



Winter Find You Tired and Achy?

DOES winter find you miserable with an aching back? Do you get up lame and stiff—lag through the day tired, weak and depressed? Do you know why you are so run down?

There's good reason for your condition and likely it's weak kidneys. Winter's colds and chills throw a heavy burden on the kidneys. The kidneys fall behind and poisons accumulate. It's little wonder, then, that you suffer backache, rheumatic pains, headaches, dizziness and bladder irregularities.

Don't risk serious kidney disease. Use Doan's Kidney Pills before it is too late. Doan's have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Good Folks:

Joseph Eason, carpenter, Smithfield, N. C., says: "My kidneys got out of order, caused by a cold settling in the small of my back. Lumbago set in and my back was so lame I could hardly bend over to pick up any of my tools. I was all played out and too frequent action of my kidneys made me get up during the night to pass the kidney secretions. I began using Doan's Kidney Pills. One box put my kidneys in good order and relieved all the other symptoms of kidney complaint."

Mrs. H. B. Run, 121 Dept. St., Char., S. C., says: "I caught cold and it gave me a severe backache and settled in my kidneys. I had pain through my kidneys all the time. Dizzy spells often came over me and many a time I thought I would fall. I had a tired feeling and my kidneys acted irregularly. I heard of Doan's Kidney Pills and took two boxes. After I had finished the second box I was entirely cured of all the kidney trouble."

DOAN'S KIDNEY PILLS At All Dealers, 60c a Box. Foster-Niburn Co., Htg. Cham., Buffalo, N. Y.

HOW TO SAVE MONEY WHEN SHOPPING

By MRS. HARLAND H. ALLEN

HOW TO BUY BLANKETS

It takes some care and thought to buy blankets, that is, if one is particular about getting value received for her money. It is not enough that the design be pretty; and it is a bad plan to buy cheap ones, as good blankets wear so much longer and are more satisfactory in every way.

Of course you know that the finest 100 per cent wool blankets are very expensive. Salesmen say that probably three out of every four of the medium-priced blankets now on the market are "union blankets," that is, they are made up with a cotton warp and a wool weft or filling. These union blankets give excellent service, but, of course, are not so warm or so light as an all-wool blanket. As the proportion of cotton increases, the price is, or should be, lowered, because the quality of the blanket is changed. Cotton blankets are heavy, soil easily, and give little warmth.

It is well to remember that the best blankets have a surface resembling a rather thick bed of wool, and are light as well as warm. It is quite easy to be deceived by what we think is a thick woolly nap on a blanket, though. Some blankets are made entirely of cotton, and this long nap put on by machinery. If the tufting can be too easily scratched off with the fingernail it is very likely a surface nap.

You can soon learn to tell when there is a large percentage of cotton in a blanket. In the first place it will be heavier, because cotton has more specific gravity than wool. A very noticeable thing about a blanket that has too much cotton yarn is that the characteristic wiry, elastic feel of wool gives place to the softer and more yielding quality of cotton. By doubling over a fold of the blanket and studying the edge you can recognize a union blanket, as the cotton will stand out in a straight line, while wool fibers would be crinkly and curly instead of straight like the cotton. The cotton warp may also be detected at the edge of the blanket.

Most women like their blankets to be decorative as well as practical. The best sellers seem to be plaid designs in pink, blue, or yellow combined with white, to fit in with the color scheme of the bedroom. Usually blankets come double, but for convenience, many housewives cut them apart and bind the edges.

TO KNOW IF IT IS "ALL WOOL"

When you go to buy woolen material, there are many pitfalls you have to learn to avoid. It is quite true that most of us cannot afford to buy our cloth made up of all new wool, but at least we want to be able to tell when a cloth is made up of cotton and wool mixed, or all new wool.

The peculiar felting quality of wool makes it possible to conceal a large amount of cotton in its fibers. Now this may not always be any great disadvantage, and it is certainly more desirable to buy a good, firm piece of part-wool dress goods, when the price is right, than a cheap, inferior grade, even if it is "all wool." A cardinal point every shopper needs to fix in her mind is that "all wool" is not necessarily good wool.

