

**BEST Time-Tried REMEDY for GALLS STRAINS LAMENESS and all diseases of Horses and Cattle**

Says Dr. R. Hutchings, Durham, N. C.: "For 15 years I have used your Mustang Liniment and I can never without it. I recently used it on a bad gall on my horse's neck and it cured it in three days."

**No Sting or Smart**  
Contains No Alcohol

Write for beautiful SOUVENIR PENN. Mustang Liniment with complete directions for use and price to Lyda E. Pinkham, 13 West Street, Webster, Mass., U.S.A.

**25c-50c-\$1.00**  
Sold by Drug and General Stores

**MEXICAN** Since 1848

**MUSTANG LINIMENT**

**DON'T WAIT TILL YOU'RE DOWN SICK**

THE minute you feel a little under the weather, get a bottle of Gude's Pepto-Mangan. Don't wait till you're down sick. Take Gude's as a preventive of illness—it will enrich your blood, and build up your energy. Your drug-merchant has it in both liquid and tablet form.

**Free Trial Tablets** To see for yourself the health-building value of Gude's Pepto-Mangan, write today for our free trial package of tablets. Send the name of your nearest drug store and address to G. W. Warren, 53 Warren St., N. Y.

**Gude's Pepto-Mangan**  
Tonic and Blood Enricher.

**They all know the value of Resinol**

The soothing healing ointment is for the use of every member of the family because of the properties that make it so effective for all troubles, make it ideal for:

Burns	Sores	Cold-sores
Cuts	Boils	Chafings
Scratches	Felons	Stings
Wounds	Pimples	Piles

At all drug stores.

**Drive Malaria Out of the System**

**BABEK**  
for  
**CHILLS & FEVER**

**A GOOD TONIC AND APPETIZER**  
CONTAINS NO QUININE

Special Offer: Mail this advertisement with your order for a full size bottle to the Babek Company, Washington, D. C. "Money back if not satisfied."

Malaria is a weapon which should be driven only in self-defense.

**BLACK-DRAUGHT HALF A CENTURY**

Praised by an Oklahoman Who, After His Father's Example, Has Used It, When Needed, for 50 Years.

Grandfield, Okla.—Mr. G. W. Tisdale, a well-known resident of this city, says: "I have used Thedford's Black-Draught—I believe I can safely say for fifty years. I was born and reared in Texas, Polk County, sixty-four years ago. I have been married forty-four years. My father used Black-Draught when I was married, and gave it to me. For forty-four years of my married life, it has had a place on our medicine shelf, and is the only laxative I use for constipation, liver, sour stomach, headache, indigestion. . . I don't think I could get along without it, knowing what it has done for us, and the good and reliable today as it was when we began its use. My boys use it, and they are satisfied it's the best medicine they have ever used." Thedford's Black-Draught is purely vegetable, easy to take and acts in a most natural way. So many thousands of persons have been benefited by the use of Thedford's Black-Draught, you should have the well-established remedy, for most ailments and stomach disorders.

**Thedford's BLACK-DRAUGHT LIVER MEDICINE**

**MAKE APPLE-PECTIN EXTRACT FOR JELLY**

Fruit Should Be Solid, Tart and Free From Wormholes and Other Blemishes.

(Prepared by the United States Department of Agriculture.)

Attractive jellies of good flavor are secured by the use of pectin extracts with such materials as strawberries, rhubarb, ripe red and black raspberries, fresh or canned pineapples, peaches, and cherries; and the yield of jelly is equal to that obtained from fruit of the best jellifying quality.

Pectin may be extracted at home from apples or the white peel of oranges and lemons, and stored in sterilized containers until wanted for use in jelly making. The United States Department of Agriculture gives the following directions for making apple-pectin, which is useful in making a great many fruit jellies:

The fruit should be firm, free from decay and wormholes, tart, and hard-ripe rather than mealy. Apples which do not bring the highest market prices because of surface blemishes and deformities, and sound culls, are often entirely suitable for the making of pectin extracts. The apples should be cleaned by thorough scrubbing; they need not be cored or pared, but stems and imperfect spots should be removed. A considerable amount of pectin of very satisfactory quality can be extracted from the cores and parings alone, but this extract does not have such a pleasant flavor as that obtained from the whole apples.

