

Costa Less
and **Kills**
That Cold
CASCARA QUININE
PILLS
The standard cold cure for 20 years—
in tablet form—safe, sure, no opiate
more cold in 24 hours—cure in 3
days. Money back if fails. **Take**
grainy but with Red top and Red
Hill's picture on it.
Costa less, gives
good, active energy.
At all drug stores.
At Any Drug Store

Physicians' Deaths.
As an example of how malicious and
seemingly innocent in German propa-
ganda in the United States may be
died the rumors and the actual facts
about mortality among the allied
physicians at the western front.
Recently the actual statistics were
produced, which showed that the bat-
tle risks of a physician are severely
more than those of civil life. Between
the beginning of the war and June 25,
1917, only 165 French and English doc-
tors have been killed, 707 wounded and
62 cut down by disease.

A DAGGER IN THE BACK

That's the woman's dread when she
goes up in the morning to start the day.
"Oh, how my back aches!" (GOLD
MEDAL Hamlet Oil Capsules taken to-
day cures the backache of tomorrow—
taken every day. Don't delay. What's
the matter? Begin taking GOLD
MEDAL Hamlet Oil Capsules today and
be relieved tomorrow. Take three or four
every day and be permanently free from
wrenching, distressing back pain. But
be sure to get GOLD MEDAL Hamlet Oil
Capsules. GOLD MEDAL Hamlet Oil has been
the National Remedy of Holland, the
GOLD MEDAL of the Netherlands having
granted a special charter authorizing
production and sale. The household of
Holland would amply testify to the
value of GOLD MEDAL Hamlet Oil. **Gold
Medal Hamlet Oil Capsules** imported direct
from the laboratory of Hamlet, Hol-
land. Be sure to get GOLD MEDAL
Hamlet Oil. **Gold Medal Hamlet Oil**
is reliable drugstore in sealed packages,
three sizes. Money refunded if it
does not cure you. Accept only the GOLD
MEDAL. All others are imitations. A.D.

War and the "Weather Man."
In this war the "weather man,"
the meteorologist, has come into his own.
No one laughs at him now. His in-
formation is desired by the military
officer who has to know the tempera-
ture of the air and its moisture con-
tent, the strength of the wind at dif-
ferent levels, and the like. In order
that he may aim his gun. When the
temperature is hovering about the
freezing point, the staff wish to know
if the improvised roads will be frozen
sufficiently to permit the movement of
trucks or motortrucks. The captains of
the air squadrons must know the con-
dition of the atmosphere up to heights
of 20,000 feet. The importance of
the meteorologist has been judged from
the fact that we were asked repeatedly
if there was not some way by which
the American weather reports could be
kept from reaching Germany. Our
reply was to be that, with the Mexico
where it was, nothing could be done—
Joseph S. Ames, in the Atlantic.

The Line Drawn.
Pat was celebrating and he had im-
bibed too freely. He punched another
man in the face and got haled up be-
fore the court. The judge told him he
was charged with striking a man.
"Sure, your honor, can't a man have
a bit of fun?" asked Pat.
"Yes," said the judge, "but your
right to have fun is ended where this
man's nose began."—Boston Trans-
cript.

As long as a man is of a forgiving
disposition a woman doesn't care
whether he puts his debts on her.

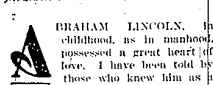


UNLIKE
other cereals
Grape-Nuts
requires only about
half the ordinary
quantity of milk or cream.
Likewise because of
its natural sweetness
it requires no sugar.
Grape-Nuts the
ready cooked food,
is an all-round saver.

