

TURNED TO OLD FRIEND CARDUI

And Soon Was Perfectly Well and Strong, And Better Than She Had Ever Been, Says Kentucky Lady.

Narrows, Ky.—Mrs. C. F. Askins, of this place, writes: "About 15 years ago I had got into a run-down state, my back ached all the time, felt weak, my bones seemed to ache all over. I had weighed only 104 lbs. when I married, and never had been right robust since I reached womanhood . . . but after my marriage I seemed to get worse all the time for two years . . . until at this time my brother's wife . . . advised me to take Cardui. Therefore, I began taking it, and in a short while I began to improve, my health and strength began to be built up, and also my flesh.

After my first child's birth, over two years had passed by, but the . . . didn't appear. My husband got me some medicine from our doctor, which did me no good, so he intended it to bring the . . . about, for he said the blood was going to my head and causing it to ache, which also helped to make me so dizzy. . . . So I turned to my old friend Cardui and began taking it and . . . soon I was perfectly well and strong, gradually gained flesh until I weighed about 135 lbs., and was so stout and strong, better than I ever had been."

Cardui, used by thousands of women, and prescribed by physicians, must be a good medicine. Try it.—Adv.

WHERE DEATH LURKS ALWAYS

Bullets Sing Without Ceasing, and Birds Sometimes, in "No Man's Land" on Battle Front.

But it is a wonderful thing, that strip we call No Man's Land, running from the North sea to Switzerland—500 miles. All the way along the line, day and night, without a moment's cessation, through all these long months, men's eyes have been glaring across that forsaken strip, and lead has been flying to and fro over it. To show yourself means death. But I have heard a lark trilling over it in the early morning as sweetly as any bird ever sung over an English meadow. A lane of death 500 miles long, strewn from end to end with the remains of soldiers. And to either side of it all through those 500 miles, a warren of trenches, dugouts, saps, tunnels, underground passages, inhabited, not by rabbits, but by millions of rats, it is true, and millions of living, busy men, with countless billions of rounds of death-dealing ammunition, and a complex organization as closely ordered and complete as the organization of any city in England.—From a British Officer's Letter in the Forum.

HEAL SKIN TROUBLES

That Itch, Burn and Disfigure by Using Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Rash, eczema, pimples, dandruff and sore hands yield to treatment with Cuticura Soap and Ointment. Relief is immediate and permanent, in most cases, complete, speedy and permanent.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Roundabout Way.

"I see where an aviator contrived to have the last word with his wife."
"How on earth did he do it?"
"He didn't exactly do it on earth."
"No?"
"He rose 1,000 feet in the air and dropped her a message."—Birmingham Age-Herald.

ELIXIR BABER WORTH ITS WEIGHT IN GOLD IN THE PHILIPPINES.
"I contracted malaria in 1906, and after a year's fruitless treatment by a prominent Washington physician, your Elixir Baber entirely cured me. On arriving here I came down with tropical malaria—the worst form—and sent home for Baber. Again it proved its value—it is worth its weight in gold here."—Brace O'Hagan, Troop E, Six U. S. Cavalry, Balayan, Philippines.
Elixir Baber, 50 cents, all druggists or by Parcel Post, prepaid, from Klossowski & Co., Washington, D. C.

Constant Peril.

"Do you fear for the future of your country?"
"Of course," replied Senator Sorghum. "My country has always to face the chance of my landing in the minority or even being retired to private life."

MOTHER'S JOY SALVE

for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists GOOSE GREASE COMPANY, M.F.'S., Greensboro, N. C.—Adv.

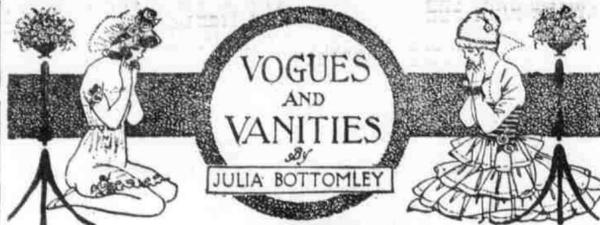
Natural Tendency.

"I see soft coal is going up."
"What did you suppose it was going to do when put on a fire?"

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

If giving doesn't make a man better it isn't the right kind of giving.

Tokyo has 2,244,796 inhabitants.



Authentic Styles in Tailored Suits.

Many tailored suits of today have cast severity aside and will not reckon with it but insist upon participation in the elaboration of clothes in general. Even machine stitching, heretofore beautifully done but almost unnoticeable, parades its fine workmanship in unnecessary added rows. Everything included in the details of their making shows that the tailor has thought twice, or many times, before undertaking his task. This elaboration in cut and stitching and the addition of fur in collars and cuffs and bandings, relegates the severely plain suit to rainy days or hard travel. And it results also in new inspirations in design.

