"Blue" and Worried?

"Blue," worried, half-sick people should find out the cause of their troubles. Often it is merely faulty kidney action, which allows the blood to get loaded up with poisons that irritate the nerves. Backache, headaches, dizziness and annoying bladder troubles are added proofs that the kidneys need help. Use Doan's Kidney Pills. Thousands thank them for relief from just such troubles.

A Michigan Case

Mrs. Selma Lundberg, 4330 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 bloated. I used Doan's Kidney Pills and soon 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.

Do you ever have the "blues"?

That discouraged feeling often comes from a disordered stomach, or an inactive liver. Get your digestion in shape and the bile acting properly—then the "blues" will disappear. You will soon be cheerful, if you take

BEECHAM'S PILLS

the people's remedy for life's common ailments. They act thoroughly on the stomach, liver and bowels, and soon regulate and strengthen these important organs. Purely vegetable—contain no harmful drugs. Whenever you feel despondent a few doses will

Make Things look Brighter

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

SELDOM SEE

a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.

ABSORBINE

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

will clean it off without laying up the horse. Not blister, nor hair gone. Concentrated—only a few drops required at application. $2 per bottle delivered. Describe your case for special instructions and Book 8 S free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; allays Pain and Inflammation. Price $1 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.

Make Your Furs Bring MIORIE MOINE

by shipping to Lewis Baer & Co. Inc. Baltimore, Md. Est. 1868

Write for our Price Lists

Every Woman Wants Paxtine

ANTISEPTIC POWDER

FOR PERSONAL HYGIENE

Dissolved in water for douches it 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. Has no equal for cleansing and germicidal power. Sample Free. 50c. all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

Ceaseless Worry.

"Are you still planning to move to the country?"

"No."

"I thought you said that was an ideal way to spend your declining years in peace."

"I used to think so, but I notice that a great many people who move to the country for that purpose are continually wrought up over the inadequate transportation facilities for getting back to town."—Birmingham Age-Herald.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Many a man believes in eternal punishment—for his neighbor.

New York wants a law to curb reckless pedestrians.

After the Movies Murine is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Hourly Refreshes—Restores. Murine is a Favorite Treatment for Eyes that feel dry and smart. Give your Eyes as much of your loving 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. 25c. Murine Eye Remedy Co., Chicago, for Free Book

The KITCHEN CABINET

Many a man has found it easier to mount the ladder of fame than to climb the stool of repentance.

They must upward still and onward
Who would keep abreast of truth.
—Lowell.

TASTY FOODS FOR THE FAMILY.

A well-made salad is always an appeal to the appetite:

Fruit Salad.—Take one cupful of white grapes, four apples, three oranges, four slices of canned pineapple, one cupful of mixed nutmeats. Put a half cupful of vinegar, two tablespoonfuls of sugar, half a teaspoonful of white pepper, the same of salt, bring to the boiling point. Blend four tablespoonfuls of butter with a tablespoon of flour, then add to the boiling hot vinegar, cook for five minutes, then remove from the fire and stir in a well-beaten egg. Set in a cool place for two hours. Peel the apples and oranges and cut them in small cubes, mix with the grapes cut in halves and seeded, add the nuts and pour the dressing over the fruit. Serve with whipped cream.

Tomato and Orange Salad.—Take six firm ripe tomatoes and six oranges, two tablespoonfuls of chopped parsley, dill dressed with French dressing. Peel the oranges and tomatoes and arrange in alternate slices in a salad bowl. Mix the juice of the ends of the oranges with an equal quantity of tarragon vinegar, add a few tablespoonfuls of olive oil and pour over the fruit. Sprinkle with chopped parsley and chill before serving.

Perfect Layer Cake.—Mix two tablespoonfuls of butter and a teaspoonful of lard with one and a quarter cupfuls of sugar until well blended, but not creamy, then add three-quarters of a cupful of sweet milk, a pinch of salt, and a generous grating of nutmeg; sift in one and a half cupfuls of pastry flour which has been mixed with one and a half teaspoonfuls of baking powder; beat for two minutes, then drop in two unbeaten egg yolks and beat the batter again for two minutes; fold in the stiffly beaten whites and put into well-greased and floured layer cake pans. Bake in a hot oven 15 minutes. Allow the cake to cool before removing from the pans, and use any desired filling for the cake. Orange filling with a chocolate frosting is one especially well liked.

Apple Salad.—Take 12 ripe apples, six bananas, one cupful of whipped cream, one and a half cupfuls of sugar and one lemon. Whip the cream and add half the sugar to it. Slice all the fruit very thin, add the grated rind and juice of the lemon and the remainder of the sugar. Serve in sherbet cups with whipped cream on top.

Beet Salad.—Chopped cooked beets mixed with a half cupful of blanched almonds finely minced, a cupful of diced celery to two cupfuls of beets, all well mixed with a cupful of mayonnaise dressing which has been tinted pink with a little fruit colorings. Serve on lettuce leaves.

