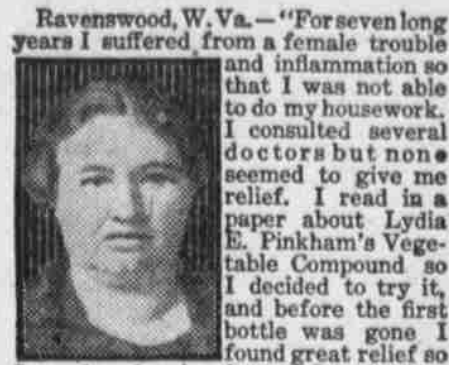


SUFFERED SEVEN LONG YEARS

Finally Relieved by taking Lydia E. Pinkham's Vegetable Compound



Ravenswood, W. Va.—"For seven long years I suffered from a female trouble and inflammation so that I was not able to do my housework. I consulted several doctors but none seemed to give me relief. I read in a paper about Lydia E. Pinkham's Vegetable Compound so I decided to try it, and before the first bottle was gone I found great relief so I continued using it until I had taken eight bottles. Now I am very well and can do my own housework. I can gladly recommend Lydia E. Pinkham's medicine to suffering women."—Mrs. BEATRICE LIERING, R. F. D., Ravenswood, W. Va.

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking



The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation.

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium Lincoln, Nebraska.

KREMOLA

MAKES THE SKIN BEAUTIFUL. Cleanses, softens, and refreshes. Dr. C. H. Barry Co., 2718 Michigan Avenue, Chicago.

Solving a Problem. "We'll put a cook stove in the automobile and go touring," announced Mr. Chuggins. "But what'll we do for a servant?" inquired his wife. "It's the only way to keep a servant. Once we have succeeded in hiring one, the only way for her to resign will be to get out and walk."

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

It All Depends. "Papa, what do you call a man who drives a motor car?" "It depends upon how near he comes to hitting me."

Fresh, sweet, white, dainty clothes for baby, if you use Red Cross Ball Blue. Never streaks or injures them. All good grocers sell it, 5c a package.

Undoubtedly. Old Man—"And if you had \$500 and multiplied it by two, what would you get?" Little Boy—"A motor car."

A government is frequently confronted with the problem of decreasing taxes and at the same time providing more revenue.

The Krupps are making big money in Germany without constructing a single gun. The plowshare industry points the way to prosperity in any man's country.

Germany announces that it has complied with the demand of the allies and cut its army to 100,000. Having finished that job the allies should issue a few similar orders to themselves.

Trotzky has not yet been able to do anything in a military way that enables him to return as a hero and give Lenin a political run.

The government reports that there are 43,213,446 gallons of liquor left. At the present rate of stealing, this is supposed to last ten years.

Four seats on the New York Stock Exchange have been sold at prices ranging from \$77,500 to \$86,000. The more expensive ones, one presumes, were near the windows.

The Kitchen Cabinet

What poets feel not, when they make A pleasure in creating. The world, in its turn, will not take Pleasure in contemplating. —Matthew Arnold.

ONE-PIECE DISHES.

A few dishes which may be prepared, baked and served from the baking dish will be greatly appreciated these spring days when extra work is crowding.

Potatoes and Bacon, Country Style.—Slice potatoes lengthwise and very thin. Put a layer of potatoes in a baking dish or casserole, add a sliced onion, salt and pepper, then a layer of thinly sliced bacon. Repeat the layers, having the bacon on top. Do not add any liquid, and see that the fat will season the dish well. Cover tightly and bake one hour in a moderate oven.

Baked Stew.—Take one and one-half pounds of lean boiling beef, one-fourth pound of suet, six medium sized potatoes, three small onions and six small carrots, with a small bag of mixed spices. Wipe and cut the meat and vegetables as for stew. Fry the suet till all is rendered. Pour off the fat and add the meat and onion, fry until brown, remove and add the potatoes, fry them and add the carrots. Put all into a casserole, add a generous sprinkling of flour, and salt with the bag of spice, bake two hours in a moderate oven. Remove the spice and serve from the casserole.

Baked Hamburger and Spaghetti.—Macaroni may be used in place of spaghetti in almost all dishes. Take a package of spaghetti, cook in boiling salted water, drain, add one can of tomatoes, five or six medium sized onions, chopped, one and one-half pounds of hamburger, fried in two tablespoonfuls of sweet fat. Stir and season all until well mixed, then bake for half an hour in a moderate oven.

