

DO ALL MY HOUSEWORK

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly stand, says Mrs. Kwarinski.

Chicago, Ill.—"I suffered with displacement and irregularities and I did not know what to do. My mother advised me to take Lydia E. Pinkham's Vegetable Compound and use the Sanative Wash so I took her advice and used these remedies and cured myself. I feel fine and do all my housework which I could not do before, as I could hardly stand up and I have three healthy children. You can use this letter if you wish for your remedy is certainly wonderful for sick, run down women."—Mrs. A. KWARINSKI, 3627 W. Oakdale Ave., Chicago, Ill.

For forty years Lydia E. Pinkham's Vegetable Compound has been making women strong and well, relieving backache, nervousness, ulceration, and inflammation, weakness, displacements, irregularities and periodic pains. It has also proved invaluable in preparing for childbirth and the change of life.

Women who suffer are invited to write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.

A deadly fear of public opinion insures a well-behaved community.

Turkey should make up its mind whether to be bolshevist or British—it cannot very well be Turkish.

American citizenship is too important to be granted to and enjoyed by those who do not appreciate it.

Watching the garden grow is a fine outdoor sport these evenings.

The army worm seems to be in favor of universal military education.

"Early to bed and early to rise" has outlived its usefulness. Everything is up.

If women are to wear new straw hats men, perforce, must wear the old ones!

It's been a good while since anybody used the expression, "too much sugar for a cent."

So many people are writing novels it is almost a mark of distinction to be able to abstain.

The man who says the war was wrong casts a slur upon every soldier who fought or died.

Armenia hopes that anybody with further designs against her will have to see America first.

A fair face may hide a foul heart.

Stop That Backache!

Those agonizing twinges across the small of the back, that dull, throbbing ache, may be your warning of serious kidney weakness—serious, if neglected, for it might easily lead to gravel, stone in the kidney, bladder inflammation, dropsy or fatal Bright's disease. So if you are suffering with a bad back, have dizzy spells, headaches, nervous, dependent attacks or disordered kidney action, get after the cause. Use Doan's Kidney Pills, the remedy that has been tried out for you by thousands.

A North Carolina Case

E. E. Perry, Church St., Scotland Neck, N. C., says: "I had a bad pain in my back and often I had to go to bed. I had terrible headaches, was nervous and couldn't rest comfortably. The different remedies I tried brought me no relief. A friend advised me to use Doan's Kidney Pills and they cured me of the trouble, which proved to be gravel."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

The next time you buy calomel ask for



The purified and refined calomel tablets that are nauseless, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

The KITCHEN CABINET

If we trod the deeps of ocean, if we struck the stars in rising, If we wrapped the globe intensely with one hot electric breath, 'Twere but power within our letter, no new spirit power comprising, And in life we were not greater men, nor bolder men in death. —E. R. Browning.

SEASONABLE GOOD THINGS.

Soup is reasonable the year round in any climate. The following will be found quite worth while:

Royal Soup.—Soak one cup of bread crumbs in one-half cup of milk. Add the yolks of three hard-cooked eggs rubbed through a sieve and the breast of a stewed chicken, also rubbed through a sieve; add three and one-half cups of stock, highly seasoned, one and one-half cups of scalded milk, and two and one-half tablespoons each of flour and butter cooked together. Season with salt and pepper.

Pressed Beef Flank.—Wipe, remove superfluous fat and roll a flank of beef. Put into a kettle cover with boiling water and add one tablespoonful of salt, one-half teaspoonful of peppercorns, a small piece of bay leaf and the bone of a shank of veal. Cook slowly until the meat is very tender. There should be very little liquor in the kettle when the meat is done. Arrange the meat in a deep pan, pour over the liquor, cover and press with a heavy weight. Serve cold.

Chicken à la Stanley—Melt one-fourth of a cupful of butter, add one large onion thinly sliced and two broilers cut in pieces for serving. Cover and cook slowly for ten minutes, then add one cupful of chicken stock and cook until the meat is tender. Remove the chickens, rub the stock and onions through a sieve and add one and one-half tablespoons each of butter and flour cooked together. Add cream to make the sauce of the right consistency. Season with salt and pepper. Arrange the chicken on a serving dish, pour around the sauce, and garnish the dish with sliced bananas, dipped in flour and sautéed in butter.

Boiled Dressing.—To one cupful of beaten eggs, a mixture of white and yolk, add an equal quantity of mild vinegar. Cook over hot water till thick. Season when ready to use. Will keep for weeks in a jar well sealed and placed in a cool place.

