

CRAMPS, PAINS AND BACKACHE

St. Louis Woman Relieved by Lydia E. Pinkham's Vegetable Compound

St. Louis, Mo.—"I was bothered with cramps and pains every month and had to go to bed as I could not work. My mother and my whole family always took Lydia E. Pinkham's Vegetable Compound for such troubles and they induced me to try it and it has helped me very much. I don't have cramps any more, and I can do my housework all through the month. I recommend your Vegetable Compound to my friends for female troubles." Mrs. DELLA SCHOLZ, 1412 Salisbury Street, St. Louis, Mo.

Just think for a moment. Lydia E. Pinkham's Vegetable Compound has been in use for nearly fifty years. It is prepared from medicinal plants, by the utmost pharmaceutical skill, and superior methods. The ingredients thus combined in the Compound correct the conditions which cause such annoying symptoms as had been troubling Mrs. Scholz. The Vegetable Compound exercises a restorative influence of the most desirable character, correcting the trouble in a gentle but efficient manner. This is noted by the disappearance, one after another, of the disagreeable symptoms.

USE SLOAN'S TO EASE LAME BACKS

YOU can't do your best when your back and every muscle aches with fatigue. Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrating glow of warmth and comfort. Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure. For forty years pain's enemy. Ask your neighbor. *Sloan's Liniment*. At all druggists—15c, 70c, \$1.40.

Sloan's Liniment

Cuticura Soap

SHAVES Without Mug

MOTHER! MOVE

CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Hurry, mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child tomorrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

FOOD FOR THE FAMILY

A POUND cake is a favorite with everyone, but it makes quite a large cake for a small family. The following is a half-pound cake, and bakes in one hour. Take one cupful of butter, not packed, but put in lightly into the cup, one and three-fourths cupfuls of sugar, two cupfuls of flour sifted, three times one-half teaspoonful of baking powder and three eggs. Cream the butter and the sugar, add the eggs one at a time, beating well after each one. Bake in a slow oven.

Ginger Bread

Take one cupful of New Orleans molasses, one-half cupful of melted lard, one cupful of brown sugar, one cupful of flour, one-half cupful of raisins, one cupful of corn meal, one cupful of soda added to one cupful of boiling water, added the very last, bake in a large dripping pan four to five minutes.

Something to Think About

By F. A. WALKER

TRY TO BE HAPPY

WHEN all the world seems to be conspiring against you, though in reality it is not giving you a fleeting thought, try to be happy. The mere effort to acquire a sunnier mentality will be found helpful, as it takes you away from gloom, cheers your mind and enables you to look ahead with clearer vision. To permit a depressing thought to imprison you, when there are duties to be done, which you owe to yourself and to others, is a common weakness not easily overcome, yet the shackles are easily broken when you go about the work in the right spirit. The great-hearted have become great-hearted by trying to be happy. Their early efforts were difficult, fraught often with severe trials. In seasons of discouragement they felt that they lacked strength, to turn away from the somber shadows that encompassed them, but by exerting self-will, lighting up their little lamp of faith and keeping it ever burning, they came unexpectedly upon Happiness, vailing at the recess-roads with a smiling countenance and outstretched hands to welcome them.

When disposed to be downcast because of a harshly spoken word by a thoughtless friend, or a failure of some cherished plan you have been nursing for days and days, do not give up to ill-humor or remorse, but lift your eyes to the sky and open your heart to heaven's happiness. If you attune your soul aright, you will find delectable happiness in the

LYRICS OF LIFE

By DOUGLAS MALLOCH

THE MAN WHO OWES NO MAN

"I'll ask no odds of any man, No favor from a friend; Alone I'll work, alone I'll plan, Alone I'll attain the end. I'll harvest only what I sow, The wealth of field or shelf; For what I own no man I'll owe—I'll find my joy myself."

"I'll ask no odds of anyone, I'll steer my own canoe, Do for myself whatever's done, As you must do for you, I'll owe no man for anything, I'll live my life alone—Whatever fortune fate may bring, My own shall be my own."

Yet, brother, you will see the bloom, That other mortals sowed, Another's roses will perfume, The long and weary road—The very path you upward tread In independent pride, With haughty and uplifted head, Was made by men who died.

What steel your soul, what steepe your heart, What selfish folly yours, You cannot live your life apart—The human bond endures, You owe to others what you are, Each lovely rose you see—And you must plant for years afar The roses yet to be. (Copyright.)

MOTHER'S COOK BOOK

Launch out into the deep. The awful depth of a world's despair; Hearts that are breaking and eyes that weep. Sorrow and ruin and death are there, But the Master's voice carries over the sea. Let down your net for a draught for me, And wherever that loving word is heard There hang the nets of the Royal weed.

tablespoonsful of flour mixed with a little of the milk added and well cooked binds the soup. Put all the ingredients together and cook for a few minutes until hot.

