CORNS

Lift Off—No Pain!

Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

Chopping Him Off

"Ah, sir," began the measly mendicant, "I eke out a most miserable existence, and—"

"Well, I shall not assist you to eke any longer," ungraciously interrupted J. Fuller Gloom.—Kansas City Star.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

Figure It Out

"Yes, she's married to a real estate agent, and a good, honest fellow, too." "My gracious! Bigamy?"

Heed Nature's Warning Before It Is Too Late

Pains in the Side, Back and Kidneys Show That Something Is Wrong With Your System — Nervousness, Loss of Appetite and Sleeplessness Are Advance Warnings That if Heeded Will Save Serious Trouble Later On.

TANLAC HAS HELPED THOUSANDS REGAIN NORMAL HEALTH

Over 100,000 Persons Have Testified That TANLAC Has Corrected Stomach Trouble, Indigestion, Rheumatism, Nervousness and Kindred Ailments—It Builds Up the System and Starts Rich Red Blood Coursing Through Your Veins. All Good Druggists Sell TANLAC.

Mitchell Eye Salve For SORE EYES

Avoid dropping stinging drugs in eyes sore from Alkali or other irritation. The old simple remedy that brings comforting relief is best. 25c, all druggists. Hall & Ruckel, New York City

NO TROUBLE WHEN BABY CAME

Mrs. Crossan Gives Credit to Lydia E. Pinkham's Vegetable Compound

Mrs. Dakan Also Tells What This Medicine Does

St. Joseph, Missouri.—"I heard so much about Lydia E. Pinkham's Vegetable Compound that I decided to try it as I had had such a hard time with my first child. I took nine bottles of Lydia E. Pinkham's Vegetable Compound and I never felt better in my life than the day my baby girl was born. I will be glad to tell what it will do, to any woman who will let me know her address."—Mrs. ROSA DAKAN, 2227 S. 11th St., St. Joseph, Missouri.

Back To Normal Health

New Orleans, Louisiana.—"I took Lydia E. Pinkham's Vegetable Compound while I was carrying my child and I must praise it highly because I never suffered one day during that time and could do all my housework and had a very easy confinement. I am still taking the Vegetable Compound because I have a weakness due to working around the house too soon after my baby was born. But thanks again to the Vegetable Compound I am getting back to normal health once more. I advise any woman to take it."—Mrs. A. MEYN, JR., 2019 Touro St., New Orleans, Louisiana.

Not A Bit of Trouble

Wilmington, Delaware.—"I was nervous and weak and not at all regular. I worked in a factory at the time and could not work very much. I was sick over a year, then a friend told me about Lydia E. Pinkham's Vegetable Compound and I started to pick up as soon as I began taking it. Then I took it again before my first baby was born and I never had a bit of trouble. I recommend it highly."—Mrs. JANE CROSSAN, 612 Pine St., Wilmington, Delaware.

Lydia E. Pinkham's Vegetable Compound has helped many other women just as it has helped Mrs. Dakan, Mrs. Meyn and Mrs. Crossan.

Consider the statements of these women. They give you the benefit of their actual experience with the Vegetable Compound.

A nation-wide canvass of women purchasers of the Vegetable Compound reports that 98 out of every 100 have been benefited by its use.

This is a remarkable record and proves the dependability of the medicine for the relief of the troubles women often have.

For weak and run-down conditions so common after child-birth it is well adapted. It strengthens and tones up the system and restores normal health.

The Vegetable Compound contains no harmful drugs or narcotics and can be taken in safety by the nursing mother. For sale by druggists everywhere.

One reason so many do not grasp opportunity is because it is frequently disguised as hard work.

Expecting trouble is not looking for it.

Ready-made advice seldom fits.

PARKER'S HAIR BALSAM Removes Dandruff-Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 60c and $1.00 at Druggists. Hiscox Chem. Wks. Patchogue, N.Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c by mail or at Druggists. Hiscox Chemical Works, Patchogue, N.Y.

Children Cry for

Fletcher's CASTORIA

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

To avoid imitations, always look for the signature of *Chas. H. Fletcher*

Proven directions on each package. Physicians everywhere recommend it

Disordered Stomach

Take a good dose of **Carter's Little Liver Pills**—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. *They end the misery of Constipation.*

CARTER'S LITTLE LIVER PILLS

Genuine bear signature— *Brentwood* Small Pill; Small Dose; Small Price

The KITCHEN CABINET

(©, 1924, Western Newspaper Union.)

