DEPENDED UPON IT 20 YEARS

Lydia E. Pinkham's Vegetable Compound Has Been This Woman's Safeguard All That Time.

Omaha, Neb.—"I have used Lydia E. Pinkham's Vegetable Compound for over twenty years for female troubles and it has helped me very much. I have also used Lydia E. Pinkham's Sanative Wash with good results. I always have a bottle of Vegetable Compound in the house as it is a good remedy in time of need. You can publish my testimonial as every statement I have made is perfectly true."—Mrs. J. O. ELMQUIST, 2424 S. 20th Street, Omaha, Nebraska.

Women who suffer from those distressing ills peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

DR. CARTER'S K. & B. TEA Makes Fine Laxative Syrup

Make It at Home and Save About $1.50 —Children Love to Take It.

Full Directions With Each 30-Cent Package

For a real tonic and blood purifier, take a teaspoonful every night or every other night for at least three weeks.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

Jars in Cleopatra's Needle.

Will the workmen who are busy repairing the base of London's Cleopatra's needle disturb the jars which were placed in the pedestal when the monolith was erected? The jars contain British coins, a translation of the meaning of the hieroglyphics inscribed on the monument, a railway guide, a number of children's toys, copies of newspapers, a map of London, a translation into several languages of St. John 3:16, a history of the monument and its journey to London, and many other things. This was after the custom of the ancient Egyptians.

"DANDERINE" PUTS BEAUTY IN HAIR

Girls! A mass of long, thick, gleamy tresses

Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality.

Get a 35-cent bottle of delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic; then its life, color, brightness and abundance will return—Hurry!—Adv.

Carefu' Wi' the Bawbees.

The stingiest man I know lived in a suburban town. He called up his home (at his firm's expense for gold) to have a steak for dinner, as he was bringing home a guest. The plans of the guest were changed and he couldn't go, so this man called up his home again shortly before dinner and told them to take the steak back and get some chops instead. He is considered to be worth over half a million dollars and owns a beautiful home.—Exchange.

One Box of Dodd's Kidney Pills Relieves Mrs. Frey's Rheumatism

Mrs. Ira Frey, of Le Mars, Ia., suffered for six long months with the agonies of rheumatism. Then she heard of Dodd's Kidney Pills and bought a box. Here is what she writes:

"For six months I had rheumatism. I had swelling of the limbs, stiffness in the joints and cramps in the muscles. I suffered greatly from backache. My limbs felt heavy, and I had a dragging sensation across my loins. I had a great deal of pain in the top of my head, was often dizzy and had flashes of light and floating specks before my eyes. I had heart flutterings and could not sleep well. My appetite was fitful and I felt heavy and sleepy after meals. I suffered from shortness of breath. After taking one box of Dodd's Kidney Pills I was much improved."

Mighty few people realize in time that Kidney Trouble is making its advances upon their health. They put off treatment—they say, "Oh, I'll be all right in a day or two." And the malady tightens its grip. Result: Bright's Disease, hospital treatment, doctor's bills—often death.

If your druggist does not carry Dodd's, order direct, sending us 60c in stamps and mentioning your druggist's name.
Dodd's Medicine Co., Buffalo, N. Y.

Belgium Sketches

The Mussel-Wife of Saint Anne

By Katharine Eggleston Roberts

(Copyright, 1920, Western Newspaper Union)

"They stole my beer pump—those Germans," she set the bowl of steaming mussels before me with a thud, "and how can a person keep a good tavern without a beer pump?" Her hands rested on her broad hips and she gazed over Saint Anne's uneven street at the cathedral tower in Antwerp across the Scheldt.

Out on the cobblestones thin-legged children played "hinkelen," a sort of hop-scotch. Their wooden shoes that flopped at the heels made the game difficult and exciting. They bounced and jumped high to avoid the lines. Near the water's edge two girls washed mussels in a wooden tub and piled them into pails. Sails of little fishing boats dipped and darted in the sparkling blue water and a puffing yellow packet boat steamed sedately across toward Saint Anne.