Roast Beef With Yorkshire Pudding.—Roast the beef as usual, basting often. Mix two cupfuls of flour, one-half teaspoonful of salt, two cupfuls of milk and three well-beaten eggs; beat well and turn into well-greased pans, filling half full and basting with the gravy from the roast, after the pudding has finished rising. Serve around the roast as a garnish.

Apricot Dainty.—Take one-half pound of dried apricots, cook until tender. Mash and add enough sugar to sweeten. Add one cupful of minced marshmallows and let them melt. Put into sherbet glasses and top with coconut, or chopped nuts.

Flower in the crannied wall, I pluck you out of the crannies, I hold you here, root and all in my hand, Little flower—but if I could understand What you are, root and all, and all in all, I should know what God and man is. —Lord Tennyson.

DESSERTS AND OTHER DISHES.

A meal is never quite finished without something in the form of a dessert. It may be a stuffed date or two, a bit of fruit or simple confection; omitted, the meal is unsatisfactory.

Bread Pudding.—Take one and one-half cupfuls of fine soft bread crumbs, measured lightly; one egg, beaten, one-fourth of a cupful of sugar; one-half teaspoonful of salt, two cupfuls of milk. Beat the sugar and salt into the beaten egg, add the milk and gradually stir into the crumbs. Let stand half an hour, then bake in a dish of hot water.

Spaghetti de Luxe.—Take a small package or less of spaghetti, one can chicken soup, one can mushrooms, one shredded green pepper and one-fourth cupful of buttered crumbs. Cook the spaghetti in boiling salted water until tender, drain and blanch with cold water. Butter a baking dish, place in a layer of spaghetti, half of the mushrooms, and pepper and repeat until all are used. Cover with the can of chicken soup and sprinkle with buttered crumbs. Bake until brown.

Apples Scalloped With Bananas.—Take two large apples sliced, two bananas sliced, sprinkle in layers with sugar and orange juice, dot with bits of butter and repeat; bake in a buttered dish forty minutes.

Banana Float.—Take one pint of milk, two eggs, one tablespoonful of cornstarch, one-half cupful of sugar, salt, vinegar, two bananas and whipped cream. Mix the cornstarch with a little of the cold milk, scald the remaining portion, add the cornstarch mixture and cook over hot water for ten minutes. Beat the eggs slightly, add sugar, salt, to the egg mixture. Stir the milk into the egg and return the custard to a double boiler and cook until thick and smooth. Cool, flavor and pour over two large ripe bananas cut in slices. Chill, and just before serving decorate with tiny floating islands of whipped cream and banana slices.

Home of the Aborigines. The Mesa Verde national park hides in its barren canyons the well-preserved ruins of a civilization which passed out of existence so many centuries ago that not even tradition recalls it.

Here one may study the modes of life of the prehistoric American as they can be studied in few places. These aborigines had their civic center and they had some progressive ideas in city planning. Community life was the order of those times. One house had 200 rooms for family use and 22 for worship. Another one sheltered 350 aborigines.

Mount Rainier seems to keep per-



The Giant Geyser, Yellowstone.

petual guard over Seattle, Tacoma and Olympia. Anyone who has beheld its many moods, who has watched the ever-changing picture as varying lights have played upon its summit, who has consoled on its glacial rivers, can understand why the Indians called it "Tahomna—the mountain that was god."

Switzerland, the playground of Europe, visited annually (until 1915) by more than 100,000 Americans, cannot compare in attractiveness with the High Sierra of central California. Nothing in the Alps can rival the famous Yosemite valley, which is as unique as the Grand canyon. The view from the summit of Mt. Whitney surpasses that from any of the peaks of Switzerland.

Wonderful Birds and Flowers. And then, as to birds and flowers, the High Sierras so excel the Alps that there is no comparison. Never will the writer forget the melodies of the birds and the luxuriance of the meadows passed in the marches from Redwood Meadow to Mineral King, and then up over Franklin Pass; the fields of blue, red, yellow, orange, white and purple flowers, all graceful and fragrant, or the divine dignity of the great Siberian plateau, nearly 11,000 feet above the sea, and yet carpeted from end to end with blue lupine and tiny flowers.

From the educational point of view, the High Sierras so surpass the Alps that again no comparison can be made. In one day's ascent we observed fauna and flora to see the equivalent of which on the Atlantic coast we would have to make a journey of perhaps 1,500 miles. When we started in the morning we were hearing birds that correspond to the latitude of Charleston, S. C.; in a few hours we had traveled northward to Newfoundland and Labrador, and then descended to camp amid feathered friends whose counterparts are found around the writer's farm near Washington, D. C. A day later we ascended Mt. Whitney, the highest peak in the United States, and had a glimpse of birds of the arctic zone.

