

YOUNG WOMEN MAY AVOID PAIN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound.

She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young woman who is sick and needs helpful advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

There is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy of the most modern vaccine.

Ask your physician, druggist, or send for "Have you had Typhoid?" telling "Typhoid Vaccine" results from use, and danger from Typhoid Carrier and Serum under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

A Juvenile Tyrant. "Why do you let the boy play with those costly ornaments? He's bound to break a vase or two?" "I can't do anything with him," wailed the distracted mother.

STOP ITCHING INSTANTLY With Cuticura Soap and Ointment. Nothing Better. Trial Free.

Bathe the affected part with Cuticura Soap and apply the Ointment. For eczemas, rashes, irritations, pimples, dandruff and sore hands Cuticura Soap and Ointment are supreme.

Another Favorite Topic. "I dare say those two women engaged in a mysterious parley are talking about some other woman."

Cause Not Cure. Wayward Son—But dad, you should make allowance for the follies of youth.

A Bargain Hunter. "Dubwaite has a handsome tiger skin."

More than \$2,500,000,000 are invested in United States film concerns, etc.

Worries Bring Aches Life today brings many worries and worrying brings on kidney troubles, so the doctors say.

An Iowa Case Mrs. Rachel Carr, 310 E. Seventh Ave., Okla. Iowa, says: "A spell of gripe weakened my kidneys and I began to suffer dreadfully from nervousness and lameness across my back."

Your Liver Is Clogged Up That's Why You're Tired—Out of Sorts—Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty.

Mother's Cook Book

To train a woman away from a woman's home is to stunt her finest possibility. American home life may spare to science or the school a Maria Mitchell or a Mary Lyon, but the home itself is the greatest school for the greatest manhood and womanhood.

Food for the Children. Gingerbread in various forms is good, wholesome cake not too rich for the little people.

Chocolate Gingerbread. Place in a mixing bowl half a cupful of molasses, one tablespoonful each of melted lard and butter, half a cupful of brown sugar, half a teaspoonful of ground cinnamon, a quarter of a teaspoonful of nutmeg, a teaspoonful of ginger, and two tablespoonfuls of grated chocolate mixed to a paste with a little water.

Sunshine Cake. Beat six egg whites until stiff. Boil together a cupful of sugar and a quarter of a cupful of water until it boils.

Aviators Do Not Drop Bombs; "Lay Eggs," in Trench Slang.

German slang is being enriched by a number of interesting expressions which have come into use at the front.

FAVORITE OF FILMDOM



Adele Kelly. Popular movie actress, who is one of the feminine stars in "The Scarlet Runner," a new release.

In Football or the Game of Life It Is Hearts, Not Hands or Feet That Count

By FIELDING H. YOST Veteran Coach of University of Michigan Football Team.

In the game of football or of life it isn't the hands or the feet which succeed. It's the heart!

If you want to judge a man, put him in a football game. I read men by football. It is my work and my pleasure.

A youth on a football field is just like a hero in a motion picture, whose every movement forms the basis of a drama.

When I take candidates for a football team and coach them, I am preparing them for the gridiron and for life.

Real character surges through the artificial cloaks with which they are hidden when men find themselves on the football field.

I can watch a boy on the gridiron three years and tell you what kind of a man he will make.

Ty Cobb would have been just as great a football player. The desire and ability to be great—the grit, determination, physical and moral courage—would have carried him through just the same.

I have seen heart dramas enacted on the ribboned field of play which would have been considered masterpieces of fiction. I have seen comedies, tragedies and the thing between.

I have seen men find themselves on the football field. I have seen weaklings suddenly grow strong—have seen boastful men lose their airs of bravado and become cowards in a twinkling—their real character coming to the front.

No matter how great an actor a man is, he cannot conceal his real character all the time. Sham and hypocrisy are absent from the football field. When you see a man in a game you see him just as he is—strong or weak, noble or ignoble.

It's a great thing—this football!

salt, flavor and bake slowly for 40 to 60 minutes. Cover with frosting when cool.

