### A Less Curable Failing.

In the later years Edward Everett was greatly troubled with deafness. A friend who was condoling with him asked:

"What is the trouble—can it be worn?"

"No," Everett responded absently, "wane."—Youth's Companion.

And there were smart men, even when they used a crooked stick for a plow.

### After That the Deuge.

"M. wife got so mad she wouldn speak to me for an hour."

"Ah!"

"And then she let loose all at once."—Boston Transcript.

After all, the "commonplace hands may not discourage amateurs from practicing on the accordion.

Don't try to pull yourself out of trouble with a corkscrew.

## The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest doses, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable.

The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly decried, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to dose them willfully with narcotics.

Castoria contains no narcotics if it bears the signature of Chas. H. Fletcher.
Genuine Castoria always bears the signature of Chas. H. Fletcher.

### Fat and Oil Production.

The production of the animal fats, exclusive of butterfat, equal to but 70 per cent of the vegetable oil output of the United States in 1912, rose in 1917 to nearly 80 per cent. Including butter, in 1912 the quantity of animal fats was approximately twice as great as that of vegetable oils, while in 1917 the production of the two classes of fats and oils was nearly the same.

One of man's hardest battles is against the innate spirit of brotherhood.

### Can Wear Masks and Smoke.

For persons who wear influenza masks and desire to smoke, Edward T. Duncan suggests a way, which is described in Popular Science Monthly. Get two corn plasters and stick them on the mask, one inside one outside, and bore a hole through the mask to fit the holes in the plasters. Through this hole a cigarette can be smoked. It can be corked when not in use.

The more bread the baker makes the more he kneads.


## IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ills afflicting people today can be traced back to the kidney trouble.

The kidneys are the most important organs of the body. They are the filterers of your blood. If the poisons which are swept from the tissues by the blood are not eliminated through the kidneys, disease of one form or another will claim you as a victim.

Kidney disease is usually indicated by weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago.

All these derangements are nature's signals that the kidneys need help. You should use GOLD MEDAL Haarlem Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Go to your druggist today and get a box of GOLD MEDAL Haarlem Oil Capsules. In twenty-four hours you should feel health and vigor returning.

After you feel somewhat improved continue to take one or two capsules each day, so as to keep the first-class condition and ward off the danger of other attacks.

Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.


## PACIFIC BLOCKADE NOT NEW

### French Writer on International Maritime Law Was the First to Fully Describe It.

"Pacific blockade" is a term invented by Hautefeuille, the French writer on international maritime law, to describe a blockade exercised by a great power for the purpose of bringing pressure to bear on a weaker state without actual war. The pacific blockade has apparently established itself as a legitimate means of coercing a weak power to observe its international obligations without resorting to war for that purpose. It is a modern development and has usually been the act of several powers acting in concert. It was first employed in 1827, when the combined fleets of Great Britain, France and Russia blockaded a portion of the Turkish coast. More recent instances of its exercise were the blockade of Crete by the powers in 1897, the blockade of Venezuelan ports by Great Britain, Germany and Italy in 1902 and of Turkish ports by the powers in 1905.

### A Philosopher.

"Lots of rain!"

"Yes," replied Uncle Bill Bottleton. "As long as we've got prohibition, it's a comfort to know there's no shortage of water."

A sword in the hands of a coward is his own danger.

### Living Monstrosities.

Instances where a living creature appears to consist of two similar parts capable of a certain degree of separate life are cited by many authorities. It is noted that this phenomenon occurs abnormally and successfully even among lower beings. Instances are Helena and Judith, the Hungarian sisters (1701-1723), the famous Siamese twins (1811-1874), the South Carolina negresses Millie and Christina, and the Bohemian sisters, Rosalie and Josepha.

Often the union is so much closer that the consolidated individuals do not survive long after birth. Among the lower animals the phenomenon is far more common than it is among human beings, and it is thought possible that by persistent selection and breeding a race of double monsters might be established.

### Safety in Silence.

"An intelligent looking dog you have there."