Convenient quantities to use are four pounds of apples and four and a half pints of water. Slice the apples thin; this is better than passing them through a meat grinder, since finely ground apples darken very quickly, and impart an unattractive color to the pectin extract. Place in a granite saucepan large enough so that the whole mass can be brought quickly to boiling. Cover the pan and boil the mixture rapidly for 20 minutes. Rapid boiling is recommended. When the boiling is finished, strain the mass through four thicknesses of cheesecloth until the juice ceases to drip. It is not advisable to squeeze the bag; but the pomace, or pulp, may be lightly pressed with a spoon, toward the end of the dripping period, to force the flow of the last drops of the juice. When dripping is complete, remove the pomace from the bag, weigh or measure it, return it to the saucepan, and add an equal quantity of water. Boil again for 20 minutes, and strain. The first two extractions should together amount to about three quarts. Mix them together in a wide granite pan, such as a dish pan, large enough so that the liquid will be more than two inches deep. Heat rapidly until the liquid is reduced to one-fourth of its original volume, or to about one and a half pints; this usually requires from 30 to 45 minutes. The concentration should be carried on rapidly, since it is easy to injure the pectin if the boiling process continues for several hours.

If it is desired to preserve the pectin extract for use with fruits which come at another season, it should be poured while boiling hot into clean jars or bottles which have been standing in boiling water, and sealed at once. If large amounts of jelly are to be made at one time, the pectin extract may, of course, be stored in jars of any convenient size. Otherwise small bottles holding about one gill or one-half cupful are recommended, in order to do away with the necessity of reheating the extract or reprocessing a jar to prevent spoilage, each time a part of the contents is removed.

**Children's Lunch Basket**

Combinations similar to those below, which are suggested by the United States Department of Agriculture, will be found excellent for the school lunch basket. Many others equally good will suggest themselves.

Sandwiches with sliced tender meat for filling; baked apple; cookies or a few lumps of sugar.

Slices of meat loaf or bean loaf; sandwiches; stewed fruit; small frosted cake.

Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits, or berries; cake.

Lettuces or celery sandwiches; cup custard; jelly sandwiches.

Cottage-cheese sandwiches, or a lot of cream cheese with bread-and-butter sandwiches; peanut sandwiches; fruit; cake.

Hard-boiled eggs; baking powder biscuits; celery or radishes; brown sugar or maple-sugar sandwiches.

Bottle of milk; thin cornbread and butter; dates; apple.

Raisin or nut bread with butter; cheese; orange; maple sugar.

Baked-bean and lettuce sandwiches; apple sauce; sweet chocolate.

**HEADCHEESE IS GOOD CHANGE**

Acceptable Meat for Lunch or Supper and May Be Easily Made—Government Recipe.

For lunch or supper—cold sliced headcheese is an acceptable meat, which may be easily made. The United States Department of Agriculture gives the following recipe:

Cut a hog's head into four pieces. Remove the brains, ears, skin, snout, and eyes. Cut off the fattest parts for lard. Put the lean and bony parts to soak overnight in cold water in order to extract the blood and dirt. When the head is cleaned put it over the fire to boil, using water enough to cover it. Boil until the meat separates readily from the bones. Then remove from the fire and pick out all the bones. Drain off the liquor, saving a part of it for future use. Chop the meat fine with a chopping knife. Return it to the kettle and pour on enough of the liquid to cover the meat. Let it boil slowly for 15 to 30 minutes. Season to taste with salt and pepper just before removing it from the fire. Bay leaves, a little ground cloves, and allspice may be added and boiled for a while in the soup. If not condensed enough to form jelly, a little gelatin may be dissolved in cold water and mixed well with the cheese just before filling into molds.

**WAY FOR WASHING CORDUROY**

Must Not Be Rubbed, Squeezed or Ironed—When Dry Raise Nap by Brushing Briskly.

