

## AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 178 pounds I went to 118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Was She Wise?  
"Mother doesn't think she'll go to the theater with us tonight, Albert."  
"Is that so? I have got the tickets. What shall I do with the third one?"  
"Give it to the man you always go out to see because the acts are so good with us, and you won't have to go out to see him."

## Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here is a case to guide you. And it's only one of thousands. Forty thousand Americans are suffering from Doan's Kidney Pills. Surely it is worth the while of any one who has a back, who feels tired, nervous and run-down, who endures distressing urinary disorders, to give Doan's Kidney Pills a trial.

## A Michigan Case

Mrs. Alice Barnum, "Two Years It Took" to find relief from her kidney troubles. She writes: "I was afflicted with kidney troubles for two years. I was so weak and nervous that I could not do any work. When I got Doan's Kidney Pills, I felt a relief. I had a supply of them and I felt better. This happened several years ago and I have had little kidney trouble since."

Get Doan's Any Store, 50c a Box.  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY  
For the prompt relief of Asthma, Hay Fever, Cough, Sore Throat, and all other ailments of the throat and lungs. It is a safe, reliable, and effective remedy. Write for a free sample to Dr. J. D. Kellogg, 1000 Broadway, New York City.

## Every Woman Wants

**Parline**  
ANTISEPTIC POWDER  
For Personal Hygiene  
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing powder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary coloring and germicidal power. Sold by all druggists. Write for sample to The Parline Toilet Company, Boston, Mass.

## Don't Persecute Your Bowels

Get out catarrhs and irritations. They are brutal, harsh, unnecessary. Try **CARTER'S LITTLE LIVER PILLS**. Purely vegetable. Act gently on the liver. soothe the delicate membrane of the bowels. Give relief to all ailments of the bowels. Sold by all druggists. Small pills, small dose, small price. Genuine must bear Signature **Wm. Carter**

## PATENTS

Walter E. Coleman, Patent Lawyer, Washington, D. C. Address and phone 1000. For reasonable, highest references. Best service. "ROUGH ON RATS" Rude Rate, Mow, Mow, Mow. Use cautiously. John S. S.



**VOGUE AND VANITIES**  
JULIA BOTTOMLEY



AMONG THE NEW BLOUSES.

Among the new blouses there are high as well as open necks and, occasionally, models that fasten in the back. But the blouse with round or V-shaped neck and its fastening at the front is still a favorite and outnumbers all other designs. Where the decoration requires it the fastening may be neither in the back or front but along the shoulder and underarm seam. Some very smart, modern models of crepe de chine are made in this way. In materials the sheerest things refuse to abdicate in favor of heavier fabrics for winter. Where georgette, chiffon, lace, net and thin cottons have made a permanent place for themselves for winter as well as summer wear. They conquer by reason of their chastity. It is left to the outside world, and a sweeter-worn under it, to provide warmth, while the dainty blouse fulfills its mission by being merely beautiful. But, after all, these



ALL-FEATHER-TURBANS AND FEATHER TRIMS.

Feathers, in the incomparably beautiful colorings and markings with which nature has glorified them, are used for all-feather turbans and as trimmings on turbans and hats of velvet. Small, intricate and brilliant ornaments are made of them and set against brim or crown of the hat. The all-feather turban represents much patient and painstaking handwork, by which tiny feathers are glued to a foundation. Small feathers, or larger ones that have been trimmed down to the required size and shape, must each be handled several times, and separately, to make these rich hats. The bronze feathers from the breast of the turkey and the plumage of the peacock are in high favor for turbans and ornaments. It is this careful handwork which makes the all-feather turban, or the handsome feather ornament, expensive.

## THE KITCHEN CABINET

If I knew you and you knew me—If both of us could clearly see—And with an inner sight divine—The meaning of your heart and mine, I'm sure that we would differ less—And change our hearts in friendliness; Our thoughts would pleasantly agree—If I knew you and you knew me.—Nixor Waterman.

## HURRIED EATING.

Hasty eating is not by any means an accomplishment that is required alone by the busy business man; for it is nearly as common among women. This violation of nature's laws, soon or late, will bring the penalty of indigestion and disordered liver.

Food hurried along in the body is never wasted, fulfilling no part of its natural functions in nutrition or it is retained in the intestine in this undigested state, causing fermentation and kindred ills that lead to serious trouble.

It is easy to see that the active outdoor worker may, with less danger, bolt his food, for he sits down for his quiet noon hour and his digestion is in perfect working order, so to active exercise. The laborer worker rushes to the lunch counter, often standing while he bolts a piece of pie and washes it down with a glass of milk or a cupful of coffee. Then goes back to an office where he sits in a stooping position, which retards digestion.

It would be far wiser for the indoor worker to fast at noon or take but a glassful of buttermilk or milk than to hurry into the stomach a mixture of ill-blended foods.