WEEKLY MENU SUGGESTIONS

It is in the every-day preparation that we need variety. It is not difficult to create some dainty for an occasion, but the daily grind of three meals a day takes real energy.

SUNDAY—Breakfast: Wheat cakes, doughnuts. Dinner: Goldsmith salad. Supper: Fruit sponge drops.

MONDAY—Breakfast: Baked mackerel. Dinner: Steamed brown bread. Supper: Cream of celery soup.

TUESDAY—Breakfast: Toast, orange marmalade. Dinner: Boiled dinner. Supper: Canned pears, cookies.

WEDNESDAY—Breakfast: Bacon and liver, toast. Dinner: Lemon pie. Supper: Boiled dinner, hash.

THURSDAY—Breakfast: Waffles. Dinner: Pot roast with vegetables. Supper: Cocoa, sponge cake.

FRIDAY—Breakfast: Scrambled eggs, toast. Dinner: Codfish or fresh fish chowder. Supper: Layer cake, whipped cream.

SATURDAY—Breakfast: Muffins. Dinner: Broiled beefsteak. Supper: Parker House rolls.

Goldsmith Salad.

Take one-half cupful of apples finely minced, one-fourth cupful of celery and one-fourth cupful of hickory nut meats or other nuts, one-fourth cupful of minced green olives and a green pepper, chopped. Mix with mayonnaise and serve in apple cups, if for an extra occasion, otherwise a bit of lettuce will make a plain salad.

Fruit Sponge Drops.

Bake small sponge cakes in gem pans. When cold cut off the tops and carefully remove the centers, fill with any preserved or canned fruit. Garnish with a spoonful of whipped cream.

Baked Mackerel.

Take a large, fat salt mackerel weighing three pounds at least. Soak overnight skin side up, the salt then sinks to the bottom of the pan. In the morning drain, place in a hot oven, cover with cream and bake for twenty to thirty minutes. Bake with the skin side down.

Methinks the text is never stale,
And life is every day renewing
Fresh comments on the old, old tale
Of folly, fortune, glory, ruin.
—Thackeray.

A FEW LIGHT DESSERTS

A dinner never seems complete without some kind of dessert. When a hearty, heavy meal is provided a simple, light dessert, is best. Often a few raisins and nuts will be sufficient, or a piece of wholesome, homemade candy for the children.

Apple Cake.—Line a deep pie plate with pastry. Mix together one-half cupful each of raisins, coarsely chopped walnut meats, three-fourths of a cupful of sugar and one-half teaspoonful of salt. Sprinkle this over the pastry; on top arrange slices of apple, using three greenings. Pour over one egg and one cupful of milk mixed, one-half teaspoonful of nutmeg and two bits of butter, using a tablespoonful. Place in a moderate oven and bake about an hour. A meringue may be placed on top or a few marshmallows used as a garnish, and browned lightly in the oven.

Fruit Salad.—Cut one grapefruit and two oranges into sections and free from all seed and membrane. Skin and seed white grapes, using three-fourths of a cupful when finished. Cut one-third of a cupful of pecan meats, mix all the ingredients carefully and pour over the dressing prepared thus: Four tablespoonfuls of olive oil, one tablespoonful of grapefruit juice, one-half tablespoonful of vinegar, one teaspoonful of salt, a few grains of red pepper and paprika, one tablespoonful of chopped roquefort cheese. The latter may be omitted if the cheese is not liked.

Prune Souffle.—Soak eighteen large prunes in warm water for half an hour, then stew until tender. Stone and cut up fine; beat seven tablespoonfuls of powdered sugar into the stiffly beaten whites of five eggs. Whip the prunes into this, bake in a buttered baking dish for twenty minutes and serve immediately before it falls. Serve with whipped cream. This is not a new dish but is a delicious dessert which the children may eat without the cream.

Milk Sherbet.—Mix the juice of three lemons and the grated rind of one with two cupfuls of sugar, add a quart of rich milk; stir until the sugar is dissolved, then freeze. The lemon juice will curdle the milk but it will freeze smooth and velvety. Freeze as usual.

Pineapple Slices With Cream Cheese.—Arrange slices of pineapple on curly leaves of head lettuce. Cream a small brick of cream cheese with a little cream and force it through a potato ricer over the pineapple slices. In the center place a maraschino cherry and serve with French dressing.

Salmon Salad.—Take two sour pickles, chop fine; add a can of salmon and a good boiled dressing, into which a tablespoonful or two of coconut has been stirred. Serve on lettuce.

