

NERVOUS, RUN-DOWN MOTHERS

Worn Out Caring for Children and Housework—See how Lydia E. Pinkham's Vegetable Compound Helps

Indianapolis, Indiana.—"I was in a very nervous and run-down condition while nursing my baby, and hearing some talk of Lydia E. Pinkham's Vegetable Compound, I began taking it. From the second bottle I noticed a big improvement, and I am still taking it. I am not a bit nervous now, and feel like a different person. It is a great medicine for any one in a nervous, run-down condition and I would be glad to give any one advice about taking it. I think there is no better medicine and give you permission to publish this letter."

Mrs. Anna Smith, 641 W. Newwood Street, Indianapolis, Indiana.

The important thing about Lydia E. Pinkham's Vegetable Compound is that it does help women suffering from the ailments common to their sex.

If you are nervous and run-down and have pains in your lower parts and in your back, remember that the Vegetable Compound has relieved other women having the same symptoms. For sale by druggists everywhere.

SPOHN'S DISTEMPER COMPOUND

Horses and Mules can be kept on their feet and working if owners give "SPOHN'S" for Distemper, Influenza, Shipping Fever, Coughs and Colds. It is the surest means of escaping these diseases. Occasional doses work wonders. Give "SPOHN'S" for Dog Distemper. Used for thirty years. 50 cents and \$1.50 per drug store.

CURES COLDS IN 24 HOURS

AT ALL DRUG STORES. CURE FOR COLDS. CURE FOR LAGRIPE IN 3 DAYS. DETROIT, WASH. HILL, CO. DETROIT, MICHIGAN.

EYES HURT?

Don't ignore the danger which may result from eye trouble. It may lead to blindness. Write for free literature. Address: 117 FARMINGTON, N.Y.

Cuticura Soap

Is Ideal for The Complexion. Soap 25c, Ointment 25c and 50c, Tablets 25c.

Some men would rather put up a weak argument than furnish strong proof.

Nothing Better for Constipation than one or two Brandreth Pills at bed time. They cleanse the system, purify the blood and keep you well.—Adv.

The less husbands and wives have to say about jealousy the better.

ASTHMA

DR. J.D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25c bottle and 50c bottle. Write for FREE B.A.M. P.R. Northrup & Lyman Co., Inc., Buffalo, N.Y.

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Green's August Flower

The remedy with a record of fifty-seven years of surpassing excellence. All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming-up of food, wind on stomach, palpitation and all indications of digestive disorder, will find GREEN'S AUGUST FLOWER an effective and efficient remedy. For fifty-seven years this medicine has been successfully used in millions of households all over the civilized world. Because of its merit and popularity, GREEN'S AUGUST FLOWER can be found today wherever medicines are sold. 30 and 50 cent bottles.

KEMP'S BALSAM

Don't let the children cough and cough. INFLAMED EYES. The only remedy for inflamed eyes. Write for free literature. Address: 117 FARMINGTON, N.Y.

STATE NEWS IN BRIEF

Lansing—The American Legion has been given an appropriation of \$25,000 by the state administrative board to complete its building at Otter Lake.

Alpena—Alpena has been made the headquarters of the latest grouping by the State Highway Department. The Alpena group to include the counties of Alpena, Presque Isle, Montmorency, Oscoda and Alcona.

Traverse City—Dr. E. H. Campbell, of the Newberry State Hospital, will succeed Dr. James D. Munson who has resigned his resignation, effective July 1, as superintendent of the Traverse City State Hospital where he has served 35 years.

Grand Rapids—Mrs. Robert Morris, 101 years old, Grand Rapids' oldest resident, died here last week. She was born in Elmira, England in 1822 and lived a short time ago had been able to read, walk and tell stories about her childhood.

Plainwell—Funeral services were held last week for Dr. Peter Ononch, a veteran Indian doctor of Alpena, who died suddenly at his home here. Dr. Ononch was descended from a line of Mohawk Indian chiefs and was educated as a physician in Toronto, coming to Plainwell 35 years ago.

Holland—Congressman Mapes, of Grand Rapids, has introduced in the house a bill calling for a survey by the secretary of war of Black Lake, with a view to whitening and deepening the channel for purposes of navigation between the docks at Holland and the present channel in Black Lake from Lake Michigan.

Lansing—Dog licenses put \$310,000 in the state treasury, figures compiled by the auditor general's office show. As only \$54,000 had to be paid out by counties to refund for damage to stock and property done by dogs, it is estimated that licensing of the genus canis is profitable to the extent of 47 per cent.

Lansing—A defunct policy regarding pensions for aged state employees is to be adopted soon, the state administrative board indicated, having referred a request for a \$50 a month pension for retired employees to a committee with instructions to submit a complete list of old employees and recommendations regarding pensions.