"There's a Reason"



INTERIOR OF LINCOLN DOWNSIDE HOME



ABRAHAM LINCOLN.
In childhood, as in manhood,
possessed a great heart of
love. I have been told by
those who knew him as a
child in LaGrange county, Ken-
tucky, where he was born,
that he never threw stones
at songbirds, or at birds at
poetry plunage, and that he
never failed to interfere in behalf
of the doe that was being killed by his
master; says Rogers (Gore, picturing
the life of the martyred president as a
boy, "Little Abe," as he was known
by his limited number of neighbors
and acquaintances, "was fond of deer."
Austin Gallagher, Lincoln's neighbor,
who died at Hodgenville in LaGrange
county, told me the Lincoln family had
more deer than they could support,
and that most of the deer had fol-
lowed "Little Abe" home at various
times. Lincoln's favorite dog was one
he found upon the roadside with a broken
leg. He carried the dog home in
his arms and nursed the broken limb.
"That dog," said Mr. Gallagher, "was the
best rabbit dog Abe ever had."

While trapping in those days was a
recess, young Lincoln disliked it be-
cause it caused suffering to God's
creatures. I learn this story from the
traditions in LaGrange county. Tom Lin-
coln, Abraham Lincoln's father, was
fond of trapping. Besides finding much
sport in the location he hunted meat
and furs for his family. His traps
were scattered along the south fork of
Nolichucky river, and, of course, his son
Abraham knew just where each trap
was located. "Little Abe" believed in
kindness to the animal world. He
was so unmercenary that he caught too
much game, and he frequently visited the
traps and liberated some of the game
before his father could make the
rounds.

Austin Gallagher related a story to
me about a visit he and Abe once made
to Tom Lincoln's traps, when they
were caught in the act of liberating a
red fox from one of the snares. Tom
Lincoln came up, Mr. Gallagher said,
just as Abraham was about to cut the
cord which was loped under the fore-
feet of the fox. To avoid the whippers
Abe knew was forthcoming, he said
a very out of the house. Mr. Gal-
laher said that "Little Abe" never
was whipped when Mrs. Lincoln
was present to make intercessions.
"And for that reason," said Mr. Gal-
laher, "Mrs. Lincoln made for tall timber."
Lincoln came in advance of Tom Lincoln
for the ordeal.

Undaunted "Where Lad in Woods."
In taking an indirect route the boys
were lost in the woods. We spent
the entire day, Mr. Gallagher, in
trying to find the trail, but to no avail.
I gave up in despair, but Abe neither
showed fear nor discouragement, and
was persistent in his endeavors to find
a way out of the woods. He was
advancing too rapidly to suit me,
and I was becoming thoroughly pan-
stricken, but the strong heart of Ab-
raham was apparently undaunted. He
reached me for my father's handkerchief
and said: "Why, when I sprang a pole
and climb a tree, and the wolves can-
not get us, we can punch their eyes
out when they rear up on the trunk
of the tree." "Sure enough," I said.
"I heard a voice, and with all my might
I yelled: 'Where are you?' 'Shut your
mouth,' said Abe, 'that's no, and I'll
whip me.' 'Sure enough,' I said. Then
Lincoln, but Mrs. Lincoln was with
him, and Abe did not get the whip-
ping."

Lincoln's wit developed early in life.
I have been told that when he was a
mere child his retorts blazed from his
doll tongue in a manner that always
made the offender wince. A man by
the name of Woodson once kicked
"Little Abe," lame dog, the dog
injected by biting the fellow on the leg.
Woodson then decided that the dog
should be killed, and in the presence
of "Little Abe" made known his deter-
mine. "My leg is already aching," said
Woodson, "and I'm afraid it will have
to be cut off." "If that's so," retorted
"Little Abe," "I'm sorry my dog did
not bite you on the head."

Austin Gallagher rescued Lincoln
from Knox creek, a small river in the
vicinity of the Gallagher home. Upon
this day Mrs. Lincoln had paid a visit
to Mr. Gallagher, and while the mel-
ancholy were at their knitting, the boys
were playing in the stream. In an attempt
to catch a frog, "Little Abe" fell into
the water.

Cultivate the Best.
As an Indian boy at Kanchi is in the
habit of drawing forth whatever is best in
them.

