

Get Back Your Health!

Are you dragging around day after day with a dull backache? Are you tired and lame mornings—subject to headaches, dizzy spells and sharp, stabbing pains? Then there's surely something wrong. Probably it's kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get plenty of sleep and exercise and use Doan's Kidney Pills. They have helped thousands. Ask your neighbor!

A Michigan Case

David Newmarch, 8 Lexington Ave., Grand Rapids, Mich., says: "I have been a sufferer from kidney trouble for many years. I had backaches and pains across my back so badly I could hardly go to work. Sometimes I felt lame and could not walk. I acted irregularly. Used Doan's Kidney Pills and they soon put me in good shape. The backaches left and I felt fine."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

INFLAMED EYES
Don't treat inflamed eyes with powerful drops. Get relief with Mitchell's Eye Salve. It's the only remedy that soothes, cures, and keeps the eyes clear.

MITCHELL'S EYE SALVE

Bilious Attacks

Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowels to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Nujol is a lubricant—not a medicine or laxative—so cannot give you a grip. Try it today.

Nujol
A LUBRICANT—NOT A LAXATIVE

BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HAZEL OIL CAPSULES

The National Remedy of Holland for over 20 years. It is an enemy of all ailments resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Law and Medicine.
"I should think you would have been tempted to take the law in your own hands with that bootlegger."

"What he handed us made us too sick to worry over any kind of law," replied Cactus Joe. "All we could think about was medicine."

A Lady of Distinction
Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Saps and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually wins a clear, sweet, healthy skin—Add Hygiene.

Present Strength of Army.
The total strength of the army within the continental limits of the United States at the present time is 97,000, of whom some 72,000 are army nurses, field clerks, cadets or members of special service, such as the quartermaster corps, medical corps and finance department.

Ann Arbor—The University of Michigan has graduated 42,193 students since 1845, a report compiled by H. L. Sennearman, director of the university catalog, shows. The college of Literature, Science and the Arts led in number of graduates with 14,893. Law, medicine and engineering colleges are second, third and fourth. There have been 393 honorary degrees conferred by the university.

Kalamazoo—After two weeks, during most of which time he hovered between life and death John Lorish, 13 years old, was removed from a local hospital to his home in Burgin. The little boy was almost entirely scalped, July 31, by the accidental discharge of a shotgun which tore away the top of his head. Two weeks ago he was submitted to a difficult operation by which 12 square inches of skin was grafted from one of his legs to the top of his head entirely replacing the lost scalp. Physicians say he will regain his mental faculties.

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STATE NEWS IN BRIEF

Ironia—The Pere Marquette railroad has leased the east half of the local depot to the American Express Company.

Ann Arbor—The University of Michigan has enough coal to properly heat its buildings until the first of next year, it was announced.

Pontiac—Beta Phi Sigma's fraternal club held its first dance at the largest of the west shore of the resort, burned, causing \$10,000 damage.

Marquette—Marquette County will expend \$198,000 in 1923 for the construction of good roads. Of this amount \$60,000 will be invested in new trunk line roads.

Battle Creek—Brigadier General George V. H. Mosely, of Camp Cluster, is in command of the Sixth corps area pending retirement Nov. 30 of Major-General Bell, Jr., now on leave of absence.

Grand Rapids—William Oakward, 70, had an arm crushed when he became caught between an elevator and a shaft at the store of the Rademacher-Dodge Grocery company where he is a watchman.

Dowagiac—Because regulations prohibiting a postal employee from taking part in politics, O. J. Reynolds, Democratic candidate for sheriff, has resigned from the local postoffice force. He has served 12 years.

Pontiac—Charles Cross, former sheriff, must pay \$800 to Walter Snyder, of Detroit, for liquor he seized and destroyed, only later to find it was in Snyder's possession legally, the county board of supervisors has decided.

White Cloud—Fitch, on the railroad bridge at Berry, Mich., on the Pere Marquette railway, died up for an hour a special train, which was under President Frank Alfred of the P. M. and a party of officials on an inspection trip.

Port Huron—The Port Huron city commission has passed an ordinance making it an offense for barker's and solicitors for jitney buses and taxicabs to solicit business on the streets. This is received as a death blow to several local firms.

Monroe—Arraigned before Leo Smith, justice of the peace, Charles Otis Bryan, 25, Monroe, stood mute to the charge of having killed his wife, Myrtle May Bryan. He was bound over to the November term of the Circuit court without bail.

Muskegon—Walter Westender, manager of a Standard Oil company filling station, facing the muzzle of a holdup man's pistol, frustrated a robbery by calling to an assistant he never had. The gunman hastily pocketed his weapon and fled, leaving \$500.

