CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.

Wagoner, Okla.—"I never get tired of praising Lydia E. Pinkham's Vegetable Compound because during Change of Life I was in bed two years and had two operations, but all the doctors and operations did me no good, and I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound which brought me out of it all right, so I am now well and do all my housework, besides working in my garden. Several of my neighbors have got well by taking Lydia E. Pinkham's Vegetable Compound."—Mrs. VIOLA FINICAL, Wagoner, Okla.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through the crisis.

The Boy Prude.

Representative La Guardia of Michigan was praising the president's Flag day oration.

"How well he speaks out against the German militaristic autocracy!" said Mr. La Guardia. "Every true Democrat must speak out against that hydra. To use soft words about it is to be weak and silly and mistaken—like the little boy prude.

"A little boy prude, having eaten too many sour cherries, was taken ill in school, and began to groan and writhe.

"'What's the matter?' said the pretty teacher. 'What's the matter, Tommy?'

"The boy answered in an embarrassed voice:

"'I've got a terrible pain in my—my abandon.'"

SOOTHES ITCHING SCALPS

And Prevents Falling Hair Do Cuticura Soap and Ointment.

On retiring, gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water using plenty of Soap. Cultivate the use of Cuticura Soap and Ointment for everyday toilet purposes.

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

Considerate.

"What makes you so jealous?"

"Oh! it pleases my wife."—Boston Transcript.

The KITCHEN CABINET

Men and women show their character in nothing more clearly than by what they think laughable.

The things that are really for thee, gravitate to thee.

SEASONABLE GOOD THINGS.

A general formula for preparing ices or frozen dishes for a company may be found useful. The following will prepare five gallons:

Three gallons of water, ten pounds of sugar, a pint of lemon juice, three ounces of gelatin and three beaten egg whites.

For cherry sherbet add three pints of pitted cherries to the general formula.

Lemon or orange sherbet: Substitute for the pint of lemon juice a quart, or reverse the proportion if orange sherbet is desired.

Milk sherbets are made by substituting whole or skim milk for the water called for in the general formula.

Grate the rind from a few of the lemons and oranges and mix with the sugar for flavor. Strain the juice to remove all pulp.

Bermuda Pudding.—Beat a third of a cupful of butter with a half cupful of sugar, then add two eggs, well beaten, a cupful of flour sifted with a teaspoonful of baking powder and a little salt and a tablespoonful of orange marmalade or raspberry jam. Pour into a buttered mold, cover with buttered paper and steam gently for two hours. Serve hot with a sweet sauce.

German Apple Pudding.—Beat an egg until light, add a cupful of milk, two cupfuls of flour sifted with two teaspoonfuls of baking powder, a little salt and a tablespoonful of melted butter, stir well and pour into a well-buttered pan. Press quartered apples in rows into the mixture, sprinkle with a teaspoonful of cinnamon mixed with half a cupful of brown sugar and bake until the apples are done. Serve hot with cream or cold with coffee or tea.

Cauliflower Soup.—Wash and trim one cauliflower and cook with one onion in boiling salted water until tender. Drain and save the water. Rub the cauliflower through a sieve, add two tablespoonfuls of crushed tapioca and a tablespoonful of flour. Simmer half an hour. Add three cupfuls of hot milk, butter, salt and pepper to taste. Add a half cupful of hot cream and serve. One beaten egg may take the place of the cream.

Raspberry jam topped with whipped cream makes a most attractive and tasty tart.

Cherish your visions, cherish your ideals, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow all delightful conditions, all heavenly environment.—Allen.

SOME BEST RECIPES.

The following is a good punch to serve to a small company:

Rose Punch.—Boil together a quart of water and two cupfuls of sugar for eight minutes, then add a cupful of strained honey, a quart each of lemon and orange juice. Pour over shaved ice and add a teaspoonful of rose extract and serve with a few rose petals in each glass. The candied petals or fresh may be used.