"Indeed he is," said the proud owner. "Now, if that dog could only talk, the things he might say—"

"Perish the thought! That dog has followed me into all kinds of places."—Birmingham Age-Herald.

All war agencies must remember that it is not how much they may do but when, and where.

The war was the fire of freedom directed against the accumulated bestiality of the ages.


## Liked Better Than Coffee

for its uniformly high grade of flavor, its always steady and fair price, and its economy—

# POSTUM CEREAL

If you want a satisfying beverage that will stop complaints about "poor coffee" or the "high price" of coffee, start using Postum and note results.

*Usually sold at 15c and 25c*

**Everywhere at Grocers**

# THE KITCHEN CABINET

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the world's sweet flowing breast.

A tree that looks at God all day
And lifts her leafy arms to pray.
A tree that may in summer wear
A nest of robins in her hair.

Upon whose bosom snow has lain
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

—Joyce Kilmer.

### EMERGENCY LUNCHEONS.

We read or hear told of wonderful feasts prepared by a wave of the hand and a cold chicken combined with an elastic imagination; but the majority of us poor mortals usually find ourselves minus the chicken and the cupboard bare. It is times like these that try women's souls. The woman in town who has the telephone or the corner grocery to support her in trying hours is apt to be improvident, but the country woman needs to store up ammunition for the time of siege.

If women in the country will remember that the every-day things they serve will be a treat to town people, the entertaining would not be such a bugbear.

Fresh vegetables, fruits and eggs with milk will make a meal fit for a king in summer, with the wealth of the garden to draw upon.

An omelet is a dainty dish and one which nearly everybody likes.

An emergency shelf with canned salmon, shrimp, chicken and tuna may be a source of any number of tasty dishes from soup to salad or escalloped dishes.

Canned vegetables, canned at home when they are in their prime, are available for various dishes. Canned asparagus is a most delicious vegetable served in white sauce on toast.

Tomatoes, well seasoned, served on toast, are most appetizing, and when canned whole make a most refreshing salad.

Canned fruits, jellies and pickles with relishes of various kinds are usually found in abundance in most homes. These with a few cookies, a cupful of tea, cocoa or coffee will make a simple and tasty dessert.

With plenty of milk at hand a cream soup is quickly made, using any vegetable from potatoes to peas.

A hot meat or fish prepared in an escalloped dish with crumbs, egg and seasoning is both satisfying and tasty.

A steamed pudding may be made of fruit cake, or a bottle can be made with fruit that will steam in fifteen minutes; with cream and sugar such a pudding is most welcome. Short cakes are also well liked and almost any kind of fruit at hand may be used.

* * *

There is no mystery about happiness whatever. Put in the right ingredients and it must come out.

Whoso will observe the wonderful providences of God shall have wonderful providences to observe.

### THE KITCHEN GARDEN.

People who live in the country or small towns where they may have plenty of space for gardens will be able to grow all the fresh vegetables needed for summer and enough to can for the winter. A good vegetable garden is a good solution for the high cost of living. Even those who are obliged to live in apartments or flats may, with a little work, raise a variety of good things. A barrel has proven a good garden for strawberries, and it has also grown cucumbers and radishes. Cucumbers may be grown on a rack, and if well watered will grow quite a crop. Fill the barrel with well rotted horse manure, and be sure to water the ground, not the plant.

Large flower urns are another fine place to start an early crop of vegetables. The crop may all be gone by the time the warm enough to set out the geraniums and foliage plants.

Parsley and chives may be grown in the kitchen window all the year round, making plenty of the flavor for all the dishes one wishes to garnish and season.

For the leaf lettuce a bed three feet square will supply the average family with all the lettuce needed. As it is used, sow more seed and have fresh, crisp lettuce all the season. For the head lettuce more room will be needed, but it pays for all the time and trouble of transplanting.

Those who are not crowded for room should have an asparagus bed, for when it begins to produce it is a joy forever. A strawberry bed is another desirable addition to the garden. With a little care and transplanting one may keep a bed for years.

