HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:—

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—MRS. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice,—it will be confidential.

The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible — they not only give relief — they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin.

CARTER'S LITTLE LIVER PILLS.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

SWAMP-ROOT Is not recommended for everything, but if you have kidney, liver or bladder trouble it may be found just the remedy you need. At druggists in fifty cent and dollar sizes. You may receive a sample size bottle of this reliable medicine by Parcel Post, also pamphlet telling about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

For Piles Use Abell's Formula Balm. Satisfaction Guaranteed or Money Refunded. For sale by all Druggists, or sent upon receipt of 25c postpaid. Send for free sample. HOME REMEDY CO. South Haven, Mich.

Wants to Develop Her Soul.

Defying paternal authority and scoring present-day methods of education, Miss Violette Wilson, daughter of J. Stitt Wilson, the former mayor of Berkeley, has withdrawn from the University of California. She announced that it was her intention to develop her own soul and that she intended to get an education from real life and not one the whole significance of which lay in a college diploma. Miss Wilson registered in letters and sciences at the university last August, but after a few months decided that her studies were hampering rather than assisting her mental growth. So, despite the wishes of her parents, she left the classroom.—San Francisco Chronicle.

Driving Bicycle With a Motor.

One of the most ingenious motor attachments for bicycles yet placed on the market has recently appeared in England. The motor, which develops slightly over one horse power, is attached to the luggage rack; it weighs but 16 pounds, and occupies little space.—Popular Science Monthly.

Pleasure.

"I put through a big financial deal last week," remarked Mr. Dustin Stax.

"I thought you said you were going on a pleasure trip."

"Could there be any pleasure greater than putting through a big financial deal?"

Concentrated Satisfaction

A great many former users of tea and coffee have learned that there is a pure food beverage made from wheat, which has a delightful flavor.

It never exacts of its users the tribute of sleeplessness, heart-flutter, headache and other ills often caused by the drug, caffeine, in coffee and tea.

Instant Postum

suggests the snappy flavor of mild java coffee, but is absolutely free from caffeine or any harmful ingredient. Instant Postum is in condensed, soluble form, and wonderfully convenient for the home—for the picnic—for travel—everywhere.

If tea or coffee interferes with comfort or success, as it does for many users, try a shift to Postum.

"There's a Reason"

In Woman's Realm

Coats Adapted for Youthful-Appearing or Matronly Wearers Are to Be Had in Appropriate Designs—Pretty Combing Jacket That May Be Fashioned From a Bath Towel and Heavy Mercerized Cotton Yarn.

Those who are gifted with the faculty for creating styles must also be able to adapt styles to women of various ages. They contrive to interpret them in many ways, so that garments bespeak youthful or older wearers. In the picture two coats are shown. The checked model leaves no doubt in the mind that it is fitted to and made for a young woman. The coat of covert cloth is not quite so decided in character.

These coats are recommended to meet the general needs of every day for young women. The checked model is in black and white, bordered and banded with black satin. The rolling collar is faced with satin. White celluloid buttons banded with black in three sizes are used for decoration and for fastening the coat. The model fits the figure vaguely above the waistline and is generously wide below. The front sets trimly, with the fullness at the sides and back, held in place by a belt of satin, and the checked material. In the model of covert cloth the sleeves are cut in one with the body of the coat and the garment is hardly more definite in adjustment to the figure than a shawl. The collar is very high at the back and is faced with taffeta silk. It has an open throat. There could hardly

Nothing more pretentious than a big bath towel and heavy mercerized cotton yarn are needed to make a pretty combing jacket like that shown in the picture. These practical and familiar things of sturdy quality are wrought into many articles for personal use and for furnishings. The bedroom slippers shown with the jacket are crocheted of mercerized yarn, and the two make the sort of gift that one friend likes to receive from another.

