

SEVERE SICKNESS LEAVES THE KIDNEYS WEAK

After recovering from a severe spell of sickness some time ago, I was all run down and suffering from poor blood. I would have pains in my back and hips and my kidneys bothered me all the time. I started taking Swamp-Root upon the recommendation of a friend and found it was just what I needed. My blood became all right and after taking a few bottles, I was surprised at the effect it had on my kidneys. They were entirely cured and I have much to be thankful for that your great remedy did for me.

Yours very truly,
W. O. BLACKMON,
Phenix City, Ala.
Sworn to and subscribed before me this 14th day of July, 1909.
W. J. BIRN, Justice of the Peace.

Prove What Swamp-Root Will Do For You
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

Eager to See.
"I have a poem here entitled 'Along with Nature,'" said the sallow young man with the long hair and the frayed trousers. "It is a personal impression."
"Is it?" replied the editor of the Chicago Record-Herald, as he hastily glanced at the opening lines. "Have you ever been along with nature?"
"I have, and, oh, it is glorious—glorious!"

"Here's a dime. Get on a trolley car and ride as far as you can. Go back to nature and spend another hour or two alone with her. You say you plucked the hazel blossoms by the stream. If you are able to find any place where you can do that let me know. I want to watch you while 'you do it.'"

IN AGONY WITH ITCHING

"About four years ago I broke out with sores on my arms like boils. After two months they were all over my body, some coming, and some going away. In about six months the boils quit, but my arms, neck and body broke out with an itching, burning rash. It would burn and itch, and come out in pimples like grains of wheat. I was in a terrible condition; I could not sleep or rest. Parts of my flesh were raw, and I could scarcely bear my clothes on. I could not lie in bed in any position and rest. In about a year the sores extended down to my feet. Then I suffered agony with the burning, itching sores. I could hardly walk and for a long time I could not put on socks.
"All this time I was trying everything I could hear of, and had the skill of three doctors. They said it was eczema. I got no benefit from all this. I was nearly worn out, and had given up in despair of ever being cured when I was advised by a friend to try Cuticura Remedies. I purchased Cuticura Soap, Ointment, and Resolvent, and used exactly as directed. I used the Cuticura Remedies constantly for four months, and nothing else, and was perfectly cured. It is now a year, and I have not had the least bit since. I am ready to praise the Cuticura Remedies at any time. (Signed) E. L. Cate, Exile, Ky., Nov. 10, 1910.
Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. L, Boston.

Disatisfaction.
"So you were given an interest in your employer's business?"
"Yes," replied the industrious youth; "but I made a mistake in accepting it. I had less worry as a regular employee than as a minority stockholder."

A Father's Protection.
Father, it is as essential for you to provide a safeguard against that night-friend to your children, croup, and to their hunger. Taylor's Cherokee Remedy of Sweet Gum and Mullein will cure cough, croup, colds, and Whooping Cough, etc.
At druggists, 25c, 50c, and \$1.00 a bottle.

Man and Meter Both Unique.
A Kansas City man notified the gas company that his meter was running slow. Greater honesty hath no man than this.

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM
This Old Standard GILBERT'S FEVER-SWEEPER TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is a simple and safe and in a sanitary form, and the most effective for grown people and children, 50c.

Looking Upward.
(In 1909)—"Marie, bring out the aerobulator, and take baby up for an airing."—Judge.

For COLDS and GRIP
Hick's CAPSULE is the best remedy—relieves the aching and feverishness—cures the cold and restores normal conditions. It's liquid—effects immediately. 10c, 25c, and 50c. At drug stores.

The fellow who is out for the dust doesn't always clean up a fortune.

The Wretchedness of Constipation
Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS.**
Purely vegetable—act surely and gently on the liver. Cure Bilelessness, Headache, Dizziness, and Indigestion. They do their duty. WALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.



PAPER BAG COOKING
WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

MEANS ECONOMY IN FOOD.

