

A GUARANTEED REMEDY FOR ASTHMA

Your ROSEY will be relieved by your druggist with this GUARANTEED REMEDY for every case of Asthma, Hay Fever, Cough, Whooping Cough, Croup, Sore Throat, and all other attacks of the chest.

DR. R. SCHIFFMAN'S ASTHMADOR

In either form (Chestnut, Pipe, or Powder) Asthmador gives instant relief in every case and has been recommended by the highest medical authorities. It is a powerful expectorant, and its use is guaranteed to give relief in every case of Asthma, Hay Fever, Cough, Whooping Cough, Croup, Sore Throat, and all other attacks of the chest. It is a powerful expectorant, and its use is guaranteed to give relief in every case of Asthma, Hay Fever, Cough, Whooping Cough, Croup, Sore Throat, and all other attacks of the chest.

R. Schiffman Co., Proprietors, St. Paul, Minn.

MOST PROFITABLE SAVINGS PROPOSITION. Money can be saved by purchasing Asthmador in bulk. For particulars, apply to R. Schiffman Co., St. Paul, Minn.

Write for New List of Real Farm Bargains.

J. H. GUELL, HIGGINS, MICHIGAN.

MUSIC SCHOLARS. Write for free particulars. We have a large stock of music books, and are prepared to supply you with the latest and best.

W. N. U., DETROIT, MO. 40-1917.

PETERSON'S OINTMENT BEST FOR ECZEMA

First Application Stops Itching of Eczema, Salt Rheum and Piles.

"Live and let live is my motto," says Peterson. "I have cured many cases of Eczema, Salt Rheum and Piles with my Ointment."

"I've got a safe full of thankful letters from those who have been cured of Eczema, Salt Rheum and Piles by my Ointment."

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THE KITCHEN CABINET

A woman may always help her husband by what she knows, however little; by what she half-knows, or mis-knows, she will only tease him.—Lusk.

LESS MEAT IN OUR DIET.

It is no doubt true that the majority of people buy for food the things that appeal to the palate rather than buying with reference to the nutritive value of food, and this in spite of the fact that papers, magazines, lecturers and food experts are daily bringing before us the importance of food supply. Meat is a popular because of its flavor, due to certain substances, called extractives. These extractives are in no sense nutritive, but have a stimulating effect upon the appetite and digestive organs, so that they are valuable aids in the digestion of foods. Too much meat in eating, however, dulls the taste for milder, less highly flavored foods, as candy spoils the appetite of the child for plain bread and butter.

It is reason for the popularity of meats, such as steaks and chops, is that they may be cooked and served in a few minutes. Meat being the main dish, other things having secondary importance, helps to solve the everyday problem of what to have for dinner.

If the purse is ample there is no reason why we should exclude meat from our tables; but once a day for dieting is often enough to serve. In many experiments carried on by students it has been shown that a decrease of meat to one-sixth of the actual amount has made an actual improvement in their capacity for physical endurance.

Our faith in the strengthening property of meat has no doubt come down to us from our ancestors who from early times have been eating meat.

As known by observation and statistics that the amount of meat consumed in our country is gradually being reduced and everybody concerned in their health for such restrictions.

As meat proteins are particularly liable to putrefaction in the intestinal tract, these products through the activity of bacteria, are often poisonous, when absorbed into the system give rise to hosts of ills.

The foods which may take the place of meat supplying the body with all that it needs to repair waste and give energy, are milk, eggs, cheese, nuts and peas and beans. By using these foods and cutting down the meat allowance the health will be better and the purse lighter.

It is happier who hath power to ward wisdom from every power, and woe his heart in every hour. To pleasant gratitude. —Wordsworth.

A FEW FRAPPES AND GRANITES.

Frappes are real thirst quenchers especially used to serve from the punch bowl at teas, receptions and dances. They are made of fruit juices, while the granites are another form of frappes in which the bits of fruit are frozen in the juice.

Tea Frappe.—Put a cupful of sugar and two cupfuls of water for five minutes. Add a pint of strong tea in fusion, and cool. Then add the juice of two lemons and one can of grated pineapple. Freeze if desired or pack in a mold in equal parts of ice and salt for three hours. Remove from the mold and garnish with slices of lemon or crushed mint leaves dipped in powdered sugar.

Coffee Frappe.—Make the coffee of the desired strength, strain, cool and sweeten, place in a mold and pack in ice and salt. Serve garnished with whipped cream. Chocolate or cocoa may be prepared in the same manner.

Fruit Juice Frappe.—Take two cupfuls of fruit juice, one cupful of sugar and two cupfuls of water, the juice of two lemons. Cook the sugar and water for five minutes, cool and add the fruit juice. Pour in equal parts of ice and salt for three hours. If a finer texture is desired use one part of salt to two of ice and allow it to stand for five hours.

Orange and Grape Juice Frappe.—Add one cupful of sugar to two cupfuls of grape juice and one cupful of orange juice, with a fourth of a cupful of lemon juice. One cupful of cream may be added if desired. Fill the mold and pack as usual in ice and salt. Garnish with whipped cream in serving.

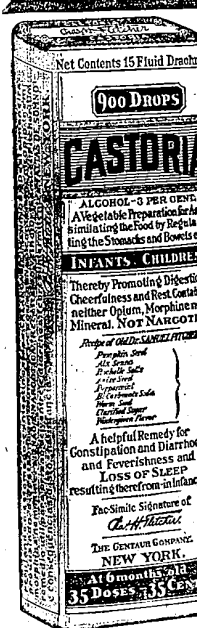
Elder Frappe.—To four cupfuls of sweet elder add one-half cupful of sugar and the juice of a lemon. Freeze as usual.

