

Growing Children

are often troubled with Fevers, Coughs, Constipation, Headache, Stomach troubles, Teething disorders and Worms. At such times thousands of Mothers use

MOTHER GRAY'S SWEET POWDERS for CHILDREN

and find they give certain relief. They tend to break up colds. Cleanse the stomach, act on the liver and bowels and give healthful sleep. Easy to give and pleasant to take.

Used by Mothers for over 30 years.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.



Disordered Stomach

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of results. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimpley, Blotchy Skin. They end the misery of Constipation, Gravel, Rheumatism, Small Pox, Small Dose, Small Price.

Beauty is only skin deep, is not sold by people who have it.

"DANDELION BUTTER COLOR"

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

Red Light Irresistible Lure for Insect Pests

A means for combating the winged insect pests of tropical regions has been evolved, by means of which the flying bugs are lured into a deadly trap of acid and either drowned or asphyxiated by the fumes. It was found that a red light served as an almost irresistible lure for the night-flyer. A red electric bulb, or a lantern with a red globe, is placed near the vessel containing the acid solution. As the pests fly to the light the fumes destroy them, even though they may not actually fall into the bath. To protect human beings from possible accidental contact with the acid bath, the liquid is placed in a wide-mouthed bottle, to which is attached a funnel with a very broad flaring cone. The light is suspended directly over this funnel, and the insects, stupefied by the acid fumes, fall into it and so into the acid bath. Probably a good many people prefer this to discourtesy.

What We Forget Between 15 and 50

Schools teach, and nearly every home applies the rule against coffee and tea for children. When middle age comes, a great many people remember the facts about the caffeine drug of coffee and tea, and how its regular use may disturb health. Often they have cause to remember what it has done to them. How much better it would be not to forget—and avoid the penalties! Postum is a pure cereal beverage—delightful, and safe for any age—at any time. Good for breakfast at home, for all the family; good for lunch at the club or restaurant; good with the evening meal; good with a late night dinner—it never harms. Why not be friendly with health, all the time!

Postum for Health "There's a Reason"

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by adding boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.



STATE NEWS IN BRIEF

Lansing—New members added during the recent Red Cross roll called by Ingham county chapter totaled 1165. The total does not include those recruited in the county outside of Lansing, but includes new membership from the committee, chest fund.

Flint—Consideration of plans for submission to the taxpayers of Genesee County of a bond issue for \$1,000,000 with which to replace the courthouse destroyed by fire, and to rebuild the jail in this new building was the principal business at the January session of the board of supervisors.

Alpena—Work was started last week on opening M-10, south from Alpena. In order that automobile traffic could be resumed. There was 10 miles of snow to be plowed in order to open the entire road. Fifty cars were stalled at various points between Alpena and Lincoln awaiting the opening of the road.

Saginaw—A two-foot snake, very much alive and wriggling and a butler with daintily tinted wings were added recently to the Saginaw list of harbingers of spring, which already has assumed sizeable proportions through the prevalence here of a coarse or more chubby, red breasted robin and several pairs of cardinals.

Muskegon—Muskegon has fewer minor workers than any other city in the state, in the opinion of Benjamin Swenson, public school attendance officer. This condition is the result, he says, of the recent decision of virtually all the industries of the city not to employ any minor who cannot produce a working permit.

Grand Rapids—George Hooper, former assistant superintendent of the Copper Mining Co. in the Upper Peninsula, died here. He was a prominent Mason, being a member of Rockland Lodge, at Rockland, Mich. He was 81 years of age.

Falamazoo—The state administrative board authorized the release of \$50,000 of a \$100,000 appropriation for a new infirmary at the Kalamazoo state hospital. According to Superintendent of Public Instruction Thomas E. Johnson, the plans for the structure virtually are completed and it is planned to expend \$50,000 now at the rate later, perhaps next year.

Kalamazoo—One thousand three hundred and fifty-five births to 980 deaths is Kalamazoo's official record for 1923. This would indicate a population increase of 370. Three more were born than in 1922, while 25 more persons died in the last year than in the preceding one. Of the new arrivals, 793 were boys and 657 were girls. Records also show that 496 males and 484 females died.

Ann Arbor—A gift of \$2,000 has been made to the University of Michigan by Dr. William J. Mayo, head of Mayo Brothers' Hospital at Rochester, Minn., to be known as the Mayo Lectureship in Surgery. With it, the university will bring prominent surgeons to address the medical students in the school of medicine, according to the terms of the gift agreement. Dr. Mayo graduated from the University of Michigan during the Eighties.

Lansing—The State Administrative Board granted a \$10,000 bonus for a refrigerator plant at the fonda reformatory, gave the Newberry state hospital \$15,000 for "improving" its dining hall and the Traverse City state hospital \$1,200, for "improvement" in its central building. A request from the state industrial school for boys for \$163,200 to complete its heating plant, on which \$98,000 already has been spent, was referred to a committee.

Lansing—The sale of \$3,000,000 worth of highway bonds to meet payments on contracts awarded and work done in the 1923 building season was authorized by the state administrative board recently. Bids will be received on 4.14 and 4.12 per cent bids. The board also ordered the transfer from the 1923 automobile license to the highway sinking fund of an amount sufficient to care for interests in 1924 and 1925 on the total outstanding bond indebtedness.

Ann Arbor—Though it draws its students from every state in the Union and from practically every civilized nation in the world the University of Michigan remains, primarily a "state university." Of the 11,800 students enrolled during the academic year of 1922-23, 7,159 were residents of the state, the remaining, 4,641 non-resident undergraduates holding the "populotion tone" to the situation. Wayne, Washtenaw and Kalamazoo counties furnish the largest number of students.

