

HELP FOR MOTHERS OF AILING DAUGHTERS

Mrs. Quigg and Mrs. Betton Tell in Following Letters What Is Best To Do



DAUGHTER OF MRS. QUIGG
105 MAIN STREET, ROYERSFORD, PA.
"My daughter was sickly from the time she was 13 years old, and when she was 15 she was irregular and also had severe headaches and pains in her sides and back. She was this way about six months before I began giving her Lydia E. Pinkham's Vegetable Compound regularly although she had tried it before. It helped her very much. She is not bothered by headaches, backaches or cramps any more, and has not missed but one day's work. We recommend it to other mothers."

Waterpout Chased Ship
The 147 passengers of the Bermuda liner Fort Victoria experienced the thrill of being chased by a waterpout on the trip from the Atlantic recently. The waterpout came within 150 feet of the ship, which was followed by several schools of porpoises which accompanied the vessel for several miles. There were at least 1,000 porpoises around the ship at times. The waterpout was about 250 feet high.

Build your body back to Health

TANLAC is a great natural builder. It revitalizes the blood, stimulates the digestive organs, rejuvenates the liver and pepes you up all over. From the four corners of the earth we gather the roots, bark and herbs that go into Tanlac. We compound them after the famous Tanlac formula that has brought health to millions. Our files are crammed with testimonials from men and women in every walk of life, who state gratefully that Tanlac has brought them back to vigorous strength.

If you suffer from indigestion, loss of appetite, can't sleep or rest, if rheumatism is making life a torture, if your liver is out of sorts and your body has run down to skin and bones, get a bottle of Tanlac at your druggist's and start taking it right away. You'll be amazed to note the improvement that comes at once. For the first time in months you'll feel like eating some good solid food. You'll wake up in the morning rested and ready for a good day's work. First thing you know you'll have some color in your cheeks and the sparkle of health back in your eyes. Don't put off taking Tanlac. Begin

TANLAC FOR YOUR HEALTH

Laborers and Harvest
The harvest truly is plentiful, but the laborers are few. Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest.—Matt. 9:37, 38.

A man may be fast asleep, but rather slow when awake. The middle aisle of the church is often used as a bridal path.

Children Cry for Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children of all ages.

To avoid imitation, always look for the signature of *W.C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

with girls who have these troubles."
—Mrs. QUIGG, 210 Main Street, Royersford, Pa.

Mrs. Betton's Letter
Rigidity, I feel, to tell you how my good vegetable Compound has done my daughter. Before she started taking your medicine she was in a nervous, run-down condition, so that she could hardly sleep at night. She always had a pain in her side and sometimes cramps so that she would have to go to bed. She is a schoolgirl and was going to school only half the time because she was so weak and run-down she could not stand it to walk there some days. She was this way for several years. She had been reading your advertisement in the different newspapers and she noticed that some of the girls and women had suffered just as she had. So she took Lydia E. Pinkham's Vegetable Compound and is a lot better. With the first bottle everybody could see a big change. She can go to school every day and eat just as much as anyone else, when before she did not have any appetite. We have told others about the medicine, and we are perfectly willing for you to use these facts as a testimonial. We are also willing to answer letters from other women concerning the help my daughter has received from the Vegetable Compound. — Mrs. JOSEPH BETTON, Ridgely, Maryland.

Automatic Lacing
The interlocking steel lacing principle already applied to gaiters and tobacco pouches, now is being used for shoes. When such shoes are first bought, the laces are tightened to fit the foot. After that it is necessary merely to slide a key up or down to "loose" or "tighten" the shoe. The automatic lacer is placed on the side of the shoe, which otherwise resembles the regular article.

Baptist Minister Praises TANLAC
"I had suffered from stomach trouble and severe trouble for over 30 years until I could hardly get upon the street. The first thing I prepared my sermon. Six weeks after taking Tanlac I had a brand new outlook on life. I had a fine appetite, steady nerves and a brand new digestive system. Tanlac has never failed me."
Rev. B. B. Bell
207 Elm Street
San Antonio, Texas

now if you want to build your body back to health and vigor.