Dainty Pudding.—Line a pudding dish with lady fingers or small sponge cakes cut in pieces, put a few spoonfuls of marmalade or stewed fruit of any kind over it. Mix a cupful of sugar with a tablespoonful of flour, add the yolks of four eggs, beaten, with two cupfuls of milk, bring to the boiling point and remove from the fire, add a half teaspoonful of vanilla and pour over the cake. Cover with a meringue made of the whites of the eggs, sprinkle sugar and almonds over the top and brown lightly.

Stuffed Liver.—Slice the liver and parboil it in boiling water. Soak six slices of bread in hot water twenty minutes then squeeze dry. Mix the soaked bread with a half teaspoonful of salt, a heaping teaspoonful of powdered sage, two tablespoonfuls of bacon fat and a fourth of a teaspoonful of pepper. Place a spoonful of the stuffing on each slice and fasten with a small wooden tooth pick or a skewer. Place the rolls in a buttered baking dish, add one cupful of hot water and a spoonful of bacon fat and bake, basting occasionally, forty-five minutes.

Angel Frappe.—Dissolve a teaspoonful of gelatin in a half cupful of cold water. Boil a half cupful of sugar with three tablespoonfuls of water until it threads then pour gradually upon the whites of two stiffly beaten eggs, add the gelatin and three tablespoonfuls of fruit syrup, then cool and fold in one and one-half cupfuls of whipped cream and a half cupful of chopped fruit. Chill and serve.

Fish is difficult to keep unless packed in ice during hot weather, and one must be sure that it is natural ice, as ammonia will ruin the flavor. Fowls may be kept by putting a piece of charcoal in the cavity of the chicken. It should not be left in water or directly on the ice. Carefully cleansed and wiped dry after washing and placed on a plate in the ice chest is its best treatment.

Nellie Maxwell

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.—adv.

Wastefulness.

Some families take pride in serving lavish and overbountiful meals and overgenerous service of food. This leads inevitably to waste of food on the table and is a temptation to overeating which often impairs health and efficiency.

There's a certain age in a woman's life when she moves her prayer rug over in front of the mirror.

It is easier to win a girl's heart than it is to earn her hand.

Feed the Fighters! Win the War!!

Harvest the Crops—Save the Yields

On the battle fields of France and Flanders, the United States boys and the Canadian boys are fighting side by side to win for the World the freedom, that Prussianism would destroy. While doing this they must be fed and every ounce of muscle that can be requisitioned must go into use to save this year's crop. A short harvest period requires the combined forces of the two countries in team work, such as the soldier boys in France and Flanders are demonstrating.

The Combined Fighters in France and Flanders and the Combined Harvesters in America WILL Bring the Allied Victory Nearer.

A reciprocal arrangement for the use of farm workers has been perfected between the Departments of the Interior of Canada and the Departments of Labor and Agriculture of the United States, under which it is proposed to permit the harvesters that are now engaged in the wheat fields of Oklahoma, Kansas, Iowa, North Dakota, South Dakota, Nebraska, Minnesota and Wisconsin to move over into Canada, with the privilege of later returning to the United States, when the crops in the United States have been conserved, and help to save the enormous crops in Canada which by that time will be ready for harvesting.

HELP YOUR CANADIAN NEIGHBOURS WHEN YOUR OWN CROP IS HARVESTED !!!

Canada Wants 40 000 Harvest Hands to Take Care of Its 13,000,000 ACRE WHEAT FIELD.

One cent a mile railway fare from the International boundary line to destination and the same rate returning to the International Boundary.

High Wages, Good Board, Comfortable Lodgings.

An Identification Card issued at the boundary by a Canadian Immigration Officer will guarantee no trouble in returning to the United States.

AS SOON AS YOUR OWN HARVEST IS SAVED, move northward and assist your Canadian neighbour in harvesting his; in this way do your bit in helping "Win the War". For particulars as to routes, identification cards and place where employment may be had, apply to Superintendent of Immigration, Ottawa, Canada, or to

M. V. MacINNES, 176 Jefferson Ave., Detroit, Mich.
Canadian Government Agent.

You Look As YOU FEEL

You know well enough when your liver is loafing.

