

# The Old Standby in a New Dress



—the same dependable remedy that over a period of more than fifty years has been found so reliable in the treatment of catarrh and diseases of catarrhal nature.

The outside of the package only has been altered. To facilitate packing and reduce breakage in shipping, the paper wrapper which has identified the Pe-ru-na bottle for many years has been displaced by a substantial pasteboard carton.

Pe-ru-na cannot be made any better. Three generations of users testify that Pe-ru-na is the best remedy in the world for catarrh and diseases of catarrhal origin.

The remedy our fathers and grandfathers used with so much satisfaction is still the standby for the ill of everyday in thousands of American homes.

## PE-RU-NA

The Original and Reliable Remedy for Catarrh

Sold Everywhere  
Tablets or Liquid

Send 4 Cents for booklet on catarrh to the Pe-ru-na Company, Columbus, Ohio

## The Kitchen Cabinet

(© 1926, Western Newspaper Union.)

If you want to be continuously happy, you must learn when to be deaf, when to be dumb and when to be blind.

### GOOD THINGS TO EAT

It takes thought and planning to have good food, something different occasionally and always nutritious and wholesome.

Often times a moste tasty dish may be put together, quite by necessity, which we remember is "the mother of invention."

When the watermelon has been served several times and its delight is somewhat dulled, try using the pretty pink fruit cut into straws, oblongs, cubes or into balls with a potato scoop; add sliced pears and an equal bulk of finely cut tender celery. Mix with a good salad dressing, or marinate with a French dressing and when serving add the boiled or mayonnaise. Serve on lettuce. Tomatoes, pears and celery is another well-liked combination. If one is using yellow as the color note, the yellow tomatoes may be used. The small pear-shaped ones make attractive salad.

**Baked Ham.**—Have a three-inch center cut of well-cured ham. Parboil if too salty and stick a dozen cloves into the fat of the ham. Spread with peanut butter, add a bit of water and place in a slow oven for an hour. Remove from the oven, add brown sugar with a teaspoonful of mustard, and spread over the ham to the depth of an inch. Pour around it fresh sweet milk and put back to bake another hour or two in rather a slow oven. Four hours is not too little time if not baked in a hot oven. The long slow cooking makes the ham tender.

Summer squash, dipped into batter and cooked as one does eggplant, makes a nice change from the usual way of serving it.

**Coffee Cake.**—Take a good cupful of well-risen bread batter, add one cupful of sugar, half-cupful of shortening, one beaten egg, and if no milk was used in the bread, half cupful of milk. Mix well with flour, knead, adding as little flour as possible. Cut down twice, then place in pan, cover with softened butter and sprinkle with cinnamon and brown sugar. Use raisins if liked, when kneading. Just before going into the oven, moisten the top with milk.

A roll which is quick to rise is the trefol or clover leaf roll. Make them no longer than a walnut and put three together in well-greased green pans. Being small, they rise quickly, and when baked, if allowed to rise until very light, they will be as light as feathers.

### Good Sandwich Fillings.

One can prepare strange combinations and make appetizing fillings for sandwiches out of small bits of almost any leftover.

Peanut butter mixed with a little whipped cream is well liked by those who enjoy peanut butter.

**Sweet Sandwiches.**—Chop a half cupful of raisins, one cupful of walnuts, a fourth of a cupful of grated coconut, a table-spoonful of grated chocolate; mix with thick sweet cream. Green olives chopped fine and mixed with mayonnaise. Figs and nuts or dates finely chopped and mixed. Nuts and raisins, chopped fine.

Orange marmalade, jelly, grated maple sugar, with browned almonds, finely chopped. Equal parts of grated Swiss cheese and nuts, chopped. Dutch cheese mixed with chopped olives or with preserved currants.

Finely chopped celery with mayonnaise.

Ham mixed with chopped pickles and celery. Equal parts of ham, celery and mayonnaise. Cold roast chicken, roast beef, or cooked oysters, chopped fine and well seasoned with boiled dressing.

Cream cheese and bar-le-duc, adding a bit of cream to the cheese to soften it.

Quince jelly, chopped walnut meats. Lettuce leaves and mayonnaise. Cream cheese, French dressing and lettuce.

A thin slice of tomato, covered with chopped onion and a very thin slice of cucumber, all moistened with well-seasoned mayonnaise.

One cupful of cold roast chicken, three olives, one pickle, a table-spoonful of capers, all minced fine and mixed with mayonnaise.

Hard-boiled eggs and water cress, finely chopped, mixed with softened butter.

Caviar and lemon juice. Lobster meat and mayonnaise.

Cucumber, grated onion and mayonnaise. Olives, pimentoes, chopped, on lettuce with mayonnaise.

Grated cheese, seasoned with salt, cayenne, mustard and anchovy paste. Cheese with chopped olives and pickles added.

Maraschino cherries, nutmeats, chopped. Cottage or cream cheese and chopped cherries.

Cream cheese, chives and chopped green peppers.

## FALL FLIES A NAVY FLAG; RIVALS FOR TWO-PIECE SUIT

HAIL the conquering navy comes back to its own again in the color ranks of the fall models. For a season or so it has been neglected, while brown and all its kindred headed the procession of colors for outer garments. Now fashion is rediscovering the many virtues of navy in its lighter shades and featuring it along with other and more vivid blues. After all, this staunch color holds a place of its own that nothing else can quite fill.



A PRACTICAL BLOUSE

nd is thrice welcome—in frocks, skirts and blouses and in coats and suits.

