# SICK WOMEN HEAR ME

**You Can Be Free from Pain as I Am, if You Do as I Did.**

Harrington, Me.—"I suffered with backache, pains through my hips and such a bearing down feeling that I could not stand on my feet. I also had other distressing symptoms. At times I had to give up work. I tried a number of remedies but Lydia E. Pinkham's Vegetable Compound did me more good than anything else. I am regular, do not suffer the pains I used to, keep house and do all my work. I recommend your medicine to all who suffer as I did and you may use my letter as you like."—Mrs. MINNIE MITCHELL, Harrington, Me.

There are many women who suffer as Mrs. Mitchell did and who are being benefited by this great medicine every day. It has helped thousands of women who have been troubled with displacements, inflammation, ulceration, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration.

Lydia E. Pinkham's Vegetable Compound contains no narcotics or harmful drugs. It is made from extracts of roots and herbs and is a safe medium for women. If you need special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.



To stop the pain of Corns, Bunions, Callouses, Blisters, Tired, Aching, Swollen, Tender Feet use

ALLEN'S FOOT=EASE

The Antiseptic, Healing Powder to Shake into Your Shoes and sprinkle in the Foot-bath. Sold everywhere. Be sure to get this package

### Tough on the Patient.

Nurse—Oh, doctor, what shall I do? Your patient followed your directions perfectly.

Doctor—Well, there's nothing to worry over.

Nurse—Yes, there is; the directions blew out the window and he jumped out to follow them.


State of Ohio, City of Toledo, Lucas County—ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY.

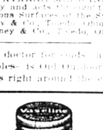
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(Seal) A. W. Gleason, Notary Public.

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

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


The best doctor for colds and most other troubles is Old Outdoors, M. D. His office is right around the corner.


Vaseline

Reg U S Pat Off

PETROLEUM JELLY

For burns, cuts, sprains and all skin irritations. Relieves dryness of scalp.

REFUSE SUBSTITUTES

CHESEBROUGH MFG. CO. (Consolidated)
State Street New York



UNCLE SAM

a SCRAP chew in PLUG form

MOIST & FRESH

Liggett & Myers Tobacco Co.

**Not A Blemish** mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unnatural color and corrects greasy skins. Highly antiseptic, used with beneficial results as a curative agent for 70 years.

Gouraud's Oriental Cream

Send 15c. for Trial Size

FERD. T. HOPKINS & SON, New York



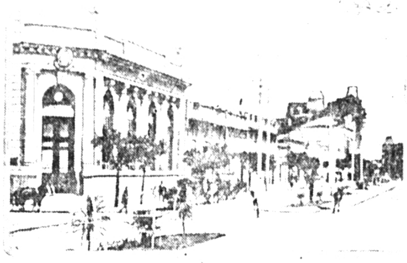
# SAYS PILES ALL GONE AND NO MORE ECZEMA

"I had eczema for many years on my head and could not get anything to stop the agony. I saw your ad and got one box of Peterson's Ointment and I owe you many thanks for the good it has done me. There isn't a blotch on my head now and I couldn't help but thank Peterson, for the cure is great." Miss Mary Hill, 420 Third avenue, Pittsburgh, Pa.

"I have had itching piles for 15 years and Peterson's is the only ointment that relieves me, besides the piles seem to have gone." A. B. Ruger, 1127 Washington avenue, Racine, Wis.

Use Peterson's Ointment for old sores, salt rheum, chafing and all skin diseases. 35 cents. Druggists recommend it. Mail orders filled by Peterson Ointment Co., Buffalo, N. Y.


# TRES ARROYOS, ARGENTINA



Moreno Boulevard, Tres Arroyos.

THE District of Tres Arroyos, which was established in accordance with a law of July 19, 1865, is now one of the most important political divisions of the province of Buenos Aires, in the Argentine Republic. The southern part of this district is exceedingly progressive, and its development along numerous lines of useful effort insures for it a prominent place among the departments of the province. Because of the importance of its products, its manufactures, its general development, the attention accorded public instruction by its officials, as well as the united efforts of its inhabitants, who are filled with the spirit of progress and of industry, the district of Tres Arroyos has undergone a constant growth which has brought to it the prosperity which it now enjoys, says the Bulletin of the Pan-American Union.

