1796 1920

Norwich Bulletin and Courier

124 YEARS OLD

Subscription price 12c a week; 50c a month; $6.00 a year.
Entered at the Postoffice at Norwich, Conn., as second-class matter.
Telephone Calls,
Bulletin Business Office, 480.
Bulletin Editorial Rooms, 35-3.
Bulletin Job Office, 35-3.
Willimantic Office, 23 Church St. Telephone 205.

Norwich, Thursday, Oct. 28, 1920.

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CIRCULATION
WEEK ENDING OCT. 23rd, 1920
10,978

THE REPUBLICAN TICKET.

President,
WARREN G. HARDING of Ohio.
Vice President,
CALVIN COOLIDGE of Massachusetts.
Presidential Electors,
CHARLES A. GOODWIN, Hartford.
T. M'DONOUGH RUSSELL, Middletown.
ALFRED E. HAMMER, Branford.
OLIVER B. JENNINGS, Fairfield.
JOHN M. WADHAMS, Goshen.
LUCIUS E. WHITON, New London.
ARTHUR F. ELLIS, Waterbury.
United States Senator,
FRANK B. BRANDEGEE, New London.
Governor,
EVERETT J. LAKE, Hartford.
Lieutenant Governor,
CHARLES A. TEMPLETON, Waterbury.
Secretary,
DONALD J. WARNER, Salisbury.
Treasurer,
G. HAROLD GILPATRIC, Putnam.
Comptroller,
HARVEY P. BISSELL, Ridgefield.
Congressman,
Second District,
RICHARD P. FREEMAN, New London.
State Senators,
Dist.
18—CORNELIUS COSTELLO, Groton.
19—ALLYN L. BROWN, Norwich.
20—JAMES GRAHAM, Lisbon.
24—ARCHIBALD MACDONALD, Putnam.
29—CHARLES H. BLAKE, Brooklyn.
35—WILLIAM H. HALL, Willington.
Representatives,
GEORGE THOMPSON,
CLAUDIUS V. PENDLETON.
Judge of Probate,
NELSON J. AYLING.

MAKE SURE BRANDEGEE'S RETURN

Evidence is accumulating every day that the voters of the country in the demand which they are making for a change in the administration of national affairs are going to insist upon it at the ballot box by a plurality that will be in keeping with that landslide which was indicated by the state election figures in Maine.

Special writers who have been campaigning the country in behalf of democratic papers fail to find that there has been any switch from Harding to Cox. There are states where the republican sentiment is overwhelming and the votes will be. There is the south where democratic support can be expected. There are states where the contests will be closer than in either of these two groups but they will nevertheless produce a republican plurality while the number of states where there is doubt is decidedly small. Even the democratic state of Missouri is conceded to be probably republican and in the democratic city of Boston it is being claimed that it will this year go republican, thus offsetting a 30,000 democratic plurality.

This sweep of the country by the republicans is likewise indicated by the straw votes which have been taken throughout the country in stores, by magazines and in colleges. If they indicate anything they show how the wind is blowing and it is getting stronger each day.

With such assurance in behalf of the republican ticket it is no time for leaving it to the other fellow. It is a time to bring about the needed change and while it is being done full consideration must be given to the necessity of providing the republican president with a senate that will be similarly minded.

Connecticut's opportunity in that direction lies in supporting the candidacy of Senator Frank B. Brandegee. The services he has performed, the ability and influence that he possesses, the Americanism he has displayed and the courageous manner in which he has stood by his convictions in support of state interests are not going to be overlooked.

The record of the democratic candidate for the United States senate shows no reason whatever that would entitle him to support outside of party appeal but many why it is for the best interests of Connecticut to endorse and re-elect Frank B. Brandegee.

CUBAN PROGRESS.

In the election which is to be held in Cuba during the coming week there will be general interest to see whether there has been as much progress in that island republic as has been claimed for it. The indications point to the fact and claims are being made that it will be an orderly election. That is what Cuba and other similar republics stand in great need of and it remains to be demonstrated whether what promises to be can be actually carried out.