Coats are almost or quite three-quarter length. Skirts are plain, some of them hanging straight and others flaring slightly, and they are not longer than ankle length. Collars are fea-

tured, and when made in cloth, velvet, or fur are usually convertible.

An impeccable tailored suit is shown in the illustration. It might be made in broadcloth, velours cloth or "gloveskin." The front of the coat is in one piece with emplacements at each side, of separate pieces. These shape the waistline a little, but coats are vague fitting.

The long, loose sleeves emphasize the departure from severe models already mentioned. A narrow band of the material of the suit confines their fullness to form a cuff, and is finished with a single button. The double belt at back and front is featured on many suits. The two belts at the front fasten at opposite ends and are finished with buttons. This effect in fastening reappears in the collar, which is a band of the goods with turnover of velvet added.



Good Style in Fur Neckpieces.

The three best-liked developments of the fur neckpiece are the pelt of the fox (with head, tail, and legs represented in almost their original shape), the square cape, and the flat scarf. Short-haired furs are selected for the long, soft scarfs and many of the square capes, although the latter are made up in all the popular furs.

Fox is in the ascendant and new worlds, peopled with foxes, would seem to be required to supply the demand for this long, soft fur. But many another pelt masquerades as fox with such good effect that they frankly declare themselves imitations—if anyone really wants to know about it.

Skunk is more durable and rather more costly than the average fox, and makes very rich neckpieces and muffs. It is a harder fur. Wolf, coyote, and opossum are all dyed and cleverly manipulated for fur sets and fur bandings, and the muskrat and millions of rabbits are furnishing pelts that are transformed into rich-looking furs.

In spite of the search for new fur-bearing territories furs grow more and more expensive, so that really good skins should be well cared for. The chances are that they will go on in-

creasing in value. Handsome furs need not follow the whims of fashion and change style with the incoming of new modes. They are superior to these fluctuations. Some furriers, however, advise the use of cheaper pelts for those who prefer style to quality, and furriers are amazingly clever in transforming them into something new and beautiful.

In the group of fashionable fur pieces shown here a fox skin appears mounted against a satin lining, with a slightly full border of the satin extending beyond the edge of the pelt. The border outlines the head, but the tail is independent of it.

The long ermine scarf is an extreme in size, for scarfs, as a rule, are about two yards in length and less than a half yard wide. This one abandons conservatism with an eye to magnificence. The remaining piece is a practical scarf of natural wolf. These pieces may be relied upon for permanent "good style."

Diamonds are increased in price again, the reason alleged being the lack of workmen in South Africa on account of the war.

MINERALS IN FOOD

ABSOLUTELY NECESSARY FOR PRESERVATION OF HEALTH.

Physical Ailments Sure to Result When They Are Lacking—Serve Fruit, Vegetables, Milk and Eggs Liberally.

Prepared by Laura Breeze of the Department of Farmers' Institutes of the University of Wisconsin.

Some of the physical ailments resulting from mineral starvation are rickets, scurvy, pellagra and anemia. An anemic person has weakened vitality and resisting power, and is, therefore, a prey to colds, grippe and fevers.

The foods rich in minerals are vegetables and fruits, breads and cereals made from whole grains, eggs, milk and the natural rice. In the milling of the white flours, cornmeal, some oatmeal and most cereals, the parts of the grains containing the greatest amount of mineral substance are eliminated, consequently their value as sources of mineral foods is reduced.

The housewife, however, can always supply her table with fruit, vegetables, milk and eggs. There are such numerous ways of serving these foods that their appearance on the table should never become monotonous.

The following recipe offers suggestions for an attractive way of serving cabbage, the mineral content of which is very high:

Imperial Cabbage.—One medium-sized head of cabbage; two carrots, pared; two potatoes, pared; one cupful of cooked meat or chicken (or more, if desired); two teaspoonfuls of salt, one small onion, one-fourth cupful butter, melted; a little pepper.

Remove decayed leaves of the cabbage; form a basket of the head by removing the center and allowing two layers of the outside leaves to remain attached to the core. Crisp the cabbage by allowing it to stand in cold water. Drain well.

Put the cabbage removed from the center, the carrots, potatoes, onion and meat through the food grinder, add butter and seasoning. Mix all well, and fill the cabbage with the mixture. Tie the leaves in place over the stuffing with a clean string, and place the cabbage in a tightly covered baking dish and bake about one hour. There will be no need of adding water, as there is sufficient moisture in the vegetables to steam them.

Apple and Rice Pudding.

