Eases Colds

At once! Relief with "Pape's Cold Compound"

The first dose eases your cold! Don't stay stuffed-up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all grippe misery.

Relief awaits you! Open your clogged-up nostrils and the air passages of your head; stop nose running; relieve the headache, dulness, feverishness, sneezing, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance. Tastes nice. Contains no quinine. Insist on Pape's!—Adv.

They're Practical Men.

"Would you call a successful author one who makes from $10,000 to $15,000 a year, but will be forgotten 12 months after he dies, or one who literally starves to death and is famous ever after?"

"Well, I would say the second type was the truly successful author, but I fear his landlord, his butcher and his baker wouldn't agree with me."—Birmingham Age-Herald.

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."—Adv.

Lack of credit prevents some people from living beyond their means.

Help That Bad Back!

Why be miserable with a "bad back?" It's time you found out what is wrong! Kidney weakness often causes much suffering from backache, lameness, rheumatic pains, headaches, dizziness and kidney irregularities. Neglected, it may lead to dropsy, gravel or Bright's disease, but if taken in time it is usually easily corrected by using *Doan's Kidney Pills. Doan's* have helped thousands.

A Michigan Case

Mrs. Caroline Kessler, W. Main St., Paw Paw, Mich., says: "The first symptoms of kidney trouble in my case were headaches and dizzy spells. I had rheumatic twinges in my back, shoulders, arms, neck and limbs. My limbs and arms were swollen and sore. Two boxes of Doan's Kidney Pills put me on the road to recovery and in six weeks I was up and around, able to do my housework and take care of my children."

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

DOAN'S KIDNEY PILLS

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

Ask for "HILL'S"

FIVE MILLION PEOPLE USED IT LAST YEAR

HILL'S CASCARA QUININE BROMIDE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture.

At All Drug Stores

For Coughs, Colds, and the relief of inflammatory conditions of the throat arising from Bronchial, Asthmatic affections and derangements of the Respiratory Organs. Prepared from Spruce Gum and other medicinal agents. Successfully used for 60 years.

Always buy the Large Size

GRAY'S SYRUP of RED SPRUCE GUM

Montreal D. WATSON & CO. *New York*

UNCLE SAM

a SCRAP chew in PLUG form

MOIST & FRESH

Liggett & Myers Tobacco Co.

W. N. U., DETROIT, NO. 44—1919.

IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ills afflicting people today can be traced back to the kidney trouble.

The kidneys are the most important organs of the body. They are the filterers of your blood. If the poisons which are swept from the tissues by the blood are not eliminated through the kidneys, disease of one form or another will claim you as a victim.

Kidney disease is usually indicated by weariness, sleeplessness, nervousness, dizziness, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago.

All these derangements are nature's signals that the kidneys need help. You should use GOLD MEDAL Haarlem Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Go to your druggist today and get a box of GOLD MEDAL Haarlem Oil Capsules. In twenty-four hours you should feel health and vigor returning.

After you feel somewhat improved continue to take one or two capsules each day, so as to keep the first-class condition and ward off the danger of other attacks.

Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

THE RIGHT WAY...

In all cases of **Distemper, Pinkeye, Influenza, Colds, etc.** —of all horses, brood mares, colts, stallions, is to

"SPOHN THEM"

On their tongue or in the feed put Spohn's Liquid Compound. Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the disease germs. It wards off the trouble no matter how they are "exposed." Absolutely free from anything injurious. A child can safely take it. Sold by druggists, harness dealers, or sent express paid by the manufacturers. Special Agents Wanted.

SPOHN MEDICAL CO., GOSHEN, IND., U. S. A.

Your Best Asset —A Skin Cleared By— Cuticura Soap

All druggists; Soap 25, Ointment 25 & 50, Talcum 25. Samples each free of "Cuticura, Dept. N, Boston."

It's the age of substitutes, all right. Oleo for the butter and the butter for lamb.