By Martha McCulloch Williams.
Economy, which is now the cry in all things, from postage to politics, has no more valiant helper than M. Soyer's system of paper bag cooking. Roasts which have a knack of shrinking horribly in the pan come out of paper bags almost the size which they came from the butcher, and possessed of their full food value. They will have been cooked in vapors of their own essence—the best part of them will not have run out to dry on the pan bottom, and smell most appetizingly, but be in large measure lost to the palate. There will be gravy in the bag, to be sure—gravy fit for a king.

In case of fish, the results are even better. Pan-cooking wastes a fifth, a fourth, sometimes even a third of a fish.
Vegetables also taste better, and are better, for bag cooking. Bag cooking preserves in them their essential salts, which boiling takes away.

Here is a way of using up cold dinner meat that hearty children will relish, and even the man of the house not disdain. Cut the meat in slices, not too thick nor too thin, and as broad as possible, butter them, sprinkle them well with salted flour, and a very little pepper. Lay in a well-greased bag, side by side, then place upon each a tomato, peeled, hollowed out, dusted inside with sugar, salt and pepper, then stuffed. Boiled rice is a good stuffing, so is cooked macaroni or spaghetti cut small. Bread crumbs fried brown are likewise tasty. Season the stuffing well and mix through it all the snippets and trimmings of the meat. Use either butter, bacon, or cold boiled pork, well minced, to enrich the stuffing. Scatter between the tomatoes the

Paper Bag Cooked Bridge Luncheon

By Nicholas Soyer, Chef of Brooks' Club, London.
Broiled Chicken.
Mushrooms. Asparagus. Olives. Radishes. Celery. Pudding a la Mayence. Black Coffee. Crackers. Cheese.
Broiled Chicken.—Split the chicken down the middle of the back, spread flat, and put a skewer in each side to prevent it from curling. Beat up a very fresh egg, with a pinch of salt, black pepper to taste, an ounce of melted butter, a teaspoonful of Worcestershire sauce or something similar, and a teaspoonful of made mustard. Mix well. With a brush glaze the chicken with the mixture. Place in a greased bag with bread crumbs around and over it. Be careful that the skewers do not tear the bag. Seal up tight and cook thirty-five to forty minutes in a very hot oven.
Mushrooms.—Peel and wash the mushrooms, brush them lightly over with melted butter, dust with salt and pepper, and put into a buttered bag with a lump of butter, a little water, and a spoonful of lemon juice or port or sherry wine. Seal tight and cook in a hot oven twelve to twenty minutes.
Asparagus.—Trim and scrape as for boiling, wash very clean. Tie in bundles and put into a buttered bag, with a little salt and half a gill of water. Seal and cook thirty-five to forty minutes in a hot oven.
Pudding a la Mayence.—Rub half a pint of breadcrumbs through a fine wire sieve, add to them a tumblerful of wine and water, half and half, the rind of a small lemon, washed, dried and grated, three heaped tablespoonfuls of powdered sugar, and an ounce of butter. Mix well, pour into a buttered soufflé dish, add the beaten yolks of two eggs, and the strained juice of the lemon. Beat the whites of the eggs to a very stiff froth, add powdered sugar to taste, and a pinch of salt. Color with a few drops of green spinach coloring, or pale pink with a little carmine or cochineal, pile on top, place in bag, put in a very moderate oven, and bake till the meringue is firmly set.

PAPER BAG COOKED BREAKFAST DISHES.

Eggs on Tomatoes.—Butter a bag thickly, put into it half a pint of tomato catsup and butter the size of a walnut. Cook in hot oven ten minutes.

