

DOCTORS WANTED TO OPERATE

Mrs. Quillon Tells How Lydia E. Pinkham's Vegetable Compound Saved Her from an Operation

Muskegon, Michigan.—"After doctoring for eight or nine years with different physicians without any relief at all, they said at last that medicine would not reach my case and I should have an operation. I had heard of Lydia E. Pinkham's Vegetable Compound and often saw it advertised in different papers where some women had suffered just as I did and got well and strong again by taking the Vegetable Compound. I decided to see what it would do for me, and before I had finished the fourth bottle I was much better, the weakness stopped and the severe pains in my sides left me. I am now much stronger and do my own work and work in the factory besides. I am still taking the Vegetable Compound and give it all the praise."—Mrs. NELLIE QUILLON, 17 Morris St., Muskegon, Mich.

Women should heed such warning symptoms as bearing-down pains and weakness, for they indicate some female trouble, and a persistent and faithful use of Lydia E. Pinkham's Vegetable Compound will seldom fail to help.

Breaks colds
—stops coughs!



Spare yourself
the watery, hurting eyes, unpleasant mucous, sore chest and other disagreeable results of a cold. This simple treatment will soothe the roughened, strained throat, heal irritated tissues and break your cold quickly. Why wait—ask your druggist now for

DR. KING'S NEW DISCOVERY
—a syrup for coughs & colds

HOW TO GET BACK THE "JOY OF LIFE"

LIFE isn't worth living if you're so weak and run down you can hardly drag yourself around. If the rich red blood, full of health and vigor, were pumping through your veins, the joy of life would come back soon enough! Gude's Pepto-Mangan has worked this magic for thousands—it will do the same for you. Take it for a short time and see how your health and strength improve. Your druggist has it—liquid or tablets, as you prefer.

Gude's Pepto-Mangan
Tonic and Blood Enricher

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

INFLAMED EYES DISFIGURE YOUR LOOKS!

Don't experiment on them, use MITCHELL EYE SALVE for speedy relief. Absolutely safe.

25¢ at all druggists.

Tutt's Pills
SPEEDY RELIEF FOR CONSTIPATION

Gov't Plumbing Material, Like New—Half Price. 3-piece bathroom set, \$57.50. Bargains in anything plumbing, quantities limited. Virginia Wrecking & Salvage Co., Petersburg, Va.

THICK, SWOLLEN GLANDS
that make a horse wheeze, roar, have Thick Wind or Choke-down can be reduced with

ABSORBINE

also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2.50 per bottle delivered. Book 3 A free.

W. F. Young, Inc., 310 Temple St., Springfield, Mass.

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

HOMING PIGEONS

"This is to be an interesting race," said one Homing Pigeon to another. "I'm going to do the best I can for my owner."

"So am I," said the second Homing Pigeon. "Well, I hope we will all do well. For it is fine, I think, to have the Homing Pigeons all famous for their powers of racing, and of delivering messages and of being brave and of being clever and always knowing where their homes are."

"That's the idea," said the first Homing Pigeon. "I think it is splendid that we are so far-sighted. We can see such great distances."

"We can see further than people can see, and so we are of great assistance to them."

"What does assistance mean?" asked the second Homing Pigeon.

"It would have meant the same if I had said that we were a great help to people, or that we were very useful to them, or that we aided them well," said the first Homing Pigeon.

"I see," said the second Homing Pigeon.

"Of course you do," chuckled the first Homing Pigeon.

"We can see all the old familiar places," said the first Homing Pigeon.



"We Are Faithful Creatures."

"and it is partly because of that that we do not lose our way, but then, too, we just somehow know where we are going, and where our home is."

"This is my first race. I'm not quite a year old. I was only hatched last January."

"It's my second race," said the second Homing Pigeon. "How well I remember when I first began to fly around my home. Then I took trips with the family and then at last I was allowed to go off for a little flying trip by myself."

"Everyone knew it wouldn't be for a long flying trip! Of course I was nervous and yet I was proud. It made me feel really grown-up and as though I could look after myself."

"It made me so very proud even with all my nervousness, that I think the pride was stronger than the nervousness."

"We will be going into these races for quite a number of years to come, I believe," said the first Homing Pigeon.

"Soon you'll be at your best," he added, "for homing pigeons are splendid in races when they're a little over two years old. It's a splendid age in Homing Pigeon circles."