Use MURINE Night and Morning Keep Your Eyes Clean—Clear—Healthy

Write for Free Eye Care Book: Murine Co., Chicago, U.S.A.

Shorthorns in America 133 Years

The first purebred Shorthorn cattle were brought to the United States in 1783, a small shipment being imported from England to Virginia that year. The Shorthorn has had more to do with the improvement of cattle in this country than any other breed—probably than all other breeds. This the combined beef and milking quality of the Shorthorn that has made the profits on the farms, plantations and ranches. It pays to use Shorthorn bulls. American Shorthorn Breeders' Assn., 13 Dexter Park Ave., Chicago Ill.

PARKER'S HAIR BALSAM

Removes Dandruff—Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 50c and $1.00 at druggists.

Hiscox Chem. Wks. Patchogue, N. Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c by mail or all Druggists. Hinder Chemical Works, Hoboken, N. J.

THE KITCHEN CABINET

He has respect for other men,
Whate'er their clime or creed;
He hails mankind as brothers when
They come to him in need.
He measures all men by their worth,
And meets them on the sod
As brothers of a common birth,
All children of one God.

—Francis Smith.

COMPANY GOOD THINGS.

For a company luncheon creamed codfish and potato served in baked potato shell is both a dainty and wholesome dish. Prepare the creamed codfish as usual, bake the potatoes, cut them in half and remove the potato. Mash with butter a little cream and seasoning. Put a tablespoonful of the codfish in the shell. Add some of the potato, brush the top with egg and set into the oven to brown. Garnish with a sprig of parsley.

Lettuce Salad With Cheese Balls.—Make balls of seasoned cream or cottage cheese. Roll some in chopped chives and some in nuts. Dispose in nests of head lettuce and serve with a good boiled dressing.

Another attractive cheese salad may be prepared as follows: Use one of the little revolving ice-cream cones used in serving cream. Rub the inside with olive oil, line the mold with cream cheese, mixed with cream to make it of the right consistency. Fill with chopped, salted celery mixed with a little mayonnaise. Carefully turn out on a lettuce leaf.

Grape Bavarian Cream.—Soak one-third of a package of granulated gelatine in cold water to cover. Dissolve over hot water, then add one pint of grape juice sweetened to taste. Place in ice water and stir. As the mixture thickens, stir into it one and one-half cupfuls of cream whipped. Decorate the sides and bottom of a mold with split almonds, dipping each into a little of the dissolved gelatine. Carefully turn in the mixture and set away on ice to become firm. When serving garnish with frosted grapes. Wash the grapes then dip in egg white, then in granulated sugar. Arrange on grape foliage with the cream in the center of a large chop plate.

Rings of shapely muskmelon, with the rind removed, filled with ice cream garnished with preserved ginger, with a bit of the sauce for each, makes a most delectable dessert.

Happiness is a normal and natural condition and something is radically wrong with every life where it doesn't play at least a predominating part. Such life fails also in performing its duty towards its neighbor as it should perform it.—Ralph Waldo Trine.

EAST INDIAN CURRIED DISHES.

In spite of its high seasoning, people who have acquired the taste for curry enjoy it at any season. Although curry powder is not expensive when purchased, one may prepare it at home and be sure of its purity.

Take one ounce each of turmeric, coriander seed, white ginger, nutmeg, mace and cayenne. Pound all together in a mortar, and sift through a fine sieve; bottle and cork well.

To prepare curry, a rabbit, chicken or other delicately flavored meat is required. For chicken curry cover the chicken with boiling water, adding two large onions and a bouquet of herbs. Simmer gently for an hour and a quarter or until the chicken is tender, removing all fat as it rises. Add two tablespoonfuls of flour to the same amount of fat, mix until well blended and stir into the chicken broth. Add a teaspoonful, or more if partial to the taste, of curry powder. This should be mixed with the flour and fat. Beat the yolks of three eggs, stir into the gravy carefully, add salt together with the juice of half a lemon. Heat but do not boil. Pour over the chicken and arrange around it a border of rice.

