or baked apples.

Put the last few spoonfuls of horseradish left in the glass into the pickle jar to keep the vinegar in good flavor. Sprinkle dried bread crumbs over string beans cooked for the table, then add paprika and celery salt for seasoning.

When half an onion has been used, turn the cut side down on a small plate, and it will keep fresh for days. A bunch of parsley, if washed and put into a mason jar, sealed air-tight, will keep fresh and crisp for two weeks. Leave enough water clinging to the leaves to keep them moist.

Apple juice and pulp combines well with many fruits and berries, extending the delicate flavor of choice fruit and reducing the cost which might otherwise be prohibitive.

A slice of pineapple will flavor a large dish of milder fruit; so will quinces and oranges combine with apples for marmalade.

Apple juice with peach or cherry, strawberry or other fruits which are hard to thicken, makes very good jelly which would otherwise be sirupy. Cranberry juice is another good fruit extender; added to fresh strawberries it makes a beautiful and tasty preserve. Strawberries, when canned, often lose their color, but with cranberries this is overcome. Quinces cooked with cranberries makes a fine mixture; use one-third cranberries to two-thirds quinces, then proceed as for any jelly.

FOOD FOR THE CHILD.

So make it your intention With proper comprehension To see the world from every point of view. Smile on if you're defeated, Or smile if you think you're cheated; Smile on and soon the world will smile on you!
—Caroline Sumner.

Children are far more restricted in their diet than are grownups, and they are more dependent upon special foods. We all need a diet so balanced that it will produce the highest efficiency, but the food for a growing child must do more than that. The growing child is building new flesh and bone. For this reason the child should have a larger proportion of body-building foods than adults. Milk is the most important; eggs, butter and well cooked cereals, with top milk, are very important in the diet of the child.

We are told repeatedly by those who have made a study of the diet of the child that no mother should buy a pound of meat until she has purchased a quart of milk for each child in her family.

Milk is the ideal food for the child. It contains the elements needed to promote growth with the exception of iron. This element is given the child in such vegetables as spinach, beet greens and carrots.

As the child grows and becomes very active other foods are added, such as starchy foods, which supply energy. When milk is unpleasant to the child give it to him in cream soups, custards and cocoa. The older members of the family may be underrated on milk but never let the children want for it. Dishes made chiefly of milk, meat, fish, poultry and egg, with meat substitutes, form the most important group in the well-balanced ration. There come cereals and bread; then fats, of which the most important is butter. Do not give children fried foods which are hard to digest. Fruits and vegetables are next; then simple sweets such as dried fruits or pure candies. Candy should always be given at the end of the meal, never before.

Wheat taken from the granary, well washed, soaked over night, then cooked in the same water until well cracked and covered with gluten, is one of the most desirable of foods for growing children. Serve it with top milk.

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Nellie Maxwell

ASPIRIN

Introduced by "Bayer" to Physicians in 1900

You want genuine Aspirin—the Aspirin prescribed by physicians for nineteen years. The name "Bayer" means the true, world-famous Aspirin, proved safe by millions of people.

Each unbroken package of "Bayer Tablets of Aspirin" contains proper directions for Colds, Headache, Toothache, Earache,

Neuralgia, Lumbago, Rheumatism, Neuritis and for Pain generally. Always say "Bayer" when buying Aspirin. Then look for the safety "Bayer Cross" on the packages and on the tablets.

Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger packages.

Aspirin is trade mark of Bayer Manufacture Monocetacidester of Salicylicacid

YOU NEED NOT SUFFER FROM CATARRH

But You Must Drive It Out of Your Blood.

Catarrh is annoying enough when it chokes up your nostrils and air passages, causing difficult breathing and other discomforts. Real danger comes when it reaches down into your lungs. This is why you should at once realize the importance of the proper treatment, and lose no time experimenting with worthless reme-

diaries which touch only the surface. To be rid of Catarrh, you must drive the disease germs out of your blood.

Splendid results have been reported from the use of S. S. S., which acts on the catarrh germs in the blood.

If you wish medical advice as to the treatment of your own individual case, write to Chief Medical Adviser, 42 Swift Specific Co., Atlanta, Ga.

Quite Justified.

"I know a man who delights in bringing a blush to people's cheeks." "And do people allow it?" "Of course, they do. They go to him to buy their rouge."

Hot Ice.

Prof. Bridgman of Harvard has succeeded in making ice by squeezing water—and the ice is so hot that it will make alcohol boil.

Enforced idleness finds the devil's workshop operating at full capacity.

Rumor is like butter; once it has been spread you can do nothing more with it.

Thousands of Happy Housewives in WESTERN CANADA



are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce cost of living—where they could reach prosperity and independence by buying on easy terms. Fertile Land at \$15 to \$30 an Acre —land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts. For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or W. V. BENNETT, Room 4, Bee Bldg., Omaha, Neb. Canadian Government Agent

GOT HOMES AT SMALL COST HOW IS YOUR EXPRESSION?

Fortunate Purchasers Profited by the Dismantling of Government-Built Munition Plants.

Well to Remember Sometimes That a Man is Apt to Be Judged by His Looks.

To select a dwelling from a large stock of samples, buy it "over the counter" at a bargain price, and then pack it on a motor truck to be sent home, is a novel solution of the house hunting problem, says Popular Mechanics Magazine. That is literally what has been happening recently, however. In a number of communities where munition-plant housing facilities are being dismantled by the government. All the purchaser needs is a vacant lot, of course, and a foundation for his new home.

Near Cincinnati more than 200 four-room houses were sold in two days at the remarkable price of \$200 each, their original cost to the government having been over \$1,500. Purchasers of these houses have been able to get concrete block foundations built for an average price of \$223, and to secure truck and trailer delivery within five miles for \$120, making a total cost of \$553 for a well-built home.

Did His Best. Sallie Slim—I saw Jack put his arm around you.

Addie Pose.—You didn't, either. Sallie—Well, then, as far around as he could get it.—Boston Transcript.

The Worst. "The fellow who calls here has many short-comings." "Yes, and his worst short-comings are his long-goings."

Was Leaving, Anyway. Sentry—Halt, or I fire. Recruit—Fire away. I was just going up to the captain to resign, anyhow.

When a man sees God truly he sees everything else differently. Retrospection is a great toe stump of progress.

Grape-Nuts

supplies what many breakfast cereals lack

—solid nourishment including the vital mineral salts so necessary to encourage normal growth in children.

A body-building food that tastes real good

"There's a Reason"