LINCOLN BIG- HEARTED AS A BOY



heard the harsh breathing of
him. With a wave of his hand he
warned his mother: In a moment a
fawn attempted to pass within a few
feet of Abe and Mrs. Lincoln. Abe
fired and the fawn fell dead in its
tracks, a bullet in its head. The Lin-
colns had tonight meat to last them
through the remainder of the winter.
"Little Abe" did not feel proud of hav-
ing killed the young deer. He said to
me the next time I saw him: "I
killed a little deer; it was a pretty
thing, and I liked to kill it, but we
needed meat. Mother said it was all
right and I guess she knows. I didn't
risk aim and I know it was an ac-
cident."

Lincoln's Adventurous Spirit.
A quarter of a mile west of Hodgenville
there is a cave with an entrance
in a cliff overlooking Noyah river.
There are few boys who ever lived in
Hodgenville any length of time who
have not explored this cave. Abraham
Lincoln was no exception. A number
of years ago an old man by the name
of Brownfield told me that Lincoln,
when a small child was lost in this par-
ticular cavern, and that he spent the
entire night in the cave. "He was
tired," said Mr. Brownfield, "by his
fainting during the next morning." From
notes which I made at the time I am
enabled to relate the narrative in Mr.
Brownfield's own language, or pre-
cisely as he told it in his own words.
Lincoln did not possess an adventure-
ous nature as some boys. Said Mr.
Brownfield, "he had just enough of the
boyish curiosity in him to cause him
to attempt the hazardous task of find-
ing the hidden gold in caves. It was late
in the evening of early spring (I cannot
recall the year) that the neighbors
were notified that little Abe Lincoln
was lost. He had gone to Hodgenville, but
that late in the evening he had not re-
turned. Tom Lincoln spread the news,
telling all the neighbors that "Little
Abe's" mamma was beside herself, she
being afraid that the lad had run
away. The neighbors gathered at the home
of Tom Lincoln, bringing with them
torches of pine knots. "The woods were
dark, and the hallooing kept up day and
night. No trace of 'Little Abe' was found.
Again the neighbors gathered at the
Lincoln cabin to consult with each
other as to the best course to pursue.
But before any plan of search was
agreed upon 'Little Abe' and his rabbit
dog came moseying up."

Young Lincoln had left his sack of
corn at the mill, and when he was
turned out to starve all day long, he
went to see how the "hand" beyond
the confines of Hodgenville's mill.
He found the cave, hurriedly dressed a
dream of hidden treasures, and in his
quest, he implicitly believed that he
would come forth with an abundance
of gold. He could neither find gold
nor the exit of the cave. Early in the
morning of the next day his father
went in to look for the "hand." "Little
Abe's" footprints, "tread him," and led
the way out of the hole in the ground
that Abe had pulled to after him. Tom
Lincoln pulled the heavy, but the good
mother told "Little Abe" to be loose-
sugared him tightly, and then gave
freely to him of her cornbread and
bacon.

GATHERED FACTS
Asphalt varnish is in demand in Lin-
coln; Ga.
Sewered, chemically treated and fire-
proofed, the Lincoln Hotel is used as
a room-killing lining for walls.
A market exists in Orlando, Fla., for
machinery to clean the inner fiber of
Spanish moss.
An Indian boy at Kanchi is in the
habit of drawing forth whatever is best in
them.

Is That the Reason?
Mrs. Flinch—What in the world
do you suppose makes eggs so high?
Mr. Flinch—Oh, don't know, but
perhaps somebody's discovered radium
in 'em.
Art Note.
Personally we don't claim to know
much about art, but we do believe
that when an artist paints a picture
of Beauty at the Bath, Beauty ought
to be in the water up to her neck—
Galveston News.

The KITCHEN
CABINET
He is a capitalist.
We see the rainbow and the light,
When shadows and the storms ap-
pear.
Hail! vision far-faith serene and
bright—
And hush! such task without a team—
—J. H. Ayers.