Got His Christmas Cigars

Colonel Green Knew When He Was Cornered and the Officer Did Not Have to Buy "Smokes."
Even the busiest of men slip on the comic mask now and then, says the New York correspondent of the Cincinnati Times-Star. The other day a big, black auto hummed down Fifth avenue. Col. Edward H. R. Green, Hetty's son, practically filled the tonneau. Now and then he spoke to the chauffeur, and the latter let out another link. At the Thirty-fourth street crossing the magnificent grenadier of traffic held him up. Colonel Green thrust his head out. "Hey, Bill," said he to the officer. "Lemme through. I'm in a hurry."
"Hoddadoo, colonel," said the policeman, waving a white gloved hand. Then he walked over to stand by the front wheels. He addressed himself to the chauffeur. "Hear anything about Christmas cigars, bean?" he asked.
"Not yet," said the chauffeur.

receptions from them; in a paper bag, seal, it, and cook in a hot oven about twelve minutes.
Quick Potatoes.—Take a large white potato for each person to be fed. Peel, slice thin, drop in cold water for five minutes, then drain, sprinkle with salt and pepper, and pack compactly in a well-greased bag, adding a tablespoonful of stock or milk and water, for each two potatoes. Seal, and cook twenty minutes. Boiled potatoes can be used, and take only half as long.
Baked Apples.—Wash well, but do not peel, cut out specks and bruises, core, fill the bottom of the core-space with a lump of butter, over which pile sugar, and add a bit of cinnamon. A clove stuck in the side may take the place of the cinnamon. Seal inside a well-greased bag, and bake eighteen to twenty minutes in a fairly hot oven. Serve with sugar and cream or a hard sauce.

ELIMINATES MANY KITCHEN TROUBLES.
William Shakespeare, it may be, had not cooking in mind, when he set his witches chanting:
"Double double toil and trouble! Fire burn and caldron bubble!"
Nevertheless, the fact remains that the burning fire, the bubbling caldron are sources of double trouble to womenkind. Therefore, they should rise up and call blessed M. Soyer's system of paper bag cooking, which has come newly to their help. It saves the bubblings of the caldron, and thereby the troublings of the cook. This in many, many ways. Perhaps the most instantly apparent one is—the fact that there is no caldron to be washed or scoured when the flesh is waisted.

So, also, are the roasting pans and those for frying, likewise the broiler. Paper bags can do the work better—and be thrown away when they served their turn.

Beef or Veal Loaf.—To each pound of raw minced lean meat, add an ounce of finely minced suet, half a small minced onion, a dust of pepper, a pinch of salt mixed through a scant spoonful of flour, and a light sprinkling of powdered herbs. Mix the seasoning well through the meat, shape it into a flat, round cake, rub butter plentifully on the outside, put into a greased paper bag, seal and bake in a hot oven, allowing fifteen minutes to the pound. A few slices of tomato put in the bag helps to make tasty gravy. A spoonful of tomato catsup may be used instead.

What Are Wicked Works?
This emity need not show itself necessarily in giving way to the lower and baser appetites of the body. There are cultivated men and women who are able to control these appetites, but who are at the same time enemies to God in their mind—i. e., in their modes of thought and feeling, which are contrary to his revealed will. And this emity must in the very nature of the case, show itself in "wicked works." All works indeed, however moral in the eyes of men, are wicked works in God's sight if wrought outside of Christ, because they are part of that system of worldliness and sin which is inimical to him.

II. Second, he shows the source of our reconciliation, which is God himself. "Yet now hath he reconciled us." The very one from whom we were alienated and against whom we were enemies is the one who reconciles us. "He who might the vantage best have took Found out the remedy."
This is grace, especially when we understand that it does not mean primarily that we became reconciled to God, but that God became reconciled to us. This he did by taking that sin out of the way which was the barrier to his reconciliation.

III. This leads Paul to speak in the third place of the means of our reconciliation which was the work of Christ for us on the cross as our substitute Saviour. "In the body of his flesh through death." Why say "the body" without adding "flesh"? Because there was a heretical sect in that day which denied the materiality of Christ's body. They believed in a spiritual, but not a material, mediatorship.