Revolution and bloodshed have usually characterized the change of administration there. If they can be eliminated it will show that there has been impressed upon the Cubans the value of making changes in the administration by means of the ballot instead of the bullet, and abiding by the decision thus rendered. It will be commendable progress in the right direction.

The political situation is somewhat different than it has been at other times. The fact that the contest for office is between two factions of the liberal party instead of between the liberal and conservative parties may offer some explanation for the indicated change, but it remains to be seen whether Cuba is ready to appreciate the benefits attached to such election reforms. If it is and it can be continued Cuba will be showing decided improvement.

THE SHEEP INDUSTRY.

Much has been said and prolonged efforts have been made in behalf of sheep raising in this country. The need of overcoming the serious decline in the industry has been pointed out and plans presented and urged for the purpose of contributing to an existing need and of getting an increased benefit from the large amount of unused land throughout the country.

How the industry has risen and fallen is indicated by the fact that 50 years ago there were over 28 million sheep in the country whereas there are today over 45 million, but this doesn't show the peak to which the industry rose inasmuch as during the period from 17 to 20 years ago there were between 61 and 63 million sheep in the country, since which time there has been a steady decline. In spite of the fact that this country has increased greatly in population and therefore is demanding a greater quantity of wool to meet the requirements of the people and a larger amount of meat to supply its needs in that direction, there has been a falling off in the number of sheep in the country by from 13 to 14 million in the last two decades and by four million in the past ten years.

It is manifestly a move in the wrong direction. We are losing when we ought to be gaining especially in view of the fact that sheep per head are worth five times what they were a half century ago.

This decline isn't however peculiar to this country. There appears to be similar decreases in other sheep raising countries, and of course great numbers were utilized during the war. But with demands what they are and the sheep industry going backward the time for about facing would seem to be at hand.

A TELLING BLOW.

Word from Washington to the effect that it is doubted that President Bourgeois of the league of nation's council expressed the French view or that he spoke officially may indicate the administration attitude toward it but it by no means knocks out, as intended, the effectiveness of the statement.

It is solely the disposition of the government to regard the expression as unofficial since it does not appear that it has received any word to that effect while the report from abroad concerning the statement made by M. Bourgeois contained the declaration that the council president had been asked to verify his statement in view of the bearing it would have upon the American election and he did so, declaring that he approved it being given out at this time.

It may be that this is not the official French view, but it is unquestionably a view that is held by many leaders, who have been closely connected with the league. It jibes with information which has come through other sources that there is a desire to have formed such an association of nations as Senator Harding has advocated, and with the reports which have been brought back from Europe by Elihu Root after getting in touch with European statesmen.

The declaration by the president of the league council that article ten is not necessary and can be wiped out without tearing the heart out of the league is one of the serious body blows in the fight for the Wilson league, and it certainly justifies the action which has been taken against that article in the United States senate, where one of the leaders in the fight has been our own senator, Frank B. Brandegee.

STATE AND LOCAL CANDIDATES.

National issues cannot and should not be overlooked in the coming election, but neither should there be by any chance an overlooking of the local features.

It is of the greatest importance that we should continue the same efficient state government that Connecticut has been favored with for the past six years. The republicans have named candidates headed by Everett J. Lake for governor, who are thoroughly qualified in every respect to inspire confidence and to obtain desired results. Such men of ability and integrity can be relied upon to faithfully handle the business affairs of this commonwealth in a manner that will do credit to the state and themselves. They are men for whom it is a pleasure to give enthusiastic support.

In the choice of a senator from the nineteenth district and the representatives from this town at the next session of the general assembly full consideration should be given to the nominees put forth by the republicans. Ex-Mayor Brown can be relied upon to give every attention to the interests of this district and to be heard from in the upper house of the legislature. Likewise Messrs. Thompson and Pendleton are men who will be a credit to Norwich as representatives. They are men of good judgment and alive to Norwich's interests, and should be elected.

EDITORIAL NOTES.

