In the Spring-time

It's just at this time of the year that we need something taken from Nature to restore the vital forces.

People get sick because they go away from Nature, and the only way to get well is to go back. Something grows out of the ground in the form of vegetation to cure almost every ill.

Dr. Pierce, of Buffalo, N. Y., long since found herbs and roots provided by Nature to overcome constipation, and of these he selected Mayapple, leaves of Aloe, root of Jalap, and from them made little white sugar-coated pills, that he called Dr. Pierce's Pleasant Pellets. When your intestines are stopped up, poisons and decayed matter are imbibed in your system and these are carried by the blood through your body. Thus does your head ache, you get dizzy, you can't sleep, your skin may break out, your appetite declines you get tired and despondent. As a matter of fact, you may get sick all over. Don't you see how useless all this suffering is? All that is often needed is a dose of castor oil, or something which is more pleasant, a few of Dr. Pierce's Pleasant Pellets, which he has placed in almost every drug store in this country for your convenience and health. Try them by all means. They are probably the very thing you need,—right now.

Goodbye to that headache, tired or dizzy feeling, rheumatism. Insist on Dodd's. Three D's in name—box shown here. At all druggists.

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 SAMPLE. Write for FREE BOOK. Northrop & Lyman Co., Inc., Buffalo, N.Y.

A Dr. J. D. KELLOGG'S ASTHMA REMEDY

Stop Losing Calves

You can **Stamp Abortion Out** of YOUR HERD and **Keep It Out**

By the use of DR. DAVID ROBERTS' **"Anti-Abortion"**

Small Expense Easily Applied. Sure Results. Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS VETERINARY CO., 100 Grand Ave., Waukesha, Wis.

LIBERTY BONDS

BOUGHT AND SOLD

NEW YORK STOCK EXCHANGE PRICES

Remittance, including interest, mailed day bonds are received. Send by registered mail or write for particulars. GEORGE M. WEST & CO. INVESTMENT BANKERS. Established 1881. UNION TRUST BUILDING, DETROIT, MICH.

PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and $1.00 at Druggists.

YOU PRESERVE CUT FLOWERS INDEFINITELY; valuable formulas, 25 cents. E. MORGAN, Gallipolis, Ohio.

Very Possible.

"I dearly love rich and costly things," remarked Mrs. Gabalot, boastfully, to her friend in the street car. "They seem to satisfy my sense of the beautiful and the esthetic. For example, I am wearing my new hat, which cost me $25. I find a keen delight in knowing that people have so far appreciated my taste as to turn around and gaze after me. I knew they were inwardly commenting on how very becoming it was."

"Perhaps that is the reason," responded her friend, "but I am inclined to think it was because there is a $2.98 price mark still hanging to it."

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 *Chas. H. Fletcher*

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Don't strike a man until you are sure that he deserves it—and then be sure that he is smaller than you are.

The average girl finds it difficult to explain why she loves one man more than another.

When Your Eyes Need Care Try Murine Eye Remedy

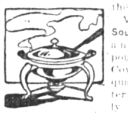
No Smarting — Just Eye Comfort. At your druggist's or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

THE KITCHEN CABINET

One simple little song we sing
To brides but newly wed—
"Just make the best of everything"—
Especially of bread.

SEASONABLE DISHES.

A hot soup is always a welcome dish for a chilly day any time through the year.



Veal and Sago Soup.—Chop two and one-half pounds of veal. Cover with three quarts of cold water and bring slowly to the boiling point; simmer two hours, skimming occasionally, strain and heat. Soak one-fourth of a pound of pearl sago one-half hour in cold water, stir into the hot stock and cook 30 minutes; then add two cupfuls of scalded milk, and pour the mixture slowly on the yolks of four well-beaten eggs. Season with salt and pepper.

Clam Fritters.—Drain one pint of clams, drain from their liquor and chop. Beat two eggs until light, add one-third of a cupful of milk and one and one-third cupfuls of flour mixed and sifted with two teaspoonfuls of baking powder. Add the chopped clams and season lightly with salt and pepper. Drop by spoonfuls in drippings and fry until brown. Drain on brown paper and serve very hot.

India Curry.—Wipe a slice of veal weighing one and one-half pounds and sear in a hot frying pan on both sides. Cut in one and one-half inch slices. Fry two sliced onions in half a cupful of sweet fat until brown, remove the onions and add the meat and one half tablespoonful of curry powder, then cover with boiling water and cook slowly until the meat is tender. Thicken with flour mixed with cold water and add a teaspoonful of vinegar.

Moquin Salad.—Arrange slices of pineapple on leaves of lettuce and in the center of each slice of pineapple place a ball of seasoned cottage cheese. Serve with French dressing.