GOOD EATING.

As we are forgetting how a frosted
cake looks these days, we can without
oversweeping the bounds of economy
occasionally use a
rich filling for a
layer cake, which
is most satisfy-

Banana Cream
Filling.—Beat the
whites of two
eggs until stiff and dry. Mash four
bananas until smooth, sprinkle sugar
over them to keep them from turning
dark, add the bananas to the whites,
a spoonful at a time, beating after each
addition. A cupful of powdered sugar
is used to add to the banana pulp. Suf-
ficient beating will make this cream
light and fluffy.
Ginger Rice.—Scald a quart of milk
and stir in five tablespoons of washed
rice, add salt, three tablespoons of
sugar and a tablespoonful of finely
chopped preserved ginger, bake for
two hours in a slow oven.

Virginia Spoon Bread.—Stir a cupful
of cornmeal into a pint of scalding
hot milk, cook five minutes, then add
two tablespoons of butter and a cupful
of cold milk, then add two well
beaten eggs, beat well and gradually
add another cupful of milk. Put the
mixture into a well buttered granite
baking dish and bake a half hour in a
hot oven. Serve at once from the bak-
ing dish.

Breakfast Pancakes.—Two cupfuls
of fine bread crumbs soaked in two
cupfuls of milk over night, then beat
smooth and add two well-beaten eggs,
a tablespoonful of melted shortening,
and a cupful of flour with two tes-
poonfuls of baking powder and a half
teaspoonful of salt sifted with the
flour. Cook on a hot greased griddle,
spreading them very thin and serve hot
with maple syrup.

Stuffed Soup.—Put six potatoes
sliced very thin in a bean pot, add a
cupful of canned peas, a thinly sliced
turkey, a sliced onion and a quarter of
a cupful of well washed rice. Season
with salt and cayenne and pour over
a quart of well seasoned beef broth.
Put on the cover and place in the oven,
cook three hours and serve with
crackers.

The more some people have the more
they wish may explain the secret
of borrowing trouble.

SEASONABLE WAR FOODS.

The women all over the land who
are trying to conform to the food-
conservation requisites
are having more fun
household duties than ever
before in their lives. Be-
ing economical and re-
sourceful is now the
fashion and it is develop-
ing many new and useful
ideas. Women are putting
the thought that they used to
spend on clothes or
amusements on the
proper food for the family, with the
result that the importance of food
study is finding its proper place.

When possible buy the unpollished
rice; it is far more wholesome, and
can be purchased often enough by the
dealer to have it always in good con-
dition. The same is true of any of the
butter substitutes; buy of a grocer
who sells it so freely that it is sure
to be fresh.

Oleomargarine is very palatable if
well handled and after working in the
color and a teaspoonful of sugar, to a
pound, with more salt if it is liked, it
will take the place most acceptably of
butter. It is best to use the good,
5-cent butter instead of various kinds of
butter substitute will take the place of
butter with no one the wiser.

Brown Rice.—Add a teaspoonful of
salt to three cupfuls of boiling water
and drop in a half cupful of unpollished
rice, cook stirring with a fork until
well boiling, then cook until tender
more slowly. Dry in the oven and
serve as a vegetable seasoned with
salt, pepper and butter.

Papa Purée.—Wash and soak a cupful
of green split peas overnight in three
cupfuls of water. In the morning put
on to cook in the water, add a large
onion sliced, a stalk of celery, both
brownied in a little hot fat. Add to the
water in the kettle a large slice of
bread, a half teaspoonful of salt, a
fourth of a teaspoonful of pepper and
a half cupful of mashed potato; bring
to the boiling point and serve. This
may be thinned with hot milk or served
as a thick puree.

Marie Maxwell

Occupy Your Proper Place.
It's confidence in the confidence in the
ideal of your own making that compels
success, observes an educator. Some
men never question the possibility of
defeat. They may have setbacks but
they do not fail. They are right and
themselves to be right. The rest of the
world may be ranged against them
for hill-filly care. They have a mis-
sion and nothing short of it will sat-
isfy them. They know they should have
the proper self-estimate and move
up to your place.

