

EXPERIENCE OF WESTERN GIRL

Found Cannery Work Too Tiring

The fertile valleys of Oregon help to supply the tables of America. This is possible through the magic of the humble tin can.

In one of the canning establishments, Julia Schmidt was employed. It was complicated work because she did sealing and other parts of the work. It was strenuous work and she was not a strong girl. Often she forced herself to work when she was hardly able to sit at her machine. At times she would have to stay at home for she was so weak she could hardly walk. For five years she was in this weakened condition.

She tried various medicines. At last, a friend of hers spoke of Lydia E. Pinkham's Vegetable Compound and she gave it a trial.

"Everyone says I am a healthier and stronger girl," she writes. "I am recommending the Vegetable Compound to all my friends who tell me how they suffer and I am willing to answer letters from women asking about it." Julia Schmidt's address is 652 North Front St., Salem, Oregon.

Girls who work in factories know just how Miss Schmidt felt. Perhaps they, too, will find better health by taking the Vegetable Compound.



HOW HE CURED HER

"I never see Brown's wife in knickers any more, and my wife says she never meets her in the barber shop these days, either. What's happened?" "She's reverted to the feminine type. Brown is pretty bull-headed and he told her if she was going to be a man she was going to change the tires, earn the money for the gas and look after the furnace in winter."—Cincinnati Enquirer.

Obedying Orders

"Just think, Bill, if your absent wife knew you spent the evening playing poker!" "That's all right. Her very last words before going were, 'Don't forget to feed the kitty'."

OTHERS AHEAD



Bride (sobbing)—Look how it's raining on my wedding day!
Bridesmaid—Don't cry, dear—next time it will probably be bright and clear.

Gets It Quicker

"Sometimes things come to those who wait.
But here is something slicker—
The one who goes for what he wants
Gets it a blamed sight quicker."

He Put It Aside

Alice—What happened when your father told your fiancé he ought to put something aside for a rainy day?
Annie—A little later dad missed his raincoat.

Fore-Armed

Jack—So Ruth is going to marry him, eh? You know he's a tough egg.
Jean—Don't worry. She knows how to use an egg beater.

Motion Carried

Senator's Wife—What is your pleasure in regard to the dinner, my dear?
Senator (Just returned from session)—I move that it be laid on the table.

AN OSTRICH'S APPETITE



Monk—Let's go have a little lunch.
Ostrich—I'm not hungry, I just ate a couple of kegs of nails!

Of Course

"Money talks," said some old chap. (This joke is just a bare go.)
I guess then that it says "Giddap!"
When money makes the mare go.

Bawled Him Out

"I was down to the butcher's today."
"What did he have to say?"
"He gave me an awful roast."

The Wrong Spot

Asker—What happened to that valet of yours?
Teller—I fired him for removing a spot from one of my suits.
Asker—But isn't he supposed to do that?
Teller—Yes, but this was a 10-spot.
—Pathfinder.

Wife Is Back

"The house looks suspiciously neat."
"Yes, my dear. I did all my poker playing at the office."

THE KITCHEN CABINET

(By 1924, Western Newspaper Union.)
Are these the choice dishes the doctor has sent us?
Is this the great poet whose works so content us?
This Goldsmith's fine feast, who has written fine books?
Heaven sends us good meat but the devil sends cooks.
—David Garrick.

SO GOOD

When serving wild duck, garnish with slices of orange unpeeled and garnished with sprigs of parsley. The slightly acid fruit adds to the flavor of the duck. As a salad to serve with duck, oranges are especially good; serve with French dressing.

Orange and Rhubarb Ice.—Combine one cupful of orange juice with three and one-half cupfuls of cooked sifted rhubarb, one tablespoonful of lemon juice, the grated rind of an orange and one and three-quarters cupfuls of sugar. Stir until well dissolved, then freeze as usual.

Apple Fritters.—Mix and sift together one and one-third cupfuls of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of salt, add one well-beaten egg and two-thirds of a cupful of milk; mix all together. Cut two medium-sized apples into eighths, stir into the batter. Drop by spoonfuls into hot fat and fry until brown. Roll in powdered sugar and serve with meat at dinner.

Swiss Cheese Savory.—Dip round slices of bread in melted butter, sprinkle with salt and pepper and a little lemon juice. Put one-half pound of swiss cheese through the meat grinder, add one tablespoonful of chopped parsley and the same of pimento, two tablespoonfuls of creamed butter, four tablespoonfuls of cream with salt and pepper to taste. Pipe through a pastry tube over the bread, sprinkle with paprika and put into the oven to heat hot.