Thanksgiving is only a month away and there's no frost on the pumpkin as yet.

It is going to be a late season for the fellow with the ash sifter, but he should worry.

The man on the corner says: It is time to realize who kept us out of the league of nations.

It took one of the sugar refiners a long time to start down but when it got going it made it in one jump.

Harding's pledge to stabilize conditions at home cannot be disregarded by those who appreciated that very need.

The third of the senate to be elected this year will not be properly balanced unless Frank B. Brandegee is reelected.

Wage cuts are not usually sought but they are certainly preferable to closed factories, and will have their effect in lowering living costs.

If the weatherman will only continue in his present considerate role those who have promises of coal will not be so anxious about the fulfilment.

If you haven't become acquainted with the voting machines go to the voting places in your district today and be shown how to operate them.

Massachusetts isn't overlooking the fact that Senator Walsh wasn't present at the address made by Governor Cox in Boston. It tells its own story.

That Vanderlip story by the democrats met with so many quick denials from so many directions that it didn't have a chance to serve the purpose intended.

Don't harbor the idea of staying away from the polls because Cox hasn't a chance. He will be kept from having a chance only by the fact that the full vote is gotten out.

The ambition of the 12-year-old prodigy who has just entered Columbia is to be a missionary in the Orient. There is no question but what he can be accommodated as soon as he acquires a few more years.

This is the season of the year when fruit is rotting on the ground that better distribution gets most of its consideration. It is too late for this year's crops and it will be forgotten before next year's is started.

LEAGUE OF NATIONS PRIMER

An Analysis of the League Covenant Through Questions and Answers
By George Wharton Pepper

Q. What is the explanation of Candidate Cox's recent statement that as unanimity is required in league decisions, it makes no difference whether a nation has one vote of a thousand.

A. The explanation presumably is that he has been too much occupied in publish the league covenant to find time criticizing the republicans for failing to read it himself.

Q. How many votes in the assembly can be cast by the King of the Hedjaz in Arabia?

A. One.

Q. How many by the United States?

A. One.

Q. How many by Great Britain?

Six.

Q. What about our right to withdraw from the league?

A. The covenant reserves to a nation the right to withdraw on two years' notice.

Q. What are the consequences of withdrawal?

A. The withdrawing nation loses whatever advantages may result from league membership and remains subject to most of the liabilities.

Q. Is the right to withdraw a valuable right?

A. About as valuable as the right to let go the bear's tail of you have been foolish to lay hold of it.

Q. Has the league so far justified its existence?

A. No. It has stirred up trouble in the United States and has failed to prevent trouble in Europe.

Q. Has not the league been of some service in postponing a clash between Sweden and Finland and between Poland and Lithuania?

A. In these cases the League has frankly abandoned all attempt to function as a league and is contenting itself with offers of mediation.

Q. Is there room for a society of nations which will promote conference and arbitration and set up a standing council of conciliation?

A. Undoubtedly. It is such a society that Senator Harding contemplates and to which the republican party is pledged.

Q. Would it be statesmanlike at this time for Senator Harding to announce a comprehensive and detailed plan for such a society, as he is challenged to do by the democrats?

A. To do so would be to repeat Mr. Wilson's monumental folly. The sensible course is the one pursued by Senator Harding: namely, to declare in favor of a society of nations, to state the fundamental principles which must control it, and to leave the details to be evolved in a real conference, in which real representatives of the United States will participate.

Q. What is the fundamental difference between the society favored by the republican party and the league of nations as endorsed by the democratic party?

A. In the former case the United States will merely declare what its own course will be under certain circumstances. In the latter, the United States agrees to join with some nations in affecting by force the conducty of other nations with regard to controversies which have not yet arisen and the merits of which cannot be foretold.

Q. Is there a name by which to describe an organization in which some nations agree to unite in coercing others?

A. Yes. Such an organization is called an Alliance. The exercise of the power of an alliance upon its members is called government. As the members are themselves governments, the league, or alliance, is a super-government.