Think Wires Are Bees.
Bears that mistake the humming of telephone wires for bees and try to end the honey do much damage to lines in western states.

A charitable speech is but little credit to the man who is afraid to put his hand in his pocket.

A man deceives himself oftener than does the other fellow.

STATE NEWS IN BRIEF

Camp Custer—Camp Custer needs improvements and not just them and, was the comment of St. Gen. Benjamin A. Poore, new commandant of Custer, upon his first visit here.

Battle Creek—A new theatre, to cost between \$300,000 and \$400,000, and to be one of the largest and finest equipped in Michigan, is to be built by W. S. Butterfield. It has been announced.

Indianapolis—Gov. Alex. J. Groesbeck has denied a request of the governor of Indiana for the extradition of Albert O. Rogers of this city, on a warrant for passing worthless checks by the Terre Haute, Ind., police.

Port Huron—Sir Henry Thornton, president of the Canadian National Railways and the Grand Trunk Railway, will come here April 20 to address the members of the St. Clair District Transportation club.

Muskegon—The Continental Motors Corporation has issued a call for all its former employes to return to work. Increased production has caused slight forces to be needed at some departments. Three thousand men are now employed.

Lansing—Work has begun on clearing the site for the construction of the new Hotel Olds, a community hotel, 200 rooms and 12 stories, the highest building in the city. The estimated cost is \$1,000,000 and it is to be completed by April 1, 1928.

Ann Arbor—More than 20 names have been suggested to the faculty and regent committees which is to select the members of the Michigan Board of Regents, according to Regent Julius E. Beal, of Ann Arbor, one of the members of the joint committee.

Grand Rapids—Attorney Edward B. Strom, World War veteran and former state representative, was convicted by a jury in U. S. district court of having aided and abetted Carl W. Himmler, manager of the Division avenue branch of the Commercial Savings bank, in misappropriation and abstraction of the bank's funds.

Memphis—With the announcement of the purchase of land for the enlargement of docks and the construction of additional tracks here, P. S. Bradley, traffic manager of the Ann Arbor system, asserted that these improvements, together with the five car ferries, will make the Memphis port a distributing point second to none on the Great Lakes.

Lansing—Michigan's National Guard will have to curtail drilling, to some extent because of the action of the present Congress in holding up the deficiency appropriations for armory drill pay. His action now, taken in the interest of economy, holds up drill pay for the remainder of this quarter or until next June 30. "What will occur afterward" is not yet clear.

Detroit—A check for \$2,627,509.05 has been paid, under protest, by Mrs. Alice Gray Kales, of this city, to the government covering the supplemental income tax on the sale, in 1916, of her marital holding in the Ford Motor company. Several other former shareholders of Ford stock, including Senator James Couzens, who have been assessed additional income tax on the sale of their stock, have filed bonds in lieu of making the payment.

Detroit—Percy L. Hudson, shot when he fought a holdup man who was trying to rob the American State Bank branch at Epworth boulevard and Grand avenues, died in the Receiving hospital, Hudson, 41 years old, and a veteran of the British army in the World war, probably saved the bank funds for the companion of the man who shot Hudson, carrying away money, was guarding the manager and the teller of the bank, who had obeyed his command and were standing with their hands in the air.

Owosso—Authorities at Memorial hospital have been unable to locate relatives of William Belton, an ex-service man who left his home in Pontiac, and who in the hospital facing a major operation that may prove fatal. They wish to communicate with him before the operation. Belton, according to his story, left Pontiac on a freight train but fell and was badly hurt. He was taken off at Durand and brought here. Belton says his brother, Henry, in Pontiac, but could not give the address.

Detroit—Three persons were seriously burned and two injured in leaping from a third story window when a fire broke out in the basement of the Hamilton Apartments, and badly damaged the second, third and fourth floors of the building. Eleven persons were added in leaving the burning building by Harry Bantock and William Burkhall, patrolmen from the central station, and a dozen others were led down today or caught in nets by firemen. They were about 42 persons in the apartment house.