"I remember very well when it looked as though the whole town of Antwerp was going to burn up and the refugees came across the pontoon bridge down there in droves. They left by the road up behind the hill. And then those Germans came. I never hope to see such another four years!" She shut her lips in a straight line and shook her head. "Many are the pieces of bread and cheese I brought home sewed in my skirt and the eggs I stuffed in my waist. Thank goodness that time's past, but it's bad enough now. Everything needs fix[illegible]

"And Then Those Germans Came!"

ing. I don't know if that floor there beside you is real safe yet."

I noticed the boards didn't fit well. "It doesn't look very strong," I agreed and moved my chair.

"No, we took it up to hide a mattress under there, but a German came in before we got it fixed. He stumbled into the hole and broke his bottle and the ends of the boards a little. It was the same man who took my beer pump!" She sighed, but not for the damaged ankle.

"Minna!" She turned to the stooping girl who was scrubbing the entry way and backing steadily with her feet wide apart as she scrubbed a peculiar crablike motion. "Minna, stop sloshing that water so and don't use so much soap; use more force!"

Minna's flaxen pigtails ceased their rhythmic swing as she halted and, still stooping, turned round blue eyes

Antwerp Was in Flames.

on her aunt who continued: "Anybody'd think soap was cheap the way you're using it." The round eyes regarded her steadily till she had finished, then turned back to the floor and, without a word, Minna recommenced her aquatic movements.

The whole neat bare room had that fresh, damp odor of a Belgian Saturday. The wooden tops of the empty deal tables were porous with frequent ablutions and the polished blue and white crockery shone on the long high bar.

The mussel-wife came over to see if I had all I wanted. "Soap!" she was still indignant. "That's just one thing. Everything's so high a person can't live—let alone wear enough clothes. I wore out all I had during the war and now I don't know what we're going to do. I'd have to sell a couple hundred steins of beer, or more, before I could buy any dress at all, and then it wouldn't wear long. But what's the use of buying clothes if you're going to starve to death? A body needs meat more than once a week but we can't have it. And then again, what's the use of trying to buy food if you're going to freeze to death? It's a choice, I guess." She made her way with long, flat-footed steps to see if Minna was employing more force than soap on the green tavern steps.

However, she returned in time to collect the small bill. "Customers are mighty few now. People can't spend much on luncheons." A sigh came from the depths of her. "It's hard on us who depend on 'em. But it's the business my husband left me." She went to the bar to get my change. "That's the place." Moving aside a piece of tile, the mussel-wife pointed to a square hole on the bar. "It stood there bright and shiny. I'd get along so much better if they hadn't stolen my beer pump—those Germans!"

PRIDE IN REBUILDING HOMES

Belgians Hope to Reclaim What War Destroyed and to Hear Children's Merry Laughter.

The case of Ypres is particularly interesting. It had been proposed at one time to preserve the ruins of the whole town in their present state as a war memorial. But the interest of private owners and the attachment of inhabitants to their town will have to be taken into consideration. It is to be hoped that the burgomaster's plan for the rebuilding of the whole town, including the Cloth hall and the cathedral, will not materialize, but nothing will prevent the inhabitants from going back to their old houses and restoring them to the best of their abilities. While regretting, from a purely artistic point of view, that the present ensemble of the grandest pile of ruins created by the war will not be entirely preserved, every Belgian will feel happier to think that even here, in the most desolate spot of this desolate country, local pride and love of the clock tower proved stronger than the German guns, and that the cock will crow again and children laugh where shells of every description burst ceaselessly for four years amid the clatter of falling debris.—Emile Cammaerts in Yale Review.

FAIL TO FIND FORMER HOMES

All Means of Identifying Property Was Shot Away During Battle in No Man's Land.

Thousands of Belgian families probably never will find their former homes in No Man's Land. All means of identifying them have been shot away.

The [illegible] homes, of course, somewhere in that desert waste, perhaps [illegible] what used to be somebody else's home. But the exact location of their own sacred lot of ground may forever remain a mystery.

Nearly five years of ceaseless bombardment has obliterated the land marks upon which the prewar land surveys were based. The old boundaries which distinguished one farm from another have literally been pounded into the earth, too deep for resurrection.

New surveys will come in time, probably more scientific than the old. Everyone who once owned part of the great battlefield will receive something equal in size and as near as possible to where his former home is thought to have been.

Match Law in Belgium.

