

NEARLY INSANE AT TIMES

Mrs. Saunders Tells how Lydia E. Pinkham's Vegetable Compound Relieved Troubles of Change of Life

Knoxville, Tenn.—"I took Lydia E. Pinkham's Vegetable Compound while going through the Change of Life. I was very nervous, could not sleep and had melancholy spells. In fact, I was nearly insane at times and my memory was almost a blank. I was so weak I could not do my housework half of the time and suffered dreadfully with my back. My doctor said I would have to worry it out and I went through this for three years before I began taking the Vegetable Compound which I saw advertised. I think it was eight bottles that I took. It has been two years since I took any and I haven't had a doctor since for that trouble. I do all my washing and ironing and I have gained from 116 to 128 pounds. I feel so well I think I do not need any medicine now, but I advise all women who suffer physically and mentally as I did to give the Vegetable Compound a fair trial. I hope it will do as much for them as it did for me."—Mrs. T. A. SAUNDERS, 711 E. Depot Street, Knoxville, Tenn.

Speeding Up "Is just what I need."—The motorist's best friend. Louisville Courier-Journal.

DEMAND "BAYER" ASPIRIN Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years. Say "Bayer" when you buy Aspirin. Imitations may prove disastrous.—Adv.

Tell me the company and I will tell you what they are.

MOTHER!

Clean Child's Bowels with "California Fig Syrup"



Hurry Mother! Even a trifling, constipated, feverish child loves the pleasant taste of "California Fig Syrup" and it never fails to cleanse the bowels and sweeten the stomach. A responsible today may prevent a sick child tomorrow.

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.

Every mother knows there is no baby like her own, and every mother is glad of it.

For overnight relief to itchy eyes and other eye troubles, use "California Fig Syrup" always preferred.

Our ideas are transformed sensations. —Cordillier

Sure Relief



BELLANS FOR INDIGESTION 25c and 75c Pkgs. Sold Everywhere

DON'T SUFFER No need to do so with any disease caused by malaria. There's a remedy for them all—used with success for 60 years.

Wintersmith's Chill Tonic Let Cuticura Soap Keep Your Skin Fresh and Youthful

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

By REV. P. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago. (c. 1926, Western Newspaper Union.)

Lesson for December 6

PAUL'S VOYAGE AND SHIPWRECK

LESSON TEXT—Acts 27:1-44. GOLDEN TEXT—"Be of good cheer; it is I, be not afraid."—Matt. 14:27. PRIMARY TOPIC—Paul in a Storm at Sea. JUNIOR TOPIC—The Story of a Shipwreck. INTERMEDIATE AND SENIOR TOPIC—Paul's Leadership. YOUNG PEOPLE AND ADULT TOPIC—The Christian Overcoming Adverse Circumstances.

1. The Voyage (vv. 1-20).

1. The Ship (vv. 1-6). It was a vessel of Alexandria sailing from Myra to Italy.

2. The Company (vv. 1-2). Two of Paul's friends, Aristarchus and Luke, were permitted to go with him. Besides these three there were two hundred and seventy-three in the ship (v. 37).

3. The Storm (vv. 7-20).

The ship made little headway on account of unfavorable winds. Paul advised that they winter in Fair Havens (vv. 9-12), but his advice was unheeded. The gentle south wind deceived them so they loosed from Crete only to be overtaken by the tempestuous wind called Euroclydon. They did everything possible to save the ship; they took up the boat which was towed behind; they bound great cables around the ship to strengthen it for the storm; they lightened the ship by bringing down from the masts and rigging everything that was superfluous; and finally the cargo and tackling were thrown overboard. All this seemed to be of no avail and all hope of being saved was removed. It seemed that wicked men and material forces were combined to prevent the great apostle from reaching Rome. However, these very experiences were overruled by God to bring good cheer and salvation to many on the way. We should remember that tempestuous winds as well as soft breezes await God's faithful ones. The presence of storm does not prove that we are going the wrong way.

II. Paul's Serene Faith (vv. 21-26).

To a man who does not know God, upon the failure of the sun all stars to shine for many days, the fading of all hope is natural; but to the man of faith, hope still burns brightly. God is just as near to His own in the midst of a stormy sea as in their quiet homes. Observe Paul's behavior:

1. His Rejoice for Their Failure to Heed His Advice at Fair Havens (v. 21).

This was not a mere taunt, but a reference to the wisdom of his former advice, urging them to give him a more respectful hearing.

2. Bids Them Be of Good Cheer (v. 22).

He inspired them with hope.

3. He Promises Them Safety (v. 23).

Though the ship goes to pieces, every man's life should be saved.

4. The Source of His Information (vv. 23-24).

The angel of God had revealed it unto him.

5. The Reason of Paul's Calm Faith (v. 23).

"Whom I am, and whom I serve," God can and will take care of His property (John 10:28-29). Those who have been redeemed by the blood of Jesus are not their own, but God's.

