

FROM PERSONAL EXPERIENCE

Mrs. Bradford Recommends Lydia E. Pinkham's Vegetable Compound

Floebus, Virginia.—(Having this opportunity I must refrain from saying a word of praise for the Lydia E. Pinkham medicine. I have used them as occasion required for twenty years and my throats have also used them, and always with the most gratifying results. During the Change of Life I had the usual distressing symptoms—hot flashes, insomnia, etc.—and I am pleased to testify to the wonderful results I obtained from the Vegetable Compound. I heartily recommend it to any woman and I will be pleased to answer any inquiries that might be sent me through the publication of my testimony.) Mrs. H. L. BRADFORD, 109 Armatoad Street, Floebus, Virginia.

Consider carefully Mrs. Bradford's letter. Her experience ought to help you. She mentions the trials of middle age and the wonderful results she obtained from Lydia E. Pinkham's Vegetable Compound.

If you are suffering from nervous troubles, irritability, or if other annoying symptoms appear, and you are blue at times, you should give Lydia E. Pinkham's Compound a fair trial. For sale by druggists everywhere.

When they cough! KEMP'S BALSAM Dr. Kellogg's Asthma Remedy

for the prompt relief of Asthma and Hay fever. Ask your druggist for it. 25 CENTS and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

INFLAMED EYES MITCHELL EYE SALVE

FREE We teach you how to successfully treat eye troubles

Indigestible. Artful—You appear to have done your prescribed reading, but you seem not to have digested it thoroughly. Mr. Poise—Me digest that stuff? It's impossible. I'm no goat.

DEMAND "BAYER" ASPIRIN Take Tablets Without Fear if You See the Safety "Bayer" Cross

Sure Relief FOR INDIGESTION BELLANS

CURES COLDS IN 24 HOURS CASCARA QUININE

Comfort Your Skin With Cuticura Soap and Fragrant Talcum

STATE NEWS IN BRIEF

Monroe—Christian Kolb, 80 years old, a veteran carpet weaver of Monroe, died here recently.

Lansing—A brother and sister who lived together in Lansing for nearly 50 years, died here recently, within a few hours of each other.

Saginaw—George W. Stone, 74 years old, a resident of this city 60 years and employed by the Saginaw Milling company 40 years died here recently.

Grand Rapids—Rev. John C. Sullivan, ordained recently into the Catholic priesthood, at Detroit, celebrated his first mass at St. Andrew's church, in Rapids, last week.

Alpena—It is estimated by D. & M. railroad officials here that about 1,200 Detroiters, former Alpena residents, spent Christmas in this city, at least half of them coming for two days only.

Alpena—James B. Hobbs, 84 years old, died here recently. Mr. Hobbs owned the largest pure-bred Holstein herd in Northern Michigan and one of the largest poultry farms in the state.

Detroit—Transferred from his post in Detroit to one of greater responsibility, that of director of the Michigan government, General Alfredo Serrato, Mexican consul for Michigan, left for St. Louis last week.

Detroit—Twelve years the junior of Abraham Lincoln, and one-year the senior of Ulysses S. Grant, William Stockard, aged 102, died here recently, the oldest resident of Detroit, died at his home here Christmas day.

Albion—Henry H. Hart, 68 years old, Albion pioneer, who played a prominent part in the affairs of Albion when it changed from a village to a city, died here recently. He was born here in 1847 and had resided here continuously ever since.

Comstock—Stricken with heart trouble in sight of the home at which he was to have taken Christmas dinner with other members of the family, James L. Holman, 68 years old, a resident of Alamo for more than 50 years, dropped dead in an automobile last week.

Menominee—Hurryng to complete his work so he could spend Christmas at his home here, Joseph Ducharme, 35 years old, fell from a load of logs at a logging camp near Pentost, Mich., and was crushed to death as the logs rolled over his body. He was a veteran of the World War.

Battle Creek—Mr. and Mrs. Lyeurgus McCoy celebrated their 58th wedding anniversary here recently at their home here. They were wed in Keokuk county, Iowa, and came to Battle Creek 44 years ago. McCoy served as a soldier in the Civil war and was first sergeant of his famed march to the sea.

Muskegon—Final plans for the first gold medal poultry show ever held in Michigan, to be conducted here in the early part of January, were completed at a meeting of the Muskegon Poultry association. The show will be featured by presentation of gold medals to the winners by the National Poultry association.