Nellie Maxwell

STATE NEWS IN BRIEF

Hillsdale—Five farmhouses were either destroyed or damaged by fire in this neighborhood within 48 hours, according to reports.

Saginaw—Saginaw Kiwanis club has adopted unanimously resolutions seeking to make Edgar A. Guest, of The Detroit Free Press, poet laureate of Michigan.

Shelby—Francis Osman, 5 years old, darted around an automobile in the path of a truck in a chase for a ball in the business section here and was instantly killed.

Flint—Ill health is said to have caused Ivor Watters, 33 years old, of Flint, to throw himself in front of a moving freight train at the Belsay yards of the Grand Trunk railroad here. He was ground to pieces.

Lansing—Frank F. Rogers, State highway commissioner, has announced that all State roads are in such condition that it is no longer necessary to enforce the reduced load order, which now stands rescinded.

Sault Ste. Marie—James Gordon, 18 years old, was drowned at the head waters of Garden River, the third drowning of the present season. He slipped from a log on which he was working. Gordon was employed by the Hope Lumber Co.

Grand Rapids—Damage caused by fire which attacked a million-dollar stock of choice furniture and costly furnishings in the four-story Klingman Furniture Co., retail store, may reach $300,000, officials of the firms occupying the building said.

Detroit—The Common Council has directed George A. Kelly, corporation counsel, to proceed to collect $27,000 in special assessments from the Michigan State Fair Association, which is a State institution. The items are: Sidewalks, $1,316.35; lateral sewers, $503.07; street paving, $25,343.78.

Lansing—A free-for-all contest in which every householder in the city is invited to participate is that announced by the Zonta club, composed of local business and professional women, in which prizes are to be awarded for the most beautiful lawns developed here this summer. The aim of the club is to make Lansing a "city beautiful."

Monroe—Mrs. Amelia Rabideau Schinevarre, 84 years old, wife of Joseph Schinevarre, pioneer resident of the village of Erie, was killed instantly while attempting to cross the tracks of the Detroit, Monroe and Toledo short line electric railroad, when hit by a limited car. The fatality occurred near her home. The motorman made a stop within 50 feet.

Ann Arbor—In this county 72 ex-husbands are paying alimony for the support of former wives and for their children. During the month of March alone a total of $1,628.10 was paid to the county clerk's office here for distribution. The sums varied from $3 to $30 per week. At the present time there are 543 children under 16 years of age being supported by this means.

Pontiac—Police are investigating the fire which wiped out the four-story block occupied by Whitfield Macotte, wholesale grocers, and other stores, with a loss of $200,000. A. R. Westberger, of Royal Oak suffered a fractured pelvis in an automobile crash while hurrying a fireman to the scene. Birmingham and Royal Oak fire departments both aided in preventing spread of the blaze.

Lansing—That Lansing will have a population of 130,000 in 15 years was the prophecy made by Albert J. Peckham, commercial manager for the district office of the Michigan Bell Telephone company, addressing a meeting of local merchants. He declared that this population forecast was the basis upon which his company was expending $1,500,000 for improvement work in this district.

Port Huron—Police Justice P. H. Kane has put into effect a new rule in dealing with automobile speeders. Two young men were ordered not to drive cars within the limits of the city for 20 days under penalty of serving five days in jail. Another driver was given one day in jail, with instructions that he be released at 6 p. m. Judge Kane says that what he terms his "walking club" will have more effect on speeders than fines.

Sault Ste. Marie—George Tourcotte, 4 years old, died, and his brother was fatally burned when the family home in Sault Ste. Marie was destroyed by fire. A fireman carried the two boys from the fire in their bedroom shortly before the house collapsed. George, however, was dead, and Roy burned badly. The mother, upon finding the house on fire, ran for help. When she returned the stairway had collapsed and it was impossible to reach the children except by a window.

Ypsilanti—Plans indicate that ground will be broken this month for the new $450,000 Normal Training high school to be built at the corner of Forest avenue and Brower street. The building will be of the same construction as the administration building and Pease auditorium and will be strictly modern. There will be an auditorium with a seating capacity of 600, a large gymnasium, swimming pool, showers, cafeteria, special music and art rooms, and a large library and study hall. The new school will accommodate 500 pupils.

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Tomato Catsup
QUALITY
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The real wealth of a nation is not in its natural resources but in the industrial efficiency of its workers.

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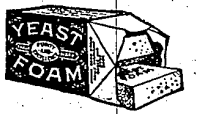
Be sure of good bread; use Yeast Foam

Every girl should learn how to make good bread; it should be the starting point in her home cookery training.



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