The Belgian government has enacted a law prohibiting the manufacture, sale or keeping in stock of matches containing white phosphorus. The law provides for the confiscation and destruction of the prohibited products, as well as of the apparatus used in their manufacture.

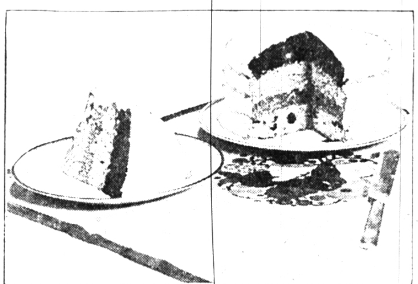
BEYOND HIS CONTROL.

Robert had entertained his cousin for two or three days, but at the end of the third day, a discussion arose and a hand to hand fight ensued. His mother, hearing the commotion, quickly rushed to the scene and admonished. "It isn't nice to fight, Robert," she said, "especially your own relation and guest," but her son in the heat of passion, replied, "It don't make any difference whether he is my 'lation or not, my mad feels just the same."

TIME.

Now, for the truth of things, time makes no alteration; things are still the same as they are, let the time be past, present, or to come. Those things which we reverence for antiquity, what were they at their first birth? Were they false?—Time cannot make them true. Were they true?—Time cannot make them more true. The circumstance, therefore, of time, in respect of truth and error, is merely impertinent.—John Hales (1628).

LEARN TO SIMPLIFY FOOD PREPARATION BY USING BASIC OR STANDARD RECIPES



Ribbon Cake With Four Different Layers, Made by Varying Same Layers.

(Prepared by the United States Department of Agriculture.)

Recipes are guides for the cook just as paper patterns are guides for the dressmaker. The good dressmaker does not purchase a new pattern for each new garment that she makes but uses her plain sleeve, her plain waist, and her plain skirt patterns and alters them to meet individual requirements and current styles. So the homemaker should learn to simplify her food preparation by using a few basic or standard recipes, learning the general proportions of ingredients in them and the standard method of combining these ingredients and varying these recipes to meet her needs, rather than blindly following every new recipe appearing in cook book, magazine or newspaper. To analyze these new recipes, says the office of home economics, would be to find that almost all of them are variations of a few simple patterns or types, divided or multiplied, differently flavored, baked in a new form or otherwise changed in some such detail.

Quick batters and doughs make up a large group of our common foods for which recipes are almost endless, yet all are variations of the few types given in the table.

How to Mix the Ingredients (except for Pasty).—Mix sugar with shortening. Add egg (in sponge cakes only the yolk is added at this time, the separated white is folded in the batter at the last). Add liquid and sifted dry ingredients alternately.

The Way to Make Pastry.—Mix fat and flour thoroughly, then add water and roll thin.

All of these basic recipes can be varied in a number of ways. Take the plain cake, for example. By varying the flavor a little, one can have many recipes from the one pattern recipe.

Variations With One Batter.

For Layer Cake. Bake batter in layer cake tins. The various layers may be differently colored if desired. Put together with filling or frosting.

For Chocolate Cake. Add one square chocolate (one ounce) or one-fourth cupful and one tablespoonful less of flour than called for. Or while melting chocolate, make thick paste with two tablespoonfuls boiling water, cooking it until thick and of about the same consistency as the cake batter. In the latter case the full amount of flour may be used.

Nut Cake. Add one-half cupful finely chopped or coarsely ground nut meats. Decrease fat one tablespoonful.

Spice Cake. Add one-half teaspoonful cinnamon and one-fourth teaspoonful cloves.

Very Dark Spice Cake. Use brown sugar in place of white and one-half teaspoonful each of cinnamon, cloves and nutmeg.

Ribbon Cake. Add to one-third the batter one-fourth teaspoonful each of cinnamon, cloves, nutmeg and one-fourth cupful raisins cut into small pieces. Bake dark batter as one layer and light as two. Put dark between with raisin jelly, fruit, chocolate or any desired filling. Or, divide batter and color as desired, pink, green, chocolate, etc., baking each portion separately and put together.

Silver or White Cake. Use four whites in place of two whole eggs and add one-half tablespoonful butter.

Gold or Yellow Cake. Use four yolks in place of two whole eggs.