A long bath towel with blue and black broken stripes on a white ground was chosen for the jacket pictured. It is a very simple matter to convert a towel into a jacket. The towel is folded crosswise at the middle of its length, and a slash six inches long cut for the neck. A slit is cut from this neck opening to the bottom of the towel to form the front opening. All the raw edges are finished with a hem a half-inch wide.

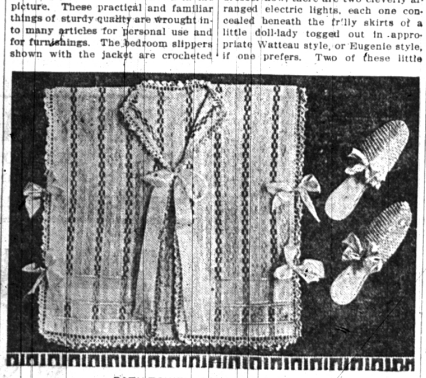
The mercerized cotton yarn, used for the crocheted edge matches the blue stripe in the towel in color. Wide lingerie ribbon, in blue satin with a small figure, is used to make the bows that tie the fronts and back of the jacket together under the arms. Ties of the same ribbon are used for the fastening at the front. When the jacket is worn the edges below the neck are turned back to form revers.

The uppers for the slippers are be a better selection than this for a coat which must answer for all sorts of wear. It is good for the street or the car. It is severely plain, with no purely ornamental features, and depends for distinction upon original and clever lines and nicety of machine stitching. By these simple means it manages an elegance that is apparent in the picture and promises a busy career.

Designers have already turned their thoughts to coats for fall and winter, so that we may expect no further innovations in styles for this summer. crocheted with close-set firm stitches and sewed to the soles with silk thread. They are finished with bows of ribbon like that on the jacket. In slippers and jackets of this kind there is much comfort, for they are durable and practical and dainty as well.

Julia Bottomley

YOUTHFUL LINES IN SUMMER COATS.



BATH-TOWEL COMBING JACKET.

Train Is Growing.

The train is gradually growing wider and longer. From a mere panel of tulle or silk, attached to the shoulders and having no relation whatever to the frock, it has become incorporated with the skirt, or as a mantellike drapery of voluminous proportions.

In many instances the overskirt of a gown is extended at each side to form long points which trail behind like a double train when milady walks. These points are trimmed with tassels or ornaments of metal or beads.

Dark Dresses or Suits.

Dark dresses or suits can be cleaned beautifully by this method: Boil a number of ivy leaves until the water becomes almost black; when cold lay the clothes on a table and brush all over with the liquid, press with a hot iron.

Favorite Design.

The bluebird, emblem of hope, is a general favorite with needleworkers. It is worked in blue and makes a very attractive design.

Petticoated Lights for Boudoir.

Instead of dignified candles on the dresser now, there are two cleverly arranged electric lights, each one concealed beneath the frilly skirts of a little doll-lady togged out in appropriate Watteau style, or Eugenie style, if one prefers. Two of these little dolls, dressed in ruffled pink silk skirts, and poke bonnets with nodding roses, stand guard over the electric lights that illumine the dresser in a charming boudoir. The glow of the light through the pink petticoats is alluring.

In a New York Trousseau.

Black taffeta was used in a dress in a New York bride's trousseau. It was sprinkled over at intervals with delicate pink rosebuds made of chiffon. The skirt was cut pannier fashion and trimmed in front with a little silver lace apron. The bodice was of pink veiled in silver lace and there was a huge ruff of pink tulle around the dropped shoulders.

SOUPS MADE WITH STOCK

Ingredients That Are Practically Always at Hand All That Need Be Given Consideration.

One quart brown stock, one can tomatoes, one-half teaspoonful peppercorns, one small bay leaf, three cloves, three sprigs thyme, four tablespoonfuls butter, one-third cupful flour, one-fourth cupful each, cut in dice, of onion, carrot, celery, raw ham; salt and pepper. Cook onion, carrot, celery and ham in butter five minutes. Add flour, peppercorns, bay leaf, cloves, thyme and cook three minutes. Then add tomatoes, cover and cook slowly one hour. When cooked in oven it requires less watching. Rub through a strainer, add hot stock, and season with salt and pepper.