Perhaps the greatest objection to a mixture of wool and cotton is the uneven shrinkage of the two, which makes it hard to keep the garment well-pressed and in shape. Often it is the presence of cotton that causes a wool skirt to be baggy at the knees and to sag at the back and sides, wherever there are long seams.

Then, too, a large percentage of cotton is likely to give trouble with the dyes. This would not apply to white woollens, of course, but in colored goods, especially those of very dark colors, the cotton may not hold the dye well. As you know, all dark colors tend to be fugitive on cotton.

It is perfectly possible to determine to your own satisfaction whether there is cotton in a wool sample. Pull out some of the threads and burn them. A cotton thread burns much more quickly than a wool one, and with more flame; wool chars, leaves a crisp ash, and smells like burnt feathers. So the one that has the worst smell contains the most wool!

The most accurate tests, of course, are the chemical ones, and the housewife does not have equipment for trying these. But there is one, and the very best one at that, which any one can try. Take a little caustic soda or potash, and dissolve in a pint of water. Boil your sample of cloth in this solution. It will dissolve any wool, but leave the cotton unchanged. If your sample is all wool it will be entirely dissolved!

Bravely Said. Little George, aged four and one-half years, kept teasing his baby sister by taking her toys away. His mother thought the best remedy for him was a good spanking. As she was preparing him for it he turned and said: "Well, mamma, you will have to excuse the tears."

Lucky? "Yes, I figure I'm rather lucky. I've got ten times as much money now as I had five years ago." "That's fine." "It is; and would be great if I could keep more people from finding it out."—Richmond Times Dispatch.

Excellent Virus is Saving. The first of all ditties for every young man is to have money in the bank. Not because it is money, but because it is freedom, independence, opportunity, self-respect.

THE KITCHEN CABINET

Give pleasure. Lose no chance of giving pleasure. For that is the ceaseless and anonymous triumph of a truly loving spirit.—Henry Drummond.

WHAT TO HAVE FOR DINNER.

With a crisp, green salad, with a simple dressing and the cottage cheese served with currant jelly, the following recipes will work into a fairly estimable meal.

English Meat Dish.—Parboil a pair of sweetbreads for five minutes and cook for ten minutes in one cupful of rich stock. Drain and cool. Prepare a pair of calves' brains, using the same stock. Wash and clean the heart (and kidneys if liked) slice and cook them in the stock until well done. Sauté the heart in butter until brown, dip sweetbreads and brains in egg and crumbs and fry in deep fat. Add to the butter in the pan two tablespoonfuls of black currant jelly, when melted add two tablespoonfuls of flour, add this to the stock, let it boil up once, and pour over the meats in a hot dish. Serve with peeled potatoes, baked.

Potato Soup.—Cook and mash three good-sized potatoes. To a quart of milk (skimmed milk may be used) add a slice of onion and a stalk of celery; scald and remove the vegetables and pour over the mashed potato. In a saucepan put two tablespoonfuls of butter, if skimmed milk is used; add two tablespoonfuls of flour, one teaspoonful of salt and when well blended add to the soup and cook until the flour is well cooked. Serve with toasted crackers. Celery cut in short lengths and filled with seasoned cheese is a good relish to serve with any menu.

Cottage Cheese.—This may be easily made at home if there is plenty of sour milk. Pour two quarts of boiling water into two quarts of sour milk which is well thickened. Let stand until the curds begin to form, then pour into a cheesecloth bag and hang to drain over night. Remove the curd and season well with cream, salt, white and cayenne pepper. Mix until smooth and place on ice until ready to serve.

Squash Salad.—Cut into quarters tender squash and boil until tender. Press out the water and cool, then cut the solid part into cubes, adding onion and serve with a good salad dressing in green pepper shells or in tomato cups.

The addition of a few tablespoonfuls of cheese to any cream soup will add to the flavor and nutritive value of the dish.

When you have resolved to be great, abide by yourself, and do not weakly try to reconcile yourself with the world.—Emerson.

IMPORTANT FOOD PRINCIPLES

It is not necessary for us to remember the scientific names for the different food principles; if we have in mind an example of each. The most expensive and complex food which is necessary for health is meat, especially fish, beans and peas. Starch is found in vegetables, the potato being rich in starch. Sugar is found in fruits in the natural state, in honey, and in all dried fruits; mineral matter we obtain from the water we drink and the vegetables we eat.