Escanaba—His dog and a radio wire recently saved Julius Plath from a fire which destroyed his home here with a loss of \$7,000. The dog awakened Plath, whose wife and children were visiting in Minneapolis and the former escaped from his bed room on the third floor by letting himself down a radio wire, carrying the dog with him.

Grand Rapids—Eugene A. McCarthy, Robert Boggs and John Szydlowski all of Grand Rapids; William Flannery of Saginaw, and Edward Boucker, of West City, students at the classical seminaries, and Celsus Liplak, of Cheboygan, attending a semi-annual at Montreal, will be ordained into the Catholic priesthood in Grand Rapids early in February.

Zea Lansing—H. W. Gowdy, of Union Pier, took his place as a member of the state board of agriculture at its January meeting here. Gowdy was named member of the board last April, succeeding Jacob Woodman, of Hawthorne. The new member is a fruit grower of Berrien county and was a member of the Michigan house in the 1913-21 session.

Ann Arbor—Detroiters will have an opportunity to study astronomy under the guidance of a University of Michigan professor, starting in February, it has been announced here. Professor Ralph H. Curtis, assistant director of the university observatory, will conduct a course in elementary astronomy at Detroit Central High school. This is the first time the extension division of the university has included astronomy in its list of subjects.

Lansing—The Michigan county road commission has approved the relocation of M-16, a Grand River road, or the line planned by the state highway commission survey. The highway passes through Okemos, but the new route will take it north of the village, eliminating sharp turns and shortening the road about 800 feet. There was opposition against the change, but the measure has been passed by a two to one vote.

Detroit—Five Michigan men are included in revised list of recipients of commissions in the officers' reserve corps, as announced by the war department. They are: "Sgt. C. C. Crow; Detroit; captain, medical corps; Floyd R. Clark, Grand Rapids; and Lieutenant, infantry; Roy B. Wolfe, Detroit; first lieutenant, infantry corps; Nelson H. Mosher, Mount Pleasant, second lieutenant, infantry; and William A. Bergie, Ypsilanti, captain, signal corps.

Lansing—The highway committee of the State Administrative Board has tentatively agreed to go through with plans for paving M-16 from Detroit to Grand Rapids, and will probably give considerable mileage to the West Michigan Plan. Further, that the condition of the State's finances will govern. The Administrative Board authorized the issuance of \$3,000,000 in highway bonds, bringing the total issue to \$15,000,000. This leaves \$11,500,000 in the pot that \$50,000,000 fund, to be spent this year.

The Kitchen Cabinet

Question not, but live and labor. Till your goal be won. Helping every feeble neighbor. Seeking help from none. Life is mostly froth and bubble. Two things stand like stones. Kindness is another's trouble. Courage in your own.

DISHES OF MERIT

When it is hard to think of anything different for dessert try using a can of peaches or pears. Take one-half of a pear or peach, slice on a round of cake, cut out with a biscuit cutter, pour over a little of the juice as it is.

Apple pie with chopped nuts and top with sweetened whipped cream. Cheese Pie.—To one cupful of cream cheese, pressed through a sieve, add a tablespoonful of sugar, the juice and rind of a lemon, a tablespoonful of butter melted, the yolks of two eggs lightly beaten and the acidly beaten whites folded in at the last. Salt to taste and bake one hour.

A nice supper dish may be prepared by pouring a batter over pork sausages and baking them in the oven. Try out a little of the surplus fat if it is too much. For the batter use the following:—one cupful of milk, two cupfuls of flour, two well-beaten eggs and a teaspoonful of salt. If the fat which is tried out is poured over the pudding when partly done it adds to the taste.

Oriental Cream.—Soak a tablespoonful of gelatin in one-fourth of a cupful of water, dissolve in one-fourth of a cupful of hot milk; add half a cupful of sugar, set into a pan of cold water and stir until it begins to thicken. Then add the whites of two eggs beaten stiff, one-third of a cupful each of dates and figs chopped and a half-pint whipped cream. Turn into a mold and chill thoroughly.

Sunrise Cake.—Cream one-half cupful of butter, add one cupful of sugar, when well mixed the yolks of six eggs, part of half of a cupful of milk, two cupfuls of flour sifted with two teaspoonfuls of baking powder, add the rest of the milk and beat well with a large egg beater until light and foamy. Flavor with one-half teaspoonful each of lemon and vanilla. Bake in a loaf and ice with lemon frosting. If this cake is to be baked in simple glass pans, cut down one-fourth of a cup of flour.

If you can't get to be uncommon through going straight, you'll never get to do it through being crooked.—Hickman.

COMPANY DISHES

A plain pumpkin pie is good enough for anybody, but an occasional fluff will only make it more alluring. Pipe it with whipped cream and a bit of chopped canton ginger, or whipped cream stirred with a few tablespoonfuls of snappy grated cheese.