Bisque of Lobster.—Remove the meat from a two-pound lobster. Add two cupfuls of cold water to the bones and claws; bring to the boiling point and cook twenty minutes. Drain and reserve the liquor, thicken with four tablespoonfuls each of butter and flour mixed together. Scald four cupfuls of milk with the tail meat of the lobster finely chopped; strain and add the liquor. Season with salt and cayenne. Then add the tender claw meat cut in dice, and the body meat.

"Scandal is one of the crimes of the tongue, but it is only one. Every individual who breathes a word of scandal is an active stockholder in a society for the spread of moral contagion."

FROM A CAN OF SALMON.

A tasty and satisfying dish is prepared by steaming a can of salmon either in the can, removing it carefully to keep its shape, or make it into a loaf and steam it. Unmold on a hot platter and surround it with wilted or canned peas in a thick white sauce. Serve at once.

Salmon Toast.—Take one cupful of flaked salmon and white sauce, season well and pour over well-buttered toast. Serve hot.

Salmon Omelette.—Make your favorite omelette, adding just before folding the omelette a half cupful of flaked salmon. Sprinkle it lightly over the omelette and fold.

Cream Salmon.—Melt two tablespoonfuls of butter until bubbling hot, then add two tablespoonfuls of flour, salt and pepper to taste; add one cupful of milk after the flour and butter is well mixed and cook until smooth. Add some of the salmon liquor and a slightly beaten egg mixed together. Heat the salmon in the can, turn out and serve with the sauce poured around it.

Scalloped Salmon.—Put a layer of salmon in a well-greased baking dish, add a layer of white sauce made as above, cover with fluffy bread crumbs and repeat the salmon and white sauce and finish with crumbs. Bake in a moderate oven until the buttered crumbs on top are brown.

Salmon Chowder.—Slice a half dozen potatoes and two onions, cut one-fourth pound of salt pork in dice and cook until brown. Add the onions after removing the pork cubes and cook until lemon-colored; then add the potatoes and cook with boiling water to cover until the vegetables are tender; then add one can of salmon, flaked, with bones and skin removed, one quart of milk and half a dozen milk crackers, which have been softened in hot milk or boiling water. Serve hot in soup bowls or plates.

Salmon Shepherds' Pie.—Creamed salmon may be used for this. Put a layer of mashed potatoes in a buttered dish, then a layer of creamed salmon, cover the top with more mashed potato, brush with milk and bake.

Salmon Salad.—Take one cupful of salmon, one cupful of chopped celery, one finely chopped sour pickle, boiled dressing and lettuce. Arrange the salad on the lettuce, heap on a spoonful of dressing and serve.

Nellie Maxwell

SOCIETY THIEF IS CAUGHT IN TEXAS

"Gentleman Burglar" Is Sought by Police of Many Cities.

Dallas, Tex.—While the police from Maine to California are begging for him, J. C. Wilson, described as a "gentleman burglar," a man with a string of aliases in grip of jewelry and a stack of love letters, is languishing behind the bars here. Wilson has been accused in Dallas as being one of the boldest daylight burglars and smoothest safe workers that ever operated in the Southwest. He was arrested while robbing one of the finest residences in the city of $2,000 worth of jewelry.

In robbing residences Wilson invariably would select a time when owners were shopping or at picture.

Used a Skeleton Key.

He would dash up to the house in his big touring car with bolds up to the front door and effect an entrance. If the doors were locked he used a skeleton key, and then took time in sacking the place.

When Wilson's room was searched a suit case containing several thousand dollars' worth of jewelry was found. Sweet scented letters from society fools of Los Angeles, Cal., Chicago, Nashville, Tenn., St. Louis, Mo., and numerous southern cities were found. Several unmailed love epistles of proposals of marriage.

The Dallas police have sent out word to other cities where the gentleman burglar had been. But there are charges of a more serious nature being arranged. Department of justice officials declare that they will confront Wilson with a half dozen white slavery charges.

WAS MEASURED FOR COFFIN

Maryland Man Got Well After That and Lived for Half a Century.

Cumberland, Md.—Page F. Smith, for years president of a local foundry company, is dead at the age of eighty years. He was born in Montpelier, Va., and came to Cumberland during the civil war. It was here that he met Miss Sarah Dorothy Ways, a girl whose volunteer duty it was to solicit the cure- and feeding of the Union soldiers in hospitals at this point. Miss Ways afterward became Mrs. Smith.

It was also in the old church hospital here during the civil war that he was measured for a coffin, to be buried the next morning. His illness at that time was of such a nature that for a time he was living as in a trance, and he was in this condition when the undertaker had him measured for a coffin and ordered that he be taken out for burial next morning.

Mr. Smith, however, rallied from his illness, became quite well, and at the close of the war decided to make Cumberland his home, where he has lived for over fifty years after being measured for his coffin.