**Early Spring Dish.**—Cook together young onions, carrots and peas in just as little water as possible, with a little salt pork cut in small cubes and browned. When the vegetables are tender do not drain, but add milk, season and serve as a chowder or as a side dish.

You must either soar or stoop.
For triumph, stand or droop.
You must either cringe or govern.
Must be slave or must be sovereign.

### MEATS FOR LUNCHEON OR SUPPER.

Thinly sliced mutton cut from a roast not too well done and heated in currant jelly makes a most appetizing dish.

Take slices of cold roast beef and roll each in a thin slice of bacon; cook until crisp. The bacon may be fried or skewered.

**Creamed Calf's Liver**—Take left-over cooked liver, chop very fine and add to a rich white sauce; heat and pour over buttered toast and serve garnished with crisp curls of bacon.

**Mock Oysters**—Cut pieces of veal into oyster-sized pieces; pound until well broken; dip in eggs and crumbs and fry in fat. Serve with toast.

**Ham Souffle**—Take a cup of cold chopped ham, one-half cup of bread crumbs, three eggs, salt and pepper and one pint of milk. Beat the eggs, add with the ingredients and bake 20 minutes in a moderately hot oven.

Minced veal, cooked, or dried beef shredded added to a white sauce and served over toast is another good dish. Serve with tomato sauce.

**Calf's Heart**—Wash the heart, remove the tough portions, stuff with a highly seasoned stuffing and bake two or three hours. It may be parboiled for an hour then baked, using the liquor to baste the meat and to make a gravy. Serve with boiled onions.

**Veal Croquettes**—Put a pint of veal through a meat grinder, add a tablespoonful of salt, a tablespoonful of lemon juice and a generous sprinkling of paprika. Melt three tablespoonfuls of butter, add two tablespoonfuls of finely minced onion, three tablespoonfuls of flour and three-fourths of a cup of veal stock or milk. Cook together five minutes, add two well-beaten eggs; stir until well mixed. Mix with the veal and cook. Shape, allowing a tablespoonful for each croquet. Dip in egg and crumbs, and fry in deep fat. Serve with a white sauce if desired.

Sausages baked on top of creamed potatoes makes another nice change from the ordinary method of serving. Serve them from the dish in which they were baked.

If every tree in all the wood could take
some mortal form
And leave the ground where it has
stood through sunshine and
through storm,
The lofty pine would be a knight in
armor strong and rare,
The slender birch with dress so white
Would be his lady fair.

### KEEPING DOWN EXPENSES.

When we fully learn, as the French and other nations have, to use meat more often simply as a flavor, and other foods in combination with it, we will not need to be so exercised about high prices.

When preparing hamburger steak add a cupful of cooked oatmeal to a pound of the meat, it does not lessen its attractiveness or its nourishment, but it does decrease the cost as it goes much farther in serving. A little scraped onion and a pinch of cloves will vary the usual seasoning of salt and pepper.

If you have opportunity to notice the meat bills of the cook who buys meats which take little time to prepare, like steaks, cutlets and chops, you will find that they are much larger than those of the cook who buys pot roasts, stews, soup meat and the cheaper cuts. A small piece of meat added to a large quantity of vegetables will give flavor to them and the amount of meat will never be noticed.

As meat is the great item in many families, costing as much as it does today, it is needful that all housewives take serious thought and do much planning to furnish their families with nourishing food with the amount they have to spend upon it.

When a tough piece of meat has been purchased, rub it well with olive oil or corn oil, add a little chopped parsley and a bay leaf with a few tablespoonfuls of vinegar. Let the meat lie in this overnight, then drain and brown the meat, add the vinegar and some water and let it simmer until tender on a low heat on the back part of the stove.

By buying staples, such as sugar, early in the season when it is usually 2 to 3 cents less a pound, one can provide the year's supply at quite a saving. Canned goods of all kinds can be bought at a saving when taken by the dozen or case. However, if one feels because a goodly supply is on hand that it can be used more freely, the saving will be lost.

Leaf lard can be bought often 2 to 3 cents cheaper than the prepared lard, and you are sure after it is done that you have pure lard.