CONSTIPATION is the first warning; then you begin to "feel mean all over."

Your skin soon gets the bad news. It grows dull, yellow, muddy and unsightly.

Violent purgatives are not what you need—just the gentle help of this old-time standard remedy.

Small Pill, Small Dose, Small Price.

Genuine bears signature *Brent Good*

A ABSENCE of Iron in the Blood is the reason for many colorless faces but CARTER'S IRON PILLS will greatly help most pale-faced people.

Canadian Farmers Profit From Wheat

160 ACRE FARMS IN WESTERN CANADA FREE

The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near $2 a bushel offers great profits to the farmer! Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops.

You can get a Homestead of 160 acres FREE and other lands at remarkably low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre many yields as high as 45 bushels to the acre. Wonderful crops also of **Oats, Barley and Flax.**

Mixed farming as profitable an industry as grain raising. The excellent grasses full of nutrition are the only food required for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent.

There is an extra demand for farm labor to replace the many young men who have volunteered for the war. The Government is urging farmers to put extra acreage into grain. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or

M. V. MacINNES
176 Jefferson Ave., Detroit, Mich.
Canadian Government Agent

Don't Take Risks

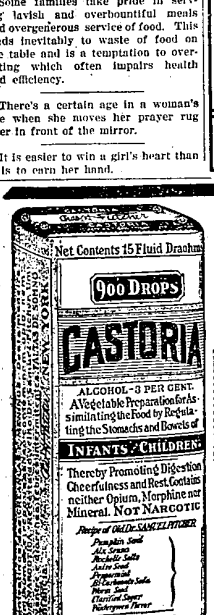
If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with

Beecham's Pills

and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and

Insure Good Health

Sold by druggists throughout the world. In boxes, 10c., 25c. Directions of Special Value to Women are with Every Box.



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

A GUARANTEED REMEDY FOR

HAY FEVER--ASTHMA

Your MONEY WILL BE REFUNDED by your druggist without any question if this remedy does not benefit every case of Asthma, Bronchial Asthma and the distressing symptoms accompanying Hay Fever. No matter how violent the attacks or obstinate the case

DR. R. SCHIFFMANN'S ASTHMADOR

AND ASTHMADOR CIGARETTES

positively gives INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable. After having tried every other remedy of relief in vain, Asthmatics should avail themselves of this guarantee offer through their own druggist. Buy a 50-cent package and present this advertisement to your druggist. You will be the sole judge as to whether you are benefited and the druggist will give you back your money if you say so. We do not know of any fairer proposition which we could make. (5)

R. Schiffmann Co., Proprietors, St. Paul, Minn.

YOU CAN'T CUT OUT A Bog Spavin or Thoroughpin

but you can clean them off promptly with

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.

and you work the horse same time. Does not blister or remove the hair. $2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts, Allays pain quickly. Price $1.00 and $2 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

Every Woman Wants Paxtine 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 wonder for nasal catarrh, sore throat and sore eyes. Economical, the powerful cleansing and germicidal power. Sample Free. 50c. all druggists, or postpaid by mail. The Paxtine Toilet Company, Boston, Mass.

NOTHING SAID ABOUT LION

Showman Had Forgotten to Mention a Highly Important Point When He Made His Offer.

The enterprising impresario of the mammoth circus offered $100 to any member of the audience who would enter the lion's cage. He made the invitation nightly, but no one seemed in a hurry to accept it until one evening a very sheepish looking individual rose and shouted:

"If you please, sir, I should like that hundred dollars!"

The audience was horror-stricken, but the impresario replied, with a contemptuous and rather incredulous smile:

"Oh! So you want to go into the lion's cage, do you?"

"Certainly!" said the man, starting to make his way from the audience.