Shelby—The orchards of Oceana county, one of the richest fruit-growing sections of the state, are being protected. A harvest of 100,000 bushels of fruit trees is reported than ever before. This has been due partly to the mild weather which has made late planting possible, and also because of the increased profits from orchards.

Kalamazoo—Jasper J. Campbell, former county clerk and prominent resident of Kalamazoo, died here last week. Campbell was known throughout the state as an authority upon agricultural matters. He was the owner of Kalamazoo Palomona grange, secretary of the Kalamazoo county farm bureau, president of the Robert Burns society and interested in other activities.

Grand Haven—The level of Grand River in the Grand Haven harbor has dropped three feet below normal, causing shipping much annoyance. The entrance to the harbor by the car ferries and the Goodrich steamer Alabama is a matter with considerable difficulty and danger. The Alabama on one occasion during the last week was unable to make the harbor.

Oeoda—Eco Syll Belle, Fletie, a pure-bred four-year-old Holstein cow, owned by Carl B. Schmitt, local farmer, is attracting nation-wide attention by a remarkable production of milk and butter fat. Under constant watch of four supervisors the cow has produced 682.3 pounds of milk containing 33,014 pounds of fat in seven consecutive days with the test still in progress. This fat production is equivalent to 41,267 pounds of butter.

Lansing—Licenses for 724,392 motor vehicles were issued by the Department of State in the calendar year of 1923, according to a report completed here recently. Complete figures regarding the revenue to the State are not yet available, but it will total around a million, of which half goes to the State and half to the counties for highway work. The 1923 figures include passenger commercial and trailer vehicles. On the basis of the 1920 population of 2,668,412, there is approximately one motor vehicle for every five persons.

The Kitchen Cabinet

A few can make money by shrewd trading, or by introducing some unusual opportunity, but the majority of men can hope to amass wealth only by self-control and hard, persistent toil.—Clyde Davis.

YEAST BREADS

A third of a yeast cake or less may be used when setting a small sponge at night. A cupful of liquid is supposed to make an ordinary-sized loaf. To a pint of milk add a pint of boiling water, cooled and the compressed yeast, which has been softened in warm water. Add one-half teaspoonful of salt and two tablespoonfuls of flour to make a drop batter. Prepare this sponge at six o'clock, and about ten, knead down into a smooth ball; butter the bread bowl, set in a place not near a draft, and let stand until morning. The first rising in the morning, if it is very light, cut down with a sharp knife. Set in a warm place and let rise. When again rising cut down and upon the next rising the loaf will be very tender. A few tablespoonfuls of fat may be added to the sponge if desired, making a more tender loaf. For rolls, make into any desired breads. For rolls a very soft diet is the better loaf. Break off bits of the dough, add a little butter or sweet fat, roll into small balls and place three in each pan. Set to rise until very light and bake in a quick oven.



If time is short, make the old-fashioned biscuits, pinching off enough dough for each; roll into a ball and place closely together in a greased dripping pan. Pierce with a fork and set in a very warm place to rise; when more than double in bulk, place in a very hot oven, then lower the heat to finish the baking.

For a busy housewife, the loaves of bread may be molded, making two or three, baking in one pan in individual pans and enough dough will be left for a good-sized tin of biscuits, or a small one and a coffee cake. For the coffee cake be sure that a good cupful of sponge is used, add one-half cupful of sugar, an egg, and one-half cupful of shortening. Mix well, place in a well-buttered pan adding raisins, gelled lemon rind or currants. Spread with butter, sprinkle with a mixture of brown sugar and cinnamon, and bake in a very light bake in a moderate oven.

For finger rolls, add a bit of butter to a small ball of the dough, then roll on the bread board, shaped into a long roll. Place in a buttered bread-tray or in a common dripping pan; when light bake until brown.

Oh, hour of all hours the most blessed hour of our dinner. Digestive cheese and fruit there sure will be. —J. J. Jansoni.

HAVE A DISH OF PORK A few slices of sweet side pork cut rather thin and fried a golden brown, the fat used to make a delicious gravy, both served with baked potatoes, makes a fine, tasty meal on a cold day.

Here is a dish which provides the meat and vegetables for the whole meal: Farmers' Meat Dish—This will also be enjoyed by others who are able to provide it. Take a large-sized granite pan—the size used will be modified by the family. Slice enough potatoes; rather thin; to nearly fill the dish, season well with salt and pepper and then sprinkle over the potatoes a tablespoonful of oil or lard. Place over the potato and onion, a close covering of pork chops, season well on top and put into a moderate oven, allowing two hours for a good-sized pan. Bake until the chops are brown on top, turn them and season again and finish browning by setting the pan under a gas flame if one is convenient; otherwise finish cooking in the range.