Try Kondon's
for the
baby's cold
(at no charge to you)
60,000,000 have used this 20-year-old
remedy for colds, croup, whooping
cough, etc. Price 10¢ for complete
treatment. 25¢ for 10-day treatment.
It will soothe and soothe the
throat and ease the chest. The
total cost free with 10¢.
KIDNEY PILLS CO., BOSTON, MASS.

KONDON'S
CATARRHAL JELLY

CARTER'S
LITTLE
PILLS

For Constipation
Carter's Little
Liver Pills
will set you right
over night.
Purely Vegetable.
Small Pill, Small Dose, Small Price

Carter's Iron Pills
Will restore color to the faces of
those who lack iron in the blood,
as most pale-faced people do.

PARKER'S
HAIR BALM
Keeps the hair from falling out.
Beauty to Gray or Faded Hair.

Flyer Fishing by Submarine.
Mr. Simon Luko, the father of the
modern submarine, has suggested the
use of the submarine for polar explora-
tion for ferrying supplies across ice-
bound rivers, for seeking sunken treas-
ure, and for dredging oysters.

Experimenters are demonstrating to
Mr. Luko's satisfaction that when the
submarine is at the bottom of the
ocean, the oysters can be sucked up
into it on the vacuum cleaner principle.
When the vacuum is turned on, the
submarine will suck up 5,000 bushels
of oysters in an hour. This means
that in one hour a mass of oysters
will be collected which, if compacted
well, would require a cylinder one and
a half miles long to hold it. The
idea should be particularly useful
to the pearl-oyster fishers, as of
Ceylon, for instance.

OLD PRESCRIPTION
FOR WEAK KIDNEYS

Have you ever stopped to reason why
it is that so many products that are ex-
cessively advertised, and at once drop out
of sight and are soon forgotten? The
reason is plain—the article did not
measure up to the claims made for it.
This applies more particularly to a medicine.
A medicinal preparation that has real
cure value almost sells itself, as does
an endless chain of the remedy is
recommended by those who have been
benefited, to those who are in need of it.
A prominent drug store, "Take for
example Dr. Kline's Swamp-Root," a
preparation I have sold for many
years and never hesitate to recommend, for in
almost every case it shows excellent re-
sults. As many of our customers testify:
"No other kidney remedy that I know of
has so large a sale."

According to sworn statements and
verified testimony of thousands who have
used the preparation, the success of Dr.
Kline's Swamp-Root is due to the fact
that, so many people claim, it fills al-
most every wish in overcoming kidney,
liver and bladder ailments, cures uric
acids, and neutralizes the acids
which cause rheumatism.

You may receive a sample bottle of
Swamp-Root by Parcel Post. Address
Dr. Kline & Co., P.O. Box 108, N. Y.,
and enclose ten cents; also mention the
name of the newspaper through which you
saw the advertisement. Large and medium size bottles for sale
at all drug stores.—Adv.

It's in a Mine.
Ice that formed in the waters of
the straits and sevens, is being un-
covered by coal companies at Hazle-
ton, Pa., in raising the culm banks
of the region through the breakers to
meet the demand for anthracite cre-
ated by the war.—Boston Globe.

Quite So.
"These are the burial apartments."
"Oh, what a suite thing!"—Balti-
more American.

Dr. Pierce's Pellets are best for liver,
bowels and stomach. One Little Pellet
for a laxative, three for a cathartic. Ad-
dress: Dr. J. C. Pierce, Little Pellets Co.,
The Effeminate young man is not to be
plotted and censured.

When Your Eyes Need Care
Try Muriene Eye Remedy
The Muriene—Just One Dose—At Once
Get the proper self-estimate and move
up to your place.

Muriene Eye Remedy
Muriene Eye Remedy Co., Chicago