The KITCHEN CABINET

(© 1918, Western Newspaper Union.)
We don't have time to watch the apple blossoms blow. Because, forsooth the house needs cleaning so soon. Then, having missed the blossoms, do not see the budding fruit. Because it's time to see about a new spring suit.
—Katherine P. Fuller.

MORE GOOD THINGS

A most delicious combination for a simple salad is pineapple and dates. Cut the dates into quarters, removing the stones, and cut the pineapple into cubes. Serve on lettuce with a highly seasoned bottled dressing or mayonnaise.

Old English Date Pie.—Beat two eggs, add three-fourths of a cupful of sugar, one-half teaspoonful of salt, one teaspoonful of cinnamon, one-fourth teaspoonful each of nutmeg, allspice and cloves, one cupful of raw cream, one tablespoonful of fine bread crumbs, one cupful of dates cut into pieces, and one-half cupful of walnuts. The coconut is used to sprinkle over the top of the pie. Bake in one crust.

Shepherd's Pie.—Put layers of thinly sliced roast beef and mashed potatoes in layers in a buttered dish, putting the potatoes at the bottom. Mince the meat layers generously with gravy. Season to taste and finish with a layer of mashed potato over the top. Brown in a hot oven and serve from the baking dish.

Celery Tarts.—Take the outside, coarser stalks of celery, cut into half-inch pieces and cook until tender. Drain, use half cupful of the celery stalks and one-half cupful of milk; add two tablespoonfuls each of butter and flour and cook until smooth and thick. Add the celery and pour over buttered toast; serve very hot.

Smoked Salmon Relish.—Cut very thin slices of smoked salmon, dip into boiling water and place on rounds of browned buttered toast. Slip a poached egg on each, season with butter, salt, pepper and onion at will.

Toasted Sardine Sandwiches.—These are nice for a supper dish: Cut thin slices of bread into triangles, spread lightly with butter. Remove the skin and bones from sardines, add lemon juice and a dash of cayenne to the sardines and spread the sardine mixture over the bread and toast a delicate brown. Serve hot.

Fricassee of Carrots.—Cook half a dozen carrots in steam until tender. Grate two medium-sized onions and brown in a pan with one-half cupful of butter, stirring so that the color will be even. Cut the carrots into one-fourth inch slices, add to the onion and cook until lightly browned. Dredge the whole with two tablespoonfuls of flour, one-fourth teaspoonful of pepper, one teaspoonful or less of salt, and one cupful of rich stock. Let the whole come to the boiling point, then sprinkle with minced parsley and serve.

Parsnips, beets, salsify or sweet or Irish potatoes may be served in the same way.

Any leftover fish may be added to a cream sauce and served with toast or with mashed potato.

For the Family Table.
After the hearty foods of winter, our appetites crave the early greens and crisp vegetables and fruits.

The young carrot, if scraped and grated or chopped and mixed with a bit of celery, makes a most wholesome salad, with a good salad dressing.

Young carrots, green peas, new potatoes and onions, all cooked together with a slice of diced browned salt pork, then dressed with milk, is another tasty dish.

Young and old should eat freely of greens of various kinds in the early spring and summer. Watercress is one that is rich in iron; spinach, dandelion, beet tops and many of the ordinary weeds, such as Jimmie's quarters, dock and milkweeds, are all good when nicely cooked and seasoned.

New Potatoes Roasted.—Pare, wash and boil ten minutes, one dozen new potatoes of uniform size; place in a deep, enameled pan with salt and pepper. Mix one-half cupful of butter and one cupful of boiling water, pour four tablespoonfuls of this over the potatoes and set in the oven to bake one hour. Bake often with the butter and water. Garnish with chopped parsley and a few dashes of paprika.

