# WIFE TOO ILL TO WORK

IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.



Indianapolis, Indiana, — "My health was so poor and my constitution so run for the control of th

Probably a Lawyer.

per '(to angler)—Hey, mister, be
mikin' to yerself or to the fish?

er—To the fish. I'm trying to
hem out.—Boston Transcript.

It Can't Be Done.
A woman may have a face like a open look, but a man always finds difficult to read between the lines.

## Is Work Too Hard?

Many kinds of work wear out the idneys, and kidney trouble make ny kind of work hard. It bring norming lameness, backache, head

A Michigan Case

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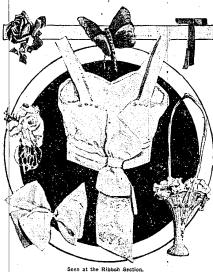
APPENDICITIS

PATENTS Watson R. Coleman, Wars Ingress, D.C. Books free High set references. Best results.



New Style in Matched Sets.

It is wonderful how big a part is played by cleverness of designing in the making of attractive clothes. Trub-play the women who get the most sits indiction out of their personal beionshings are those who have comparatively remained to the present being the small incomes to spead on themselves. They must exercise their wits, and they become observant; they learn to achieve style. This is more than some affects of they become observant; they learn to achieve style. This is more than some affects of they become observant; they learn to achieve style. This is more than some affects of they become observant; they learn to achieve style in the style of the stand interpensive matched sets, of two or three pleecs, among the smart achessories which the woman of small maken such style of the stand neck pleecs, or sets that include a maken must be great and the match, possess what the merchandising world calls 'class,' These sets a clever woman will have not trouble in making for herself. They are usually combinations of veivet and achieve the standard of the stan



The KITCALA

SOME GOOD THINGS.

SOME GOOD THINGS.

A nice way to serve plum pudding is to steam them in individual mods, then decorate each with almonds the steam them in the steam them to the steam them to the steam them to the steam them to the steam the length steam the length steam the larger sitees, and much done the steam the larger sitees, and much more dainty and attractive.

Supper Dish.—Take one and a half pounds of calfe liver and a half pound of first, fat pork, chop fine, season with chopped onion, a little powdered sage and a tenspoonful of pepper and sait. Steam over holling water for half an hour, skimming off the fat as it rises. When cold, add a captul and a quarter of crumbs and threaty to-cher and add a granting of nuture,. Shape into oblong forms, like sausues, rolling each in four. Put them into a well-greased pan and bake slow-ity for linkf an hour, or until a nice brown in color. Place then on a hot dish, pour off the fat, make a hilckgned gravy in the pan, with a table-spoonful of four and a little water; serve very hot.

Pork Tenderloins in the Chafing

spoonful of four and a little water; serve very hot.

Pork Tenderions in the Chafing Dish—Remove the small rounds of meat from the pork ribs, or cut the whole tenderion if procured, in inchinck silees; add a cuptul of gravy, a few drops of tabasco sauce, a dash ostit, a half cuptul of tomato carbun, and a small piece of butter; simmer only until the meat is tender and well cooked; sitr in a cuptul of cooked; sitr in a cuptul of cooked; strong and serve hot witch fried hominy, garaished with crisp parsley.

Jeilled Oatmeal.—Place three cup-

macaroni and serve hot with fried hominy, garaished with crisp parsley. Jeilied Oatmeal.—Place three cupfuls of water and one of milk in the upper part of the double boiler, and a pinch of said and when boiling sit in two cupfuls of outneal; cover close. Water, then old, just previous to serving, one cupful of stiffly whipped cream; serve in china dishes, spriokle with chopped nut meats, and accompany with sugar and thick cream. Ergs stuffed with finely chopped seasoned chicken, in a cream sauce is a most fastly hot dish and quickly prepared after the eggs are ready.

Baked peaches make a most appetizing dish; serve with the sirup from the pan, baste them while baking with butter and water.

Laughter is one of the greatest helps

Laughter is one of the greatest helps to digestion and the custom prevalent among our forefathers of exciting it at table by jesters and buffoons was founded upon true medical principles.

SOME FOODS TO AVOID.

Very hot bread, hot cakes, heavy rolls, fried foods and greasy cakes and meat, should be avoided by people who are inclined to indigestion. When repeated trials of certain foods have resulted in indigestive disorders, the warnings house for anyhody. Cold roast pork may often be eaten with no disconfort where the hot roast could not be tolerated. Carefully remove the fat from all poultry for those who find it difficult of digestion. Firsh is often a food that causes billousness and skin cruptions. Lobster and cerub are difficult of digestion. Cabbage, cooked, is not easy of difficult of digestion.

billousness and sith cruptions. Lobster and crub are difficult of digestion.

Cabbage, cooked, is not easy of digestion, and many find the root vegetables, like postatoes, turnlys and carrotts cause distress. Most vegetables when well cooked and seasoned agree with everybody.

Fruit is considered wholesome, but it takes a good digestion to take care of a sour grapefruit, a dish of outment and cream. a few griddle cakes and neup of coffee well sugared and creamed. It is wisest to ear the acid fruit on the mornings when it is not proposed and considerable with the contraction of the contraction of

main food.

People who lend an indoor life do not require much ment. Mutton and lamb are much easier of digestion than beef, and ment once a day is all that is needed.

Nellie Maxwell

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Too Exacting.

Too Exacting.
Lucy-Don't you just adore Clarence
Joyce? My, I think he's the handsomest thing!
Mabel-Well, his nose is a little flat,
and his hair pretty light, and his eyes and his hair pretty light, and his eyes are a trifle big and pale, and his eye

brows— {
Lucy—Oh, I know! You always ex
pect a mun to be a regular Venus!

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"I suppose it takes a certain amount of tact to get into society," said the Climber.
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Wesk and unhealthy kidneys cause so much sickness and suffering and when through neglect or other causes, kidney trouble is permitted to continue, serious

Prevalency of Kidney Disease.

Most people do not realize the alarmelian ing increases and remarkable prevalency of kidney disease. While lidney disease that preval, they are almost the last recognized by patients, who usually content themselves with doctoring the prevalency content themselves with doctoring the factoring the prevalence that prevalence the system.

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Symptoms of Kidney Trouble.

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blood, neuralist, hemisentian, limitage,
blooting, irritability, wormout feefing,
callow completion, kidney trouble in its
worst form may be stealing upon you.

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