

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with bad impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

HADN'T REALIZED HIS LOSS

Small Boy's Idea Was That Only Comparatively Unimportant Member of Family Had Been Killed.

He was a very small boy. Paddy was his dog, and Paddy was nearer to his heart than anything on earth. When Paddy met swift and hideous death on the turnpike road his mother trembled to break the news. But it had to be, and when he came home from school she told him simply: "Paddy has been run over and killed."

He took it very quietly; finished his dinner with appetite and spirits unimpaired. All day it was the same. But five minutes after he had gone up to bed there echoed through the house a shrill and sudden lamentation. His mother rushed upstairs with solicitude and sympathy.

"Nurse says," he sobbed, "that Paddy has been run over and killed."

"But, dear, I told you that at dinner, and you didn't seem to trouble at all."

"No; but—but I didn't know you said Paddy. I—I thought you said daddy!"

Not Altogether a Success.

"Yes," the young medico sighed, "the healing profession is full of difficulties. The other day, for instance, I had a patient who ought to have gone to a warmer climate. Couldn't afford it. I decided to try hypnotism. I painted a large sun on the ceiling and by suggestion induced him to think it was the sun."

"And how did it work?" inquired the listener.

The doctor passed a hand wearily over his brow.

"He's down with sunstroke," he said, sadly.

Black eyes are most beautiful when given by nature.

EXPERIMENTS Teach Things of Value.

Where one has never made the experiment of leaving off coffee and drinking Postum, it is still easy to learn something about it by reading the experiences of others.

Drinking Postum is a pleasant way out of coffee troubles. A Penn. man says:

"My wife was a victim of nervousness, weak stomach and loss of appetite for years; and although we resorted to numerous methods for relief, one of which was a change from coffee to tea, it was all to no purpose."

"We knew coffee was causing the trouble but could not find anything to take its place until we tried Postum. Within two weeks after she quit coffee and began using Postum almost all of her troubles had disappeared as if by magic. It was truly wonderful. Her nervousness was gone, stomach trouble relieved, appetite improved and, above all, a night's rest was complete and refreshing."

"This sounds like an exaggeration, as it all happened so quickly. Each day there was improvement, for the Postum was undoubtedly strengthening her. Every particle of this good work is due to drinking Postum in place of coffee." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs. Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers

In Woman's Realm

Fine Cotton Fabrics and Linen Lawns Most in Favor for Under-Garments—Little Really New in the Designs Shown This Season—Pretty Coat for Little Girl That the Home Dressmaker Should Be Able to Fashion.

There is nothing startlingly new in the designs displayed in new lingerie. Faint lace is a more important feature than it has ever been, used as yokes for nightgowns and other garments. Entire corset covers are made of it. Bluny and hand crocheted or tatting edgings are used with it, and often additional ornament in hand embroidery, which may extend from the fabric to the lace, appears on the most elaborate things.

A nightdress and an envelope chemise are shown in the picture, in which hand embroidery is applied to

her journeyings to and from the kindergarten or school and for her play-time and any other time during the cool days of spring.

The model shown in the picture is about as simply put together as it is possible for a coat to be. It is cut on familiar lines and presents no difficulties to the home dressmaker, because she may secure a pattern very like it from any standard pattern company. It hangs almost straight from the shoulders, and therefore there is little in the way of fitting to do. It is to be lined with messaline or other



FASHIONS IN FINE LINGERIE.

the nainsook. The nightdress is a "slip-over" model, with short sleeves cut in one with the body of the gown. It hangs straight and is finished with buttonhole-stitched scallops at the bottom. The neck and sleeves are edged in the same way. A floral festoon is embroidered about the top of the gown, and sprays of blossoms on the sleeves. It is a pretty fashion to embroider the initial or monogram on the top of one sleeve.

The envelope chemise is embroidered across the front with a bow-knot and flower pattern. The edges are finished with shallow scallops, with a fine val edging set under them. About the neck a narrow heading takes care of the baby ribbon which is threaded through it to adjust the garment.

The waist is held in place by a wider

thin silk, and may be interlined with a light muslin.

In making coats at home it is a good plan to cut the interlining first and, if alterations are found necessary, make them when the interlining has been basted up and tried on the figure. When the interlining has been made to set as it should, the material for the coat and the lining is to be cut according to the interlining, which will serve as a pattern. Sometimes the collar is a little difficult to adjust, and sometimes setting the sleeves in properly gives the home dressmaker some uneasiness.