WHY

DOES A BARBER POLE HAVE STRIPES? IN THE old days the barber used to be the surgeon, or blood-letter, as well as the shaver and cutter of hair. So surgery in those times was confined almost entirely to the removal of blood by means of a cut in the vein or leg.

most arch overhead, in the drifting white clouds, in the swaying of trees and in the whisperings of the winds—all bearing a message of cheer and encouragement.

How often do you raise your eyes to the smiling blue, or pause to think of the bliss beyond, waiting for those who shall overcome?

How often, instead of packing away your troubles, which no amount of grieving can change, do you turn to the great outdoors for consolation, seeking you at every turn of the road, on the summits of the hills by the dimpled streams and in the peaceful valleys?

All the king's horses and all the king's men cannot bring you happiness if you, of yourself, refuse to go out with open arms to meet it and press it to your breast.

Mere words can never trace out happiness, nor make its meaning clear except to those who put forth a hand in God's name, and embrace it in faith as their own.

(Copyright.)

YOUR HAND

How to Read Your Characteristics and Tendencies—the Capabilities or Weaknesses That Make for Success or Failure as Shown in Your Palm.

CARRIAGE OF THE HANDS

SOMETIMES a palmist or a student of psalmistry is called upon to read the hand of a person who enters the room with his fists tightly clenched, the elbows bent and the arms carried in what one authority calls "hovellegged" fashion. This is typical of a person of pugnacious disposition, and

one must be careful and diplomatic in reading the hand and telling one's conclusions therefrom.

Many of us have met the Dribb Hand type, who seems to be continually rubbing one hand on the other in a sort of washing motion. Here also one must be careful, for stiness, adroitness, and even hypocrisy and untruthfulness are seen.

The proud, stately person carries the left hand hanging at the side with the fingers held together, but loosely. Often the right arm is bent at the elbow, with the palm held upward and the fingers closing loosely over it. We have here a person who is impressed with, and values, his or her dignity.

(Copyright.)

Might Be Misinterpreted.

An Emporia woman whose son is a banker in a big eastern city proudly informed her neighbors that her son had been promoted again. "He has forged his way to the front," the woman declared.—Emporia Gazette.

Direct Action.


Parson—Poor Mrs. Anderson! It is a hard blow for you to be made a widow, but still there is a comforter for you.

Widow—What is his address?

(Copyright.)

THE CHEERFUL CHERUB

I gave some burglars all my pay Who held me up the other day—I wouldn't stoop to argue if They think it's nice to act that way.



SCHOOL DAYS



THE FRIENDLY PATH

By WALTER I. ROBINSON

DO NOT frighten a child. The future of every city, state and nation in the world depends on the children of today. In large measure the ability and williness of our little folk to make the world a better and happier place in which to live depends on whether they are treated kindly, properly reared and taught the essentials of a general education and instilled with a desire to be of service to their fellow men.

This is a thought which should command the serious consideration of every parent, every teacher, every minister and every other individual who in any manner exercises an influence on the lives of our youths. To each one who realizes that he is doing his full share to help lead the children as they should be there is certain to come a feeling of satisfaction which must add to his own happiness, not only because he is helping to make the young folk happy now and when they become men and women, but also because he will know that he is contributing a great deal to the happiness and welfare of generations to come.

It is exceedingly unfortunate, therefore, if at any time one of the little people is frightened. This could be avoided by being very nervous and silly. It is a very serious mistake to tell them of plants with all children or to warn them the "buggy" will get them in the end because they are bad.

COOK RABBIT TO RESEMBLE FOWLS

Those Raised Especially for Food Are More Tender Than Those Running Wild.

COST OF LIVING IS REDUCED

They May Be Served in Any Way Chicken Is Liked and Ade Variety to Table Menu—Recipes Given Offer Suggestions.

(Prepared by the United States Department of Agriculture.)

During the winter months rabbits are on sale in many markets at a fairly reasonable price. Wild rabbits are often relished, but those especially raised for food are apt to be more tender. A rabbit which, after being skinned, drawn and prepared for cooking, weighs 2 pounds 14 ounces will have almost the same weight of cooked meat as a chicken similarly prepared weighing 3 pounds 15 ounces, according to Farmers' Bulletin 1090, Rabbit Rais-



Rabbit Croquettes and Casserole Rabbit Are Delicious.

ing, issued by the United States Department of Agriculture. A rabbit of the above weight was cooked in 1 hour 15 minutes, and the chicken in 2 hours 30 minutes, but the rabbit meat was the more tender. The flavor and use of rabbit is comparable with chicken, and the meat may be prepared in most of the ways

MAKE BOILED STARCH THAT DOESN'T STICK

Good General Recipe Given for Making Cooked Material.

Not Possible to Give Directions for Definite Amounts to Be Used Because Fabrics Vary—Saxax Helps to Whiten.

Clothes are starched to stiffen them, to give them the gloss of new material, and to make them keep clean longer. The following is a good general recipe for making cooked starch, recommended by the United States Department of Agriculture:

1 to 2 tablespoonfuls 1/2 teaspoonful starch, according to stiffness desired. 1/2 cupful (4 pint) cold water. 1 quart boiling water.

