

# Yeast Foam

assures a well-risen dough.



Home baking is the first step in home making because the girl who knows how to make good bread is equipped to do most other cooking well.

Send for free booklet  
"The Art of Baking Bread"



Northwestern Yeast Co.  
1730 North Ashland Ave.  
Chicago, Ill.

Reliable  
"What is the sure cure for love at first sight?"  
"Second sight."

GIRL'S HAIR GROWS THICK AND BEAUTIFUL

35 cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A creamy muss of luxuriant hair, full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps with "dependable Danderine."

Falling hair, itching scalp, the hair is corrected immediately. Thin, dry, wavy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy!

Any drug store—Advertisement.

For err is human; to forgive is often good diplomacy.

DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear if You See the Safety "Bayer Cross."

Warning: Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin prescribed by millions and prescribed by physicians for 25 years.

Say "Bayer" when you buy Aspirin. Instructions may prove dangerous—Adv.

Moderated.

Old Style—"Where there is a will there is a way." New Style—"Where there is a will there is a content."—Judge.

"CASCARETS" FOR LIVER AND BOWELS—10c A BOX

Cures Biliousness, Constipation, SICK HEADACHE, Indigestion, Drug stores—Adv.

The average man spends more money on a foolish habit than he does on his wife's hats.

# Children Cry for

Fletcher's CASTORIA

MOTHER.—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants and Children all ages.

To avoid imitations, always look for the signature of Fletcher's. Proven directions on each package. Physicians everywhere recommend it.

Get rid of constipation by internal cleanliness



THERE is no reason why you should suffer from constipation. Headaches, biliousness, sleepless nights, heaviness, are nature's warning that intestinal poisons are flooding your system. If allowed to continue, you may become a victim of serious organic disease.

In constipation, say intestinal specialists, lies the primary cause of more than three-quarters of all illness including the gravest diseases of life.

#### Laxatives Aggravate Constipation

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

#### Why Physicians Favor Lubrication

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and easily lets its passage out of the body. The Nujol brings internal cleanliness, stimulates the lining of the bowel and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless.

Get rid of constipation and avoid diseases by adopting the habit of internal cleanliness. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.



Nujol

REG. U. S. PAT. OFF.

For Internal Cleanliness

## STATE NEWS IN BRIEF

Lansing—The annual convention of the Michigan State Association of Fairs was held here.

Maple City—Albert Lewis of Maple City was appointed probate judge of Leelanau county, by Governor Groesbeck recently.

Iron—George Majnuska, 20 years old, was killed last week when he fell across a buzz saw. He was sawing wood at the farm of a neighbor in Odessa Township.

Lansing—The council of the state paid out \$45,923 in 1923 for chickens, rabbits, sheep and other fowls and animals killed by dogs, according to a report completed by the auditor general.

Ann Arbor—The Ann Arbor railroad has petitioned the Interstate Commerce Commission for authority to issue \$1,092,000 of equipment trust certificates to finance the purchase of 500 box cars.

Lansing—Floyd C. A. Lockwood, 45 years old, for 20 years an employee of the local postoffice department and for the last six years postmaster at North Lansing, died here recently, following a brief illness.

Paw Paw—Southwestern Michigan fruit growers have checked over the damage to their orchards by the cold wave. Mild weather up to the recent cold wave had a tendency to make buds and wood tender.

Pontiac—The pupil of Rev. Father T. J. Ryan, who died here recently, after 30 years in charge of St. Vincent de Paul Catholic parish, will be filled by Rev. Father James B. Thorne, of St. John's church, Monroe.

Lansing—Announcement has been made here that arrangements have been completed for the annual Lansing Automobile Show, to be held in the business center. The exhibition promises to be one of the largest in Michigan.

Kalamazoo—Dr. Benjamin Southworth, 45 years old, of Schoolcraft, one of the most widely known physicians of southwestern Michigan, died here recently. He owed his wide popularity in several counties to the fact he would drive many miles day or night, whenever called.

Grand Rapids—While the Rev. H. E. Walker, pastor of St. Paul's Methodist Church, was delivering the funeral oration at the services for Gilbert Coffey, in the church last week, Joseph C. Coade, 63, grocer and lifelong friend of Coffey, died of apoplexy. Coade was stricken as the minister began the sermon.

Lansing—Letters have been addressed by the State Department of Conservation to all the Representatives and to the two Senators from Michigan, inquiring what legislation would cause the Federal government to deed the unused portion of Round Island, adjacent to Mackinac Island, to the State.