As everything we eat, perhaps with no exception, has possibilities of harming this wonderful machine, if it is not properly masticated, so starch, the best of food, if indulged in in too large quantities, will also harm the body. Foods however good, in wrong combinations, will cause intestinal trouble. Protein foods at low heat will putrefy, giving off the most deadly of poisons, but with starch low heat, such as surrounds the food in the digestive tract, will cause fermentation and an acid which is the best of disinfectants. As the intestinal tract is inhabited by different kinds of bacteria up into the hundreds, each giving off its own, peculiar poison, dead or alive, one may appreciate a little of what we owe to our starchy foods.

These starch granules, when submitted to moisture and high temperature, swell and burst and after being cooked become a paste easily attacked by the digestive juices. In the mouth, by mixing with the saliva in proper mastication, begins the first stage of digestion and a very important one.

Too much starch and sugar causes excess of weight. A meal of bread, rice, and potatoes with a tapioca pudding is one with far too much starch. When more starch is eaten than is needed for the body uses, it is stored as sugar in the liver or around the heart, causing all sorts of disorders. Any organ smothered by fat is inactive and thus throws the body out of balance.

You will find dozens of combinations, surprisingly simple, that you have never tried.

Staling My Thunder. An old playwright, John Dennis, of the Seventeenth-Eighteenth century, appears to have coined the expression when he wrote in the Gentleman's Magazine, "They will not let my play run, and yet they steal my thunder."—Exchange.

A Start. Finb—Gimme a cigarette. Dobb—Why, I thought you told me you had quit. "Well, I have reached the first stage. I've quit buying."—Sour Owl.

Women Confer on Their Sex in Industry



Did you know that there are eight and one-half million wage-earning women in the United States? This couple, with the fact that many thousands of them are mothers and home-keepers brings about some definite problems which were discussed at the women's industrial conference which was held by the woman's bureau of the Department of Labor on January 11-13 with representative women from all over the country attending. The photograph shows (left to right): Mrs. Mary N. Winslow, editor and director of exhibits for the bureau; Miss Mary V. Robinson, assistant editor, and Miss Lida Lee, assistant director of exhibits, with some of the exhibits which were shown. Insert is portrait of Miss Mary Anderson, who was in charge of conference.

Striking Berlin Actors Picketing Theater



Berlin is getting accustomed to all kinds of strikes and the latest one to hit the German capital is that of the actors. The photograph shows pickets in front of one of the Berlin theaters. Among the strikers are some of the most distinguished actors of the country.

Plan a rotation system for the next four or five years.

Cuticura for Sore Hands. Soak hands on retiring in the hot sud of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

The Turk and His Taxes. The Turk is certainly to be sympathized with when it comes to taxation. He has often to pay taxes to get an egg to market. He must pay, of course, tax on his land, he must often pay a tax on each hen, on the food he feeds his hens, and on the cart he carries his eggs in, on his horse or mule. If he has one, and, lastly, he must pay a tax on every egg and everything else he takes into the city. He must pay a road tax every year, which is not used on the roads. Generally, he can get out of paying very much in some cases by paying a bribe to the collector.

Escaping the Critics. He was showing his friends his new home. "This," he said, "is an idea of my own. It is my bridge white room." "How very small. There is room here only for four chairs." "Yes," he replied, "that's the idea. I wanted to have one place where we could play bridge without being bothered by the experts who merely want to look on."

Not Noticeable. "He's trying the 'come method.'" "In what way?" "He says 20 times a day, day by day in every way I am getting better." "Is it doing him any good?" "He thinks so, but if there's any improvement in his habits he's the only one who has noticed it."

Experience may be a great teacher, but a man's experience with a woman doesn't teach him sense.

Wright's Indian Vegetable Pills are not a "coal-tar product," but a good, old-fashioned medicine for regulating the stomach, the liver and bowels. Get a box and try them. Advertisement.

WHERE SEA BIRDS ARE SAFE

Wild Creatures Seem to Know It, and Congregate on Rock on the Coast of Scotland.

It certainly is the most wonderful citadel I ever looked upon. Its sides rise straight from the sea, and if you placed St. Paul's cathedral at its side the cross would only just top the cliff," writes an ornithologist.