Q. Is the league of nations a permanent alliance?

A. It is designed to be.

Q. Was it against a premanent alliance that Washington warned us?

A. Yes.

Q. What is the proper adjective to use in describing a permanent alliance by which our action would be compelled by the action of other nations?

A. Such an alliance would be an "entangling" alliance.

Q. Was it against entangling alliances that Jefferson warned us?

A. Yes.

Q. Whose leadership does the democratic party propose to substitute for that of Washington and Jefferson?

A. Woodrow Wilson and Candidate Cox.

Q. What is a democrat, anyhow?

A. A democrat in 1920 is a man who is unable to see, or who refuses to see, the difference between an association of nations for conference and conciliation and an organization for mutual insurance and world control.

Q. Why do you imply that a democrat is necessarily a man?

A. Because the feminine mind is acute enough to see the distinction between the two kinds of organization and to appreciate that one of them makes for peace and the other for war. Therefore the number of women democrats is likely to be negligible.

Q. Will the reconstruction of the league in accordance with this distinction be acceptable to the nations with which we were association in the war?

A. Undoubtedly it will, especially as the futility of the present league will be even clearer after the lapse of a few more months.

Q. Were the most objectionable features of the covenant urged upon us by the other nations?

A. By no means. There has never been any controversy between us and them. The remarkable fact is that the contest to preserve American independence has not been between the people of the United States and their own executive.

Q. What is the inevitable outcome of such a conflict?

A. An overwhelming victory for the people.

Q. When will the people win the victory?

A. On Election Day.

URGING BRANDEGEE

Women Bolting Suffrage Organization.

Aroused by the action of the Hartford County Suffrage association, now said to be controlled by democrats, in joining the democratic effort to defeat Senator Frank B. Brandegee, republican women of Hartford continue the stampede from the association which had its beginning with the resignations of Treasurer Miss Lillian Cope and Mrs. Harold A. Knowles, first district delegate. Resignations continue to pour in upon Miss Mary E. Fulkely, president of the association until it began to appear that the organization would be almost stripped of its republican membership.

Mrs. Francis E. Jones, chairman of the third ward republican women's committee in her letter of resignation, pointed out that republican women who persisted in openly working against Senator Brandegee, merely because he voted against the woman suffrage amendment, are making themselves liable to "read out of the republican party." Mrs. Jones wrote:

"As chairman of the Third Ward republican women's committee I am working for the election of all the republican candidates and regret to be obliged to resign from the Hartford County Suffrage association because of its attempt to defeat Senator Brandegee.

"I am deeply grateful to the suffrage association for its efforts to secure the equal franchise, but the battle is won. I do not question the right of any woman to use an independent vote, but when a number of so-called independent voters hold meetings and by vote determine upon a position relative to any candidate, they cease to be independent voters and become in effect a women's party. Why a woman's party any more than a men's party? It is reminded of the old fable of the camel in the desert, first poking its nose into the tent, gradually working in, then kicking the former occupant out.

"I wonder if some of the women who so proudly announce themselves to be republicans, but are going to cut Mr. Brandegee, realize that they are making themselves liable to be summoned before party officials an dread out of the republican party, thereby losing their right to vote in caucus. The caucus is where we have all been taught is the place to use our influence to nominate candidates for office.

"Furthermore, it does not seem fair to me to use money a part of which was collected by and from republican sympathizers to bring about the election of a democrat to one of the highest offices Connecticut has to confer. It would be equally unfair to use money collected by democrats to elect republicans."

Another Believes It a Test of Women's Judgment.