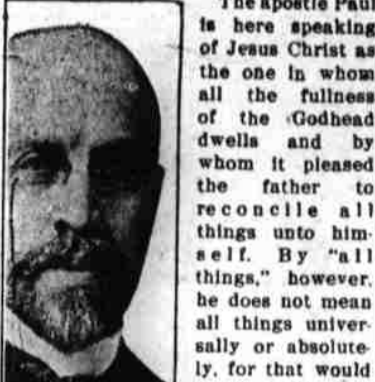
But Christ had a real body and real flesh and real blood which he offered in propitiation for our sin, he passed through real suffering and died a real death. Such is the teaching of this verse.
IV. And this brings us to the fourth point, which is the result of our reconciliation, presented "holy and without blemish and uncharged in God's sight." This is true immediately of every believer the moment he accepts Christ by faith as his Saviour. Oh, if everybody in this sin-cursed and sin-weary world only knew and believed that! If they would only pause in the rush of things and listen to it for a single moment!

Of course, it does not mean that this is experienced by the believer the instant he so believes, but that it becomes true of him in a judicial sense before God in that instant.
The Battle of Concord Bridge.
At the battle of Concord bridge, at the beginning of the revolution, when John Buttrick gave the command to fire it was to British subjects he gave it, but it was obeyed by American citizens. In other words, in that instant their condition became changed, though the experience of that change was a thing of growth. So the instant a man takes Christ as his Saviour, he stands before God free from the guilt of sin, without blemish and without charge. And this is grace!
The final point in the lesson is the proof of our reconciliation, which is that we "continue in the faith, rooted and grounded and not moved away from the hope of the gospel." Paul is speaking not to the false teacher who went out of the church, but to the true believer who stayed in. Those who are true to the "faith delivered once for all to the saints" have the witness in themselves that they are reconciled to God.

Money Mad.
Do not marry a young lady, whose mother holds her for sale to the highest bidder. She wishes to marry a fortune, not a husband.—Rev. E. N. Askey, Methodist, Sharon, Pa.

Reconciliation to God
By Rev. James M. Gray, D. D., Dean of Moody Bible Institute, Chicago

TEXT.—And you, that were sometimes alienated and enemies in your mind by wicked works, yet now hath he reconciled. In the body of His flesh through death, to present you holy and unblemished and unapprovable in His sight: If ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard.—Colossians 1: 21-23.



The apostle Paul is here speaking of Jesus Christ as the one in whom all the fullness of the Godhead dwells and by whom it pleased the father to reconcile all things unto himself. By "all things," however, he does not mean all things universally or absolutely, for that would include the souls of the condemned, but the demons in hell and even Satan himself. But he means all the things which it has pleased the father from the beginning thus to reconcile. The definite article in the Greek suggests this as the thought, which is made clear by the other teachings of the Bible on the same subject. Among those things which it pleased the father to reconcile to himself are the believers on Jesus Christ, and it is of their reconciliation especially that Paul here speaks.

I. First he shows our need of reconciliation, by telling us that we were "sometimes alienated and enemies in our mind by wicked works." "Sometime" covers the whole period of our lives from physical birth to our new birth by the holy spirit. All that time the natural man is alienated from God. And not only alienated, but hostile to God, an enemy, as the text says.

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PUTNAM FADELESS DYES
Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.

IN LESS STRENUOUS TIMES

Why He Couldn't Sit Down.
Harry, aged six, is an orphan; but an indulgent grandmother and kind maiden aunt have taken care of him. The first pair of knickerbockers were secured recently, and it was a proud moment for the boy when his aunt put them on him on Sunday morning and he was permitted to go to church with his grandmother. Naturally maiden aunts know very little about the arrangement of knickerbockers, and there was a suspicious fullness in front and an equally mystifying tightness in the back to be observed, as the little chap trudged happily along. In church Harry sat down, but did not appear comfortable and stood up. "Harry, sit down," whispered his grandmother. He obediently climbed back on the seat, but soon slipped off again. "Harry, you must sit down." "Grandma, I can't. My pants is choking me." She looked more closely than her dim sight had before permitted, and discovered the new little knickerbockers were on hind side before. Harry stood up during the remainder of the service.