Hart—George Corwin, 72, a farmer living just outside the place, was gored to death by a Jersey bull. Mr. Corwin had just sold the animal to a butcher and they were about to load him on a wagon when he suddenly turned upon them giving no chance for escape.

Charlotte—Horace Maynard Chapter is the new name adopted by Charlotte Chapter, No. 82, Royal Arch Masons. For many years the late Attorney Horace S. Maynard, Sr., of this city, was grand lecturer of the grand lodge and one of the best known Masons in the state.

Lapeer—In response to the expression of the community, Representative Grant named Gertrude Moffat, of Sandusky, acting postmaster of this city. John Moffat, 42 years old, had been appointed to the office and was taken over on October 16. He was stricken with typhoid fever and died October 17.

Port Huron—Two men comprising the crew of the fishing Marlin, were rescued by the steamer Wilpen, up-bound, when the tug sprang a leak and sank in Lake St. Clair Flats. The men were landed at Marine City, where they gave their names as James Richards, of Port Lambton, Ont., and R. H. Zink, of Toronto.

Pontiac—Authority to enter into a contract for purchase of a new site for the county poor farm was voted, to a special committee of the board of supervisors. It had been recommended that the present farm be sold as it is too valuable for poor farm purposes, lying on the edge of the city. No authorization for the sale was voted.

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The KITCHEN CABINET

(C. 1912, Western Newspaper Union)
This name is Hasty Pudding, thus our fires Were wont to greet these funn' from their fires: And while they argued in their defense: With logic clear, they thus explained the reason: To haste the boiling chafin' for the wise: Receive and cook the ready 'served' meal: In haste 'tis served and then 'tis equal haste: With cooking milk, we make the sweet repeat.

WAYS WITH MAIZE

A well-cooked glass of hasty pudding is not to be spoken of lightly, for it has been the Sunday night, lunch, of many a sturdy New Englander.

To the new housekeeper, the bubbling, sputtering, chafin' is a troublesome dish, but if it is cooked in a double boiler it needs no stirring and will cook without lumping. When taking out of the boiler let it cook a few minutes over the direct heat, to be sure that the pudding is all cooked. Take three and one-half cups of cold water, one teaspoonful of salt, and one cup of cornmeal; place over hot water and cook until smooth. Some cooks live it a good beating with an egg beater just as it begins to thicken. When stirring the "mush-and-milk," dip the spoon each time into the milk, then each spoonful of the pudding will be separate in the bowl. If you are skillful, the water may be boiling hot and the cornmeal stirred in a little at a time with the left hand and the right stirring vigorously to keep it from lumping. Salt and stir often, cook in an iron frying-pan and the pudding will not burn out. Cook a long time to bring out the flavor of the corn.

Corn Dodgers.—Scald cornmeal with boiling water, adding a teaspoonful of salt and a tablespoonful of fat to each quart of cornmeal. When each form into cakes on a hot griddle, and bake on a hot griddle very slowly so that they may be cooked all through. Dodgers are broken, never cut, and are served with butter or gravy.

Pot Pie.—Potatoes is the Italian way of serving this. It is cooked two to three hours. Stir in three-fourths of a cupful of grated cheese and stir until melted. Pour into a long tin to cook, sprinkle with cheese and with corn and in squares and bake 15 minutes.

Corn Pudding.—Into a quart of boiling water, add, stir, corn, corn meal to make a stiff dough. Shape into small cakes and bake one-half hour in a hot oven. The pone should be brown on all sides.

A little meat, a bit of fat, a spoonful of seasoning, what a dish! —N. M.

A LITTLE MEAT DISH
Meat in most families is the largest item of expense in the household budget, but by combining other foods in generous measure with a small amount of meat, the cost can be reduced.

Stuffed Tomatoes.—Wash six tomatoes, cut a slice from the stem-end, scoop out the center, invert to drain. To one-half cupful of soft bread crumbs add the tomato pulp, one-half cupful of cooked chopped beef, one-half teaspoonful of chopped parsley and one-half teaspoonful of salt. Season the inside of the tomatoes, fill with the ham mixture. Do not press down lest the tomatoes crack while cooking. Place in a shallow pan and bake 30 minutes in a moderate oven.

Pastry Rolls.—Put one cupful of meat through the meat choker; add one-fourth of a cupful of bread crumbs, one teaspoonful of salt, one teaspoonful of Worcestershire sauce, and beef stock to moisten. Add one teaspoonful of chopped parsley and slice into small rolls. Make a plain pastry, roll thin and wrap a strip around each roll of meat. Bake in a hot oven and serve with a brown sauce.

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