Chestnut Croquettes.—Boil, blanch and pound a quart of chestnuts; to the paste add one cupful of rice, one-half cupful of crushed crumbs, two tablespoonfuls of cream or melted butter, two beaten eggs, one teaspoonful of celery salt, a few dashes of paprika and red pepper and a teaspoonful of peanut butter. Combine all the ingredients and form into balls; dip into deep hot fat and brown delicately.

Stuffing for Turkey or Duck.—Drain one can of asparagus tips; add one cupful of chopped hard-cooked eggs, one small onion chopped and browned in two tablespoonfuls of butter, two cupfuls of bread crumbs, salt and pepper to taste. Mix and moisten with cream to make the dressing of right consistency. Stuff the day before roasting, as the fowl is much better seasoned.

Fruit Sherbet.—Pass a can of apricots through a sieve, add one pint of sweet cider or apple juice; add one cupful of cranberry juice, the juice of one lemon, and three oranges, one cupful of heavy cream and sugar to sweeten. Freeze to a soft mass, add two well-beaten egg whites, beat up well and pack in ice and salt for two to three hours. Serve in glasses with a spoonful of whipped cream to which vanilla has been added for flavor. Top each with candied cherries.

Frangipane Tart.—Place a halved peach in a pastry shell, fill the cavity with chopped almonds and surround with shredded coconut. To the juice from the peaches add the juice and grated rind of two lemons and simmer until thick, adding some sugar. Pour this sirup over the peaches. Top with a meringue, or a meringue shell placed on each peach and brown in a hot oven. When warm they may be served instead of beef, if preferred.

Rechauffe de Beef, Creole Style.—Melt three tablespoonfuls of butter, add a tablespoonful each of minced onion and green pepper, cook until tender; add three tablespoonfuls of flour, a cupful of broth, one-half cupful of tomato puree, one-half teaspoonful each of salt and grated horseradish, one teaspoonful of lemon juice and two cupfuls of cooked meat sliced. Serve on a border of rice.

Neely Maxwell

GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair, full of gloss, gleams and life shortly follows a genuine toning up of a neglected scalp with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drug store.—Advertisement.

When one breaks the monotony, he wants to do it in his own way.

WOMEN CAN DYE ANY GARMENT, DRAPERY

Dye or Tint Warm, Faded Things New for 15 Cents.

Diamond Dyes

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.—Advertisement.

If a man is unable to blush there is little hope of reforming him.

"CASCARETS" FOR LIVER AND BOWELS—10c A BOX

Cures Bilioussness, Constipation, Sick Headache, Indigestion, Drug Store, Adv.

Misery loves company, but not any more than happiness does.

"DANDELION BUTTER COLOR"

A harmless vegetable, butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 25 cents.—Adv.

In football it's a touchdown; in matrimony it's a shakedown.

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

He who can take advice is superior to him who can give it.

One Tidal Will Convince You that Allcock's Plaster is by far the quickest, safest and most certain remedy for all local aches and pains.—Adv.

An optimist is a man who believes that all eggs will hatch.

Demand BAYER ASPIRIN

SAY "BAYER" when you buy—Genuine

Proved safe by millions and prescribed by physicians for

Cold Headache Neuralgia Lumbago Pain Toothache Neuritis Rheumatism

Genuine Bayer Aspirin

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 100—Druggists. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocristalline of Salicylic Acid.

Cheap Work. Doctor's Wife—I see in the paper where a man was killed for three dollars.

Doctor (absently)—What a small fee! The fellow who did the work must have a fake diploma.—American Legion Weekly.

Hall's Catarrh Medicine

will do what we claim for it. rid your system of Catarrh or Deafness caused by Catarrh.

Get 50c bottles for over 40 years. F. J. CHENEY & CO., Toledo, Ohio

A man may build a palace, but it takes a woman to convert it into a home.

It is easier to make a sacrifice for your friends than it is to bear the after-effects.

As a rule women are better than men, but that isn't saying much in their favor.

CHILDREN CRY FOR

Fletcher's CASTORIA

MOTHER—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms; and Children all ages.

To avoid imitations, always look for the signature of Dr. H. H. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

Most headaches due to lack of internal cleanliness

WHEN you are constipated, poisons form in the accumulated food waste. These poisons, absorbed by the blood, are carried throughout the body. Headaches follow. Bilioussness, sleepless nights, lack of energy, all result from constipation. Each of these takes away piecemeal something of your health and strength. In time, intestinal poisoning due to lack of internal cleanliness may cause the breakdown of some vital organ.

In constipation, say intestinal specialists, lies the primary cause of more than three-quarters of all illness including the gravest diseases of life.

Laxatives Aggravate Constipation

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

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

Physicians Favor Lubrication

Nujol is used in leading 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.

Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.



More Important Than Food and Water

Nujol

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For Internal Cleanliness