The coat pictured has a wide belt of serge terminating at each side, where it joins a plaited girde of silk that extends across the front. This is fastened to the belt with a button at both sides and may be left off en-



FOR HER DAILY WEAR.

ribbon run through slashes in the nainsook. They are finished with buttonhole stitching. The bottom of the chemise is finished like the sleeves.

The little girl of five, or six, or seven or so, looks well in almost any style of coat, and needs at least one that is livable for her daily wear. Here is one made of plain serge, piped with a striped fabric, that will serve for

tirely. The belt is stitched to the coat along its upper side. The silk girde is merely an item of decoration and, if it is omitted, a fourth button is to be added to the three large, flat bone buttons at the front.

Julia Bonnelly

The KITCHEN CABINET

Life is worth while! Its work is not useless, its joys are not superficial, its discipline is not unnecessary. When disappointments come, face them cheerfully.

Wonderous is the strength of cheerfulness.

MEALS FOR SMALL FAMILY.

When buying chicken, save the wing tips, neck and giblets for soup. Save the white meat for creamed chicken or for pudding and one may have several meals from one chicken.

Chicken Pudding or Souffle.—Chop the uncooked white meat of the chicken, then rub it fine. Put half a cupful of dry bread crumbs with a cupful of milk over the fire to soften, add the chicken, salt, pepper and the yolks of three eggs, beaten. Mix well, then fold in the well-beaten whites and put into a buttered baking dish. Bake in a moderate oven twenty minutes or until it is firm. Serve at once or it will fall.

It is much better to entertain two or three guests on different days than to give a large affair which upsets the routine of the home. On the day or the day before entertaining for an evening company one might have turkey, then the cold slice meat may be used in various ways or served in sandwiches for the evening.

A pineapple or Edam cheese keeps well and is perhaps a more economical choice to buy unless cheese is bought in very small quantities.

Left-over fish may be served in a cream sauce or in a salad, making very good dishes so that one may buy a fish, boil or bake it and not feel that it is too expensive for the small family.

The following is a good dinner menu for the small family: Tomato soup, broiled slice of fish with lemon butter, potato balls, sliced cucumbers with French dressing, apple pie, cheese and coffee.

Mutton Boudin.—Take a pint of finely chopped mutton previously cooked. Cook together for two minutes two tablespoonfuls of soft crumbs and half a cupful of stock or water; add a tablespoonful of butter and the meat nicely seasoned with salt, pepper and onion juice and two well beaten eggs. Fill into greased custard cups. Set in a pan of boiling water and bake until firm. Turn out and garnish each boudin with parsley.

Lack of occupation is not rest. A mind quite idle is a mind distressed.

One doesn't learn much while talking, which may explain why some people know so little.

VEGETABLE DISHES.

Cabbage is one of our wholesome vegetables and if properly cooked, is usually easily digested. Uncooked cabbage is more easily digested than cooked; but if the vegetable is cooked in an open kettle allowing the odors to pass off with the steam, it is found to be more easily digested.

Cabbage With Pork.—This is a homely, old-fashioned dish, but very appetizing. Place half a pound of salt pork in a kettle of boiling water and cook gently for three hours. Place the cabbage in the kettle with the boiling pork and cook until the cabbage is tender. Serve with vinegar. Smoked ham or bacon may be used instead of the pork, if liked.

Celeriac.—This is a delicious vegetable prized by our German friends, and one that should be more often grown. The roots, not the stalks, are used. They are about the size of a turnip. Pare the celeriac, cut in thin slices and let stand in cold water. Drain from this water and drop into boiling water and cook until tender. Drain and rinse in cold water, then reheat in a rich white sauce and serve. Celeriac makes a nice cream soup, or simply cooked and seasoned with butter, salt and pepper and used as a vegetable with chicken it is most appetizing.

Force mashed and seasoned potato through a ricer into a buttered baking dish, place in the oven to brown.

Gypsy Stew.—Cook together small carrots, new onions, green peas and potatoes until tender, then add two slices of diced salt pork, fried brown, to the drained vegetables, and season well with salt, pepper and good rich milk, heated to the boiling point. Serve hot.

It is not enough that women should be home-makers; but they must make the world itself a larger home.—Frances Willard.

There is no defeat, no snail for retreat can be blown from the bugle of right.—Lillian Stovens.

FOODS WHICH GO TOGETHER.

Beside the hygienic, there is the esthetic side of vegetable and meat combinations. Potatoes have little flavor and are better borne by the palate than many other vegetables. In consequence in many homes they are served daily and oftener. In our food combinations if we please the eye we will please the palate and thus the stomach is also pleased.

There are certain foods which seem made to go together. For example, mutton with rice, and lamb with peas. Group with these some pleasing combination of green vegetables and the main part of the menu is thought out.