Marmalade Parfait. Put half a cupful of sugar and three-quarters of a cupful of cold water in a saucepan and stir over a moderate fire until the sugar is dissolved; then let it cook slowly without stirring until a little dropped in cold water will form a ball.

Date and Tapioca Pudding. Stir a half cupful of quick tapioca into a pint of boiling water salted with a half teaspoonful of salt, cook until the tapioca is transparent, add a fourth of a cupful of sugar, the juice of a lemon and a half pound of dates cut in quarters. Fold in two beaten eggs and cook until the egg is set.

Disagreeable Task. "Does the falling of leaves in autumn make you sad?" "It used to," answered the successful business man.

Quite a Difference. "Think of a moving picture comedian being paid a larger salary than the president of the United States!" "Tut, tut! The motion picture comedian provides entertainment for the masses, while the president merely looks after the welfare of the country."

A Stunning Figure. "Well, what did you think of the play last night?" "I thought the leading lady forgot her lines once or twice."

Not Worth Trying. "Did you have to do a little song and dance for your wife when you got home late last night?" "No," answered Mr. Fibson.

Another Delusion. "Is there such a thing as being mentally alert and physically indolent?" "I guess so. At least, most of the lazy people you meet have an idea that their minds work with amazing rapidity."

Honest Toil. "This dancer has a great variety of beads."

Wide and Otherwise. Never lend yourself to the borrowing of trouble.

Raisin Cookies. Cream half cupful sugar with quarter cupful butter. Add one egg and cream again.

Oven Frying. The best way to fry ham, sausage, bacon and fresh or salt pork is in the oven.

Apricot Roll. Sift 1 pint of flour with 3 teaspoons baking powder, a little salt and 1 tablespoonful sugar.

Lunch Muffins. Five tablespoonfuls condensed milk, three-fourths cupful water, two cupfuls flour, three ounces butter, two teaspoonfuls baking powder, two eggs, pinch of salt.

Soapsuds Has Same Effect As Oil on Troubled Waters. It may eventually be in order to vary the phrase, "pouring oil on the troubled waters," by substituting the word "soapsuds" for oil.

What's a Straight Line? It will be news to most readers no doubt to be told that there is more than one kind of a straight line.

Little Bit of Everything. A rifle ball covers 1,200 yards in two seconds.

London's inhabitants include 471,000 flat dwellers.

In Japan devilfish weighing up to 200 pounds are sometimes caught.

Pearls are steadily increasing in value. They are now worth three times as much as they were ten years ago.

The banana takes the place of cereals among the Indians of South America, in the East Indies and in parts of Africa.

Chile will send an official commission to the United States to make a thorough study of agricultural and industrial hydraulics.

The United States is now exporting \$75,000,000 worth of sugar yearly. Before the war the yearly export was valued at about \$5,000,000.

Owing to the presence of a new powder factory Barksdale township, Wisconsin, will have \$118,000 tax money to spend the coming year, where hitherto the entire expenses of running the township government, road building and all, have not exceeded \$8,000.

A horse which served in the Burlington (Vt.) fire department for 18 years, but had not been used there for a year and a half, was put back in the service a few days ago, and at the first clang of the bell was out of his stall and in his place under the harness.

Only the most extreme coats are made on fitted lines.

A Few Smiles

Usually the Way. "Dubwaite is a handy man about the house."

"He can repair a burst pipe almost as well as a plumber, mends lights, does a little painting now and then, and never has to hire a carpenter."

"I thought Dubwaite must be that sort of fellow."

"Why so?" "He makes such a mess of his business."

"Does the falling of leaves in autumn make you sad?" "It used to," answered the successful business man.

"You were more sentimental then?" "Not at all. I was a boy then and had to rake them up as they fell."

"Think of a moving picture comedian being paid a larger salary than the president of the United States!" "Tut, tut! The motion picture comedian provides entertainment for the masses, while the president merely looks after the welfare of the country."

"Well, what did you think of the play last night?" "I thought the leading lady forgot her lines once or twice."