BENEFACTRESS IS HIS HEIR

Mexican Miner Left $30,000 to Woman Who Loaned Him $100 Many Years Ago.

Piedmont, W. Va.—Col. Silas Montgomery, who died some time ago in Chanda, Mexico, after having spent his mining fortune, left his entire estate to Florence Rushton, now Mrs. Bowden, of Piedmont, W. Va., granddaughter of the woman with whom Montgomery lodged when a boy. The estate amounts to $30,000 in cash.

Montgomery, it appears, first started his youth in Piedmont. W. Va., went to Mexico and prospered. In 1865 he returned to the United States and attended the Chicago exposition. Losing his money, he returned to his old home in West Virginia almost penniless. There he found his old friend dead, but from her granddaughter accepted a loan of $100, money she had saved from teaching school. Ten years later Montgomery sent Mrs. Bowden $300 in cash to repay the loan with interest, and now he has given his entire estate to the woman who once did him a kindness.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out prominent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is realized in most cases.

It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Indiana Building Plans.

Millions of dollars' worth of buildings will be erected in Indiana in the next year, private and public improvements, according to figures now contemplated. The state contracts record some time ago started a substantial building movement in the way of residential buildings, consolidated buildings and cost of roads, streets and sewers in the cities and towns. While the new projects are not large items, indicate that the people generally [illegible] to be spending money.

"Cold In the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent colds in the head should find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

All Druggists, 75c. Testimonials free.

$500 for any case of Catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

Perverse Critters.

"I can't help thinking something" said the observing boarder, "that the more you will get from the [illegible] members are old enough to be more nearly self-supporting. How do you get so many eggs?"

"Why," said the other, "I treat my hens so unmercifully they're all laying for me."—Boston Transcript.

Cuticura Comforts Baby's Skin

When red, rough skin itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. A so make use now and then of that exquisite scented dusting powder, Cuticura Talcum. one of the indispensable Cuticura Toilet Trio.—Adv.

A Kind Act.

"What did Arthur's wife give you for your birthday?" "A little peace. She spent the day with her mother."

"Movie" Targets.

A new use for motion pictures is to provide a target for marksmen with a pictured bird instead of a live one; or, for that matter, with big game moving in a jungle and an airplane in the sky. The directors which seems to be the principal purpose for [illegible] practice, the [illegible] preparation to supplement other type of shooting [illegible] summer resorts [illegible] and [illegible] country.

KIDNEYS WEAKENING? BETTER LOOK OUT!

Kidney and bladder troubles don't disappear of themselves. They grow upon you, slowly but steadily, undermining your health with deadly certainty, until you fall a victim to incurable disease.

Stop your troubles while there is time. Don't wait until little pains become big aches. Don't trifle with disease. Do avoid future suffering begin treatment with GOLD MEDAL Haarlem Oil Capsules now. Take three or four every day until you feel that you are entirely free from pain.

The well known preparation has been [illegible] one of the national remedies of Holland for centuries. In 1696 the government of the Netherlands granted a special charter authorizing its sale.

The good housewife of Holland would almost as soon be without food as without her "Real Dutch Drops," as she invariably calls GOLD MEDAL Haarlem Oil Capsules. Their use restores strength and is responsible in a great measure for the sturdy, robust health of the Hollanders.

Do not delay. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. Take them as directed, and if you are not satisfied with results your druggist will gladly refund your money.

Look for the name GOLD MEDAL on the box and accept no other. In sealed boxes, three sizes.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GOLDEN, 915 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISELIN, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Value of Fisheries Products.

The United States, including Alaska, leads the world in the value of its fisheries products, the estimated total for [illegible] last year being in the region of $107,000,000.

Abbreviating Names.

The [illegible] gave up [illegible] Don't [illegible] to lodge a woman's [illegible] heads [illegible] her initials at her [illegible]

The Lucky One.

Digby—When I got home so late last night my wife was positively speechless with indignation.

Bigg—Lucky you didn't get home at all.

It takes a barrel of dough to make a barrel good girl a pretty rich one.

How Much is 1¢

How much does it cost to make a cake? That, of course, depends upon the size of the cake and the materials.

But, regardless of the kind of cake, suppose that for one cent you could absolutely insure the quality of that cake, wouldn't that be real economy?

Well, one cent is about the difference in the cost of a whole cake or a pan of biscuits made with Royal Baking Powder as compared with cheaper baking powders made from alum or phosphate—a trifle, indeed to have the quality and wholesomeness of your baking insured with

ROYAL Baking Powder

Absolutely Pure

Made from Cream of Tartar derived from Grapes

Royal Contains No Alum—Leaves No Bitter Taste