The normal secretions of the mouth are alkaline and as such is digested in such a medium it is necessary that all starchy foods be properly investigated. If a piece of bread and butter is well divided in the mouth and a spoonful of acid fruit is added to it the acid retards the action of the alkaline. These foods should be eaten alone; fruit, then starches. Fatty foods are valuable, but mix them with starch in the form of pie and trouble begins if you have any digestive weakness. The fat surrounds the starch grains, preventing the action of the mouth and intestinal juices and more trouble ensues.

The foods best suited to the indoor worker are the easily digested foods, and even milk should be sipped, not swallowed as one does water. Milk and eggs, and dishes made from them are best suited to the indoor worker.

No air from its source. Flows seaward, how lonely seaver its course. But what some land is gladdened. No star wars without influence somewhere. Who knows. That earth needs from lowest creature. No life can be pure in its purpose and all life not be purer and stronger thereby.—Owen Meredith.

## CHEESE DISHES.

There are so many kinds of cheeses and so many ways of preparing this delicious food that there is no excuse for lack of variety. Italian Cheese With Rice.—Put a half cupful of well washed rice in a cooking pot in a pint of boiling water, cook five minutes from the time it boils. Drain and rinse the rice in cold water; add a cupful of canned tomatoes, three-quarters of a cupful of water, one chopped onion, half a chopped green pepper, half a teaspoonful of parsley, three whole cloves and salt to taste. Cook together until the rice is soft, then add a half cupful of grated cheese. Serve steaming hot, as a main dish; it will be found to be most appetizing.

Dream Cakes.—Cut thin slices of rye bread and trim off all the crusts. Butter lightly, spread with grated cheese, red pepper, a few drops of Worcestershire sauce and salt; cover with a second slice and then saute both sides in a little butter. These should be eaten at once. Serve with the salad.

Cheese and Apple Fritters.—Slice thin apples in thin slices, put thin slices of cheese between, sandwich fashion and saute in a little butter until the apple is soft.

Welsh Rarebit.—Scald two cupfuls of rich milk, add a tablespoonful of butter and half a teaspoonful of soda. When this is bubbling stir in two cupfuls of mild cheese, cut in bits, a teaspoonful of mustard, moistened with milk; add cayenne and salt and one well beaten egg. When the cheese melts, turn it over slices of buttered toast or toasted buttered crackers which have been softened by dipping into a little hot milk. One need not fear bad dreams if this cheese is simply melted.

Curried Carrots.—Cut up in strips as many carrots as are required for the family. Put them wet, into a saucepan with a tablespoonful of butter, a teaspoonful of curry powder and salt and cayenne pepper to taste. Cover the pan closely to keep in the steam and cook until tender in their own steam and juice. More water may be added if necessary, but the flavor is much better cooked in no water.

Neenie Maxwell

## W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00

Save Money by Wearing W. L. Douglas shoes. For sale by over 8000 shoe dealers. The Best Known Shoes in the World. W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wear protected against high prices for inferior shoes. The retail price are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom. W. L. Douglas Shoe Co., Brockton, Mass.

## Magneto Repairing

STARTING, LIGHTING AND IGNITION Guaranteed work at prices you'll be glad to pay. 24-hour Out-of-Town Service

Detroit Magneto Exchange, 97 W. Adams, Detroit

Its Sort.

"The Jones gives a very spicy account of his victory over a wrestling bear at the show."

"Yes, I heard him say it was a cinnamon bear."

Important to Mothers.

Example of every battle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher.

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

A Little Practice Cruise.

The Squall—Another air raid last night, George; bombs dropped in several districts and some damage done.

George—Lor', master! Now was it done by them German fellers or would that be our party?—London Sketch.

## CLEAR RED PIMPLY FACES

Red Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free.

The soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet every want in toilet preparations.

Free sample each with small Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

## Cinnamonum Sage.

"The English cabinet's dreadful blunders at Gallipoli and Kut are to be investigated—and the investigators have been appointed by the cabinet itself."

The speaker, Representative McLenore, shook his head.

"This fact," he said, "recalls the epigram of the Cinnamonum sage: 'You can't strengthen neither a crumbly wall nor a crumbly reputation with whitewash.'"

## A GRATEFUL ACKNOWLEDGMENT.

Mr. F. C. Case of Welcome Lake, Pa., writes: "I suffered with Backache and Kidney Trouble. My head ached, my sleep was broken and unrefreshing. I felt heavy and sleepy after meals, was always nervous and tired, and a bitter taste in my mouth, was dizzy, had floating specks before my eyes, was always Mr. F. C. Case, thirsty, had a dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. DODDS KIDNEY PILLS have cured me of these complaints. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of DODDS KIDNEY PILLS."

DODDS KIDNEY PILLS, 50c. per box at your dealer or DODDS MEDICINE CO., Buffalo, N. Y. DODDS Dyspepsia Tablets for indigestion have been proved. 50c. per box.—Adv.

Sentals which can be hung on automobile doors to carry extra passengers have been invented.

W. N. U., DETROIT, MO. 41-1916.

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