Peel small, tart apples, core and put them in a baking dish. Have ready one cupful of boiled rice, mix with it two cupfuls of hot milk, into which has been beaten the yolks of three eggs and one-half cupful of sugar. Stir in one-half cupful raisins, some strips of citron and, if you wish to, one-half cupful blanched almonds. Put one teaspoonful of sugar into each apple and pour this mixture over them. Put in oven, covered, and bake until the apples are tender. This pudding may be frosted with the whites of eggs or served with whipped cream.

Apple Dowdy.

Cut up apples in pudding dish in quarters (in eighths of apples are hard), sprinkle about four tablespoonfuls of sugar over the apples, a few drops of lemon extract and some bits of butter. Add about a tablespoonful of water. Make nice piecrust and cover. Bake about one hour. Eat hot with whipped cream flavored with vanilla or nutmeg. Fill dish quite full of apples, as they shrink in cooking. Can bake this Saturday and warm over in oven on Sunday.

Hint on Broiling Fish.

Has anyone ever tried broiling fish on paper? Some call it pan-broiled. Everybody knows how fish sticks to broiler pan or any other receptacle. It is cooked in, no matter how well greased. Cut thick brown paper, two inches larger than pan, so it will set well upon the sides and ends; butter and lay fish on; place pan in broiler pan and set quite close to gas. It will cook and brown deliciously and, best of all, leave your pan clean.—Baltimore American.

Bread and Prune Pudding.

Soak a pound of prunes in warm water all day. Butter a baking dish and put in a layer of stale bread cut in thin slices and buttered a little, then a layer of stoned prunes, and so on until the dish is full, the last layer being bread. Beat two eggs with one-quarter cupful of sugar, add a pint of milk, pour over the prunes and bread, and bake one hour.

Turnip Scallops.

Mince beef, mutton, duck or game very fine; add chopped onions and fill to taste and a little gravy. Fill scallop shells or small cups three-quarters full and fill up with mashed turnip that has been nicely seasoned. Spread tops with soft butter and bake until nicely browned.

Swiss Salad.

Mix one cupful of cold cooked chicken cut in cubes, one cupful of chopped English walnut nuts, one cupful of French peas, one cucumber pared and cut in cubes. Marinate with French dressing, arrange on serving dish and garnish with mayonnaise dressing.

Good Fudge.

A few drops of molasses in your fudge will prevent it from getting sugary and improves the flavor. To get the best results every ingredient should be accurately measured.

THE KITCHEN CABINET

The question for each man to settle is not what he would do if he had the means, time, influence, and educational advantages; but what will he do with the things he has.—Hamilton W. Marble.

FOOD FOR THE FOLKS.

It is the cooking and serving of the common things in an uncommon way which takes genius; any food attractively served is better enjoyed and better digested.

Caramelized Rice and Apple Pudding.—Brown one cupful of sugar in a saucepan or iron frying pan; be careful not to burn. Add three cupfuls of boiling water, simmer and stir until the caramel is entirely dissolved, then add a cupful of well-washed rice. Boil for five minutes and turn into a pudding dish lined with sliced apples. Place in a hot oven and stir until the rice is tender. Bake five minutes longer and serve cold with cream.

Nut and Cheese Roast.—Cook two tablespoonfuls of chopped onion in one tablespoonful of butter until brown. Mix a cupful of grated cheese, a cupful of nut meats and a cupful of soft crumbs moistened with a little water from the pan in which the onion was cooked, season with salt, pepper and the juice of half a lemon. Pour into a baking dish and bake until brown.

Baked Celery With Cheese.—Wash and cut celery into inch pieces and cook in boiling water, salted water until tender, reserving the stock. Use the stock to make a sauce, using four tablespoonfuls each of butter and flour, cooked together; a little cream and the liquor in which the celery was cooked. Season well with salt and paprika and add to the celery; put a layer of this in the bottom of a buttered dish and a layer of finely grated cheese, cover with more of the celery and sauce, finish with buttered crumbs and bake until the crumbs are delicately browned.

Broiled Oysters à la Francaise.—Butter ten scallop shells and place four or five oysters in each. Mince one large onion, half a clove of garlic, and cook in five tablespoonfuls of butter until lightly browned. Add the oyster liquor with a cupful of crisp bread crumbs, salt, pepper and parsley; cover the oysters and dot with bits of butter. Place shells on a tin sheet and broil quickly.

Partridge Fricassee.—Fry two partridges, cut in halves, in bacon fat, then add three slices of fried ham or bacon, one cupful of hot stock and half a cupful tomato catchup. Cook well covered for an hour and a half, adding more stock as needed; thicken the gravy and serve the birds in the gravy.

Who hopes the best goes forth with forehead bare
And to the open blue he lifts his face,
And cries "All good of earth or sea
Is mine by boundless largeness of
God's grace."

GOOD GERMAN DISHES.