"Having always been a suffragist, that is to say, a firm believer in the uplifting influence of womanhood as well in public as in private affairs, I have very much at heart that the women of this country, now that they have the chance, should show the stuff they are made of—that is, the right stuff," wrote Mrs. Goodwin B. Beach. "I want women to show that they realize and understand the great principles which are at stake in this election by upholding those great senators who have worked so courageously against such fearful opposition for the salvation of our country. Always a believer in the republican party, it seems to me at this time no true patriot can vote the other way. Then, too, we women have a chance, if we support Senator Brandegee, to explode some of the fallacies believed in heretofore by our detractors of both sexes. They say, for instance, that we are idealists which they use we are small minded, entirely influenced by personalities and incapable of so-operation. In this connection the attack on Senator Brandegee furnishes us with a great opportunity. It must be ignored. Whether we like him or not, whether we have always agreed with him or not, we know where he stands on the question uppermost at the present day, and we know that we can depend on him to continue his stand for what he believes is right, which is also what we That should be sufficient. Republican believe, as republicans and patriots, women cannot, must not, lose sight of the principles in which they believe and on which Senator Brandegee has taken his stand and allow themselves to be used as tools by the party of the opposition, which has already begun the insidious propaganda by which it hopes to take advantage of the idealism of our women to defeat individual senators throughout the country.

"Politicians are well versed in what is, scientifically known as mob psychology, and it is well known that the losers in a political fight, feeling the weakness of their principles, often stoop to befogging the issues at stake by personal attacks on candidates. Let us not be deceived. We art novices as yet, most of us, in this sort of thing. We have not learned the political game. Nor is it neccessary that we should learn it or join in it. All we have to do as good citizens and intelligent voters is to remember and be true to the principles in which we believe, represented by the party to which we belong and against which personalities do not weigh. Moreover, let us make it a matter of pride to show that we are thoroughly awake to the need for co-operation both between ourselves and with our brother man if anything worth while is to be accomplished.

"If we are idealists, as is charged, let us show that we are practical idealists by making ourselves as indispensible in the nation as in the family by our willingness to help. We are putting our shoulder to the political wheel to help our men folks. As novices we have much to learn from them. Let us not begin by hampering their work. We must learn to co-operate with the political party to whose principles we subscribe. It is impossible to split the ticket and at the same time be true to principle. It is impossible to split the ticket without working against your own party and defeating its ends—and the result of this would be chaos.

"Let us show our new president that we believe in him as a republican and an American, that we absolutely endorse his policies by giving him a free hand to get something constructive done. And let us be thankful, we women citizens of the state of Connecticut, that it is in our power to send man with such a splendid public record as Senator Brandegee back to the senate to continue the work he has so bravely and steadfastly begun."

Women For Brandegee.

Despite the best efforts of the democrats to stir up feeling among the women against Senator Brandegee because he voted against the suffrage amendment, the senator is sure to be supported heartily by women, who stand for America first. Frank B. Brandegee is an unflinching exponent of true Americanism, as against the mottled internationalism his opponent is advocating at the dictation of the man in the White House.—New Britain Record.

THE GROWING CHILD

By the U. S. Public Health Service

School Lunch Service

The smaller schools, however, and the one-room rural schools, where the need is particularly great because so few children can go home for a hot dinner, should be able to accomplish much, provided the teacher has enthusiasm and perserverance. Many of these schools have Parent-Teacher Associations or school improvement associations, and some counties have a home demonstrator or county nurse, or both. If there is no community organization to supply the small equipment needed, the individual parents and pupils must be educated to the point of being determined to carry the plan through. The teacher can easily enthuse the pupils, and leaflets on health nutrition prepared by the state board of health should be sent to the parents. The county nurse should visit the homes where there are undernourished children, and emphasize the value of the school lunch. The medical inspector, or county health officer, should endeavor to secure the interest of the local Ladies' Aid Society, or other church organization, and the influence of the minister of the minister should always be sought. If the children wish to have some part in the purchase of equipment they might join with the teacher in holding a "fair" or "social" so popular in country districts. If only enough money is secured to buy the necessary cooking utensils, soap, oil stove (if necessary), dish towels, and other materials each child can bring from home his own table utensils to be left at school during the term. Only such simple foods as soups, rice, hominy, vegetables, cocoa, milk, tapioca with fruit, and the like, should be attempted unless special time can be given to the work of preparation. In this connection, the domestic science instructor or the home demonstrator will be invaluable in instructing the pupils in the value of certain foods and their preparation.