If we have whispered truth, Whisper no longer; Speak as the tempest does, Stern and stronger. —John G. Whittier.

SUMMER MEATS.

Chicken, veal, sweetbreads and lamb are the summer meats most commonly liked and served.

Broiled Chicken.—Clean a tender chicken and split it down the back. Break the joints, take out the breast bone, wipe clean, sprinkle with salt and pepper and rub with soft butter. Broil and serve with melted butter.

Breaded Veal Cutlet.—Have the cutlets less than an inch thick; parboil and drain, then cool. Season with salt and pepper, dip in beaten egg and crumbs and fry until brown. Serve with tomato sauce or with a border of green peas.

Chicken Goulash.—Cut into dice two medium sized raw potatoes. Put into a fryingpan two tablespoons of olive oil and when hot add the potato dice. Stir to keep from burning and cook five minutes. Then add a dash of paprika, a cupful of boiling water, a crushed bean of garlic, a cupful of cooked chicken chopped fine or a can of boned chicken; salt to taste. Cover and cook until the potatoes are done, stirring frequently.

Mayonnaise dressing, using olive oil, is the salad par excellence, but a tasty substitute can be prepared from corn oil, using the same method of mixing.

The secret of a good mayonnaise is freshness of the egg and well-shelled ingredients and utensils. Drop a fresh egg yolk into a well-chilled bowl placed in a pan of ice water; add a half teaspoonful of salt, a teaspoonful of powdered sugar, a pinch of mustard, a dash of cayenne and a tablespoonful of lemon juice. Beat well before adding any oil, then but a few drops at a time, beating well between each addition. Thin the mixture with vinegar or lemon juice, adding more oil until three-quarters of a cupful has been used. Mayonnaise to be good should be thick and creamy. When serving it in the salad it may be thinned with cream.

Wood Fibers.

The common ideas concerning wood fibers are not justified by the extended tests of the United States forest products laboratory. Each species of wood does not have its characteristic fiber length, but a greater difference may be found between the fibers of an individual tree than between the average lengths in different species. The length of fiber does not seem to affect the strength of the wood, as the longest fibers often belong to the weak material.

FORESHADOWING AUTUMN STYLES



NO ONE turns away from the beautiful and too-brief summer of the North, even to consider its glowing autumn, except from necessity. But those who must think ahead in the matter of the styles, have already given time and attention to frocks for early fall, because they must be ready for the young woman whose school work is resumed in September. They are fore-handed and blaze the trail that mothers from one ocean to the other will follow, in outfitting their daughters who are still in school.

Even when materials have gravitated to something like normal in price, only those of substantial quality and plain texture are chosen for school girls. Reliable fabrics and simple designing are for them. Many schools prescribe a uniform for everyday wear, and this makes easy sailing for those who must outfit the student. But there are other things besides the uniform to consider, among them frocks to be worn on the street and on occasions when the student is not in school.

Two new models that are pretty and practical ought to please their youthful owners, for they are becoming like the young figures. Brown is a favorite color and the frock at the left is successfully made in this color of any of the plain wool fabrics that can be depended on for service. It is a one-piece affair having a blouse ornamented with braid in the same color, that has the effect of embroidery. There are flaring sleeves with handsome braiding and a plain skirt set onto the blouse about six inches below the normal waistline. Covered buttons are set on in a loop at each side of the skirt. The plain round neck which youth may venture to wear, is slashed at the front with a tiny vestee inserted made of lace, and there is a heavy silk cord finished with a knot, about the easy waist.

The vogue for accordion plaiting is to hold over into the fall, according to the pretty dress shown at the right. This is also a one-piece model with plaited skirt set onto a plain bodice having a short jacket with long sleeves over it. A very wide girde, finished with pointed ends falling from short loops, fastens at the left side. The jacket is outlined with two rows of narrow braid in white and the frock, in this instance, dark blue. There is a small sailor collar at the back. These are pretty frocks that will serve without a wrap for fall, and with a warm coat will last out the winter.

Caps for Morning Wear



THE woman who meets the acid test of the breakfast table and the bathing beach and succeeds in looking attractive at these places, is the envied of her sisters. It is no small undertaking, yet there are many who succeed—and there are many who fail in it. Almost everyone can manage the garb for early morning successfully—but the bathing suit is more difficult and takes considerable study. It is of less importance than the dress for the beginning of the day.