The city of Tres Arroyos, capital of the district of the same name, is a fine example of the development of the section in which it is located, and its people certainly have cause to be proud of their rapidly growing town. Built up by the constant, disinterested, and loving devotion of its inhabitants, the city has progressed daily, and, little by little has become a popular center with all the attributes of a large city, influential and powerful because of the industry of its inhabitants and their great accomplishments. The district has an area of 625,680 hectares, and an approximate population of 42,000 souls.

The traveler who arrives at Tres Arroyos cannot fail to be pleasantly surprised on finding at a distance of 500 kilometers from Buenos Aires a beautiful city of commanding aspect, with modern urban developments and with traffic showing intense business life. Its streets, extending into the suburbs, are paved with granite blocks, and it has many beautiful buildings, which of themselves are an index to the growth and progress of the city.

### Fine Buildings and Boulevards.

The municipal palace, which is now in course of construction, the bank, school, commercial, and church edifices greatly contribute to the beautification of the town. Moreno Boulevard is a fine, wide avenue which fronts on San Martin Plaza. On this avenue are the buildings of the National, Spanish, and Commercial banks, as well as the edifice of the Italian Society, the market, and other structures. In the center of the boulevard is a beautiful park or rambla. This is a popular place of reunion, especially during the summer months, for the elite of the city.

Notwithstanding the great activity in building in Tres Arroyos, rents are very high there, due to the influx of population. The value of land in the center of the city varies from 40 to 60 pesos per square meter, the price decreasing greatly according to distance from the business section of the town.

On September 28, 1878, the first municipal committee of the department of Tres Arroyos was formed, and on July 9, 1885, on the occasion of the celebration of national independence day, the municipal buildings were opened to public use. Since that time the prosperity of the town and of the district has continued unabated. The municipal building already referred to, which is being erected on San Martin Plaza facing the Moreno Boulevard, is not yet completed. The construction of this edifice, which was commenced in 1906, was temporarily discontinued. One of the floors, however, has been completed and is now occupied by the mayor's office.

### District Is Very Prosperous.

The district of Tres Arroyos has 24 schools, 8 of which are urban with a registration of 1,880 pupils, 5 suburban with an enrollment of 394 pupils, and 11 rural with 410 pupils. The private schools are attended by 431 pupils, making a total school registration of 3,245 pupils. These 24 schools have 60 female and [illegible] male teachers. The district also has a normal school, which is well attended.

There are 240,000 hectares of land in cultivation in the district. The remaining area consists of pasture lands, sand dunes, etc. The annual production of wheat and oats is 250,000 tons, of which 110,000 tons are wheat and 140,000 tons are oats. Corn, barley, flax and alpiste are also cultivated.

According to the census of 1916 the district had 739,000 sheep, 101,021 head of cattle, 34,150 horses and 10,021 hogs, the aggregate value of which is estimated at 27,806,421 pesos. The colonists not only cultivate the soil, but also raise stock as well. The importance of the stock industry of Tres Arroyos is very great, and this industry is one of the principal factors in the commercial life and prosperity of that section.

### Commerce in Cereals.

A number of large houses of Buenos Aires maintain branches in Tres Arroyos. The commerce in cereals of the Tres Arroyos and tributary districts aggregate annually from 650,000 to 700,000 tons. Of the 110,000 tons of wheat produced in the district, 80,000 tons are sold in the grain, and 30,000 are used by millers and for seed purposes. Of the oats 130,000 tons are sold and 10,000 used for seeds.

The Southern railway penetrates this district, and at all of its stations there are large grain elevators. The city of Tres Arroyos is abundantly supplied with grain elevators and warehouses. The Southern railway was opened to traffic in that city in 1885.

In this section of the country there are numerous small farms, the value of the land varying from 280 to 320 pesos per hectare. The annual rental of agricultural land is from 15 to 20 pesos per hectare.

Community and centers have been organized in the principal towns of the district. Tres Arroyos has the Spanish, Italian, French, Danish, and cosmopolitan clubs, nearly all of which occupy their own buildings. There is also a social club which has a fine building. The Spanish and Italian clubs have splendid edifices and many members.

The city is also provided with a library, has a charitable society, and a home for poor children. The building in which the latter institution is housed cost upward of 60,000 pesos.

### "Pigs Is Pigs" the World Over.

The Chinese Christian family was the proud possessor of two pigs. The older of the two was a runt and the younger had outgrown him. The husband and wife were explaining the situation to the new missionary.

"The big pig, he the littlest," explained the husband in broken English.

"No," said the wife, "he means not that. He means the young pig is the oldest."—World Outlook.