HOUSEHOLD HINTS.

For tired and aching feet a teaspoonful of formaldehyde in a bowlful of water will rest and remove pain.

Glycerin is a good lubricant for the food chopper, as it leaves no taste or disagreeable odor.

A half teaspoonful of glycerin added to a pint of grape jelly before it is poured into the glasses will prevent the formation of tartaric acid.

To freshen rolls, dip in cold water and place in a paper bag twisted tightly to hold in the steam; place in a hot oven for a few minutes.

A flashlight is most useful, even in the kitchen, for looking at food in the dark oven, peeping into dark corners or drawers.

A cupful of hot cocoa taken before retiring will ward off sleeplessness.

A thermo bottle is a valuable aid to keep drinks hot for the sleepless.

A half cupful of olive oil or any sweet oil taken as an antidote for poison will neutralize any mineral or vegetable poison.

A turkish towel wrung out of very hot water and applied to the back of the neck will often relieve a sick headache in a few minutes.

Wash cloths made of several folds of cheesecloth stitched together are most convenient for traveling, as they dry quickly.

To cool a bed for a fever patient or in hot weather, place a sheet of matting between the sheet and the mattress and fill a hot-water bottle with ice-water and place it beneath the pillow. The bed will be cool and comfortable.

Grated potato will relieve inflamed eyes. Place in a cloth and apply to the eye. It is especially grateful and cooling.

Add a cupful of cooked rice to the meat loaf; it will go farther, and cut with a moist, firm slice.

To remove stains on white garments: Tie a teaspoonful of cream of tartar in that part of the garment that has the stain, and boil in the usual manner.

Nellie Maxwell

You're Flirting With Death! Stop Kidney-ills Now

Thousands Die Yearly From Ravages of Kidney Troubles for Which Dodd's Pills Give Quick Relief.

Take heed! Never disregard nature's warnings of that great destroyer—Kidney Trouble. You know the signs—backache, shooting pains through the loins, stiffness in stooping or lifting, spots before the eyes, dizziness, rheumatic pains, swollen joints, bed-wetting, nightly arising.

At the first sign of Kidney derangements, get in your preventive work with DODD'S KIDNEY PILLS. Take no chances. Stop thinking "I'll be all right in a day or two." That's the road to dreaded Bright's disease.

Every druggist has DODD'S KIDNEY PILLS. Remember—the name with the three Ds. You don't have to take box after box, and wait weeks for results. The first box is guaranteed to help you. If it doesn't, your druggist will gladly refund your money.

But, to get results, you must refuse substitutes and accept no remedy of similar name. DODD'S do the work—and it's DODD'S you want.

To-day, get DODD'S PILLS and start on the road to Kidney-health. Your drug store has the genuine—your druggist guarantees them. Adv.

Prize Boy Farmers.

Milwaukee inst summer sent 320 high school boys to work on farms. All won medals.

GREEN'S AUGUST FLOWER

has been a household panacea all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming of up food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Charm Is Necessary.

Mme. Sarah Bernhardt, the great French actress, in a signed article in Harper's Bazar, attributes the numerous divorces that have come into the courts of late years to lack of charm in the women concerned.

"If I stood on the threshold of life," says Mme. Bernhardt, "asking of it something with which to buy happiness, I should beg for charm. For if one has charm, she will be loved. And a woman must have love to be happy. Beauty does not matter. If a woman has charm she can secure whatever she wants—love, success, power."

The Divine Sarah also says that this invaluable quality can be cultivated.

The Honeymoon.

He—honey, you have done me a grievous wrong.

She—Why, George?

He—I never ought to have married you at all.

She—Oh, George!

He—Because, if you should die, you have made it impossible for me to live without a wife.

She—Why, George!

He—And you have made it impossible, honeybunch, for any other wife to suit me.

She—Oh, George!—Judge.

Awaiting Peace.

New York Jews have postponed calling proposed Jewish congress until peace is declared.

Even a strong-minded female dislikes the idea of standing up for herself in a street car.

Royal Baking Powder saves eggs in baking

In many recipes only half as many eggs are required, in some none at all, if an additional quantity of Royal Baking Powder is used, about a teaspoon, in place of each egg omitted.

Try the following recipes which *also conserve white flour as urged by the government.*

Corn Meal Griddle Cakes

1½ cups corn meal
1½ cups boiling water
½ cup milk
1 tablespoon shortening
1 tablespoon molasses
½ cup flour
1 teaspoon salt
4 teaspoons Royal Baking Powder
NO EGGS

Scald corn meal in bowl with boiling water; add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together; mix well. Bake on hot greased griddle until brown.

