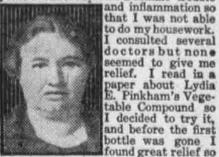
Finally Relieved by taking Lydia E. Pinkham's **Vegetable Compound**

SUFFERED SEVEN

Ravenswood, W. Va.-"For seven long years I suffered from a female trouble



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. BERTHA LIERING, R. F. D., Ravenswood, W. Va.

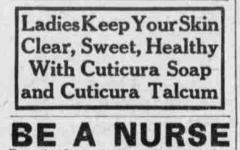
The ordinary day of most housewives is a ceaseless treadmill of wushing, cooking, cleaning, mending, sweeping, dusting and caring for little ones. How much harder the tasks when some de-rangement of the system causes headaches, backaches, bearing-down pains and nervousness. Every such woman should profit by Mrs. Liering's experi-ence. Remember this, for over forty years Lydia E. Pinkham's Vegetable Compound has been restoring health.

SQUEEZED **TO DEATH**

When the body begins to stiffen and movement becomes painful it 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 1696. 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



The Kitchen LONG YEARS 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 apprecinted 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 enion, 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 bacon is well spread so that the fat will season the dish well. Cover tightly and bake one hour in a moderate oven.

Baked Stew .- Take one and onehalf pounds of lean boiling beef, onefourth 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 tures of conspicuous grandeur than can understand why the Indians and vegetables as for stew. Fry the are accessible in all the other consuct 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 onions, chopped, one and one-half 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, onehalf 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 top with coconut, or chopped nuts.



The Giant Geyser, Yellowstone.

BY GILBERT GROSVENOR, President, the National Geographic and Olympia. Anyone who has be-

Society, Washington, D. C. The national parks of the United States, meccas for thousands of tourlsts this summer, contain more featinents.

Leaving the masterful Mississippi valley and journeying westward, we soon enter the region of the national parks, of which there are nine of the first order: the Yellowstone national park, principally in Wyoming, the unnamed rivers of ice pour slowly Glacier national park in Montana, the Rocky Mountain and Mesa Verde national parks in Colorado, the Crater fect cone 14 valleys through the solid Lake national park in Oregon, the rock. A bird's-eye view taken from Mount Rainier national park in Washington, the Yosemite and Sequola national parks in California and the of tomatoes, five or six medium sized Grand Canyon park in Arizona, the among the rich gardens of wild flowscenic masterpiece of the world, ofpounds of hamburger, fried in two ficially dedicated in 1920. Each park cedar. tablespoonfuls of sweet fat. Stir and has its own individuality, and each in its specialty excels,

Foremost in interest in the Yellowstone are the geysers, of which "Old Faithful" ranks first, not because of size, for the Giant is a Goliath beside it; not because of beauty, for there are others more beautiful; but because of fidelity. It never disappoints. It is so regular that it could almost serve as the nation's standard timepiece. " Every 70 minutes "Old Faithful" shoots its great column of water heavenward. At each eruption it sends up into the air 1,500,000 gallons of water.

One writer has described the geyser basins "as laboratories and kitchens, melt. Put into sherbet glasses and in which, amid a thousand retorts and pots, we may see Nature at work as

petual guard over Seartle, Tacoma held its many moods, who has watched the ever-changing picture as varying lights have played upon its summit, who has consted on its glacial rivers, called it "Tahoma-the mountain that

was god." Mt. Rainfer has a glacier system exceeding in size that of any other single mountain within continental United States, Frota its summit and cirques 28 named and a number of down its sides. These rivers of ice have carved on what was once a perabove the mountain would show it to be covered by an enormous frozen octopus, stretching icy tentacies down ers and through forests of fir and

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 melodles 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



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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 caterpillar is?" "Yes'm, it's an upholstered worm."







HINDERCORNS Removes Corns, Cal-toures, etc., store all pain, ensures comfort to the feet, makes walking ray, los by mail or at Drag-girls, Blacox Chemisal Works, Pockborg, S.Z.

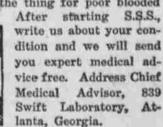
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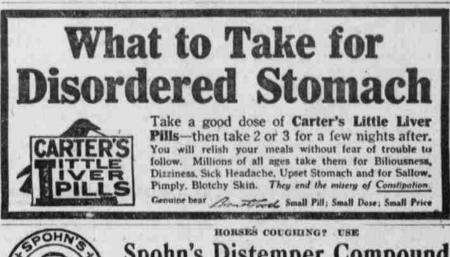
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Get Ready for Hot Weather By Purifying the Blood

Many people simply melt in sum- | To avoid this, get from your mer. They can't work or enjoy life. druggist S.S.S., the famous vege-They lack vitality. Ten to one table blood tonic and alterative. It their blood is impoverished. is just the thing for poor blooded

Rich, wholesome blood is the people. basis of vitality. If you USED 51 YEARS have it, you sturdily withstand summer tem-peratures. But if your blood is poor, loaded with poisons that should be cast out, you are limp and useless in "shirt-sleeve" weather. AS A TONIC





two years to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium

Exceptional opportunity at the present time for young women over nineteen years of age

9

Lincoln, Nebraska KREMOLA BARKES THE SKIN BEAUTIFUL.