"Very well, then; come along. I will open the door for you and you can walk in."

"Ah!" said the man, stepping forward with a knowing wink. "I'll go in, but you will have to take the lion out first. What you said was that you would give a hundred dollars to anyone going into the lion's cage."

Regarding the Garden—Don't plant a full acre of garlic; half an acre will be quite enough.

I'm glad there's such a big corn crop—says Bobby

MORE POST TOASTIES FOR ME!

Just From College.

"How very seedy your friend looks!"

"Naturally. He's just come out of an agricultural college."—London Answers.

MINNESOTA DRUGGIST PRAISES DR. KILMER'S SWAMP-ROOT

I believe you have a splendid, reliable kidney, liver and bladder medicine in Dr. Kilmer's Swamp-Root, and my customers who have taken it during the past thirty-six years have nothing but praise for what it accomplished for them. On account of the splendid reputation which it enjoys in the trade I have no hesitancy in recommending it for the troubles for which it is intended.

Yours very truly,
J. G. SIEBEN, Druggist,
Sept. 21, 1916. Hastings, Minn.

Letter to Dr. Kilmer & Co. Binghamton, N. Y.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Philadelphia public schools are to give increased attention to calisthenics.

After the Movies Murine is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Heals—Refreshes. Restores. Murine is a Favorite Treatment for Eyes that feel dry and smart. Give your Eyes as much of your starting care as your Teeth and with the same regularity. CARE FOR THEM. YOU CANNOT BUY NEW EYES. Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago for Free Book

Drink Buttermilk.

Cultivate a taste for buttermilk and drink lots of it, for thus you will be drinking to your health.

WRINKLES ALL DRIVEN AWAY

A grandmother writes: "The bottle of Usit has completely cleared my face of the horrible wrinkles that were such an eyesore to my daughters, my grandchildren and to me. It is a godsend to wrinkle suffering humanity." When Usit is regularly applied for a reasonable time, wrinkles disappear, the skin regains its former smoothness, plumpness and color. Usit is such a splendid skin treatment that a bottle should always be on your dressing table. Rough skins made smooth; sallow, dry, faded complexions get back their natural freshness from its use, and it is also a fine treatment for freckles, blackheads, and many forms of eczema.

Usit is not a cream or paste, but a pure oil liquid, to be used at night before retiring. Try Usit Face Powder De Luxe, which is no ordinary face powder, but a preparation appealing to people of discriminating and refined taste. Four tints—flesh, white, pink and brunette. Delicately perfumed. For further distribution a bargain. Once only. One 50c bottle Usit and one 50c box Usit Face Powder de Luxe for 75c. Address Usit Mfg Co., 895 Main street, Buffalo, N. Y.

If a pessimist is born with a silver spoon in his mouth he naturally expects it to choke him sooner or later.

Because mackerel travel in schools it is proposed to have a bond issue to build a few schools for them.

An Expert

In the basement at the Birmingham (Eng.) art school is an art model—a plaster figure of a very big man with a decided corporation. Across it, in chalk letters, appear the fateful words, "Eat less bread."

Some men ought to have gizzards in order to get away with the proverbs they flic away in their faces.

Back Given Out?

Housework is too hard for a woman who is half sick, nervous and always tired. But it keeps piling up, and gives weak kidneys no time to recover. If your back is lame and achy and your kidneys irregular; if you have the "blue spells," sick headaches, nervousness, dizziness and rheumatic pains, use Doan's Kidney Pills. They have done wonders for thousands of worn out women.

A Michigan Case

Mrs. Selma Lundberg, 420 Grand Blvd., Menominee, Mich., says: "My back ached constantly and I had such pains across my kidneys I could hardly bend over or lift anything. My kidneys were weak and the way they acted bothered me very much. I sometimes was so dizzy I couldn't walk and I was awfully nervous. I became blotted. I used Doan's Kidney Pills and soon I was entirely well. I give Doan's Kidney Pills the credit for my cure."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

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