### Susan B. Anthony Once Fined.

Susan B. Anthony was the first American suffragist to be arrested for her principles. In order to test the Fourteenth and Fifteenth amendments she cast ballots at the state and congressional elections at Rochester in 1872. She was indicted for illegal voting and a fine imposed. She defiantly refused to pay the fine, but was never jailed.

### Short, but Sharp.

"Why aren't you speaking to Mrs. Gadder?"

"We had words."

"Indeed?"

"Yes, one apiece. She called me 'upstart' and I called her 'cat.'"—Birmingham Age-Herald.

## LUCKILY HE WAS RETURNING

**Looking on the Bright Side, Physician's Auto Did Run Until He Had Seen Patient.**

Probably every autoist has at some time or other tried to run his automobile without gasoline. It's all right for a joy rider, but hard on a physician, as Dr. E. Hawkins of Greencastle, can testify.

A few nights ago Dr. Hawkins had a midnight call west of the city. While returning home and on a lonely stretch of road, his auto gave a cough, another cough and died in the middle of the road. Not until then did the doctor think of his empty gas tank. It was too late. He walked a mile to the nearest farm house, roused a sleepy but obliging farmer, borrowed a gallon of gasoline and walked a mile back to the auto. He poured the gas in the tank and expected soon to be home, but he was doomed to disappointment. He had the carburetor set for a "high test" gas and the common fuel refused to respond.

After repeated efforts and adjustments, Dr. Hawkins got the motor started, but in the meantime he had used most of the gallon of gasoline and when he started for home, the car soon went dead again. Then another long walk and the rousing of another sleepy farmer to get to a telephone and the doctor had help sent out from a local garage. He got home, but not until in the wee small hours of the morning and with the old saying "never again" firmly impressed on his mind.—Indianapolis News.

### Costly Orchids.

Nearly all the orchids found in Burma can be grown with a little care and attention in private gardens. There is one exception, a sweet-smelling species called tazin by the Burmese, and which is usually brought to market in Christmas week in Rangoon. It only seems to flower in the most malarious and least frequented localities, and at a time of the year which is the tiger's mating season, and when they are most dangerous to human beings. It is in great demand by Burmese, and sells for its weight in silver.

## HASH GIVEN ANY OTHER NAME SEEMS TO TASTE BETTER—IS CULINARY DELICACY

A Meat Grinder Will Prepare the Meat in Short Order.

(Prepared by the United States Department of Agriculture.)

What's in a name? Much, sometimes. For instance, hash. Hash has become one of the seven original jokes. But hash, if well made and well seasoned, is a culinary delicacy. No matter how good it is, however, it grows tiresome if served too much.

So the uncanny meat-saving cook serves her hash in new forms, labeled with new names, and the finicky in her family eat it with a relish.

Sometimes the meat has been cooked, but oftentimes it is tough portions of steak or other cuts which have been cut off before cooking. Chopping makes it tender and also allows it to be cooked quickly and economically.

The following recipes are recommended by the home economics kitchen of the United States department of agriculture:

### Mock Rabbit.

3 slices of bread moistened with water
1 egg
1 onion
Pepper and salt.
½ pound beef and 1 pound sausage, or 1 pound beef
½ pound sausage meat
¼ pound salt pork

Chop the meat. Chop the onion and cook it, but do not brown it, in the fat fried out of a small portion of pork. Add the bread and cook a few minutes. When cool, mix all the ingredients and form into a long roll. The surface can easily be made smooth if the hand is wet with cold water. Lay the remaining pork, cut in thin slices, on top, and bake 30 minutes in hot oven. The sausage may be omitted, if desired, and other seasoning used.

### Smothered Beef Roll.

1 pound round beef
¼ pound lean fresh pork
1 small onion
1 green pepper
1 cupful stale bread crumbs
1 teaspoonful salt
1 egg
[illegible] tomatoes stewed tomatoes
2 slices bacon
2 tablespoonfuls butter
4 tablespoonfuls of flour

Remove the seeds from the pepper and put it through the meat grinder with the meats and the onion. Add crumbs, egg and salt. Make into a roll, place in a shallow baking dish, pour the strained tomatoes around it, put the bacon on top and bake 30 minutes, basting with the tomatoes. Thicken the gravy with the flour cooked in the butter. A little seasoning, such as a bit of bay leaf, a clove and a small onion, improves the flavor of the sauce. As the pepper and onion are not likely to be cooked as soon as the meat, it is well to fry them in a little fat before adding the other ingredients. This amount will serve six to eight people.