Marble Cake. Color about one-third of the batter by adding two tablespoonfuls molasses or one tablespoonful cocoa or one square chocolate. Put the plain mixture in the tin and into this drop by the spoonful the dark mixture. This gives a mottled light and dark marble effect.

Any of these may be baked in loaf, layer or muffin tins. The cake in the illustration was made by using double the plain cake recipe, dividing the batter into quarters and varying the flavors. To the batter used for the bottom layer one-fourth cupful of raisins and two tablespoonfuls of [illegible] were added. To the next portion one-half teaspoonful of cinnamon, one-fourth teaspoonful allspice and one-eighth teaspoonful of nutmeg were added. The third portion was left plain while the fourth portion on the top layer had one-third square of melted chocolate added to it.

Many other common recipes can be grouped in the same way as these batters and doughs.

HERE ARE THE PATTERN RECIPES.

[illegible]

GOOD HEALTH BASED ON WHOLESOME FOOD

Leisurely Eating, Cleanliness and Order Not Sufficient.

Of Much Importance to Acquire Liking for Healthful Dishes and Eating Reasonable Amount—Children Need Training.

(Prepared by the United States Department of Agriculture.)

Good food habits include more than leisurely eating, cleanliness and order in everything that has to do with food and meals. Especially important are a liking for all kinds of wholesome foods, even if they have not always been used in the home or neighborhood, and eating reasonable amounts, without being either greedy or over-dainty. Every effort should be made to train children in such good food habits. If older people have not learned them, they, too, should try to do so, for such things are important not only to health but also to economy. To refuse to eat some wholesome dish simply because it is new may prevent the use of some very desirable and economical food. To feel that there is any virtue in providing more food than is needed shows poor taste as well as economy.

The health and appearance of the family make a good test of the wholesomeness of the diet. If the members are strong, well developed for their ages, free from ailments, and full of energy and ambition, it may safely be said their food agrees with them. But if they are listless and ailing, or not as well developed either physically or mentally as they should be, and if a competent physician finds that there is no special disease to account for these bad symptoms, a mother may well ask herself if the food is right, and if not, how she can make it so.

In such cases she might, for instance, apply for information on food and diet to her state leader in agriculture and home economics and to the home economics department of her state agricultural college.

Dishes Won't Crack.

Glass dishes will not crack when pouring in a hot liquid if the dish is set on a hot cloth. Another prevention is to put a silver spoon into the glass or dish before pouring in the hot fluid.

Make Stepladder Safe.

Tack a piece of old rubber over each support of the stepladder. It will steady the ladder and prevent possible falls. It will also protect the floors.

HANDLING OF FOOD SUPPLIES

One of Most Important Duties of Housewife for the Protection of Family Health.

(Prepared by the United States Department of Agriculture.)

One of the most important duties of the housewife and the chief object of her care is the proper handling of the food supplies for the protection of the health and the furtherance of the efficiency of her family.

Household Questions

Mustard poultices will not blister if mixed with the white of an egg.

* * *

Mustard and water is a quick and easy emetic in case of poisoning.

* * *

A teaspoonful of salad oil will stop a throat tickling cough at night.

* * *

Vinegar and stale bread applied as a poultice nightly to a corn for a week will cure it.

* * *

Vinegar, diluted, rubbed on furniture before cleaning, makes a brilliant and nonmarkable polish.

* * *

Dried lima beans cooked tender, then seasoned with finely chopped onion and parsley, can have a little chopped ham added to them with advantage.

* * *

Slices of stale sponge cake make a delicious dessert with canned half peaches set upon them, the hollows filled with whipped cream. Cover with a sauce of melted jelly.

Many School Children are Sickly

and take cold easily, are feverish and constipated, have headaches, stomach or bowel trouble.

TRADE MARK

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Used by Mothers for over 30 years

Are pleasant to take and a certain relief. They tend to break up a cold in 24 hours, act on the Stomach, Liver and Bowels and tend to correct intestinal disorders and destroy worms. 10,000 testimonials like the following from mothers and friends of children telling of relief. Originals are on file in our offices:

"I think MOTHER GRAY'S SWEET POWDERS FOR CHILDREN are grand. They were recommended to my sister by a doctor. I am giving them to my little three year old girl who was very puny, and she is picking up wonderfully."