"I don't agree with you. In fact, everything she wore seemed to emphasize her lines."

"Do you realize, young man, that in marrying my daughter you will assume great responsibilities?" asked her father.

"Yes, sir," answered the up-to-date young man. "In fact, I've been so deeply impressed by the weight of my future responsibilities that I thought perhaps, your—er—parental solicitude would prompt you to make some arrangement which would insure your daughter's being supported in the style to which she has been accustomed."

"Is there such a thing as being mentally alert and physically indolent?" "I guess so. At least, most of the lazy people you meet have an idea that their minds work with amazing rapidity."

"This dancer has a great variety of beads."

"Yes, and some of them indicate that she is earning her salary."

"By looking through my glasses I can see beads of perspiration on her forehead."

Never lend yourself to the borrowing of trouble.

You'll never find much cause for gratitude unless you make some.

It goes without saying that the less said about some things the better.

Few men are able to keep within halting distance of their good intentions.

But it sometimes happens that the light of truth casts the shadow of suspicion.

Our idea of a modest man is one who can keep his opinion of himself to himself.

Many a woman trusts her husband because she doesn't know as much as she might.

There's at least one redeeming feature about air castles; we don't have to pay taxes on them.

Many a man is in the bachelor class today because the girl in the case had been taught to say "No."

The easiest task a business man is ever called upon to perform is to induce an employee to accept an increase in salary.

Only the most extreme coats are made on fitted lines.

POINTS ON KITCHEN ECONOMY

Little Suggestion That Will Be Found of Value in Every Home.

Wash a potato, wipe dry and put it in your breadpan. It will keep the bread fresh for days.

If eggs you are about to boil are cracked, add a little vinegar to the water, and they can be boiled as satisfactorily as undamaged ones.

Take great care of the milk; unless you have a very cool place to keep it, boil it as soon as it arrives. Keep it covered with a clean muslin cloth.

Tomatoes should always be skinned before being used for salad. To do this easily, place the fruit in a basin and pour boiling water over it. Let stand a minute, and then drain. You will find that the skin can then be removed without the slightest trouble.

Remember beef loses only three ounces to the pound in baking, four ounces in boiling, and five ounces in roasting. Thus roasted meat should be avoided when butchers' prices are high.

If the boiler immediately after use, and while still warm, is rubbed all over with any good household soap it will prevent rust, and will help to make the suds when the boiler is filled for the next washing day.

To clean a black dress take a dozen ivy leaves and steep them in boiling water. Leave till cold, then rub well over the stained parts. This liquid will remove all stains and make the cloth look almost as fresh as when new.

Don't throw bones that have been boiled for soup into the dustbin. Put them at the back of the fire, bank up with well-dumped small coal and they will burn for hours.

Mining machines are not easy to take to pieces for the purpose of cleaning, as there is much difficulty in properly replacing the parts. The best plan, and one which leaves the machine quite dry, is to take a piece of very stale bread, or, if this is not obtainable, a piece of toast, and grind it through. This will be found to collect all the grease, fat and skin which adheres to the knives. Repeat until the crumbs come out quite clean and dry, and then carefully wipe the machine with a clean, dry cloth.

KITCHEN MAY BE ATTRACTIVE Simple Decorative Schemes Add to the Comfort of the Cook, Whether Housewife or Servant.

So many people are in the habit of regarding the kitchen as a necessary evil that the idea of applying any decorative treatment to it and making it a really attractive place never seems to occur to them.

The cook, whether she be the housewife or a domestic, has to spend most of her time there, and if for no other purpose than to make her comfortable and happy—incidentally thereby a better servant—the place should be made as agreeable to the eye as possible.

The designers of really well-planned houses now take account of this consideration and adopt simple but well-recognized decorative schemes. We have something yet to learn in this respect from old Dutch and German kitchens and also from the kitchen of old New England farmhouses.—Dallas News.