Nellie Maxwell


### Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be despondent, it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.


### No Complaint.

"Your friend, the politician, is not of the type that will ever get in a ball of fame."

"That doesn't worry him. He will be content if he gets into a ball of graft."


### Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.


Adversity is the only scale that gives the correct weight of our friends.


W. N. U., DETROIT, NO. 24-1919.



## THIN PEOPLE SHOULD TAKE PHOSPHATE

### Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves, our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance, the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which usually always accompany excessive thinness, should disappear, dull eyes become bright and pale cheeks glow with the bloom of perfect health.

CAUTION.—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

Free on request, pictures and exceptionally interesting infor. of world famous Texas Oil Fields. Texas Caution Bldg., Ft. Worth, Tex.

Learn dancing perfectly at home. Complete course by mail. Send for free booklet. Arthur Murray, Studio E, Putnam Bldg., Detroit.

## HEARTBURN
### Caused by
## Acid-Stomach

That bitter heartburn, belching, food-repeating indigestion, bloat after eating—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, that tired, listless feeling, lack of energy, dizziness, dyspepsia, even cancer and ulcers of the intestines and many other ailments are traceable to ACID-STOMACH.

Thousands upon millions of people who ought to be well and strong are more weak, sick because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, sweet and comfortable. EATONIC relieves quick relief for heartburn, belching, indigestion and other stomach miseries. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world—brought them relief when everything else failed.

Our best testimonial is what EATONIC will do for you. So get a big 50c box of EATONIC today from your druggist, use it five days—if you're not pleased, return it and get your money back.

## EATONIC
(FOR YOUR ACID-STOMACH)

## NEW SOUTH WALES INFORMATION BUREAU

Singer Building, 149 Broadway, New York City
Will be pleased to send Government Bulletins or answer any inquiries regarding opportunities for farming, stock raising, fruit growing and capital investment in New South Wales.

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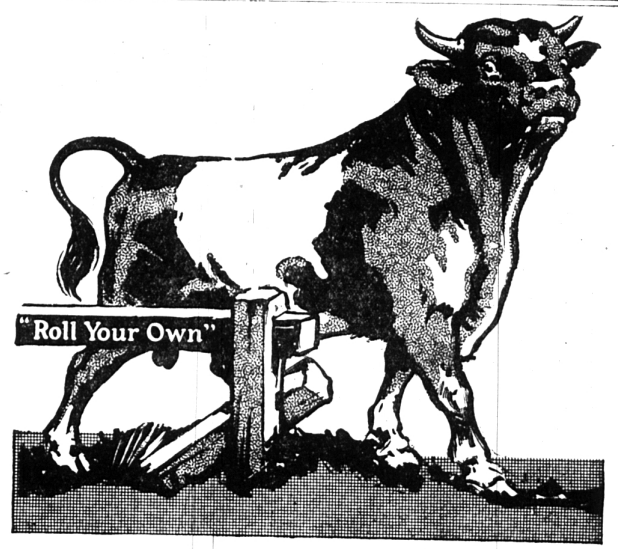
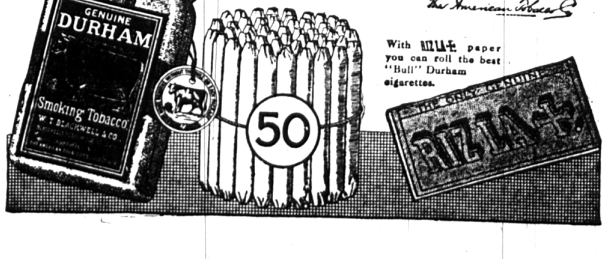
A toilet preparation of merit. Helps to eradicate dandruff. Restores Color and Beauty to Gray or Faded Hair. 60c. & $1.00 at Druggists.




## YOUR OWN "BULL"

YOU buy a bag of genuine "Bull" Durham tobacco.

With your own hands you roll your own cigarettes. They are made just as you like them. You've rolled your own—for yourself.

As a result, you have a smoke that machines can't equal. (And—fifty-thrifty cigarettes from one bag!)

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