Oxtail Soup.—One small oxtail, six cupfuls brown stock, one-half cupful each, cut in dice, of carrot and turnip, one-half cupful each, cut in small pieces, onion and celery, one-half teaspoonful salt, few grains of cayenne, one-fourth cupful Madeira wine, one teaspoonful table salt, one teaspoonful lemon juice. Cut oxtail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour and fry in butter ten minutes. Add to brown stock, and simmer one hour. Then add vegetables, which have been parboiled 20 minutes; simmer until vegetables are soft, add salt, cayenne, wine, table sauce and lemon juice.

Julienne Soup.—To one quart clear brown soup stock add one-fourth cupful each carrots and turnips cut in thin strips one and one-half inches long, previously cooked in boiling salted water, and two tablespoonfuls each of cooked peas and string beans. Heat to boiling point.

USES FOR THE TRIMMINGS

Purchaser Should Not Overlook the Apparently Trivial Odds and Ends That May Be Put to Advantage.

Trimmings from meat belong to the purchaser, and should always be claimed. The feet of fowls contain gelatin and add to soups and gravies, while the feet of sheep, calves and pigs are used in jellies and soups, or can be served boiled, pickled, stewed or fried in butter. These may also be used with parts of the head to make scrapple. The heads of pigs and calves are used in head cheese.

The livers of beef, calves, sheep, veal, pigs and poultry are all good though beef liver is not so delicate in flavor as that of the smaller animals. See that the texture of the liver is smooth and free from streaks and lumps.

To Wash White Gloves.

The following is an excellent method for cleaning washable white gloves, whether of doeskin, chamois or the newer kid. First put the gloves on the hands and wash, using any white soap that lathers freely. A soft-bristled brush may be used, especially on finger tips and wrists, but the nail brush type has altogether too stiff bristles. When perfectly clean this soapsuds may be rinsed off, but immediately rub on more soap until the gloves are covered with a thick lather like whipped cream. With a towel pat this into the glove and remember that the more of this the glove can be made to absorb the softer and more pliable it will be and the longer service it will give. Dry without rinsing.—Good Housekeeping.

For Afternoon Tea.

For afternoon tea the least expensive of crackers may be deliciously disguised if treated as follows: Brush them over with melted butter, and then dust thickly with either crushed maple sugar or a combination of granulated sugar and powdered cinnamon. Then arrange them in an inverted baking tin and place in a hot oven until the butter and sugar melts into a crisp, dainty crust. Take from the oven and press into the center of each maple cracker half of a walnut meat, and into the sugar and cinnamon a large seeded raisin boiled until plump or a pitted date treated in the same manner.

Cleansing Fluid.

A dry-cleansing fluid which will remove grease spots from clothing and in which most delicate silks and laces may be washed without injury is: alcohol one and a quarter ounces, bay rum one-eighth ounce, oil of winter green, one-half ounce, aqua ammonia, one-eighth ounce, chloroform, one-half ounce, and sulphuric ether one-half ounce. Add one gallon of gasoline. Keep closely covered and away from fire. Use out of doors. Hang garments in open air until all odor disappears. Do not throw fluid away, but let stand covered until all dirt settles; pour off and put away to use again.

Walnut Cake.

Cream a scant one-half cupful of butter with one cupful of sugar and the beaten yolks of three eggs, one-half cupful milk. Sift 2½ teaspoonfuls of baking powder with 1¾ cupfuls flour and add to first mixture. Beat and then fold in the whites of three eggs beaten stiff, and stir in lightly three-fourths cupful of chopped nuts. Frost with white and put one-half a walnut on each square.

Fruit Cocktail.