III. The Ship's Crew, All Safe on Land (vv. 27-44).

This was exactly as the Lord had said. We can rest assured that all God has spoken will come to pass even though there be a broken ship, brutal soldiers and a perfidious crew. Aside from the fulfillment of God's promises, the most important part of this section is the splendid sanity which characterized Paul's action on the way. Three things marked his sanctified common sense:

1. His Vigilance Detected That the Sailors Had Planned to Escape (v. 30).

He knew how much they would be needed presently, and at once took steps to prevent their escape. He went straight to the man in charge and said, "Except these abide in the ship, ye cannot be saved." Why should he make such a declaration when God had said that all should be saved? It was because he was not one of those foolish men who ignore human agency. He practiced the truth that genuine reliance upon God is the all-powerful incentive to human action.

2. He Got Them to Take a Substantial Breakfast (v. 34).

It was no time to talk to these men about their souls when their bodies needed immediate attention.

3. He Gave Thanks to God (v. 35).

This he did in the presence of them all. His prayer for that meal had more effect upon the people than his preaching would have had.

The Men Who Succeed

The men who succeed best in public life are those who take the risk of standing by their own convictions.—Garfield.

Inscriptions

It is a good thing to "write injuries in the dust but kindness in marble."—Christian Observer.

Be Merciful

Let us be merciful as well as just.—Longfellow.

BAKED HAM IS FINE FOR HOLIDAY DINNER



Properly Cooked Ham Is Easy to Slice.

Prepared by the United States Department of Agriculture.

Well-baked ham is one of the most attractive meats that can be served for the family table. It is appropriate for any of the holiday occasions when an especially good dinner is in order, for it not only looks delicious, but has an appetizing fragrance developed from the brown sugar and whole cloves used on its surface during baking, and an incomparable flavor due to this seasoning and the method of cooking. An old-fashioned Thanksgiving dinner is not unusual to see a baked ham at one end of the table and a roast turkey at the other; the flavor of the two meats seem to blend well.

Ham is generally baked after a preliminary boiling to make it tender and shorten the length of time it remains in the oven, but with care a moist, tender ham may be baked from the start. In most cases the even combination of boiling and baking is preferred. If the ham is at all dry or very salty it should be soaked in cold water for several hours before being put on to cook.

The ordinary family use, even with several guests, a 10-pound ham will be found convenient. The United States Department of Agriculture gives the following directions for cooking a ham of this size:

Wash the ham thoroughly, and trim off any hard or salty pieces. Soak overnight in cold water if it is unusually dry or salty. Or, scrape and directly immerse in cold water. If the ham is to be boiled, it should be boiled three hours each of morning and evening. A state of color half a teaspoonful of water, softening, salt, and a quarter of a cupful of strong vinegar. Place in a hot water bath just below the boiling point four hours, or until it is tender when pierced with a long-handled fork. The meat should be soaked for several hours before the ham is sliced. The time of cooking varies

greatly with the shape of the ham, its age, and the kind of cure.

To bake a ham that has been boiled first, remove the skin and cover it with the following paste: One cupful of brown sugar, one cupful of fine, soft bread crumbs, one teaspoonful of mustard, and enough vinegar or cider to hold the paste together. Stick the ham with whole cloves and bake for 20 to 40 minutes, basting with one cupful of water mixed with one-fourth cupful of vinegar or cider, and two tablespoonfuls of brown sugar.

Good results may also be obtained by cooking the ham in a fireless cooker until tender, and then preparing it for serving in the same way as ham cooked directly on the stove.

After the first festive serving of the ham, it may appear in many forms on the table, and if alternated with other meats, it need not become monotonous. Pieces that cannot be sliced may be put through the food-chopper and used for sandwiches, hashes, creamed dishes, omelets, and in other ways. The "ground ham," if covered with a layer of rendered ham fat, will keep in the refrigerator for several weeks.

Even when there is no special occasion for serving a whole ham, the 10-pound size will be found convenient. The amount of meat in proportion to bone and fat is satisfactory, almost all the meat will cut into attractive slices, and if properly stored, the cooked meat will keep well. The entire ham may be stacked at one time, or it may be cut in half, and each half be stacked separately. The uncooked ham should be carefully wrapped in waxed paper and stored in a cool, but not too cold place, preferably hanging where air circulates around it. Sometimes a butcher is willing to cut ahead and sell one-half at a time. Sliced ham may be found on the market, but the texture of the meat is not so good nor the cuts so satisfactory as in the medium-sized ham.

During the late afternoon, doughnuts will be one of the much appreciated. After the evening "four-course" dinner, doughnuts and a fruit drink are appropriate. All the doughnuts permitted at lunch, or supper time will of course be eaten by the family, and this form of sweet seems especially to meet the fuel needs of big hungry boys who are growing fast and using their muscles to a great end for athletics or heavy out-of-door work.

Doughnuts.

1 cupful milk, 1/2 cupfuls sifted soft-wheat flour, 2 teaspoonfuls baking powder, 2 teaspoonfuls fat, 2 eggs, 1 cupful sugar, 2 teaspoonfuls salt, 1/2 teaspoonful soda, 1/2 cupful lard, 1/2 cupful nutmeg.