Morning dress must be suited to the morning's occupation. In these servile days most women must engage themselves with the business of getting breakfast ready or helping to get it. It is not the hearty meal our forbears indulged in, for most modern households have learned the wisdom of a light breakfast, but it requires very practical dressing. Besides the one-piece, simple cotton frocks that come from the weekly laundering looking crisp and sprightly, there are popular breakfast sets that include a skirt and a jacket, or blouse, made of the same washable materials. These are the only wear for early morning working hours.

The woman who need not concern herself with housework may indulge in silk breakfast jackets or those of georgette or chiffon. Pretty as they are they are not more pleasing than those crisp cotton frocks worn by her busier sisters.

Julia Bottomly

BOY SCOUTS

(Conducted by National Council of the Boy Scouts of America.)

DOINGS OF THE SEASCOUTS

Do seascouts know what work is! Ask the crew of the "Seagull" of Totenville, N. Y. When their navy-lobed boat arrived recently, cradled on a flat car, the blue and tan sailors rigged a hoist, got the boat on iron pipe skids, and "launched her sideways" from the car. A quarter-mile journey on rollers, in sandy going, was the next stunt. Arriving at a dock, a hoist was rigged, the boat swung out and lowered into the water. Half a day's journey to the ship headquarters then followed, and not content with that, the "Seagulls" roved seven miles more "just to celebrate," as Skipper Jack Mayer wrote.

Seascouts of the Sloop "Monitor," Borough of Queens, were invited aboard a launch for a trip through the Atlantic fleet while recently anchored in the North river. The seascouts were delighted with their trip, and the blue and tan uniform caused some lively discussion in several folkies of Uncle Sam's big ships. All agree that the "tanket" is smart and handy.

Bridgeport, Conn., seascouts of the sloop "Francis Drake" have been given new ship headquarters by the city. The site is on Steeplechase Island in the harbor of Bridgeport. The building has three large rooms, 8 feet of water at low tide off the dock, and a sandy beach near by—an excellent combination for practicing the seascout program. Boys, the country over, are becoming more and more interested in this new and fascinating game of scout seamanship.

SCOUTS BUILD A FIREBREAK.

Following the recent announcement that a giant firebreak was to be constructed to protect the Pasadena watershed, Thomas Sloan, chief forest ranger, conferred upon the Boy Scouts the honor of doing the first work on what he terms "the master firebreak of the Angeles forest."

It is an unusual opportunity for the Boy Scouts to be of service to their government by assisting the United States forestry service and to their city by starting this great firebreak which is to protect the watershed for Pasadena and vicinity.

A camp was established for the Boy Scouts by the United States forestry service in the Arroyo Seco.

PAY FOR SCOUTS' HARD WORK.

A leading Cincinnati newspaper directed an editorial to the public of that city on the abuse of the Boy Scouts' good turn by the public.

Such an appraisal of the situation by a powerful newspaper is intelligent co-operation with the principles and purpose of scouting.

It is most acceptable help to a scoutmaster who wishes his boys to find and do chivalrous good turns to the needy, and who joins his boys in a hearty scorn for the petty grafter who happens to be a neighbor, and who imposes upon the too well advertised intention of the scout to be useful.

THE BOY SCOUT OF AMERICA.

He's a manly little fellow, With freckles on his nose; Not an inch of him is "yellow," From his head down to his toes! His eyes are bright, his head erect, His heart is pure and true; For aider ones he has respect, As all of us have seen.

He's a patriotic little chap, And loyal to Old Glory—Salutes it at the bugle tap. That rings through song and story. God bless him—keep him—save him—For he does the best he can, And the thing that leads him onward Is the slogan, "Be a man." —Daniel W. Hickey, Atlanta, Ga.

CAMP FIRE MEN IN SCOUTING.

Marshall McLean, president of the Camp Fire Club of America, that great organization of outdoors men and big game hunters, is scout commissioner at Bronxville, N. Y. This first-class council has a fine scout cabin. Mr. McLean is the fourth president of the Camp Fire club to take an active part in scouting. The others are Daniel Carter Beard, national scout commissioner, George D. Pratt, treasurer of the national scout council and George Hubbell, troop committeeman in Garden City, N. Y.

SCOUTS AID SEAMEN ASHORE.

When the American steamed into the harbor of Kingston, Jamaica, the navy boys found the boy scouts waiting at the dock to show them around. The seamen were all loud in their praise for the assistance and courteous attention which they received from the boy scouts.

DOINGS OF THE BOY SCOUTS.

Scout Bollinger of Troop No. 14, Boise, Idaho, while making his paper route at 3 o'clock in the morning discovered a blaze in a garage. He awakened the family and saved the garage and the car.