For a roast beef main dish, mashed or baked potatoes, spinach, cauliflower, cooked cabbage, brussels sprouts or string beans are good combinations.

With boiled beef we like turnips or carrots and plain boiled potatoes, with a lettuce with French dressing or a cold slaw, celery or sliced tomatoes.

With boiled mutton, caper sauce and rice with stewed turnips, or asparagus or green peas.

Breaded chops with tomato sauce and peas. Lamb, mint sauce, rice and peas, or a dish of young carrots.

Roast turkey, potato croquettes, boiled onions and a green salad. Cranberry jelly.

Roast pork, apple sauce, stewed onions and a lettuce salad.

Roast duck—stuff with celery and serve orange salad with French dressing.

Geese—stuff with potato flavored with onion; serve apple sauce and sauerkraut.

The goose may also be stuffed with apple and prunes and the salad be of watercress.

Venison—serve a spiced grape jelly, mashed potatoes and lettuce and tomato salad.

Broiled chicken, cream sauce, waffles. With fish—potatoes are always served.

The mintage of wisdom is to know that rest is rest, and that real life is love, laughter and work.

It is better to know less than to know much that ain't so.—Josh Billings.

FOOD FOR PRIME OF LIFE.

Nature's plans cannot be thwarted, "as a man sows, shall he also reap."

At fifty, if men and women have lived correctly, physical and mental powers should be at their best, and their manner of living then decides whether these powers continue to a ripe old age. The fountain of eternal youth springs from the river of enthusiasm, and he is never old who keeps in touch with the moving things of life. Physical and mental nourishment cannot be separated and it is yet one of the unaccountable things that we will not recognize it. A perfect old age has its foundation laid in youth. One cannot defy all the laws of God and man for twenty years and expect to enjoy old age. Someone has said that four-fifths of the diseases which embitter life are caused from improper food or avoidable errors in diet. The child in the building of his structure needs appropriate food. After the building process is complete he needs only that food which repairs tissue and gives heat and energy.

Business men are as unwise in their noonday lunches as are their wives whom they criticize because theirs consist of a chocolate éclair and a cup of cocoa. One is as absurd as the other. The man who bolts hearty food, hurrying through the meal back to brain work usually has no time for death-bed confidences.

A wholesome meal for a brain worker, who takes time to masticate it, is a small piece of red meat, carefully cooked, a baked potato, a sliced tomato, some boiled rice or a baked apple with cream, cup custard or sponge cake with stewed prunes, whole-wheat bread, with plenty of butter, and a moderate use of coffee.

Nellie Maxwell

INTERESTING FACTS

The word admiral is derived from the Arabic, emir-al-bahr, meaning "lord of the sea."

Fifty thousand tons of a native grass is used in India each year for manufacture into paper.

The checks which pass through the clearing house in London and New York in one month, in normal times, are said to exceed the value of all the existing gold and silver coin in the world.

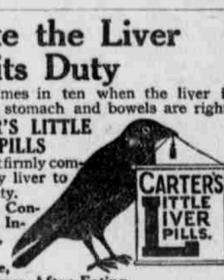
AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 175 pounds I went to 115 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. BARLOW, 1624 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Make the Liver Do its Duty. Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.



He Must Be in Town. Mary, the doctor's little four-year-old daughter, was playing outside the office. A gentleman calling to see the doctor inquired, "Mary, has your papa gone to the country?"

Whereupon little Mary promptly replied, "I guess he must be somewhere in town, because all his country patients are dead."—Cleveland Leader.

Out of Danger. "We have such good news from the front! Dear Charles is safely wounded at last."—Vogue.

Kill the Flies Now and Prevent Disease. A DAIRY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six cent express paid for \$1. H. SOMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

The world would have more to worry about if each man could make his own weather.

Answer the Alarm! A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before dropsy, gravel or Bright's disease set in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

An Iowa Case. C. D. Hayes, 123 N. Second St., Albia, Iowa, says: "My life was a burden with kidney complaint and suffered from sharp pains, along with a dull ache. I got little benefit from anything I took until I used Doan's Kidney Pills. Five boxes rid me of the trouble and I haven't suffered much since."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

Every Woman Wants Paxtine ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. All druggists, or posted by mail. The Paxton Toilet Company, Boston, Mass.

PARKER'S HAIR BALM. A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

GALLSTONES. Avoid operations. Positive remedy. Write for our big Book of Truths and Facts To-day. Gallstone Remedy Co., Dept. C-48, 219 S. Dearborn St., Chicago. FREE