East Indian Curry.—Slice one onion and fry in butter. Soak a slice of bread in milk, grate six sweet almonds, add, with two well-beaten eggs, one-half cupful of milk, one-half pound of minced meat, one tablespoonful of butter and one tablespoonful of curry. Grease a baking dish with butter, rub with lemon juice, salt, put in the mixture and bake. Serve with boiled rice.

Curry of Mutton.—Fry one large onion chopped fine in two tablespoonfuls of butter. Mix one tablespoonful of curry powder, one teaspoonful of salt, one tablespoonful of flour and stir into the butter and onion. Add gradually one pint of stock. Cut two pounds of lean mutton into small pieces and brown them in hot fat; add them to the sauce and simmer until tender. Place the meat on a hot dish and arrange a border of rice around the meat.

Curried Eggs.—Cook six eggs until hard, remove the shells and cut in halves. Fry a teaspoonful of onion in a tablespoonful of butter, add one tablespoonful of cornstarch or two of flour, mixed with half a tablespoonful of curry powder. Pour over slowly one and one-half cupfuls of stock, cream or milk; add salt. Simmer till the onions are soft, then add the eggs. Simmer until hot. Serve in a shallow dish or arrange on toast.

Nellie Maxwell

"KILL-JOYS"

Constipation, Headache, Colds, Biliousness ended with "Cascarets"

Nothing takes the joy out of life quicker than a disordered liver or waste-clogged bowels. Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and stomach sour. Why not spend a few cents for a box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh pills. They work while you sleep.—Adv.

Bride Runs Away.

Some time ago I attended the wedding of my cousin. It was a quiet affair, the pastor coming to the home. When he was just about to pronounce them man and wife the bride began to cry and ran into the other room. The groom followed her, saying, "Mary, he isn't through yet."—Exchange.

ASPIRIN FOR COLDS

Name "Bayer" is on Genuine Aspirin—say Bayer

Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Colds, Pain, Headache, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Many Cars in Japan.

The number of motorcars in the Hyogo prefecture of Japan in 1908 was four, in 1912 there were 14, in 1916 there were 39, and at the end of 1918 there were 282 cars registered. The city of Kobe, which is located in this prefecture, is said to have 182 automobiles.

State of Ohio, City of Toledo, Lucas County—ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(Seal) A. W. Gleason, Notary Public.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

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

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

American Milk in Hongkong.

In 1918 Hongkong imported condensed milk valued at $3,836,640. That coming from the United States was valued at $3,584,854, or 92 per cent of the total imports of that commodity.

To Have a Clear Sweet Skin.

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

For a storage egg slogan, why not "To the consumer belongs the spelled?"

WRIGLEY'S

5c a package before the war

5c a package during the war

5c a package NOW

THE FLAVOR LASTS SO DOES THE PRICE!

UNITED CIGAR STORES COUPONS

DON'T think that because your stomach can digest food you are proof against indigestion. The most important digestive work is done by the bowels, liver and kidneys. Unless these are active and work in harmony, you are in danger of self-poisoning.

BEECHAM'S

Sold by druggists throughout the world. In boxes. 10c, 25c.

PILLS

help the bowels to functionate properly, and influence the liver and kidneys to act very efficiently.

TO SHINE A COLD STOVE Use E-Z STOVE POLISH Quick and Easy Ready for Use—Ready to Shine. The E-Z Polish Mfg. Co. CHICAGO

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 65c. Free book. Dr. C. H. Berry Co., 2975 Berry Bldg., Kansas City, Mo.

FREE—COPY OF OUR LATEST 60c PIANO MUSICAL SUCCESS. Enclose 2c postage. John S. Nolt, Lebanon, Penn.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. Gonder, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. Florence Isella, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good.

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.