### Cannelon of Beef.

This dish is prepared by making chopped beef into a roll and baking it wrapped in a buttered paper, a method designed to keep in the steam and so insure a moist, tender dish. The paper must be removed before serving. The roll should be basted occasionally with butter and water or drippings and water. In preparing the roll an egg may be added for each pound and a half of meat, and chopped parsley, onion juice, lemon peel, or finely chopped green peppers make good seasoning. A thickened gravy may be made from the drippings, the liquid used being either water or tomato juice.

Strips of pork laid on the roll may be substituted for the buttered paper and basting.

### Meat Rolls.

Small quantities of cold ham, chicken, or other meat may be utilized for meat rolls. The meat should be chopped fine, well seasoned, mixed with enough savory fat or butter to make it "shape," and formed into rolls about the size of a finger. A short dough (made say of a pint of flour, two tablespoonfuls of lard, one teaspoonful of baking powder, salt and milk enough to mix) should be rolled thin, cut into strips, and folded about the meat rolls, care being taken to keep the shape regular. The rolls should be baked in a quick oven until they are of a delicate brown color and served hot.

## USE DAMPERS TO SAVE HEAT

**Check Draft Controls Rate at Which Fire Burns and Housewife Should Know Operation.**

Every stove has two dampers or should have, and an efficient housewife knows how to operate them. The check draft damper controls the rate at which a fire burns. By opening it a fire is checked. When it is closed the draft is increased. Learn to use it so that it will do its work, specialists in the department of agriculture suggest.

If this damper is properly constructed and managed a fire may be checked without opening the coaling door. The turn damper fits loosely so that gases may pass off even when it is closed. In most heaters, this damper should be kept closed except when starting the fire. Otherwise most of the heat goes up the chimney.

The damper in the coaling door should be used only to let in air and to consume gases that are formed, especially when soft coal is used. The ash-pipe damper admits the air necessary for the ignition of the coal or wood. Regulate the air supply by this damper—not by opening the ash-pit door.

## BEANS ECONOMICAL AS FOOD

**They Are One of Cheapest Sources of Protein and Help Supply Valuable Constituent.**

Beans, though higher in price, are among the cheaper foods that can be bought today. They are one of the cheapest sources of protein and may be used to help supply this valuable food constituent in the diet, according to United States department of agriculture specialists.

## DARN SMALL HOLES QUICKLY

**Stockings and Other Knitted Underwear Should Be Given Very Prompt Attention.**

Darn promptly small holes in stockings and other knitted underwear. A stitch in time saves the garment. Rub a piece of soap across the end of a run to stop the run until you can mend it, suggest the home economic experts in the department of agriculture.

### Causes Holes in Cake.

Too much baking powder in cake causes large holes as soon as the dough is subjected to the heat of the oven.

### Goggles for Protection.

Wear goggles when using cleaning fluids—like ammonia—which give off irritating fumes.

### Oil Obliterates Scratch.

A scratch on polished furniture can be almost obliterated by rubbing vigorously with linseed oil.

## HOMEMADE MIXTURE IS BEST

**Various Prepared or Self-Raising Flours Are More Expensive Than Those of Housewife.**

The various prepared or self-raising flours are more expensive than the mixture that the housewife can easily make by adding the requisite amount of baking powder to flour and sifting it several times. It is a convenience and a saving of time to keep a mixture of this kind on hand, as one sifting provides enough for a month's use for cakes and muffins.

## Household Questions

Wash the piano keys with a damp rather than a wet cloth.

• • •

Mildew in leather can be rubbed off with vaseline.

• • •

Shoe polish on clothing can be removed by vinegar.

• • •

Frozen fish is just as nutritious as fresh fish and considerably cheaper. To thaw it out lay it in cold water. Cook as soon as it is thawed.

• • •

If you have no oxalic acid at hand you will find half a lemon dipped in salt quite as efficacious in cleaning copper or brass ware.

• • •

Keep a bowl in the refrigerator for small portions of vegetables left each day. They will serve their purpose in soups, stews or chowders, giving added nutriment as well as flavor.

• • •

When crocheted buttons lose their shape by much laundering, dip them in cold starch and mold them in your fingers into the shapes you want. Then let them dry and they will look like new.

• • •

If a piece of lemon is added to a pan of cold water and the wilted vegetables allowed to stand in the water for an hour or so, they will be as fresh as when gathered. Especially good for lettuce, celery, spinach and parsley.

• • •

Minced chicken and macaroni make an excellent dish.