Chop an onion, and fry it with a tablespoonful of dripping until it is of a nice golden color. Wash a teaspoonful of whole rice, put it on with cold water, and after bringing it to the boil, drain and stir it in among the onion. Add two breakfastcupfuls of stock (or water with gravy) and two sliced tomatoes, and allow to simmer until the rice is tender and absorbs the liquid. When ready stir in two tablespoonfuls of grated cheese, with sufficient salt and pepper to season. Pile in the center of a hot dish. Have some small sausages nicely browned. Place the sausages neatly around. This dish is quite complete without potatoes.

Cream half cupful sugar with quarter cupful butter. Add one egg and cream again. Then add quarter cup sweet milk, half teaspoonful vanilla extract and one cupful flour sifted with one and a half teaspoonfuls baking powder and a pinch of salt. Add more sifted flour to make a soft dough and roll out thin on a floured board. Cut into rounds with a cookie cutter. Spread a layer of chopped raisins between two cookies, press the filled cookies lightly with the rolling pin, and bake in greased pans in a hot oven until nicely browned.

Sift 1 pint of flour with 3 teaspoons baking powder, a little salt and 1 tablespoonful sugar. Mix 2 tablespoons each of butter and any shortening and about 3/4 cup of milk to make a soft dough. Roll out lightly and spread with a cup of apricots (or any dried fruit) which have been cleaned and stewed. Roll up and place in baking tin, with half a cup of juice drained from the fruit and baste with this during the cooking. Serve hot with sweet liquid sauce.

Five tablespoonfuls condensed milk, three-fourths cupful water, two cupfuls flour, three ounces butter, two teaspoonfuls baking powder, two eggs, pinch of salt. Mix flour, salt and baking powder and sift twice. Beat eggs, without separating, until light, and add the milk diluted with water. Add this mixture and the butter which has been melted to the flour. Beat well and bake in greased muffin tins for about 20 to 30 minutes.—Pictorial Review.

"Cabinet Timber." With a single exception, every member of President Wilson's cabinet began life as a boy in some small country town. Making the best use of early opportunities, they developed their talents by study, steadily working their way through school, and in most cases through college toward that broader experience in the affairs of life which ultimately fitted them to become "cabinet timber." Their example should be an inspiration to those who, being born and raised in the small country town, are likely to consider their surroundings as unfavorable. If a youth has ambition and energy, he will surely find the gate of opportunity open. In no part of the world have there been finer illustrations of the development of self-reliance, prudence, concentration, and those other traits of character than in the country town or village.—Christian Herald.

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SPHONS' TONIC Fall Run of Distemper MAY BE WHOLLY AVOIDED BY USING "SPHONS" A small outlay of money brings very great results. It is a sure cure and a preventive if used in time. Simple, safe and sure. The 31 size is twice the quantity and an ounce more than the 50c. size. Get your horses in best condition for late fall and winter. All druggists, harness dealers or manufacturers. SPOHN MEDICAL CO., DOCTORS OF ANIMALS, GOSHEN, IND.

Every Woman Wants Pastine ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Dissolved in water for douches. The Pastine Toilet Company, Boston, Mass.

COLD IN HEAD CATARRH INSTANTLY RELIEVED BY THE OLD DR. MARSHALL'S CATARRH SNUFF. 25¢. AT ALL DRUG STORES OR SENT PREPAID BY WILLIAMS' PINKHAM CO., CLEVELAND, O.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

Take Iron, Says Doctor, if You Want Plenty of "Stay There" Strength Like an Athlete! Ordinary Nuxated Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent Stronger in Two Weeks' Time, in Many Cases.

New York, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug. said Dr. Sauer, a specialist in this city, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double and even triple their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena, while many another has gone down to inglorious defeat simply for the lack of iron. NOTE—Nuxated Iron recommended above by Dr. Sauer, is one of the newer organic iron compounds. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The Manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under sixty, who lacks iron and increase their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—A.S.V.

THERE'S AN Individuality About HOSTETTER'S Stomach Bitters

that makes it especially appealing to those who need a safe tonic, or who suffer from any stomach, liver or bowel trouble

Try it, but insist on Hostetter's

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