Any fruit cocktail may be used that one desires, but here is a specially delicious one: Fill the cocktail glasses with diced grapefruit, peaches, pears, a few slices of orange, and cover with white grapes, cut in half and seeded; over this, pour a fruit sirup made from three tablespoonfuls granulated sugar boiled one-half minute; when cool add juice of remainder of orange and grapefruit; garnish with candied cherries and sprinkle with chopped pistachio nuts.

Griddle Cakes.

One-third cupful tapioca, one and one-half cupfuls of flour, two teaspoonfuls of baking powder, level teaspoonful of salt, one teaspoonful of sugar; mix and stir into one quart of milk adding two eggs, white and yolks beaten separately, tablespoonful of melted butter; bake on hot griddle.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

THIS TABBY IS REAL FISHER

Maryland Cat Wades Boldly Into Stream in Search of Its Prey.

Hancock, Md., has a cat that fishes. Different from felines that have been known to stand on the bank and try to grab fish with their claws, this tabby wades boldly amidstream and awaits prey.

Yesterday the cat was fishing in the little creek that runs through Hancock near the old Eastern or Gilleece hotel property, emptying into the Potomac through a culvert under the canal at that point. The cat stood motionless for several minutes, and then pounced on a fish with both paws. The fish jumped several feet out of the water, its body shimmering in the sunlight. It was then readily caught by the cat, which waded to the shore with its dinner in its mouth. This particular tabby has obtained quite a reputation as a fisher.

YOU MAY LOOK YOUNG

By Keeping Your Complexion Young With Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These super-creamy emollients do much to keep the skin clear, fresh and youthful, as well as to keep the hair in a healthy condition and the hands soft and white.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Things Are Not as They Seem.

The unpronounceable names of the Mexican and European war zones have nothing on the names of City Engineer Jeup. His mail has come addressed to every name from Mr. H. Gee Up to Mr. H. Jesus, but it remained for an Indianapolis teacher to spend a year in digging out his identity.

For months she had heard a fellow teacher speak of her brother-in-law, Mr. Yorp. During the recent viaduct trouble his opinions on the matter were quoted frequently. For months this teacher had also read of Mr. Jeup, the city engineer.

Finally, when the viaduct troubles had reached their climax, she scanned the papers eagerly every evening to see how much longer she would have to walk across. Engineer Jup held exactly the opinions of Mr. Yorp.

Suddenly light burst on her befuddled brain. Rushing up to her teacher friend, she asked eagerly, "How does your brother-in-law, Mr. Yorp, spell his name?"

"Jeup," came the answer with a mild look of surprise.

"Eureka! Mr. Yorp, the brother-in-law, was Mr. Jeup, the city engineer. But the name was Yoip. Of as in pil. Can you pronounce it?—Indianapolis News.

Only Then.

Coster (to parish visitor, who has been commiserating with him on the loss of his father)—Yes, mum, he were a splendid father to us and no mistake. Yer see, mum, there was 21 of us, and I never knowed 'im raise his 'and to one of us—'cept as it might be in self-defense.—London Punch.

No Wonder.

"I know a man who always charges cut rates for his work."

"Who is he?"

"The man who trims our trees and hedges."

Most of the so-called fun you have in this life is downright foolishness

Three Hundred Million Bushel Crop in 1915

Farmers pay for their land with one year's crop and prosperity was never so great.

Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for businessconfidence to build upon, exceeding the most optimistic predictions."

Wheat averaged in 1915 over 25 bushels per acre
Oats averaged in 1915 over 45 bushels per acre
Barley averaged in 1915 over 40 bushels per acre

Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from $12 to $30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.