Here in the picture a practical blouse of navy canton crepe is pictured, worn with a skirt of navy will. This smart overblouse is brightened by bands of Persian crepe that lend a glowing and rich touch to it—and nothing provides quite so good a background for these oriental colorings as navy blue. The edges of the bands are finished with a narrow silk braid in blue also, and the picture tells all there is to tell of the design, which is delightfully simple. Three-quarter length kimono sleeves, round neck and snug hipband make this an ideal blouse for general wear.

In blouses, as in dresses, there is considerable variety in necklines. A greater number of high-necked models is noted—the vogue of long sleeves is favorable to higher necklines. Tie and scarf attachments and necklines high

their own among many rivals and are made of twills, usually, with skirts having inconspicuous inverted plaits and severely plain coats. Blouses worn with them take their cue from the skirts and are also plain and strictly tailored.

Tweeds in a variety of weaves, are used in short jacket tailcoats with plain straight and rather short skirts. The straight jacketa termina:e just below the hips and are usually belted with narrow belts of the material. They have long, narrow revers meeting in a deep "V" at the waistline, where a row of buttons begins for fastening. Sleeves are long, snug and plain and a wide collar of fluffy fur, like raccoon, makes a charming finish for them. Fur is used in collars, cuffs and trimmings on boxcoat suits worn with skirts in which box or side plaits are carefully introduced.

The new tailored frocks, in coat-frock and other styles, vindicate their



COAT AND SKIRT SUIT

choice by women who look best in simple, faultlessly tailored modes. Hair-line stripes are popular for these, in tweed or other materials, and they are long-sleeved with skirts in which a little side flare or fullness is introduced. Narrow revers, necks high at the back and opening in a long narrow "V" at the front and a few buttons complete them. Vests of crepe de chine or lace are worn with them.

One of the most becoming and novel tailored suits shown this fall is developed with a coat that is slightly bloused over the low, narrow belt. It has a high standing collar and is reminiscent of the always-smart Russian blouse. Many admirers of this important style will welcome its return.

In a bobbed-haired world, a neat, coiffure of long hair becomes an eminent distinction, and in a season

A Substantial REWARD  
Thousands of people in America have been liberally rewarded for insisting on having USKID® Soles on their shoes. USKID® wears and wears and wears. It is made only by the United States Rubber Company, the world's largest manufacturer of rubber products. The money it saves on shoe bills is remarkable. Have your old shoes re-bottomed with USKID®. Buy new shoes with genuine USKID® Soles. USKID® is comfortable, healthful, waterproof, good-looking. Protects against slipping. Look for the name USKID® on the sole.—Adv.

## WRIGLEYS AFTER EVERY MEAL

affords benefit as well as pleasure.

Healthful exercise for the teeth and a spur to digestion. A long lasting refreshment, soothing to nerves and stomach.

The Great American Sweetmeat, untouched by hands, full of flavor.



**Logical Maid**  
He—You're the sweetest girl I ever saw.  
She—Sweetness can't be seen.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexions, dandruff, itching and red, rough hands.—Advertisement.

Dreams are the children of an idle brain, begot of nothing but vain fantasy.—Shakespeare.

Popularity can be troublesome.

**Will Rebuild Temple**  
The ancient Greek temple of Demeter Selinus in Sicily, which collapsed in an earthquake, is to be rebuilt by the Italian government.

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Fireworks sold on Commission—Big profit. Reliable agents wanted everywhere. Address: Pink Fireworks Co., Box 114, Dayton, Ohio.

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Dr. Spitzer's Eye Lotion  
relieves and cures sore and inflamed eyes in 24 to 48 hours. Helps the weak eye, cures without pain. Ask your druggist or dealer for BALSAM. Only from Reform Dispensary, P. O. Box 151, Atlanta, Ga.

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Keeps the hair soft and healthy. Removes dandruff. Restores color. Beauty to Gray and Faded Hair. Write for Free Booklet. PARKER'S HAIR BALM, New York, N. Y.

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A young Swedish couple were recently married while flying through the air on board an airplane. When the machine, carrying a full complement of passengers, had risen to a height of 1,500 feet an altar was erected in the cabin, before which a Swedish clergyman performed the marriage ceremony, with a lawyer and his wife as witnesses. A wedding breakfast was then served, and the health of the couple drunk in champagne by all the passengers. The clergyman and the lawyer left the machine at Hamburg, but the couple continued their honeymoon trip to Amsterdam.

**Wax for Records**  
Carnauba wax, used in the manufacture of phonograph records, comes from Bahia, and several other states in Brazil.

**Be Careful of Infection**  
from Cuts, Burns, Wounds and Sores. Apply Hamford's Balsam of Myrrh; it prevents infection and heals. 3 sizes, all stores.—Adv.

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"Tanlac came to her aid at once, brought on a vigorous appetite so that she began to eat with the greatest relish, and made the digestive organs function properly once more. In a short time she was well, happy and strong, and although over 80 years of age she is now vigorous enough to look after her household duties and go out quite a little, too. This is why I praise Tanlac and consider it the best tonic and health builder ever discovered.

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For over 50 years it has been the household remedy for all forms of  
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**Grow Hair on Your BALD HEAD BARE-TO-HAIR**  
A Blessing to Mankind

Paul Bonor, Pitts- cairn Ave., Jean- netta, Pa., had Alopecia, which left him without hair on any part of his head. Used four bottles of Bare-to-Hair. Now has a full growth of hair as shown on the photo. Bare-to-Hair will grow hair on bald heads. Stop Falling Hair, Dandruff, Itching, and many forms of Eczema.

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"What do you do with a fellow starts to pet?"  
"I get real pettish."

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Not if you are jolting over bumps and ruts. Not if you get stuck in the mud.

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