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 servvant. Once we have succeeded in hiring one, the only way for her to resign will be to get out and walk."

Important to Mothera

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Charty Tlitchers 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?" Liftle 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 fine ished 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 Lenine a political run.

The government reports that there are 43,213,446 gallons of liquor left. At the present rate of stealage, 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.

Flower in the crannled wall, pluck you out of the crannles, I hold you here, root and all in my hand, Little flower-but if I could under-

What you are, root and all, and all in

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 2.0 two, a bit of confection; omitted, the meal is Atlantic, unsatisfactory. Bread Pudding.

2G 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 Alpine. 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 julce, do, with bits of butter and repeat; bake in a buttered disb 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 Mix the cornstarch with a cream. 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 boller 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.



chemist or cook, cunningly compounding an infinite variety of mineral messes; cooking mountains, boiling and steaming flinty rocks to smooth paste and mush-yellow, brown, red, plnk, lavender, gray and creamy white-making the most beautiful mud in the world, and distilling the most ethereal essences."

Glacier Park, Top of Continent,

The situation of Glacier national park is unique, in that it mothers streams which flow into three out of have to make a journey of perhaps five of the earth's great oceans. It 1,500 mlles. When we started in the may well claim to be the top of the continent, for its rivers drain into Hudson bay and the Arctic ocean, infruit or simple to the Pacific, and through the Missouri and the Mississippi into the The Glacier national park was made

by the earth cracking in some far--Take one and distant time and one side thrusting one-half cupfuls of fine soft bread up and over-lapping the other. It has cliff's several thousand feet high, and more than sixty glaciers feed hundreds of lakes. One lake floats icebergs all summer. The scenery is truly

> Lake St. Mary's, Lake McDermott and Lake McDonald are the peers of any of the mountain lakes of Switzerland and Italy. This park covers an area of 1,534 square miles, and maintains such an excellent chain of chalets, hotels and trails that the tourist can see its many attractions in comfort.

The Rocky Mountain national park straddles the continental divide at a lofty height, with snow-capped mountains extending from end to end. This park is in the heart of the Rockies northwest/ of Denver, with Long's peak as its center. It was established by congressional enactment in 1915. Estes park, the gateway to this mountain playground, is a beautiful little valley town nestled at the foot of the ridge, and yet itself more than a mile and a half above sea-level. Long's peak is nearly three miles high, and has several neighbors that run it a close second.

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 cen- tional park are easily accessible via turies ago that not even tradition recalls its people,

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 Mount Lyell and its magnificent neighlife 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- revealed the Sierra to the world.

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 Slerras 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 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 blg 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 be-

fore 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 lightnings, The wonders of the Yosemite nathe Yosemite valley, where accommodations are provided for every degree of income. Desmond camps and excellent government trails enable the visitor to see the glant trees, waterwheels, and canyons, while the more adventurous, who desire to ascend bors, will find entertainment in Tuo-

lumne meadows, at the hospitable headquarters of the Sierra club, an or-

ganization of mountaineers who have

REALLY FLOWERS OF SPEECH IN YOUTH'S GAY SPRINGTIME

Spohn's Distemper Compound

HORSES COUGHING? USE

to break it up and set them back in condition. Twenty-seven years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, inducenza 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.

Incident of Innocent Pleasure That Sayings, Witty and Wise, That Are Excited the Admiration of

Worth Being Preserved in an Anthology,

Professor Sir Arthur Quiller-Couch, laughing! That ye may laugh in the rily. sight of the Glory of Heaven!" The

writer once thought of making an andistricts of Alberta, who said, pointing man's sweat is that same water."

Near Bingeni, in Germany, is a famus echo which will toss a sound to ind fro no less than 70 times.

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

light."

"It shore does a feller good to see In the course of his lively lectures the innocent pleasure children get out "On the Art of Reading," gives some of the coming of spring !" said Gap examples of Irish peasants' sayings Johnson of Rumpus Ridge. "The first with the large simplicity, the cadence, right warm day most of my young 'uns the accent of Scriptural speech. The swarmed, as you might say. Wife took best is the benediction bestowed upon and ripped 'em out of their underone of the two authors of the incom- clothes that she'd sewed 'em up in last parable "Irish R. M." by an old wom- fall, and they hit the path for the an in Skibbereen: "Sure ye're always creek, scratching and cussing mer-

Gap Johnson.

"They found there seven or eight of Gabe Giggery's kids, three or four of thology of such wild flowers of way- Jim-Tom Tullery's, a bunch of Zeke side speech. He would have included Yawkey's and several more that noin it some far-traveled sayings, such body could tell whose they were till as that of the freighter in the alkaline they got their faces washed. Well, then there was a grand hooraw as ng with his whip to an intensely blue they all shucked theirselves and take on the horizon, "Bitter as a dy- whirled in to lying each other's clothes up in hard knots, and fighting and the perfect definition of a ghost about it, and such as that. Round implied in the words of a Newfound- and round and over and under they and fisherman, "There I sees 'em went, till they all fell into the drink warming themselves in the moon- and kept right on lamming each other till they knocked all the water out of

the creek."-Kansas City Star.

There are more than 500 music schools in Germany,

The Swiss people were the first to date their coinage.