EXPLANATION OF THE DIFFERENCES BETWEEN DOMESTIC STANDARDS NOW AND THOSE OF LONG AGO.

In the Woman's Home Companion there is an interesting presentation of the difference that exists between the domestic standard of young married women of today and those of the past generation. How did the women of the middle class of a generation or two ago manage when they could not keep help? Following is the answer quoted from a Companion editorial: "They lived according to their means; they did not set up impossible standards, and they knew much less about the science of bringing up children. They had no special style to keep up; gave the children a weekly bath; kept the table set between meals; did not serve their meals in courses, but put all the food on the table at once; confined their social affairs to evening calls and parties, and church suppers, at which they wore the same black silk dress for at least two seasons; in short, every woman did only what she could, and her friends made it easier for her by doing likewise."

RECOGNIZED THE ACTION.



Little Nell—I didn't know that they played "I Spy" in church, mamma. Mamma—What do you mean, my child?
Little Nell—Why, the preacher said "Let's Play," and everybody held their hands up to every face.

Self-Evident.
Louis N. Parker, the playwright, has a ready wit, as was demonstrated at a supper party the other night. Parker's neighbor, a famous actress, nodded toward a pretty girl at the next table and said: "Don't you think she's awfully young to wear such a décolleté gown?" "Wall," said Mr. Parker, "she certainly is a stripling." You will notice that the man who is always talking about how hard he had to work when he was young is usually behind with his work now.

A Hold-Up

An Oppressive Trust.
Before the Coffee Roasters' Association, in session at Chicago on Thursday, Thomas J. Webb, of Chicago, charged that there is in existence a coffee combine which is "the most monstrous imposition in the history of human commerce."

There is very slight exaggeration about this statement. It comes very close to being literally true. There is a coffee combine in Brazil, from which country comes the bulk of the coffee used in the United States, which is backed by the government of Brazil and financed by it, which compels American consumers, as Mr. Webb said, "to pay famine prices for coffee when no famine exists."

The worst thing about this is that the consumers of the United States have been compelled to put up the money through which this combine, to further cinch them, has been made effective. There were formerly revenue duties imposed upon all coffee entering the United States. Those taxes were denounced as an imposition upon the people; as taxing the poor man's breakfast table, and the like. The taxes were removed. Immediately thereafter Brazil imposed an export duty upon coffee up to the full amount of the former customs taxes in this country. The revenue which formerly went into the treasury of the United States was diverted to the treasury of Brazil. The poor man's breakfast coffee continued to cost him the same old price.

But this was only the commencement. The "valorization" plan was evolved in Brazil. Through this plan the government, using the revenues derived from the export duties for the purpose, takes all of the surplus crop in a season of large yields and holds it off the market, thus keeping the supply down to the demands of the market and permitting the planters to receive a much higher price than they would otherwise have done.
The United States consumes more Brazilian coffee than does the rest of the world. We are the best customers of Brazil, and Brazil buys little from us. Now Brazil is promoting, financing and maintaining a trust designed, and working effectively for the purpose, to compel American consumers to pay an exorbitant price for the coffee they use. What is the remedy?—Seattle Post-Intelligencer—Nov. 19, 1911.

POSTUM

is a pure food-drink made of the field grains, with a pleasing flavour not unlike high grade Java.

A Big Package About 1 1/2 lbs. Costs 25 cts. At Grocers

Economy to one's purse is not the main reason for using Postum.

It is absolutely free from any harmful substance, such as "caffeine" (the drug in coffee), to which so much of the nervousness, biliousness and indigestion of today are due. Thousands of former coffee drinkers now use Postum because they know from experience the harm that coffee drinking causes.

Boil it according to directions (that's easy) and it will become clear to you why—

"There's a Reason"
Postum Cereal Company, Limited, Battle Creek, Michigan.

Handwritten notes on the Postum advertisement:
He did
"Compels"
Tax Americans
Get this deal.
Then this