Detroit—Despite the fact that in December, 1922, Detroit, partial receipts made up a large gain over the same month, in the preceding year that the city ranked second in the country, the continued heavy business done at the local postoffice since brought it well up in the gains for December, 1923, over those of December, 1922.

Lansing—Al request has been received from the Traverse City state hospital by the administrative board for an increase in \$1,500,000 appropriation for the construction of a dining hall for women patients. It was explained that by authorizing the expenditure of a greater sum a combination building which would afford a recreation room for the patients, can be erected.

Lansing—A tentative highway program for 1924, suggesting total expenditures of approximately \$22,000,000, has been submitted to the state administrative board by highway engineer, Frank Rogers. The program probably will be revised to meet the state's financial condition, Rogers said. It allows the cost, about \$5,000,000, to the counties, \$15,000,000 to the state, and \$2,000,000 to the federal government.

Port Huron—Police Court jury recently convicted William Ellerthorpe, Clyde Township farmer, of not paying his dog tax, and so far, the constitutionality of State Dog Tax law has been upheld. Mr. Ellerthorpe, however, says that he will appeal his conviction to the Circuit Court and, if necessary, to the Supreme Court in his effort to have the law declared unconstitutional. Mr. Ellerthorpe, following his conviction by a jury of six men, was fined \$10. The fine has not been paid pending his appeal.

Marquette—Shortening of the open season on partridge in the upper peninsula will be one of the questions to be considered at this spring meeting of the Northern Michigan Sportsmen's Association. Delegates from the lower peninsula to the annual meeting of the Congress of Michigan Game associations, held in Marquette, reported that only a few partridge are left in the lower part of the state and that unless a closed season in southern Michigan is ordered, there is a danger of the birds becoming ex-

## The Kitchen Cabinet

Nothing resting in its own completeness.

Can be worth or beauty; but alone.

Because it leads and tends to fur-

ther, higher, deeper than its own.

—Adelaide Procter.

HOT BREADS FOR COOL DAYS

Hot breads served occasionally are always enjoyed, especially on cold, wintry days.

Rye Popovers

Mix and sift two-thirds of a cupful of rye meal, one-third cupful of flour, one-eighth cupful of salt.

Add gradually one cupful of milk, one teaspoonful of baking powder or one-half teaspoonful of soda, if sour milk is used, two beaten eggs and one tea-spoonful of butter.

Mix into hot iron gem pans and bake in a hot oven about one-half hour.

Cream Delights—Mix and sift one and one-half cupfuls of good pastry flour with one teaspoonful of salt, one teaspoonful of baking powder. Add very slowly enough hot cream to make a dough soft enough to roll out.

Pat and roll as thin as possible. Shape with a cutter, prick with a fork and bake in a moderate oven. Serve with salad.

Currant Nut Muffins—Mix two ta-

blespoonfuls of sugar with three ta-

blespoonfuls of melted butter, one well-beaten egg, and two cupfuls of sifted flour with three teaspoonfuls of baking powder. Add one-fourth cupful of dried currants and one-half cupful of nutmeats.

Drop into greased muffin pans and bake one-half hour in a moderate oven.

Rice Muffins—Mix and sift two cupfuls of flour with three teaspoonfuls of baking powder and one tablespoonful of sugar. Work in one cupful of cooked rice—the brown variety is best—add one well-beaten egg, two tablespoonfuls of melted butter. Beat well and bake in hot greased gem pans for one-half hour in a quick oven.

Dried Apricot Muffins—Mix and one-half cupfuls of flour, sifted with two tablespoonfuls of baking powder, a pinch of ginger and a crating of lemon rind for flavor; add one beaten egg and one-half cupful of milk; add a pinch of salt, mix well and drop by teaspoonfuls into hot fat. Roll in sugar and serve warm.

The hedgehogs cast a shadow shade

Upon the fronton grass.

But the hedgehogs are soft,

And come the children.

FOOD FOR THE FAMILY

Oysters are so universally liked that any variation in serving them is welcomed.

Broiled Oysters

—Drain the oysters.

Wipe dry, season with salt

and pepper and arrange in a fine wire broiler; broil

over a quick fire until the edges

curl. Serve on toasted crackers and spread with

Malte d'Hotel Butter—Beat one

fourth of a cupful of butter, beat in one-half teacupful of cream, a dash of salt and add very slowly one tablespoonful of lemon juice.

Velvet Cake—Cream one-half cupful of butter, add gradually one and one-half cupfuls of sugar, the yolks of four eggs beaten thick, and one-half cupful of cold water. Mix and sift one and one-half cupfuls of flour, one-half cupful of cornstarch and four teaspoonfuls of baking powder; add to the first mixture, fold in the stiffly beaten eggs, fold in lightly. Put into a pan, sprinkle with flour and powdered sugar. Bake forty minutes in a moderate oven.