Granites are made using a sugar syrup, with fruit juice and one or two cupfuls of crushed or chopped fruit.

To four cupfuls of ripe cherries, cut up after standing, add two cupfuls of sugar and the juice of a lemon. Place in a mold in salt and ice five hours.

Milk Milk is Profitable.

If skim milk is available, it can be fed very profitably to growing chicks as well as to mature hens. The amount of best scum may then be reduced.



Children Cry For Fitcher's CASTORIA

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fitcher

In Use For Over 30 Years

The Kind You Have Always Sought

CUT OUT CROOKED STICKS

Use of Dead Wood for Fuel is Also Applied to Scoundrels and the War.

Forestry experts in New York, a state which has been much concerned in attention to its wealth in trees, urge farmers to help the country meet the highest cost of fuel by making more of the dead and dying timber in the woods. They are advised to burn in their stoves and grates the fallen logs still sound enough to be converted into fire wood and to cut down and utilize crooked trees ordinarily condemned to worthlessness as timber, no matter how long they may be allowed to stand.

This is good advice, and there is a human moral in the crooked stick part of it, says an exchange. The stress of war times, which led to the appeal issued to New York farmers in sitting out crooked men. Some rascals will profit by war conditions, but in the broad view of the nation's affairs the sound and straight will come to the front. The country can't take chances with scoundrels. It must cut crooked sticks out of the life-and-death work of the war, in places of authority.

Out of the Mouths of Babies.

Little Nettie asked her teacher what was meant by "Mrs. Grundy." She was told that it meant the "world."

Some days after the teacher of the class to which Nettie belonged asked, "What is the equator?" After some hesitation Nettie said: "I know, it's the belt around Mrs. Grundy's waist."

A Suggestive Slap.

"You are my silvery-toned belle," said Sentimental Sammie.

"Eh?" rejoined Practical Pauline.

"What is the use of having a bell if you don't ring it?"

European experimenters have found that explosions can be caused in gas works by sparks from a telephone.

RELIGION IN FRANCE

There is no state religion in France, but the adherents of any church or creed can hold their religious beliefs and observe their religious practices. Under the law promulgated on December 9, 1905, the churches were separated from the state, the adherents of all creeds were authorized to form associations for public worship, and the state, the departments and the communes, were relieved from payment of salaries to clergymen. For clergymen of forty-five years and over pensions were provided. Buildings used for public worship were made over to associations for public worship. The association law of July 1, 1901, requires religious communities to be authorized by the state, and no monastic association can be authorized without a special law in each particular case. Before the passing of that law there were 810 recognized associations, and 733 not recognized. After the passing of the law, of the 733 not recognized, 305 dissolved themselves, and 448 asked for authorization which was refused by the chambers, or parliament, to the majority of them.

Just as Good.

Tommy Atkins had taken a German officer prisoner and surrounded the latter's sword. The officer shook his head.

"I have no sword to give you," he said, "but won't my vitrol spray, my flame projector or my gas cylinder do as well?"

Use for Horse Chestnuts.

Horse Chestnuts Wanted—British Find They Will Keep Other Cereals in Munitions.—Newspaper Headline.

Thank heaven, we're not asked to eat them.—New York Sun.

Progress.

"Are you interested in food control?"

"I have gotten away past it. What I'm interested in now is appetite control."

No girl's face is in it with a re-touched photograph.

More Expensive Trimming.

Halefeller (wistfully)—"What? Do you mean to tell me, woman, that it cost \$30 to get that hat trimmed? Jumping Jupiter! But that milliner's game is the limit!"

Mrs. Halefeller (sweetly)—"Really? Why, I understood it costs some men more than that to get trimmed in a poker game."

Waiting for Congress.

"Why does the president have the pardoning power and not congress?"

"We don't want a prisoner who deserves a pardon to run the risk of dying of old age."

The crow is the one big black bird larger than a pigeon that flaps its wings all of the time slowly as it flies.

There are fast friends and fast friends. One kind you can't lose.

For Constipation Carter's Little Liver Pills

Helpful to the Healthiest

Set You Right Over Night

Colorless or Pale Faces usually indicate the absence of iron in the blood, Carter's Iron Pills

Relieving Anxiety.

"What makes you so thoughtful, Al-gernon, dearest?"

"I was just thinking of the disturbance to business caused by the war, darling. Now, say they are going to be a sugar shortage in the United States."

"Well, my own, don't get worried. I would just as soon have a nice, long automobile ride as a box of chocolates, any time."

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by Dr. J. C. Carter's Little Liver Pills.

Dr. J. C. Carter's Little Liver Pills are taken internally and act on the blood in the mucous membrane of the System.

Sold by druggists for over forty years. Price, 25 cents a bottle. Free trial.

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

Which is Done.

"My husband worries so over our gas bill."

"Oh, tell him to make light of it."

A wide fertile area will be reclaimed by the construction of a 32-mile canal in Matanzas province, Cuba.

EAT SKINNER'S THE BEST MACARONI

More Comfortable, Healthier, Convenient

Absolutely Odorless

Put it anywhere in the house

Procrastination is the thief of health. Keep yourself well by the timely use and help of BEECHAM'S PILLS

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