Davenport, Iowa, scouts, when the fuel shortage threatened to become acute, organized into a pioneer saw and ax squad, cut wood and kept destitute families supplied with fuel. Each troop made a wood pile of its own.

"What Killed Bill?"

Every man, woman and child in the world has "Liver Trouble" some times. Many of them die from it and never realize it. No use in this. And folks are learning better. Thousands have found out that Dr. Thacher's Liver and Blood Syrup will relieve "Liver Troubles". Will keep the Bowels open and the Blood rich and red. You ought to try this old doctor's prescription—before "Liver Trouble" gets in its deadly work on you—like it did on "Bill." Get it from your drug store.

"Some Sort of Liver Trouble!"

True Patriotism. When the heart is right, there is true patriotism.—George Berkeley. 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.

Perfect Health Without Drugs. Throw physic to the dogs—get into the bandwagon of health and happiness. Fear not—it positively fits your case. Thousands rejoice daily for having investigated. Now, if you want health prove it. Literature FREE on application to Golden Age Publishing Co., Petersburg, Va.—Adv.

We'd all be topnotchers if we'd all be willing to put up with the drudgery of practice.

Perfect Health is Yours If the Blood is Kept Pure

Almost Every Human Ailment is Directly Traceable to Impurities in the Blood. You should pay particular heed to any indication that your blood supply is becoming sluggish, or that there is a lessening in its strong and vital force. By keeping your blood purified, your system more easily wards off disease that is ever present, waiting to attack wherever there is an opening. A few bottles of S. S. S., the great vegetable blood medicine, will revitalize your blood and give you new strength and a healthy, vigorous vitality. Everyone needs it just now to keep the system in perfect condition. Go to your drug store and get a bottle to-day, and if you need any medical advice, you can obtain it without cost by writing to Medical Director, Swift Specific Co., 112 Swift Laboratory, Atlanta, Ga.

ASKED TOO MUCH OF TIRES

Small Boy's Comment Appeared to Sum Up the Situation in a Thorough Manner.

Judging from their appearance, the two gentlemen who were visiting London from the north of England hadn't been troubled overmuch by food regulations or shortages. More, their bulk suggested profiteering in every direction.

And their wives were not much smaller. Plump didn't really describe them; they were worse than that.

Going along the Strand, the tire of the taxicab which had the job of carrying them suddenly burst with a terrific bang. Of course, the usual crowd collected like magic, and prepared to watch for the free show.

At the request of the driver of the taxi, his four fares descended one by one. As they appeared, the eyes of a small newsboy began to goggle, and when the four of them stood in a row on the curbstone, he eyed them solemnly, and then exclaimed: "And no bloomin' wonder, either!"—London Answers.

Naturally. "That lawyer is down on prohibition."

"Of course he is. Isn't it against all the traditions of the bar?"

The troubles of her neighbors are apt to worry a woman.

Good Judgment leads thousands of housewives to serve Grape-Nuts

in place of foods that require hours of drudgery in a hot kitchen. Needs No Sugar Comes ready to eat from the package. "There's a Reason" for Grape-Nuts

Keep Stomach and Bowels Right. By giving baby the harmless, purely vegetable, infant's and children's regulator. MRS. WINSLOW'S SYRUP. brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teaching time. Guaranteed free from narcotic, opiates, alcohol and all harmful ingredients. Safe and satisfactory. At All Druggists.

WINTERSMITH'S CHILL TONIC. Sold for 50 Years. FOR RHEUMATISM, CHILLS AND FEVER. Also a Fine General Strengthening Tonic. At All Drug Stores.

KODAKS & SUPPLIES. We also do highest class of finishing. Prices and Catalogue upon request. S. Galaski Optical Co., Richmond, Va.

GAVE HIM UP IN DISGUST

Colored American Put Algerian in the Supreme Test and Then Delivered Stern Verdict.

The total lack of comprehension between the American negro and his Algerian brother will go down in history as one of the outstanding features of the war.

Then a brilliant thought struck the boy from Georgia. He produced a pair of ivory cubes and rolled them intelligently under the Algerian's nose. Intending still registered zero.

"Man," said Sam in disgust. "You ain't no cullud pussion. You ain't even no human. You is just a corpse."—The American Legion Weekly.

Somnoient Affair. "That old band wagon you organized for yourself turned out to be a heartless constituent."

"I wouldn't say it was a band wagon at all," replied Senator Sorghum. "It was more like a sleeping car."

The Flapper. Mother—"Why don't you dress sensibly, Marie?" Daughter—"Oh, ma, it would seem so foolish."