Raisin Doughnut—Crush one cupful of yeast into one cupful of scalded milk which has been cooled. When the yeast is well-blended add two beaten eggs, one-third of a cupful of sugar, one-half teaspoonful of salt, two tablespoonfuls of butter, and about four cupfuls of flour. Add to a soft dough and knead for minutes; cover and set over night, but do not cover in the morning roll into one sheet one-half inch thick and cut into rounds; let stand until doubled in bulk, fry in deep fat. Before serving, roll in a paper bag with a few tablespoonfuls of sugar, one doughnut at a time.

Sweet Potato Waffles—Mix one cupful of mashed, cooked sweet potatoes, pressed through a ricer and one

cupful of sifted flour, add one-half cupful of sugar, one-half cupful of melted butter or fat, and one cupful of milk.

Add one well-beaten egg yolk and the white beaten white; fold in at the last.

Cook on a greased waffle iron.

Chocolate Walnut Cookies—Beat four eggs very light, add one pound of brown sugar and stir well. Add one-fourth of a pound of bitter chocolate (grated), one-half teaspoonful of vanilla. Then mix in the ingredients and add one cupful of English walnut meats and two cupfuls of flour, or enough to make a drop batter. Drop by teaspoonfuls on baking sheet and bake in a moderate oven.

—Nellie Maxwell

## "Miss America" Declares Tanlac Wonderful Health Giving Tonic



Miss Campbell in "Miss America" crown which she has won on two occasions.

—Photo by Atlantic Photo Service.

Miss Mary Katherine Campbell, twice proclaimed "Miss America," has taken TANLAC and endorses it in a statement recently given to the women of America. In this statement, Miss America declares that Good Health is basic to Beauty, and advises women who would be beautiful to "first find good health."

Her complete statement as given is as follows: "I consider it a great privilege to be able to tell the thousands of women throughout the land that TANLAC is the basis of all beauty. Without good health, one is apt to be rundown, nervous, underweight, high-strung, anemic. Indigestion drives the roses from a woman's cheeks and robs her of her beauty."

"I have taken TANLAC and I do not hesitate to say that it is a wonderful health-giving tonic. It has brought relief and good health to many women, and with good health one may have a measure of beauty that will overcome shortcomings in face and figure."

"Rose cheeks, sparkling eyes, a well-rounded figure, a lovely complexion go hand in hand with good health. The secret of beauty, I would say—'First of all, find Good Health.' The TANLAC treatment has proved itself a boon to womanhood, and I recommend it."

Miss Campbell has written a booklet on Health & Beauty which may be secured by mailing the coupon below.

INTERNATIONAL PROPRIETARIES, INC.

Department ..... W. N. U.

Gentlemen: I herewith enclose 10 cents (stamps will do), for which send me

Name ..... Street ..... Town ..... State .....

Shun Evil Companions.

If thou wishest to get rid of thy evil propensities, thou must quit keep frothy evil companions—Seneca.

He who does not tire, tires adversely.

## DANDELION BUTTER COLOR

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents—Adv.

Spoke the Truth.

She—I'd like to see the man I would marry.

He—I'll let you know!

The only danger in friendship is that it will end.

Standard External Remedy

of known value—safe and effective.

It's "Ailock's"—the original and genuine porous plaster—Adv.

Stringiness of law is sometimes extreme injustice.

Eat what you like, but don't eat too much of it.

Demand ASPIRIN

SAY "BAYER" when you buy—Genuine

Proved safe by millions and prescribed by physicians for

Colds Headache Neuralgia Lumbarago

Pain Toothache Neuralgia Rheumatism

Genuine—Accept only "Bayer" package which contains proven directions.

Handy "Bayer" boxes of 12, 24, 48, 100 Dri-Grist.

Aspirin is the trade mark of Bayer Manufacture of Monocetacide or Salicylate

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B or Menthol

A sure relief for coughs, colds and hoarseness. Put one

in your mouth at bedtime.

Always keep a box on hand.

## SMITH BROTHERS S.B. COUGH DROPS MENTHOL

Famous since 1847

Take a good dose of Carter's Little Liver Pills

then take 2 or 3 for a few nights after. They restore the liver to its proper condition and help

and the causes of it pass away.

THE REGULATE THE BOWELS AND

PREPVENT CONSTIPATION

Carter's Little Liver Pills

Small Pill, Small Dose, Small Price

For Internal Cleanliness

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