"Yes," said the second Homing Pigeon, "but Mrs. Horace Homing Pigeon was the winner last year. She said she had been resting."

"We like to fly during the daytime. There are many creatures who like to fly at night. I'm thankful to say that my master wouldn't let me go in the great long race that is held."

"He says these shorter races are nice but that the long, long one is cruel because we would only be worn out afterward. This kind of a race makes us pleasantly tired like any good sport will."

"And if the owners are kind like mine, I believe there are only a few who would let their pigeons go in the great long race."

"They have made sure that the weather is nice, too, so that no harm will come to us."

"Ah," said the first Homing Pigeon, "we are faithful creatures and our families have done a great deal of work."

"All we ask is that we are treated well, and that we may not be disturbed at night when we want to sleep—and when we need the sleep—and, most important of all, that we are not separated from our beloved mates. For the Homing Pigeons are very devoted."

But there was no more talking after this for the race was about to commence and there was great excitement.

Modus Operandi.

Lloyd—I'm afraid there's a cut in wages coming.

Boyd—What makes you think so?

Lloyd—The company is going to start a house organ.

Daddy's Protector.

A bright little girl, aged four, and her brother, aged six, were spending the night with their aunt. When bedtime came, the aunt asked them how they said their prayers. The little girl answered, "Sometimes I say them to muddle's knee and sometimes to the side of the bed."

"And how about you, little boy?" asked the aunt.

"Oh, I don't need to pray; I sleep with daddy."

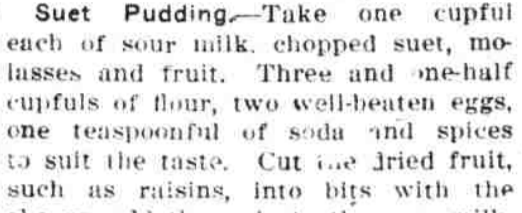
THE KITCHEN CABINET

(© 1923, Western Newspaper Union.)

If the classes in this country could get acquainted, it would not solve all problems, but it would save us a deal of trouble.—Clyde Davis.

SEASONABLE GOOD THINGS

This is the time of year when plum pudding, suet pudding and the rich steamed puddings of fruit and nuts are enjoyed. Here is a simple suet pudding, not too sweet, and when served with a sweet egg sauce is very tasty:



Suet Pudding.—Take one cupful each of sour milk, chopped suet, molasses and fruit. Three and one-half cupfuls of flour, two well-beaten eggs, one teaspoonful of soda and spices to suit the taste. Cut the dried fruit, such as raisins, into bits with the shears, add the soda to the sour milk, add the spices to the flour and give the whole a good beating before putting into pound coffee cans well-greased and covered. Steam two hours, remove from the cans and dry off in a hot oven for five to ten minutes. Wrap in waxed paper and keep in a cool place. This recipe will make two nice puddings.

Egg Sauce.—Beat one egg until light and foamy, add one cupful of sugar and beat until well-mixed, then add one-half cupful of boiling hot milk, stir well and serve at once.

Indian Suet Pudding.—Take two quarts of milk, three-quarters of a cupful of corn meal, two well-beaten eggs, one cupful of brown sugar and one cupful of chopped suet, one-half cupful each of chopped dried fruit, (raisins, dates, figs or prunes or a combination) and flour, with spices to taste, a bit of salt and, if at hand, a cupful of sour cream. Scald one quart of the milk with the corn meal, add the rest of the milk, eggs, sugar and suet with the half cupful of fruit and sour cream, sifting the flour over the top. Stir a half-dozen times during the first hour of baking, then the meal will be well-mixed through the pudding.

Steamed Delight.—Take two cupfuls of bread crumbs, one cupful of molasses, one cupful of milk, one-half teaspoonful each of cloves and cinnamon, one teaspoonful of nutmeg, one cupful each of raisins and currants. Steam three hours. Serve with a sauce prepared from canned fruit juice or any preferred sauce.

It is not necessary to go to the forest for adventures, they lie in wait for us at our very doors.—Samuel Scoville, Jr.

THE EMERGENCY SHELF SUPPLY

The housewife who has a shelf well supplied with canned foods, package and preserved, feels no distress in facing an unexpected guest.