Corduroy is a kind of cotton velvet which may be washed providing it is not rubbed, squeezed or ironed, says the United States Department of Agriculture. If it is made up at home, stitch the seams with a loose stitch to prevent puckering when washed. Before laundering babies' coats or other lined garments loosen the lining at the bottom to avoid bagging. Use a solution of mild soap, or for dark colors which may streak or fade, a solution of soap bark. Soase the garment up and down in the soapy water, changing the water as it becomes soiled. Rinse in several clear waters until no more dirt and soap come out. Hang the garment up dripping wet and so that it will dry in the shape in which it is worn. Dry in the wind, if possible. When dry brush briskly to raise the nap.

**WOMEN CAN DYE ANY GARMENT, DRAPERY**

Dye or Tint Worn, Faded Things New for 15 Cents.

**Diamond Dyes**

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.—Advertisement.

**Women Barred by Will.**

"No women to be permitted to be present when my estate is being disposed of," is the injunction set forth by Adam Seiferth in his will, filed in New York recently with an appraisal of his estate. Although Seiferth left an estate of more than \$80,000, including several houses, he lived the life of a hermit at Bay Ridge for many years, occupying several attic rooms in the house he owned.

Included in Seiferth's directions to his executors was this specific expression of his objection to women being present at the settlement of his estate: "It is my desire that none of the wives of my brothers residing in this country be present when my estate is divided."—New York Times.

**MOTHER! GIVE SICK BABY "CALIFORNIA FIG SYRUP"**

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.—Advertisement.

**BAR CLAY ROOFS IN JAPAN**

Earthquake Causes Order Forbidding Use of Heavy Materials for House Coverings.

Inquiries for copper roofing to be used in rebuilding the devastated Japanese cities have been made of the Copper and Brass Research association. It is understood that these inquiries are from sources representing the Japanese government. Except for modern American construction in Tokyo and Yokohama, all houses were roofed entirely with large, hand-made clay tile. These made a very heavy roof, which, when the earthquake tremors first came, caused heavy casualties by falling on the fleeing people in the streets, and by their weight brought about a complete collapse of many houses which might otherwise have resisted the earthquake shocks.

It is understood that the Japanese government has already issued an order forbidding the use of heavy roofing materials and is endeavoring to obtain roofing of the lightest possible weight which is at the same time fire-proof and earthquake proof.

The attention of their experts has been drawn to the possibilities of copper roofing, in view of its light weight and fire-resisting qualities.

**Then the Storm Broke.**

Eleanor—"It looks like a storm; you had better stay for dinner." Robert—"Oh, thanks! But I don't think it's bad enough for that."

**STANDARD-BRED CHICKENS FAVORED**

Club Members Proud of Their Plymouth Rock Flock.

(Prepared by the United States Department of Agriculture.)

Poultry club work is popular in Wythe county, Virginia, under the direction of the United States Department of Agriculture, co-operating with the Virginia Polytechnic Institute. The keeping of standard-bred chickens is encouraged and the club members, who are shown demonstrating the selection and the examination of a bird's legs in connection with culling, are very proud of their Plymouth Rock flock and roomy hen house. They take care of their chickens themselves and enter them in various club contests.

**HEALTH FOR WORKING WOMEN**

Let Lydia E. Pinkham's Vegetable Compound Help You to Become Well.

Thousands of girls have to work in homes, offices, stores, mills or factories who are physically unfit for work, with often an aged or invalid father or mother dependent upon them for support. Standing all day week in and week out, or sitting in cramped positions a girl often contracts some deranged condition of her organic system which calls a halt to her progress and demands restoration to health before she can be of use to herself or anyone else.

For these distressing weaknesses and derangements these girls have found health to do their work in Lydia E. Pinkham's Vegetable Compound.

Brooklyn, N.Y.—"Like many girls, I had troubles every month," says Carolyn Mangels, "and they interfered with my work as I could never be sure of my time. My mother often suggested that I take Lydia E. Pinkham's Vegetable Compound, but I never did until lately. I have had very good results, and am now a private secretary and do my work without missing a day. I recommend your medicine to every girl who speaks of having troubles like I have had."—CAROLYN MANGELS, 407 14th St., Brooklyn, N. Y.