Every available ledge on this lowering rock contains its bird. In the past the Bass rock, in the Firth of Forth, has been a famous fortress, holding out for years against an attacking army. Now it is a sea birds' citadel, and here they are safe on the impregnable cliffs.

If you look at the scene from below, it is even more wonderful than looking down on the birds from above. There are thousands of the giant birds sailing around, crossing and recrossing in what looks like a great network of living creatures.

(One moment there is silence, and that is the most beautiful moment of all, for it is like a scene from fairy land, with dream wings floating above you. The next moment a garnet utters its harsh note, and a thousand birds reply until there is a deafening chorus. Then again there is no sound save the wash of the waves at the base of the cliffs.—London Mail.

Motor Naval Mower. A British naval officer is the inventor of a motor-operated chain driven lawn mower with adjustable speeds.

To be spoken well of is pleasant; and to be spoken of both well and ill is usually worth money.

HOW'S THIS?

HALL'S CATARRH MEDICINE will do what we claim for it—rid your system of Catarrh or Deafness caused by Catarrh. HALL'S CATARRH MEDICINE consists of an Ointment which quickly Relieves the catarrhal inflammation, and the Internal Medicine, a Tonic, which acts through the blood on the Mucous Surfaces, thus assisting to restore normal conditions. Sold by druggists for over 40 Years. F. J. Cheney & Co., Toledo, O.

His Clearly the Best Job.

Henry Ford, who was once in partnership with Barney Oldfield, was accustomed some time after the dissolution of the brief business arrangement by a friend, who said: "Well, Hank, Barney Oldfield helped to make you." Mr. Ford acquiesced, but added: "And I helped to make him." When next the two ex-partners met, the famous racer asked Ford if he had said such a thing, and the creator of the Flyer readily admitted he had. "Well, all I've got to say," Oldfield returned, "is that if I helped to make you and you helped to make me, I did a lot better job than you did."

World's Most Famous Tunnel.

If the new tunnel through Mont Blanc is cut, as anticipated, within five years, the work will compare favorably in expedition with some other great undertakings of the kind. The Mersey tunnel, though but a mile and a half long, took six years to cut; the Severn, four and a third miles long, took thirteen years; the Mont Cenis, eight miles, took fourteen years; the St. Gotthard, nine and a third miles, ten years; and the Simplon, twelve and a quarter miles, eight years.

It is always well to understand when to stand from under.



MOTHER, YOUR CHILD'S BOWELS NEED "CALIFORNIA FIG SYRUP"

Even Cross, Feverish, Sick Children Love its Taste and it Never Fails to Empty Little Bowels

If your child is listless, full of cold, colic, or if the stomach is sour, with bad tongue coated, a teaspoonful of California Fig Syrup will quickly start liver and bowel action. A few hours you can see for yourself how thoroughly it works the constipation poison, sour bile and waste out and you have a well, playful child again.

Millions of mothers keep California Fig Syrup handy. They know a teaspoonful today may save a sick child tomorrow. It never cramps or overacts. 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.

New Healing System. How is your face heated? By growling at the jailer.—Louis-Courier-Journal.

Dr. King's New Discovery. Never let a cold get a hold!

Break it-in time! Stuffy heads—irritated throats—cough—tired chests—welcome the cooling, soothing relief so quickly brought by this dependable 50-year-old family remedy. Don't let your cold drag you down. Ask for Dr. King's New Discovery at your nearest druggist. Proven safe for children as well as grown-ups.

Tutt's Pills. CONSTIPATION

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Advertisement for Postum cereal beverage. Includes text: "What is good health worth to you? HEALTH is priceless. You wouldn't knowingly part with it for anything in the world. Why then do you risk it needlessly for the sake of a few cups of coffee? Coffee contains caffeine, a harmful drug which often interferes with nerves and digestion. There's an easy, pleasant way to avoid this menace to health, without any sacrifice of comfort or satisfaction. Drink Postum instead of coffee. Postum is a pure, cereal beverage—wholesome and delicious—a safeguard for health. 'There's a Reason' for Postum. Made by Postum Cereal Co., Inc., Battle Creek, Mich.