With a can of salmon, a bit of cabbage, celery and a sour pickle or two, well-chopped, one may have a nourishing salad in a few moments. It is understood, of course, that all forlorned housewives have a jar of salad dressing or the "makings" of French dressing always on hand.

If no cabbage or celery is at hand, the salmon add a half cupful or more of coconut from which the sugar has been washed, using a little milk, then with a good salad dressing a dish which is very substantial results.

With the cupful or two of griddle-cake batter which has been prepared with milk and eggs, a cupful of canned corn is stirred and you have fritters to serve with bacon, chicken or any meat dish you desire. Cook the fritters on a hot griddle in a little fat, or fry them in deep fat.

A few marshmallows cut up may be served in place of cream on the cup of hot chocolate or to garnish a pudding, meringue, or a custard. They are nice in fruit salads of all kinds.

The canned marshmallow whip may be used with nuts to frost cakes, cookies and desserts.

It is unnecessary to mention the wide range of soups one may derive from the canned varieties. An excellent combination is pea soup and canned milk—a can of each, heated hot and served with croutons or hot crackers.

She is indeed wise who can combine and season her foods so that the ready-to-eat food may have the air of that carefully prepared by an artist.

A cooked salad dressing will become, with the addition of some chopped parsley, pickles or capers, a delightful fish sauce.

With a little left-over chicken and a bunch of celery with mayonnaise a delicious salad is ready, and who could refuse a chicken salad?

A few suggestive menus which may be prepared from the emergency shelf may be timely. For luncheon, canned chicken on toast, string bean salad, crackers, canned fruit, cookies and tea or cocoa with cheese if desired.

Cream of celery soup, salted wafers, potted ham or meat sandwiches, stuffed dates, fresh fruit, cake and coffee.

Baked beans, pickles, brown bread, fruit salad, strawberry jam, cookies, tea.

Nellie Maxwell

SERGEANT USES HIS BRAINS

Has Made Discovery That Weather Can Be Utilized as an Aid in Recruiting.

"Studying weather forecasts, that's how I find 'em. This one of the regular army's most proficient recruiters explains the success which has made him one of the 'aces' of Uncle Sam's recruiting forces.

When winter blasts blow around his "Uncle Sam Wants You" sign, the sergeant hangs out alluring pictures of a field artillery column at rest on the side of a Hawaiian island robed and shaded with palm trees. When the city sizzles in the summer he extracts from his supply of posters a persuading "Spend Your Summer in Cool Alaska With the Infantry" sign.

"And you ought to see 'em flock in," glunts the sergeant. "Give me a week of rain and I'll hand 'em for my post on the Mexican border, 50 miles away from a river. Come around and see me this winter. I can fill a division for the Philippines any day there's snow on the ground. But Alaska or the Canadian border, not a chance!"

Baby Can Sleep For First Time In Two Weeks

"I will never be without Teethina again," writes a delighted mother of Grand Prairie, Texas, Mrs. W. E. Nelson. "Why, the very first dose relieved Frances when she was teething and she slept easy for the first time in two weeks."

Teethina has been a household word with mothers everywhere for forty years. It is absolutely harmless and has brought welcome relief to countless thousands of little sufferers from colds and bowel troubles and untold joy to their mothers.

If your druggist cannot supply you with Teethina send 30c to Moffett Laboratories, Columbus, Ga., and get a package and a valuable booklet on the care of Baby.—Advertisement.

FEMALE VICTIMS OF PLAGUE

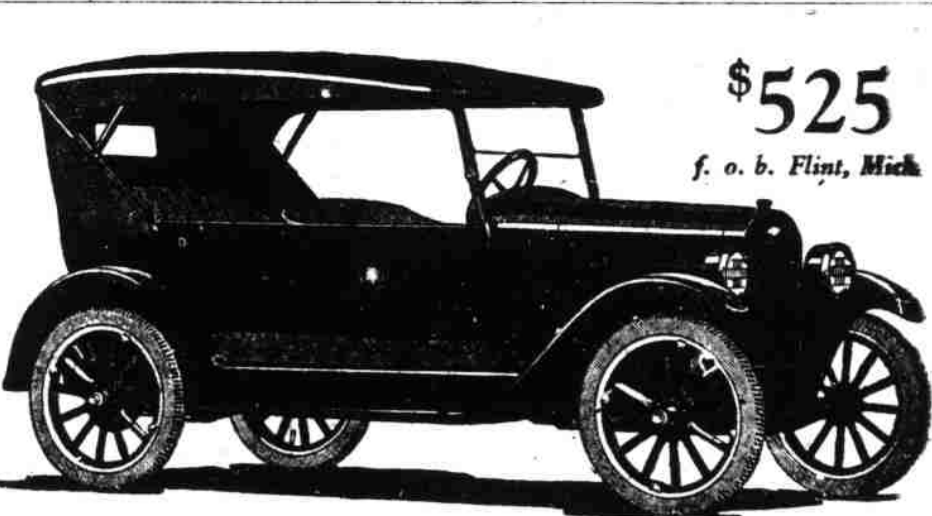
Figures Show That Tuberculosis Is Spreading, Chiefly Among Women Active in Industrial World.