"We have used MOTHER GRAY'S SWEET POWDERS FOR CHILDREN at different times for past nine years, and always found them a perfect children's medicine and very satisfactory in every case."

Get a package from your druggist for use when needed.
Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

Move Large Building.

A three-story reinforced concrete and brick building measuring 60 by 95 feet and weighing 3,000 tons, at Detroit, was moved 450 feet at the rate of 50 feet a day, being occupied meanwhile for its regular uses and without interruption of telephone, light or power service.

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

PORTER HAD FELLOW FEELING

Witness of Osculatory Exercises Meant to Do Good Turn in Putting Gob Wise.

The gob was on shore leave and happy because he had found a girl as affectionate as he. His joy was dimmed, however, for a bluecoat had forbidden spooning in the park and his girl had tabooed it in the streets. But life took a new turn when he saw a man kiss his wife farewell in front of the Pennsylvania station, New York. He rushed his girl toward a crowd hurrying toward the Philadelphia express and bade her a fond farewell. When the crowd thinned, they joined a throng for Washington and repeated the act. They repeated it again before the Chicago train.

This was too much for a colored porter who had been watching. He stepped up to the gob. "Boss," he said, "why don't you go downstairs and try the Long Island station? Dem local trains am a-leavin' mos' all de time!"—Everybody's.

Some Housekeeping.

In order to serve its patrons, one of the large New York hotels requires in a single year 375,000 pounds of butter, 500,000 quarts of milk, 90,000 quarts of cream, and more than 2,000,000 eggs. In one year the laundry department of the same establishment handles about 15,000,000 pieces of work.

No Wonder.

"Jabbs' business record is absolutely clean." "Yes, I understand he made it in soap."

OUT O' LUCK

Never mind! Just take Cascarets if Bilious, Constipated

Everyone must occasionally give to the bowels some regular help or else suffer from constipation, bilious attacks, stomach disorders and sick headache. But do not whip the bowels into activity with harsh cathartics.

What the liver and bowels need is a gentle and natural tonic, one that can constantly be used without harm. The gentlest liver and bowel tonic is "Cascarets." They put the liver to work and cleanse the colon and bowels of all waste, toxins and poisons without griping—they never sicken or inconvenience you like Calomel, Salts, Oil or Purgatives.

Twenty-five million boxes of Cascarets are sold each year. They work while you sleep. Cascarets cost so little too.—Adv.

TRAMP'S PLEA THAT FAILED

Sufferer Quite Unable to See Style of "Splitting and Hacking" Proposed by Farmer's Wife.

Lawson Purdy, secretary of a charity organization, said in a brilliant address on charity in New York:

"Charity bestowed on the professional beggar is worse than wasted. A gaunt scarecrow with a red nose knocked at the back door of a farmhouse one bitter December day.

"'Charity, lady,' he croaked. 'Charity for the sake of the Christmas feast wot's approachin'.'

"Here he coughed dismally.

"'Lady,' he went on, 'I got a splittin' headache and a hackin' cough, and—'

"But the wise farm woman interrupted him.

"'A splittin' headache and a hackin' cough?' she said. 'Then you won't mind goin' out to the woodshed and splittin' the kindlin' and rackin' them oak logs. When you're through I'll give you a meal of—'

"But the sufferer with a gesture of rage and disgust was already hurrying on."

Names Baby Marine Cora Haverly.

Sergt. Oran B. Haverly, United States marine corps, San Francisco, and Mrs. Haverly announce the birth of a daughter, who will be christened "Marine Cora Haverly."

In requesting a furlough and announcing the birth of the child to his commanding officer, the marine used the Biblical quotation: "Train up a child in the way it should go, and when he is old he will not depart from it."

Sergeant Haverly explained that he wanted a boy, but as he could not hope ever to enlist his child in the corps, he had done the best he could to make a good Marine of her.

He got his furlough.

Well Matched.

"She has dyed her hair a raven hue."

"I suppose that is to match her crow's feet."

If You Hear Anybody Talking

about coffee prices or coffee troubles, tell them to quit coffee and try

Instant Postum

A ten days' trial shows results that please, and with gain in comfort there is no loss of pleasure.

A wonderful table drink, pure, healthful, economical, delicious! No advance in price.

"There's a Reason"

Made by Postum Cereal Co., Battle Creek, Mich.