There is no war tax on land, nor is there any conscription. For complete information as to best localities for settlement, reduced railroad rates and descriptive illustrated pamphlet, address Superintendent Immigration, Ottawa, or

M. V. McKINNIS, 178 Jefferson Ave., Detroit, Mich.
Canadian Government Agent

Insure Your Auto Against Fire, Theft, Liability

6000 members. Surplus of $12,000. Seven claims recently paid. The company started at the right season of the year and built up a large membership and agency force, the growth now being 500 members per week. *TOMORROW MAY BE TOO LATE. INSURE TODAY.* Write W. E. ROBB, Secy.

CITIZENS' MUTUAL AUTOMOBILE INSURANCE CO.
HOWELL, MICHIGAN

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it, 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J. D. KELLOGG'S REMEDY

ABSORBINE

TRADE MARK REG. U. S. PAT. OFF.

will reduce Inflamed, Swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Poll Evil, Quittor, Fistula and infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use. It does not blister or remove the hair, and you can use it on the horse. $2.00 per bottle, delivered. Book 7-M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful, Swollen Veins, Weak Strains, Bruises, stops pain and inflammation. Price $1.00 per bottle at dealers or delivered. Will tell you more if you write. Liberal Trial Bottle for 10c in stamps.

W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

Horse Has Ragtime Habit.

A horse has an ear for music. A Cleveland horse has a preference for ragtime. When he heard the notes of a popular song from a phonograph the other day in a store he fox-trotted right across the sidewalk, dragging a Wells-Fargo express wagon after him.

The wagon became wedged in the door, and the animal, unmindful of the screams of women and shouts of clerks, set his ears forward and listened to the song, allowing himself to be led away by Joseph Davis, the driver, only when the phonograph had been shut off.

Sufficient for Amusement.

"My poor woman," said the settlement worker, "what can I do to relieve your distress?"

"Can you sing, ma am?"

"Why—er—a little."

"I wish you'd sing some of the new ragtime songs, ma am. Me and my husband ain't been to a cabaret in two years."

Impossible.

Dr. Emdee—You're suffering from dyspepsia. What you need to do is to be cheerful before and after each meal.

Mrs. Haightwork—How can I? I get the meals and have to wash the dishes.

An Eye for Beauty.

"Has he a sense of fairness?"

"Goodness, yes! He can tell them a block away."

The Jar.

John D. Rockefeller was congratulated by a New York reporter on his recent gift of $1,000,000 to education.

"It must be a fine feeling," said the reporter, "to give away millions."

"You get used to it," said Mr. Rockefeller. "To give away is what would jar me. I'm afraid I'm like the retired business man whose wife said, the first day of his retirement:

"Father, what's the matter? You look so worried."

"Well, to wonder I'm worried," said he. "I've never before had nothing to worry about."

Girls Quickly Led to the Altar.

For the fifth time in two years John Engelsberg, proprietor of a cabaret in Panama city, has come to New York for more cabaret girls. Owing to the scarcity of girls on the Isthmus and the attractiveness of the singers some of the four previous assortments have remained true to their art, and single, for more than six months.

Sensitive.

Assistant (to old lady who has handed in a badly spelled telegram)—What's this word, please?

Old Lady—Never mind that, miss; it's none of your business. They'll know it the other end.

Proof.

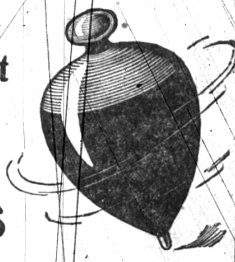
Tidle—Is he a man of the hour?

Tardle—Yep; he always keeps his eye on the clock.—Judge.

For a Tip-Top Breakfast

Serve

New Post Toasties



Here's the why:

The New Toasties have a delicate, true corn flavour—unmatched by any other corn flakes. Trial proves.

They are the meat of choicest white Indian Corn—first cooked and seasoned, then rolled into thin wisps and toasted by quick, intense rotary heat. This new patented process of making raises distinguishing little bubbles on each flake, and brings out their wonderful new flavour.

New Post Toasties

—the New Breakfast Delight

Your grocer has them now.