To be a success everything must be planned ahead. Assignments of pupils to certain duties schould be made a week ahead, and the privilege of having a share in the preparation or serving of the lunch will be eagerly coveted. No better opportunity could be found for teaching habits of neatness, cleanliness, courtesy, good manners, thorough mastication, and care of the teeth, and food values. The danger of flies are easy to teach in this connection. The importance of washing the hands before preparing, serving or eating food, can be emphasized and a tooth brush drill might be given after eating.

The children should be required to pay for their lunches when they can afford to, and those who do not pay should not be known to the others. The staple supplies like sugar, and cocoa might be purchased with a fund made up of a few pennies brought by each child. The fresh foods like vegetables, milk, meat and fruit, might be supplied by the various families in turn, each family being notified a week ahead of its turn to furnish the supplies. An accurate account should be kept of all supplies furnished and bought so that each family may bear its share in proportion to the number of its children in school. This keeping of accounts will furnish good material for teaching arithmetic to the children.

The gain in weight of undernourished children, the training in refined social habits, hygienic living, cooperation, and community spirit will probably well repay all efforts expended.

Stories That Recall Others

Instructed.

The children and their neighbors were having a riotous game of "animal." The big library table was surrounded by lions, bears, elephants and gay gazelles. Only Miriam had not chosen her beast.

"Hurry up Miriam," shouted the other children, "Get in the game!"

"Well," said Miriam, I do not want to be a common animal like a tiger, or a dog ;I guess I'll be a germ."

"Aw, come off" said her brother. "A germ ain't an animal. It is a plant."

A Dog's Life in Constantinople.

Willie was much aggrieved that his mother would not permit the new Alexdale pup to enter the house when he pleased. Willie sulked one day. In the evening he said to his mother:

"I wish I lived in Constantinople."

"What!" said his astonished mother.

"Well, I do," said Willie. "I read in the paper the other day that there were more dogs than people in Constantinople, and that the dogs did just as they pleased. I'd like to try livin somewhere that dogs did as they please I bet it would be nice."

THE STORY of Our STATES

By JONATHAN BRACE—Copyrighted 1920

XXVII. FLORIDA

FLORIDA was considered America's health resort. It was the search for a mythical Fountain of Perpetual Youth that led Ponce de Leon, the Spanish explorer, to land near the present site of St. Augustine. His re-discovery of Florida in 1513 was on Easter Sunday, hence the name, which is from Pascua Florida or Flowery Passover which is the Spanish for Easter Sunday. In 1521 he tried to found a settlement in Florida but was killed by the Indians.

The French were the next settlers, founding a colony on the St. John's river. Spain promptly took action to maintain her ownership of this region and sent over an expedition which erected a fort under the leadership of Menendez at St. Augustine in 1565, and exterminated the Hugenot colony. St. Augustine is the oldest city in the United States. There followed a period of hostility between the English colonists in the Carolinas and the Spanish in Florida. By the treaty of 1763 Spain ceded Florida to England in exchange for Havana which England had captured a few years previous. It remained an English colony until the last years of the Revolution when Spain recaptured it.

There were two provinces, East and West Florida. As the Spanish ruled Florida with a very loose form of government, this region became the refuge of pirates, smugglers and lawless characters. Such an element together with the unruly Seminole Indians naturally caused a great deal of trouble. To overcome this, President Monroe purchased Florida from Spain in 1819 for $15,000,000 or about eleven cents an acre. It was organized into a territory and in 1845 was admitted to the Union.

In the election of President Hayes Florida played an important part by throwing her votes to the republican candidate. There were claims of fraud but Hayes was finally declared elected. Florida has six presidential electors.

Florida is sometimes called the Everglade state on account of the vast swamp-land in its southern part. It is also known as the Peninsula state and is the southernmost state of the Union. Its area is 58,660 square miles.