(The Old Method called for 2 eggs)

Eggless, Milkless, Butterless Cake

1 cup brown sugar
3½ cups water
1 cup seeded raisins
2 ounces citron, cut fine
½ cup shortening
½ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup flour
1 cup rye flour
5 teaspoons Royal Baking Powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes.

(The Old Method [fruit Cake] called for 2 eggs)

Send for our new booklet "55 Ways to Save Eggs." Mailed free on request. Address Royal Baking Powder Co., Dept. W., 135 William Street, New York

BOY OF CHESTERFIELD TYPE

Newsy Divides His Papers With Pals, Also Remembers Arresting Officer on Reaching Station.

A policeman with kindly eyes, but a Spartan sense of duty, was towing a small boy to the nearest station, says the Washington Star.

A flock of other boys tagged behind.

The criminal grinned with nervous bragadocio. Each boy was a human geyser of sympathy and the whole show, from a strictly scenic viewpoint, supplied a comic supplement tempest of the sort we know about—with the tempest left out.

As he reached his last edge of freedom the prisoner passed over a batch of newspapers to the nearest boy with orders to divide them all around—except one. He handed that one to the policeman.

The officer accepted the courtesy. Then he ordered the boys to return the papers. Then he gave the criminal a good-natured shake and told him to be off.

"And don't let me catch you scrapping again, you little scamp you!"

And the little scamp took to his heels.

Which is merely to note that there is growing up in this town a certain small boy who had already put Chesterfield among the "also rans."

Egotism.

The man who had built up the new town and was showing a prospective settler about the place pointed with pride to a pretty little church just completed.

"Do you belong to the church?" asked the visitor.

"I should say not," replied the head man with an air of injured pride, "the church belongs to me."

Unconscious humor seldom makes the right people laugh.

Be sure you are right, then go ahead and ask your wife.

Where Many Stop.

What is regarded as a stepping-stone to business often proves an eternal roosting place.

$100 Reward, $100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Mistaken Identity.

The other afternoon a woman rushed excitedly down an alley in a poor quarter of Manchester, and, stopping at a house, knocked loudly.

Receiving no reply, she knocked a second time. Still no answer.

A third time she knocked, and then a window above was hastily flung open, and a woman whose appearance betrayed signs of a sudden awakening leaned out.

"Well, what is it?" she asked.

The woman below looked up and exclaimed, with bated breath:

"Mrs. Skinner, yer 'usband's got ten days!"

"Dear, dear me, Mrs. Jones," was the reply, "is that all? 'Ow yer did unnerve me! Ah thought it was that scarecrow after the rent agin."—Tit-Bits.

Outdoor Barbering.

Shaving in the street was the way a Beckenham, Ireland, barber got over a difficulty recently. The customer was a wounded soldier, and the man's invalid chair was too wide to enter the barber shop. Accordingly the barber went to his customer, and shaved him in the street.

When a rich man is seriously ill he sees a lot of people standing around waiting for his old shoes.

We can't all be rich, but we can all be patriotic.

Least of Two Evils.

An employee in the office of a noisy munition plant was absent from work one morning. After luncheon, however, he presented himself. He looked pretty bad, but he claimed that he was ready for work.

"Why, what are you doing down here?" cried the boss. "Your wife telephoned that you probably wouldn't be able to work for several days. She said you were on the verge of nervous prostration and that the least noise was bad for you. Why didn't you stay at home?"

"Well," answered the wage slave, raising his voice to be heard above the distracting din, "I did get through with the morning at home. But my wife had a bridge party this afternoon, so I thought I'd be better off down here."

Hun Music Barred.

Our Tommies, writes the anonymous author of "From Dug-Out and Billet," don't appreciate the Boches' music one little bit; they say there is no tune to it.

The other evening they (the Boches) had a piano in their advance trenches, and we were close enough to hear the performance.

"What the blazes are you playin' ?" one of our chaps shouted across.

"Wagner," came the reply.

"Well, grumbled Tommy, "I don't wonder we're fightin' you about it."

In Form at Last.

"A confirmed golf player died in our town yesterday."

"Well, what about it? Even a golf player has to die some day."

"Just before he breathed his last he rose on one elbow and said: 'Fore!' but there was such a cynical look on his face, members of his family thought he might have meant 'four,' as that many doctors were at his bedside."

Want Cheaper Gas.

Mayor Buschemeyer has started a fight for cheaper gas for Louisville, Ky.

POSTUM

Why does Mrs. Smith use Instant Postum

Sometimes, because it agrees with Mr. Smith better than coffee.

Sometimes, because she herself likes its constant rich, coffee-like flavor better than some coffees she has used.

Sometimes, because the children are so fond of it, and she can give it to them freely when she would hesitate to give them coffee.

There's a variety of reasons—all good ones—why so many consistent housewives are using

INSTANT POSTUM

And another reason, not to be overlooked these times, is its reasonable cost.

You can buy it at the same old price. (Made in America.)

"There's a Reason"