• • •

Before cooking, put head vegetables and greens in cold water for one hour with a tablespoonful of vinegar to remove insects, then wash very carefully.

• •

In the kitchen keep hanging up a pair of scissors to cut up raisins, citron, suet, etc. They are easier to clean than the chopper and very handy for lots of things.


# Alabastine

*Instead of kalsomine or wallpaper*

## You Can Not Be Deceived! This Package Protects You

You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

The Cross and Circle printed in red on the package is your guarantee of quality and results.

Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or aniline colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute.

**Alabastine Company**

347 Grandville Road Grand Rapids, Mich.


### Why Daniel Escaped.

The Teacher—When the lion found Daniel in his den why do you think he didn't eat him up?

The Bright Pupil—'Cause he was so glad it wasn't Mrs. Lion usin' his den for a sewin' room.—Dallas News.

### The Modern Rube.

"Say, Cy, I jes' found out what a rube is."

"That so, Hiram? What is it?"

"Why, it's one of them forty-one-hour, $95-a-week labor guys that thinks a farmer is goin' to sell him food cheap."—New York World.


BILIOUS!

Quick! Get Liver and Bowels Right with "Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food, which sours and ferments, forming acids, gases, and poisons. Cascarets tonight will give your bilious liver and constipated bowels a thorough cleansing and straighten you out by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or griping Pills. They work while you sleep.—Adv.



## LOOK AT ASPIRIN.

**If the name "Bayer" is on tablets, you can get relief without fear.**

When the Bayer Company introduced Aspirin over eighteen years ago, physicians soon proved it a marvelous help in relieving Rheumatism, Colds, Headache, Neuralgia, Earache, Toothache, Lumbago, Neuritis, Aching Joints, and Pain in general.

To get this same genuine, world-famous Aspirin, you must ask for "Bayer Tablets of Aspirin," marked with the "Bayer Cross." You will find safe and proper directions in every unbroken package.

Handy tin boxes of 12 tablets cost only a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.


### The Sweet Thoughts of Youth.

A little boy was only a baby when his father went away to the war. Now father is back, and finds his six-year-old son a great handful, so that many sharp chastisements have been necessary.

Boy passes window whistling.

Our small friend: "That boy seems very happy, mother."

"Yes, dear."

Very slowly: "I think p'r'aps he has lost one of his parents."

### Brief Encounter.

"You seem much interested in this photoplay."

"Yes. You might say that I enjoy a personal acquaintance with the star."

"Dear me! Tell me how you met her."

"I've never met her, but one day when I was crossing the street in Los Angeles she nearly ran over me in her sport car."—Birmingham Age-Herald.

### A Kindly Caddie.

"Oh, yes, sir, there's worse golf players in the world than you are, sir," the caddie said kindly. "Lots worse."

"Well, that makes me feel better," the dub responded. Then he swung his club, failed to touch the ball, but lifted a section of turf as large as a dinner plate.

"Yes, sir," the caddie continued, "there's certainly worse players, but they never let anybody catch 'em on the links!"—Everybody's Magazine.

### Making a Start.

I heard an amusing story the other day concerning Sir John Lavery, the famous society artist.

It seems that one day he was engaged in painting the portrait of a beautiful but very shy little girl, when he chanced to find a threepenny bit in his color box.

"Do you collect threepenny bits?" he inquired of the child, showing her the coin.

"Yeth," she lisped.

"Here's one for your collection. Now how many have you?"

"One," replied the little sitter.—London Tit-Bits.

### The Ruling Passion.

A submarine attack was on. The sea heaved and rolled. The destroyers were dropping depth bombs. The deck of the troopship was lined with Yankee soldiers. All was silent. Suddenly the tension was broken by a small, weary-looking soldier.

"Say," he said in a hollow voice, "is there anyone here who wants to buy a nice watch and chain?"—Everybody's Magazine.

### But One Way Is Better.

A bluff, hearty old bachelor friend of the family, trying to get on terms with the son of the family, asked him: "Have you practiced any fancy methods of skating, sonny?" "No," said sonny; "I can skate only two ways as yet." "Ah, and which are they?" "Standing up and sitting down," said sonny.


Same Fair Price As Before The War

and the same pure, wholesome beverage so many have enjoyed for years.

INSTANT POSTUM

has a pleasing coffee-like flavor but is more economical than coffee and has the added value of absolute freedom from caffeine or other harmful ingredients.

"There's a Reason"

Made by Postum Cereal Company, Battle Creek, Mich.