The death rate from tuberculosis among women is on the increase. In spite of the increase in active cases among women the death rate for males is still higher than that for females by almost one-third. "The sudden influx of women into industry during the war may, in a measure, be responsible for this increase," says a statement from the National Tuberculosis association. "This does not mean that there is any real basis for the assertion that women are not as well fitted for industrial work as men are. It is a fact, however, that many women who work in industry also look after their household duties and bring up large families of children. Consequently, insufficient rest, improperly cooked food and lack of fresh air so undermine the constitution that they readily become victims of the tubercle bacillus."

The Ways of Man.

It is simple to distinguish between the married man and the single, though both would have you believe they are benedicts when purchasing Christmas gifts for women," said the observing girl. "The single man, wanting something silk and pink, tells the clerk that 'it is for my wife,' though we know different. The benedict refers to his wife as 'she' or 'her,' and though he generally spends a pretty price, is not so hard to suit as the other."—Detroit News.

An idle brain is the advance agent for a busy tongue.



Lowest Priced Quality Automobile

Every Chevrolet is fully equipped when sold. It has electric lights and starter, gasoline tank in the rear, demountable rims and extra rim and tire carrier, 3-speed transmission and reverse, speedometer and all necessary indicators on the instrument board, curtains open with doors of open models. All closed models have high grade Fisher Bodies with plate glass windows. There is nothing more to buy but the license. Costs least per mile for gasoline and oil.

There are more than 10,000 dealers and service stations throughout the country. Repairs are made on a low-cost flat rate system.



Prices F. O. B. Flint, Michigan

SUPERIOR Two Passenger Roadster	\$510
SUPERIOR Five Passenger Touring	\$525
SUPERIOR Two Passenger Utility Coupe	680
SUPERIOR Four Passenger Sedanette	850
SUPERIOR Five Passenger Sedan	860
SUPERIOR Light Delivery	510

Chevrolet Motor Company
Detroit, Michigan

Break chest colds
Apply Sloan's. It draws congestion to the surface. Starts blood circulating freely and thus breaks up the cold!

Sloan's Liniment
—kills pain!

For rheumatism, bruises, strains, chest colds

SAW 3 PRESIDENTS SLAIN

Robert T. Lincoln Probably Only Man in America to Witness Chain of Tragedies.

Robert T. Lincoln, son of President Lincoln, and now in his eightieth year, was in the army and stationed in Virginia when he received an order to report at Washington. He got into the theater just in time to see his father receive his fatal wound.

Robert T. Lincoln was secretary of war under Garfield. He was asked by the President to meet him at the station, and he reached there just as Garfield was assassinated. Mr. Lincoln received an invitation to attend the formal opening of the Pan-American exposition at Buffalo, and accompanied by his family got there just in time to see President McKinley shot by Czolgosz.

Mr. Lincoln, in this eerie experience received a friend, says Forbes Magazine, and as far as he knows, says the writer, and never before been put to rest.

Nature has a way of punishing and pays for them a price that is human nature does.

Rosy Cheeks and Sparkling Eyes



GOOD health, the signs of which are so plainly written in looks and action, comes from within—the natural result of right food, such as Grape-Nuts.

Crisp, delicious and soundly nourishing—easily digested and quickly assimilated—Grape-Nuts brings happy smiles at the breakfast table and happy feelings afterward.

All the family will thank you for including Grape-Nuts in your grocery order today. It's ready to serve in a moment with cream or milk.

Grape-Nuts—THE BODY BUILDER
"There's a Reason"
Made by Postum Cereal Company, Inc., Battle Creek, Mich.