Jellied Apples.—Pare, core and slice one quart of apples. Butter a baking dish and put a layer of apples, cover with a layer of sugar, repeating until all the apples are used. Add one-half cupful of hot water, cover and bake three hours. Soften one tablespoonful of gelatin in one-half cupful of cold water and dissolve in one-quarter of a cupful of boiling water. Mix carefully through the hot apples, turn into a mold and when chilled serve with cream.

Egg Sauce.—Beat well two eggs, separating the yolks and whites. To the yolks add one cupful of powdered sugar, one-fourth cupful of hot milk and a teaspoonful of vanilla. Fold in the beaten whites and serve at once.

Ways With Meats.

Some of the following dishes may be prepared from left-over meats; these are but suggestions which may be varied to suit the occasion:

Chili Stew.—Take one and one-half pounds of round steak, one and one-half tablespoonfuls of butter, one and one-half tablespoonfuls of olive oil, six tablespoonfuls of chopped onion, four cloves of garlic,

one and one-half tablespoonfuls of Worcestershire sauce, three teaspoonfuls of chili powder, two teaspoonfuls of salt, three cupfuls of canned tomatoes, one and one-half tablespoonfuls of flour. Grind the steak or cut in small bits, melt the butter, add the oil in a deep frying pan, add onion, garlic and fry until a light brown. While frying, add the Worcestershire sauce and chili powder, stir until well blended. Pour in enough water to just cover the bottom of the pan, add the meat and almost cover with water. Cook slowly for fifteen minutes, then add the tomato and salt. Blend the flour with a little tomato juice and add to the stew, then place in a fire-proof dish and bake in the oven for an hour. Serve with rice or noodles.

Chili Con Carne.—Take a half pound of lean and fat pork (fresh), add one and one-half pounds of round steak; put the meat through the meat grinder. Brown three good-sized, sliced onions, add the meat, one dried chili pepper, two quarts of tomato, salt, pepper to taste, three tablespoonfuls of chili powder and cook slowly three hours, then add two cans of kidney beans and let the whole stand to cook another half hour. Serve hot.

Veal Pie.—Cook a piece of veal from the neck or any cheap cut, until tender, with small pieces of salt pork. Cut into bits and arrange in a baking dish, add cream seasonings, cover with a rich biscuit crust and bake until brown.

Nellie Maxwell

Bringing up Children

"My sisters, my sister-in-law and myself all have families, and for years we have all given our children Dr. Caldwell's Syrup Pepsin. We have recommended it hundreds of times and think it just wonderful, not only to bring up children but for ourselves. At the slightest sign of stomach trouble, colds, constipation and when out of sorts, a dose or two is all they need. Truly, it is a family medicine and the stitch in time that saves nine." (Name and address sent on request.)

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One dose and mother's anxiety is lifted. The sickest stomach craves the taste of Syrup Pepsin. From infancy to old age the result is certain. Droopy, listless, feverish children respond as if to magic. Headache, stomachache, biliousness, coated tongue, constipation—these are the daily perils for which a host of mothers say Dr. Caldwell's Syrup Pepsin is the safeguard. Sold and recommended by all druggists.

For a free trial bottle send name and address to: Pepsin Syrup Company, Monticello, Illinois.



DR. CALDWELL AT AGE 83
Dr. Caldwell's SYRUP PEPSIN

Proof

"But, young man, do you think you can make my daughter happy?"
"Do I? I wish you could have seen her when I proposed."—Pathfinder Magazine.

Unrecorded Retort

"Lord Cassius has a lean and hungry look," remarked Julius Caesar.
"I've lost a lot of sleep lately," explained Cassius, "sitting up to watch my calories."



Baby's Crying Is Nature's Warning To Careful Mothers

When Baby is fretful and cross, it is nearly always Nature's warning that something is wrong with the little stomach, liver or bowels. Dangerous illness is often prevented when careful mothers give Teethina without delay.

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Sounded Great

Dealer—A violin for your wife? One with a chin rest?
Jenkins—Yes, and make it a detachable chin rest, so she can use it when she's not playing the violin.

Good News

"Do you think Alice likes me?"
"Sure; her folks are knocking you all the time."
Prevention is the best bridle.

CHILDREN CRY FOR



MOTHER:—Fletcher's Castoria is especially prepared to relieve infants in arms and children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

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