Oldest of Living Things. Within the boundaries of the Yosemite and Sequoia national parks tower the oldest of living things—the Sequoia gigantea.

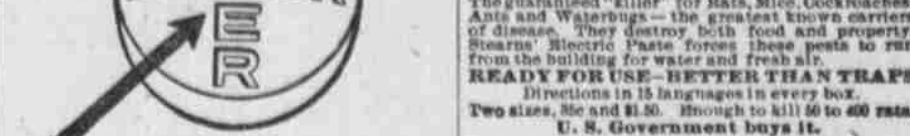
It is an unusual experience to stand under these big trees, to gaze upon their stately proportions, to reflect upon the storms and stress they have survived, and to visualize the strange changes in human history that have taken place since they were seedlings. Long before Moses had led the Children of Israel out of Egypt, long before his brethren had carried back to their father Joseph's blood-stained coat of many colors, long even before the birth of the patriarch, whose children, and whose children's children to remotest generations the Most High promised to bless, even before the aged pyramids had reared their heads on the banks of the Nile, long centuries before the hanging gardens of Babylon had been constructed, these trees had begun to grow.

Thousands of years the General Sherman tree has stood, offering its head to every passing thunder cloud; but so strong and sturdy is it that, like Ajax, it can defy the lightning.

The wonders of the Yosemite national park are easily accessible via the Yosemite valley, where accommodations are provided for every degree of income. Desmond camps and excellent government trails enable the visitor to see the giant trees, waterfalls, and canyons, while the more adventurous, who desire to ascend Mount Lyell and its magnificent neighbors, will find entertainment in Tiolumne meadows, at the hospitable headquarters of the Sierra club, an organization of mountaineers who have revealed the Sierra to the world.

ASPIRIN

Name "Bayer" on Genuine



Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monaceticacidester of Salicylicacid. —Adv.

The Sin in Cinema. "Have you seen any of those color movies?" "A few off-color ones."

He Knew. "Willie, I suppose you know what a caterpillar is?" "Yes'm, it's an upholstered worm."

Get Ready for Hot Weather

By Purifying the Blood

Many people simply melt in summer. They can't work or enjoy life. They lack vitality. Ten to one their blood is impoverished. Rich, wholesome blood is the basis of vitality. If you have it, you sturdily withstand summer temperatures. But if your blood is poor, loaded with poisons that should be cast out, you are limp and useless in "shirt-sleeve" weather.

USED 50 YEARS S.S.S. AS A TONIC

To avoid this, get from your druggist S.S.S., the famous vegetable blood tonic and alterative. It is just the thing for poor blooded people. After starting S.S.S., write us about your condition and we will send you expert medical advice free. Address Chief Medical Advisor, 839 Swift Laboratory, Atlanta, Georgia.

What to Take for Disordered Stomach

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation. Genuine bear Brand Small Pill; Small Dose; Small Price.

Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-seven years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. 60 cents and \$1.15 per bottle. At all drug stores. SPOHN MEDICAL COMPANY, GOSHEN, IND.

REALLY FLOWERS OF SPEECH IN YOUTH'S GAY SPRINGTIME

Sayings, Witty and Wise, That Are Worth Being Preserved in an Anthology.

Professor Sir Arthur Quiller-Couch, in the course of his lively lectures "On the Art of Reading," gives some examples of Irish peasants' sayings with the large simplicity, the cadence, the accent of Scriptural speech. The best is the benediction bestowed upon one of the two authors of the incomparable "Fish B. M." by an old woman in Skibbereen: "Sure ye're always laughing! That ye may laugh in the sight of the Glory of Heaven!" The writer once thought of making an anthology of such wild flowers of wayside speech. He would have included in it some far-traveled sayings, such as that of the freighter in the alkaline districts of Alberta, who said, pointing with his whip to an intensely blue lake on the horizon, "Bitter as a dying man's sweat is that same water," and the perfect definition of a ghost implied in the words of a Newfoundland fisherman, "There I sees 'em swarming themselves in the moon-light."

Near Bingen, in Germany, is a famous echo which will toss a sound to and fro no less than 70 times.

A Jewish girls' club has been organized in Shanghai, China.

There are more than 500 music schools in Germany.

The Swiss people were the first to date their coinage.

There's a Reason Why Grape-Nuts makes a helpful breakfast and a profitable lunch for the worker who must be awake and alert during the day. Grape-Nuts is the perfected goodness of wheat and malted barley, and is exceptionally rich in nourishment. It feeds body and brain without tax upon the digestion.

"There's a Reason"

Nellie Maxwell