Kill That Cold With
HILL'S CASCARA QUININE BROMIDE
FOR Colds, Coughs AND La Grippe
Neglected Colds are Dangerous
Take no chances. Keep this standard remedy handy for the first sneeze.
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opiate in Hill's.
ALL DRUGGISTS SELL IT

The Housewifes Burden

When a woman is almost distracted from overwork, her home is in disorder, crying children, and on top of all is suffering from backache, bearing down pains, or some other form of feminine ills, then she should remember that hundreds of women in just her condition have been restored to health and regained their youthful strength by taking Lydia E. Pinkham's Vegetable Compound and not rest until she has given it a fair trial.

Proof that it Restored the Health of These Two Women

Cairo, Ill.—"Some time ago I got so bad with female trouble that I thought I would have to be operated on. I had a bad displacement. My right side would pain me and I was so nervous I could not hold a glass of water. Many times I would have to stop my work and sit down or I would fall on the floor in a faint. I consulted several doctors and every one told me the same but I kept fighting to keep from having the operation. I had read so many times of Lydia E. Pinkham's Vegetable Compound and it helped my sister so I began taking it. I have never felt better than I have since then and I keep house and am able to do all my work. The Vegetable Compound is certainly one grand medicine."—Mrs. J. R. Matthews, 3311 Sycamore Street, Cairo, Ill.

Chattanooga, Tenn.—"I used Lydia E. Pinkham's Vegetable Compound before my baby came when I could no longer keep up. It strengthened my back and relieved me of the ill effect which so often develops at such times. That was my first experience with the Vegetable Compound. Years afterwards I took it during the Change of Life and got along so well I scarcely ever had to lie down during the day and seldom had dizzy, fainting spells. I am now well and strong, can do all my housework with perfect ease and it is a comfort to me to be able to say to other suffering women 'take Lydia E. Pinkham's medicine and be strong.' I will be glad to have you use my name if it will be the means of helping any one."—Mrs R. A. Fairburn, 606 Orchard Knob Ave., Chattanooga, Tenn.

Ailing, Overworked Housewives Should Rely Upon

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

THAT UNEASY FEELING

That dull depression, that dragged out spiritless condition—it's biliousness.

Why be out of sorts with yourself and everybody else when one dose of Schenck's Mandrake Pills will do wonders for you?

Eighty years reputation for biliousness, constipation and bilious headache, etc.

25c per box—uncoated or sugar coated

Dr. J. H. Schenck & Son, Phila

Another Cleveland Suggestion

DOUGHNUTS AND CRULLERS

DOUGHNUTS made the doughboy happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are our famous doughnut and cruller recipes:

Doughnuts

2 tablespoons shortening
½ cup sugar
1 egg
½ cup milk
1 teaspoon nutmeg
1 teaspoon salt
3 cups flour
4 teaspoons Cleveland's Baking Powder

Cream shortening; add sugar and well-beaten egg; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about ½ inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

Afternoon Tea Doughnuts

2 eggs
6 tablespoons sugar
½ teaspoon salt
¼ teaspoon grated nutmeg
2 tablespoons shortening
6 tablespoons milk
2 cups flour
3 teaspoons Cleveland's Baking Powder

Beat eggs until very light; add sugar, salt, nutmeg and melted shortening; add milk, and flour, and baking powder which have been sifted together; mix well. Drop by teaspoonfuls into deep hot fat and fry until brown. Drain well on unglazed paper and sprinkle lightly with powdered sugar.

Crullers

4 tablespoons shortening
1 cup sugar
3 eggs
3 cups flour
1 teaspoon cinnamon
½ teaspoon salt
3 teaspoons Cleveland's Baking Powder
¾ cup milk

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about ½ inch thick and cut into strips about 4 inches long and ½ inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

CLEVELAND'S SUPERIOR BAKING POWDER

Made from Cream of Tartar derived from grapes

FREE

Send for "Cleveland's Superior Receipts" and "Recipes Showing How Cleveland's Superior Baking Powder Saves Eggs." Write for it TO-DAY.

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All measurements for all materials are level