Place the fat in a warm place until it becomes soft, though not melted, so that it may be combined easily with the sugar. Stir in the beaten egg yolks and add alternately the dry ingredients, which have been mixed and sifted together, and the milk. Add only a small quantity of liquid at the start. Add the lard, and fold in the well-beaten egg whites last. Roll out the dough about one-third inch thick with out handling it any more than necessary. Cut out the doughnuts and fry in deep fat, hot enough (375 degrees Fahrenheit) to make a doughnut rise to the surface quickly and to brown each side in about one minute. Drain on brown paper. When dry they may be rolled in pulverized sugar.

Scalloped Cabbage and Cheese

Wash a medium-sized cabbage thoroughly, put it into boiling salted water, and cook for 20 or 30 minutes. Drain it. Make a cup of white sauce, season with salt and pepper, and stir into it three-quarters of a cupful of grated cheese. In a greased baking dish place alternate layers of the cabbage and sauce, cover the top with bread crumbs that have been combined with a little melted butter or other fat, and bake until the crumbs are browned.

GOOD DOUGHNUTS ARE RARE TREAT

Tender Cakes Are Useful for Various Occasions.

Prepared by the United States Department of Agriculture.

Any mother who has ever let a boy of twelve or fourteen fry his hand at frying doughnuts, knows the possibilities of this occupation as an alternative to a family pull. Most boys like some kind of cooking, and all boys like doughnuts. Making doughnuts is popular because it promises worthwhile results. Next time the boy scowls or the girl scents for that matter, want something different to do for a social hour, let them make doughnuts. Divide them into squads of four, two for roll and cut out, and two to fry. Use two frying kettles if possible. If there



Let the Young People Make Doughnuts.

are more young people in the group, let them play games and take their turns later. Four is about the average kitchen will accommodate comfortably at one time. Of course part of the fun comes afterward when the doughnuts are passed, with cider or hot cocoa, and the surplus is divided to be taken home. The dough that was cut from the centers may be cooked with the doughnuts to satisfy the natural desire for "just a little taste" as the saying goes on.

Good tender doughnuts, freshly made, are useful for innumerable occasions where simple refreshments are called for. At church societies and other community gatherings something inexpensive but popular is usually served, and doughnuts, with a beverage of some sort, answer this need admirably. When a chance caller

Children Cry for



MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitue for Castor Oil, Purgative, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

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Forbear to judge for we are sinners all.—Shakespeare.

Stop wearing money on big shoe bills. No need for it. Tell your repair man to put USKID on your shoes. USKID—the Wonder Sole for Wear. Wears twice as long as best leather. Made by the United States Rubber Company. USKID is comfortable, healthful, waterproof, good looking. Protects against slipping, scuffing, hard workers and hard walking. No one can fake USKID. Ask your shoe dealer for new shoes with USKID Soles. He will show them or can get them for you.

Lovers may refuse to see good by forever and yet put in two or three hours at it.

Hanford's Balsam of Myrrh

Should be in every home. Unexcelled for Cuts, Burns, Wounds and Sores. Heals quickly. Three sizes, all stores.—Adv.

A cheap coat doesn't necessarily make a cheap man, but it makes his coat that way at times.

Weight's Indian Vegetable Pills remove bile, cleanse the bowels, improve the complexion. Cost 25c. Write for free trial box to 217 Madison St., N. Y., N. Y.

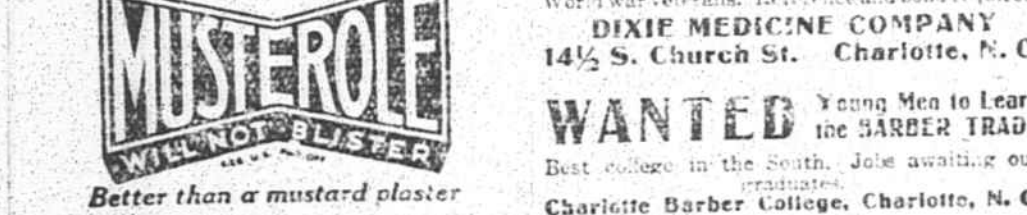
He compares twice who compares himself in victory.—Cyrus.

A Raw, Sore Throat

Eases Quickly When You Apply a Little Musterole

Musterole won't blister like the old-fashioned mustard plaster. Spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain. Musterole is a clean, white ointment made with oil of mustard. Brings quick relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frost-bites, colds on the chest. Keep it handy for instant use.

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole. Jars & Tubes.



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PARKER'S HAIR BALSAM... Remove Dandruff, Itch, and Falling Hair. Restore Color and Beauty to Gray and Faded Hair.

HINDERCORNS... Remove Corns, Calluses, etc. Keeps all nails, restores color to the feet, makes walking easy. For sale by druggists. Also Chemical Works, Paterson, N. Y.

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