The appetizing dishes that our German cooks prepare should be more generally known for many of them would be served often.

Almond Rings.—Mix together three-fourths of a pound of butter, half a pound of powdered sugar, the yolks of three eggs and a pound of sifted flour. Roll thin and cut into strips and form in rings; dip these in white of egg, then in chopped almonds, sugar and cinnamon, mix and bake in a moderate oven. Keep in a cool place.

Sauer Braten.—Cover a piece of stewing beef with vinegar and let stand 48 hours; drain, lard it and sprinkle with spice and fry in hot drippings. When browned well all over, put into the kettle with a lemon rind, two sliced carrots and two leeks, add a little hot water and simmer until the meat is tender, strain, thicken the liquor left, with flour, add enough lemon juice or vinegar to make it tart. Serve with the meat and sauerkraut.

Beet Fritters.—Mash five beets to a pulp, add the yolks of four eggs, beaten with two tablespoonfuls of cream and two tablespoonfuls of flour. Add the grated rind of a lemon, sugar and nutmeg to taste; mix and shape into small cakes and saute in a little butter. Serve with tart fruit as a garnish, such as cherries or apples.

Roast Goose With Stuffing.—A six-month-old goose will require no par-broiling, an older one should be par-broiled. Scrub the outside thoroughly with a vegetable brush and soda water, using care not to break the skin. Wipe dry, rub the inside of the goose with the cut side of an onion, dust it with sage, salt and pepper, dredge with flour and stuff it, cook in a covered roaster. When tender serve with gooseberry jelly and garnish with cooked apple rings with a stewed prune in the center of each slice. Stuff with a pound each of raisins, blanched and chopped almonds, bread crumbs, with the goose liver cooked and finely chopped, two teaspoonfuls of salt, one minced onion, a tablespoonful of powdered sage and a cupful of melted butter. Do not pack the stuffing in but fill lightly, sew up the goose and put into the roaster.

Nellie Maxwell

A REMARKABLE STATEMENT

Mrs. Sheldon Spent \$1900 for Treatment Without Benefit. Finally Made Well by Lydia E. Pinkham's Vegetable Compound.

Englewood, Ill. — "While going through the Change of Life I suffered with headaches, nervousness, flashes of heat, and I suffered so much I did not know what I was doing at times. I spent \$1900 on doctors and not one did me any good. One day a lady called at my house and said she had been as sick as I was at one time, and Lydia E. Pinkham's Vegetable Compound made her well, so I took it and now I am just as well as I ever was. I cannot understand why women don't see how much pain and suffering they would escape by taking your medicine. I cannot praise it enough for it saved my life and kept me from the Insane Hospital."—Mrs. E. SHELDON, 6657 S. Halsted St., Englewood, Ill.



Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.



Backache

Yager's Liniment is excellent for any kind of pain or congestion. It quickly relieves backache and rheumatic pains, and is a splendid remedy for Neuralgia, Sciatica, chest pains, sprains, strains, swellings and enlargements.

Keep a bottle in your home for emergencies—you never can tell when you will require something of the sort.

The 25 cent bottle of Yager's Liniment contains four times as much as the usual bottle of liniment sold for that price.

AT ALL DEALERS

YAGER'S LINIMENT
GILBERT BROS. & CO.
BALTIMORE, MD.

Too Great a Change.

"How did you enjoy those two weeks on your farm in the country?"
"Not as well as I expected. I suffered from a lack of my accustomed exercise."

"Your accustomed exercise?"
"Certainly; dodging delivery wagons, street cars and automobiles, and jumping over holes in the street."

Like Attracting Like.
"Your wife is looking at us with a great deal of fire in her eye."
"I guess she saw us smoking."

A girl is pretty safe in marrying a young man whose mother cannot cook.

Feel Achy All Over?

To ache all over in damp weather, or after taking a cold, isn't natural, and often indicates kidney weakness. Uric acid causes many queer aches, pains and disorders of the organs. Well kidneys keep uric acid down. Tired, dizzy, nervous people would do well to try Doan's Kidney Pills. They stimulate the kidneys to activity and so help clear the blood of irritating poisons.

A North Carolina Case

Mrs. D. T. Moore, 311 S. Person St., Raleigh, N. C., says: "I suffered from dull, nagging backaches, was restless nights and often got nervous. My kidneys were weak and caused me no end of annoyance. Doan's Kidney Pills stopped the troubles with the kidney secretions and removed the backaches and pains. I rest much better now and I have improved in every way."

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

COLD IN HEAD CATARRH
INSTANTLY RELIEVED BY THE OLD
DR. MARSHALL'S CATARRH SNUFF
25c
ALL DRUGGISTS OR SPECIALTY
BY WILLIAMS' MED. CO. CLEVELAND, O.