Lansing—The Michigan Electric Railway Co. filed a petition with the Michigan Public Utilities Commission, recently for authority to operate a highway bus line between Owosso and Flint, thereby continuing their present electric line between Lansing and Owosso, to Flint via the highway. The proposed bus line would operate with the existing automobile carrier line between Owosso and Flint. The latter was started 10 years ago and was one of the first highway bus lines in the Middle West.

The KITCHEN CABINET

The best way to ventilate a house is to turn yourself out of doors frequently. A child should never be kept in the house more than an hour at a stretch, an adult not more than three, unless asleep.—Woods Hutchinson.

SOME COMPANY DISHES

A simple salad which is easy to prepare and is usually easy to procure, is as follows: Shred a hard head of cabbage very fine and drop into cold water to become crisp. Drain, add salt and sprinkle well with sugar, then add some sharp vinegar and enough thick cream to make a good dressing.

Chili Con Carne—Take a can of kidney beans or half a pound of the red chili beans and add a pound of meat. Just before the beans are soft add one onion and a clove of garlic chopped fine. There should be about three pints of water in the beans. Add a tablespoon of more of chili powder, depending upon how hot you like the chili, or add a few stewed chopped chili peppers and a teaspoonful of salt. Chop a pound of meat; let it cook until all the fat is melted out, remove the scraps and add a pound and a half of hamburger steak. Stir constantly for a few minutes, then add the beans and cook slowly for several hours.

Chestnut Dainty—Take one pound of chestnuts one cup of cream, one-half pound of sugar, one lemon, half a tablespoonful of lemon extract, a few drops of red coloring and some pink and white wafers. Cut a slit across the top of each chestnut and put them to cook in boiling water to cover for five minutes, then peel them. Put two cups of water into a pan with the sugar and the thinly pared lemon rind; bring to the boiling point, add the nuts and cook them until tender. Take out of the stov, wipe and rub them through a sieve. Whip the cream and add the chestnut puree. Sweeten to taste, adding coloring and flavor. Heap in a glass dish and arrange the pink and white candies around the edge.

Roast Pig—A roast pig should be at least six weeks old. After being carefully cleaned and dried it may be stuffed with a seasoned filling. After filling rub the pig with melted butter, sprinkle with flour, salt and pepper, and roast, basting often. Roast in a moderate oven two to three hours.

Who bears another's burden will find from day to day His own is always lightened or lifted quite away.

DISHES WORTH TRYING

Waffles are usually a great favorite and one can serve them either for breakfast or for a supper dish.

Best Waffles—Mix and sift one and one-fourth cups of flour with one-fourth of a teaspoonful of salt and one-half teaspoonful of soda. Separate the whites and yolks of two eggs, beat well, add a crust of thick sour milk to the yolks and stir in the dry ingredients, fold in the stiffly beaten whites of the eggs and then add three tablespoonfuls of melted butter. Bake on a well-greased waffle iron.

Surprise Sausages—Parboil link sausages, divide in halves and remove the skins. Wrap in seasoned mashed potato, dip in beaten egg, bread crumbs, and fry in hot oil crisp and brown. Serve very hot.

Sausages may be baked on top of creamed potatoes, making a nice change from the ordinary method. Serve them from the dish in which they were baked.

To extend the meat when cooking hamburger add a cupful or less of cooked oatmeal with the seasoning of salt and pepper with onion juice; left in a long roll it broils nicely.

Fruit Sponge Drops—Bake small sponge drops in gem tins. When cold cut off the top, carefully remove the center and fill with any canned fruit—peaches are especially good. Serve with a tablespoonful of whipped cream of top. The cream from the center may be served with the juice of the fruit, sprinkled with a few nuts and topped with sweetened whipped cream.

Port Tenderloin—Silt the tenderloin through the center, lengthwise, leaving both ends. Fill with oysters, seasoned with butter and pepper and salt. Sew up and bake one-half hour in a moderate oven or broil in a fire less cooker with two radiators an hour and a half.

Anise Seed Jumbles—Cream one-half cupful of butter, add one cupful of sugar, and one egg well beaten. Sift together two and one-half cupfuls of flour, one-half teaspoonful each of soda and baking powder, one-quarter teaspoonful of salt, one cupful of sour cream and two ounces of anise seed. Mix well and drop from a teaspoon on a greased baking sheet and bake for about twelve minutes. Sprinkle the tops with sugar just before going into the oven—it will give them a delicious sugary surface.

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The real Dutch Process rich, smooth, delicious

Buy it at your grocers

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If our salesman do not reach you, write for our special proposition on Monarch Dutch Process Cocoa, Farm House American Process Cocoa and the world famous Monarch Coffee. Write today to the office nearest you.

REID, MURDOCH & CO.
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Some doctors remind you of patience sitting on a monument, because of the monuments sitting on their patients.

It is the business of a business man to see to it that his employees attend to his business.

Demand BAYER ASPIRIN

SAY "BAYER" when you buy—Genuine

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 23 years for

Colds Headache Neuralgia Lumbago
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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacturers of Monocristallinester of Salicylic Acid

Good taste springs more from judgment than from intellect.

He Strives to Please
Boss—How old are you, sonny?
Applicant—How old a boy do you want?

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

Cures Biliousness, Constipation, Sick Headache, Indigestion, Druggists. Adv.

Every cold snip looks like a soft snip to the cool man.

He is a wise man who either speaks the truth or says nothing.

Children Cry for "Castoria"

A Harmless Substitute for Castor Oil, Paregoric, Drops and Soothing Syrups—No Narcotics!

Mother! Fletcher's Castoria has been in use for over 30 years to relieve babies and children of Constipation, Flatulence, Wind Colic and Diarrhea; allaying Feverishness arising therefrom; and, by regulating the Stomach and Bowels, aids the assimilation of

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

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