Make a paste of the starch and the cold water; add the borax, the paraffin or fat, and the boiling water. Boil the mixture, stirring it thoroughly, until it is clear, or for about 20 minutes. Remove any scum that forms and strain the starch while hot.

The borax may be omitted, but it, as well as the paraffin or the fat, makes the starch smoother in ironing. Alum is sometimes added (from one teaspoon to one tablespoonful to one quart of water) and is useful in making the starch penetrate the fiber. It apparently thins the paste but does not decrease its stiffening property.

It is impossible to give definite directions for amounts of cooked starch to be used, because all depends upon the fabric and the degree of stiffness desired. However, if the four tablespoonfuls of starch have been used to the quart of water, a cupful of this may be thinned with three cups of water for starching wash articles, such as collars and cuffs, and dresses. Garments made of washable material may be put on until they are damp.

in which chicken is liked. The recipes below offer suggestions:

Baked Rabbit.
1 rabbit.
3 cups cream or a thin white sauce.
5 slices bacon.
Flour for dredging.
Skin, clean, and wash the rabbit, and split it into two pieces, cutting along the backbone. Rub with salt and a little pepper, place in a roasting pan, and dredge with flour. Lay strips of bacon across the rabbit. Four over and around if 3 cups of the white sauce or 3 cups of cream. Bake 1 1/2 hours, basting frequently. Serve hot with the cream gravy. The liver may be boiled until tender, chopped, and added to the gravy before serving.

Rabbit Croquettes.
3/4 cups milk or half milk and half rabbit broth.
2 tablespoonful flour.
1/2 teaspoon salt.
2 teaspoons butter.
1 teaspoon onion juice or finely chopped onion.
1 teaspoon finely chopped green pepper.
Few grains pepper.
2 cups ground or chopped rabbit.
Make a white sauce of the milk, flour, butter, and seasonings. When it is thoroughly cooked remove from fire and add the ground rabbit. Cool and shape into croquettes. Roll in egg and bread crumbs and fry in deep fat or bake in a hot oven until well browned.

Spiced Rabbit.
1 rabbit.
2 slices bacon.
1 medium-sized onion.
2 teaspoon salt.
1/2 teaspoon pepper.
1 tablespoon cloves.
Brown sauce.
1 tablespoon sugar.
1/2 cup of water.
1 tablespoon flour.
Skin, draw, and wash rabbit and cut it into pieces. Put it into stewpan with bacon cut into small pieces, onion cut fine, salt, pepper, and whole cloves in a bag. Cover with boiling water and cook slowly until tender.

Caramelized the sugar and add water thickened with flour well blended with 2 tablespoonfuls of water. Pour this brown sauce over the spiced rabbit and allow the whole to simmer 2 hours.

Savory Rabbit.
Skin, draw, and wash the rabbit and cut it into pieces. Dredge with 4 tablespoonfuls of flour, 2 teaspoonfuls of salt, and 1/2 teaspoon of pepper. Brown in tablespoonfuls of bacon or other fat. Remove meat to stewpan and cover with boiling water, and add 1 medium-sized onion cut in small pieces and 2 bay leaves. Cook slowly until nearly tender. To the fat that was used to brown the rabbit add 2 tablespoonfuls of flour, mix thoroughly, and add 1 cup of vinegar. Pour this sauce over the meat and simmer until it is very tender. Serve with dumplings.

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PIES WITHOUT SOGGY CRUST

Secret of Turning Out Juicy Casserole Pies in First Baking, Without Soggy Crust.

A happy pie with an edible under-crust has always been a problem to the housekeeper, however expert she may be in her pastry cooking. Specialists in the United States Department of Agriculture say that the secret of turning out a juicy pie with a crisp under-crust lies in baking the under-crust first until it is evenly browned. If overbaked it will be too dark brown when cooked the second time; undercooked it will be doughy. The crust should also be thoroughly pricked with a fork to prevent blisters. In the case of very juicy fruits such as delectables, the fruit should be cooked first and part of the juice removed before the thickening and sugar are added. After the fruit is put in the shell and the edge moistened, the raw top crust is added and carefully tucked in, the pie is baked in the ordinary way.

GOOD KITCHEN LIGHT HELPS

Good Supply of Daylight and Sun Are Essential Curing Some Part of the Day.

Are sink, stove, work table, and other important parts of your kitchen well lighted? Every kitchen needs good artificial lighting as well as plenty of daylight and sun during some part of the day. Dark, gloomy kitchens may often be transformed into cheerful work rooms by cutting an additional window of seven by fourteen inches and woodwork a color that reflects rather than absorbs light. Reflectors behind wall lamps and lights help in driving the light where it is most needed, the United States Department of Agriculture finds.

All Around the House

Rabbits are good woodpeckers with apples. Before chopping use flour if thoroughly. Dates should always be washed before eating. Dandruff and dryness are common ills of a perfect skin. If honey is not thickly coated and a thin skin, it will not become sticky. Worn-out hot water bags can be cut into strips and used as mats under flower-pots.

The general housewife will save much trouble by thoroughly cleaning her kitchen with a wash.