Supreme of Chicken.—Chop the meat from the breast and second joints of uncooked chicken. Put through the meat chopper three times to make it very fine; there should be about a cupful. Add four eggs, beating well after adding each one, then beat again well. Now add gradually one pint of thick cream and season with salt and pepper. Turn the mixture into buttered molds, cover with buttered paper, and set into a pan of hot water in a moderate oven. Cook about twenty minutes.

Chicken Dressing.—A little leftover cooked bird and a few creamed oysters, arranged in ramekins with any white sauce or a drawn butter sauce, covered with buttered crumbs and browned in the oven, makes an acceptable dish.

Nellie Maxwell

Low-cost Transportation

Star Cars

THE STAR 4-DOOR SEDAN

The incomparable Star chassis, the Million-Dollar Star motor and the modern roomy and comfortable body of the Star 4-door Sedan offer a total value per dollar of cost that warrants first consideration by all of the millions who seek up-to-date, low-cost transportation.

2292 Star owners report an average cost of 1/14 cent per mile for mechanical repairs and replacements.

2292 owners report an average of 23.8/10 miles per gallon of gas.

2292 owners report an average of 8317 miles per set of tires.

To drive their cars it cost these owners on the average of 2 1/10 cents per mile for gasoline, oil, tires and mechanical repairs and replacements.

This sort of low cost transportation is of vital importance to any man or woman who travels. Ask the nearest Star Car Dealer to give you more detailed facts.

Star Car Prices f. o. b. Lansing, Mich.
Touring \$340 Roadster \$340 2-Door Sedan \$750
4-Door Sedan \$820 Commercial Chassis \$445

DURANT MOTORS - INC.
Broadway at 57th Street, New York

Dealers and Service Stations Throughout the United States and Canada
PLANTS: Elizabeth, N. J., Lansing, Mich., Oakland, Cal., Toronto, Ont.

Mexico Has Much Coal
Although more than 1,000,000 tons of coal are mined there annually, the coal beds of Mexico are practically untouched. Most of the South American countries produce tobacco and land sells there for as low as 25 cents an acre. In general, the natural resources of South America, it is said, have been practically untouched.

Never Bought a Dress?
A woman one hundred and two years old who never bought a dress in her life is Mrs. Sibby Overman of Liberty, N. C. Bargain sales have never tempted Mrs. Overman from her lifelong practice of making her clothes from homespun, colored with dyes made by herself from red oak bark, cedar tops, walnut hulls and similar materials.

The favorite of home bread-makers Yeast Foam

Mothers! "If your children do not possess a very keen appetite for baker's bread, try home-made bread and note the sudden increase in the youngsters' bread consumption."
—Dr. PHILIP B. HAWK.

Send for free booklet "The Art of Baking Bread"

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

Drives Across Australia
An automobile has just been driven from Darwin across Australia to Adelaide, a distance of 2,691 miles, in nine days and nine hours elapsed time. Much of the route was over bushman's trails. The driver had to carry his own food, and gasoline was sent ahead by camel team and buried in caches.

Don't Forget Cuticura Talcum
When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

Playwright—I have it! I'll rewrite the Deaconman for a couple of your stars to play in.

Manager—O, K., but you'll have to put some spice into it, if you want to compete with the other Broadway shows.—Life.

A calf is a cute little creature—until you try to load it in a wagon.

LEWIS' LYE

For Better Homemade Soap

For cleaning: Dairy utensils, Poultry houses, Garages, Hog houses, Outside toilets, and 50 other uses.

FOR FUR, pure soap this spring join the thousands of housewives who are now using Lewis' Lye. It is always of highest quality and packed in the safety friction top cans. Those who have never used this product have a surprise in store, not only for its advantages in soapmaking but its 50 other uses on the farm and in the home. Send this ad for a free copy of "The Truth About A Lye." Your neighborhood grocer also aims to give service will be Lewis' Lye for you.

Pennsylvania Salt Mfg. Co.
Dept. P Philadelphia, Pa.

Soapmaker Supreme