Savory Pork—Cut two pounds of fresh ham into one-half inch slices. Trim off the extra fat and fry for ten minutes in a hot frying pan. Add two slices of onions, one cupful of tomatoes, six shredded green peppers, and cook five minutes. Add one-fourth cupful of flour and just water enough to cover. Season and cook closely covered for twenty minutes. Just before serving add two cupfuls of cooked spaghetti. Arrange the ham on a platter with the spaghetti surrounding it.

Stuffing for Veal Roast—Mix one-half pound of finely-chopped pork and a few mushrooms. Add a well-beaten egg, a little onion, salt and pepper, onion, salt and pepper to taste. Mix well and insert in a pocket made by sitting the meat near the bone.

Pork Chops—Place pork chops in a frying pan, adding just enough water to cover the bottom of the pan. Put a lid on, turning often until the chops are well-cooked and the water is evaporated. Now season and brown. The chops will be well cooked and moist.

Washing Chops Only The Skin

Min. Insurement Than Soap and Water

Neenee Max well



Winter Find You Tired and Achy? Do You Suffer Constant Backache—Feel Old and Worn Out? Then Follow the Advice of These Good Folks!

DO YOU get up these winter mornings feeling tired, weak, achy all over? Are you so lame, stiff and miserable it seems you can never get back in trim? Does your back ache with a dull, constant throb? Sharp, rheumatic pains torture you at every step? Then you should be giving some attention to your kidneys.

Winter, you know, is danger time for the kidneys. That's because exposure to colds and chills wears down body resistance and throws an unusually heavy strain on the hard-working kidneys. The kidneys are apt to fall behind in keeping the blood-stream pure, and poisons accumulate that well kidneys would have filtered out.

"Use Doan's," Say These Good Folks:

MRS. LIZZIE KRABILL, 917 N. Larch St., Lansing, Mich., says: "My kidneys were weak and when I overworked or took cold it settled on these organs. This caused backaches and pains over my kidneys. I felt tired and had no energy. Nervous, dizzy headaches were frequent and my kidneys were never regular in action. I used Doan's Pills and they helped me right away, relieving me of the backaches, headaches and dizziness."

E. A. SMITH, 552 N. Hudson St., Marshall, Mich., says: "My work is hard on my back and so much lifting and stooping caused my kidneys to bother me a great deal. Especially when I took cold it seemed to settle across my kidneys and I had a great deal of backache. The muscles in my hips got very sore, too. Whenever I was troubled with these attacks I get a box of Doan's Pills and a few days' use always brings the very best of relief."

DOAN'S PILLS Stimulant Diuretic to the Kidneys At all dealers, 50c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

Woman—Do you charge for children? Ticket Seller—Under five we do not. Woman—Well, I only have three.

Don't Forget Cuticura Talcum When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

When a girl is chummy with her mother she can get along pretty well without a chaperon.

Two pleasant ways to relieve a cough. Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand. SMITH BROTHERS S.B. COUGH DROPS MENTHOL Famous since 1847

Teach your child internal cleanliness

THE mother who permits constipation in her baby or older child is risking the health, even the life of her little one. It must be remembered that an infant is helpless, unable to tell that constipation is making its life miserable. Consequently the mother must be able to recognize signs of constipation in her baby. Convulsions, night terrors, grinding the teeth in sleep, feverishness, fretfulness and such symptoms—any of these may indicate that poisons from baby's stagnant intestines are flooding the little body. In older children biliousness, coated tongue, loss of appetite warn the mother that constipation is present. Constipation, unchecked in youth, may lead to serious consequences. In constipation, according to intestinal specialists, lies the primary cause of more than three-quarters of all illness, including the gravest diseases of life.

Lasatives Only Aggravate Constipation: The mother should not resort to laxatives. A noted authority says that laxatives and cathartics do not overcome constipation but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favor Lubrication: Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found in Nujol a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine: Nujol is used in children's and general hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless. Let your infant or child have Nujol regularly—and see rosy cheeks, clear eyes and happiness return once more. Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol yourself as regularly as you brush your teeth or wash your face. For sale by all druggists.

Nujol For Internal Cleanliness