**Office Worker Helped**

Milwaukee, Wis.—"I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine for three and a half years, and they have improved my health wonderfully. My mother also has taken the Vegetable Compound and we recommend it to our friends. I am working in an office now and can always do my work as I do not have the troubles I had at first. I read of your Vegetable Compound in the newspaper and you may use my letter in that way if you wish to do so."—ELEANOR SHEBLAK, 537 36th St., Milwaukee, Wis.

**Pains and Headache**

Webster, Mass.—"I was all run-down, had a bad complexion, and suffered with pains and backache, and was dizzy at times and felt weak. I worked in a mill and my girl chum told me about your wonderful medicine, Lydia E. Pinkham's Vegetable Compound. I am feeling much better since taking it."—MARY PLAZA, 13 West Street, Webster, Mass.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

**A Fine Tonic. Builds You Up Prevents and Relieves Malaria-Chills and Fever-Dengue**

**WINTERSMITH'S CHILL TONIC**

STANDARD FOR 50 YEARS

**Toothache Instantly Relieved**

decay regarded. A cement that seals up the cavity. (A dentist's formula) not merely a temporary relief, but a real filling for the tooth, which will last for weeks or months. Do not confuse this with toothache drops, gum or wax, which brings only temporary relief. Sufficient for three to five teeth. Send five cents.

**CLIFTY CHEMICAL CO., MADISON, IND.**

**Stops Eczema**

Relieves the Inflammation, Itching and Irritation; soothes and softens the skin and leaves it smooth and spotless.

**TETTERINE**

The complexion's best friend. 60c at your druggist's or from the SHUPTRINE CO., SAVANNAH, GA.

**Jerome Bonaparte Left Bride.**

Jerome Bonaparte married Elizabeth Patterson, daughter of William Patterson, one of the leading citizens of Baltimore. The match was opposed violently by Napoleon, Jerome's brother, who was then first consul of France, says the Detroit News. Their mother tried to aid Napoleon in his effort to have Jerome desert his wife. Jerome refused to yield, and then Napoleon asked Pope Pius VII to publish a bull annulling the marriage. The pope replied that after a careful investigation he could find no grounds for complying with the request of the emperor. Napoleon was furious and at once instructed his imperial council of state to declare the marriage null and void, which that body obediently proceeded to do.

In the meantime Jerome Bonaparte and his wife went to Europe, but Napoleon refused to see his brother. Eventually Jerome yielded to the stronger nature and shamefully deserted his bride.

**Probably No Exception.**

"Every Jack has his Jill." "How about the steeplejack?"

**Help Wanted.**

Sandy and his lass had been sitting together about half an hour in silence. "Maggie," he said at length, "wasna I here on the Sawbath night?" "Aye, Sandy, I dares say you were." "An' wasna I here on Monday night?" "Aye, so ye were." "An' I was here on Tuesday night, an' Wednesday night, an' Thursday night, an' Friday night?" "An' this is Saturday night, an' I'm here again?" "Well, I'm sure ye're very welcome." Sandy (desperately)—Maggie, wog-an! D'ye no begin to suspect something?"—The Continent.

**Suited His Case.**

Doctor's Wife—Since you told Mr. Richeigh that he had heart murmur he comes to church oftener. And this morning I noticed him joining in the last hymn. Doctor—Indeed! What was the hymn? Wife—"Give me a calm and thankful heart. From every murmur free."—Boston Transcript.

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**Grape-Nuts and Milk—One of the few COMPLETE FOODS**

**WHEN you watch robust men and women at work or at play, does it ever occur to you that their strength and health are largely due to the kind of food they eat?**

Grape-Nuts and milk supplies complete and balanced nourishment of the highest order. This delicious dish provides the valuable wheat and milk proteins; the "food minerals," phosphorus, iron and calcium; also the vitamins.

Because of its nutritive properties, its crisp texture, and its easy digestibility, Grape-Nuts is the best-balanced cereal food for young and old.

When used as an ingredient in other foods, it adds remarkable zest and valuable nutritive elements. Recipes will gladly be furnished on request.

**Grape-Nuts — THE BODY BUILDER**

**"There's a Reason"**  
Sold by Grocers Everywhere!

Made by Postum Cereal Company, Inc., Battle Creek, Mich.