

DRINK HOT TEA FOR A BAD COLD

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus driving a cold from the system.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB BACKACHE AND LUMBAGO RIGHT OUT

Relieve Pain and Stiffness away with a small bottle of old honest St. Jacobs Liniment

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a 30-cent bottle of old, honest "St. Jacobs Liniment" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the ache and pain right out of your back and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica and lame back misery so promptly!

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take tablespoonful of Salts if Back Hurts or Bladder bothers—Drink lots of water.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will set fine.

This famous salts is made from the acid of grapes and lemon juice, combined with lithine, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, at a small cost.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

IN THE LAND OF COMMON SENSE

Says it is sufficient to cut corns, and tells how they lift right out

You simply say to the drug store man, "Give me a quarter of an ounce of freeze-out." This will cost very little but is sufficient to remove every hard or soft corn from one's feet.

A few drops applied directly upon a tender, aching corn should relieve the soreness instantly, and soon the entire corn, root and all, can be lifted out with the fingers without pain.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that while freeze-out is sticky it dries in a moment, and seems to simply shrivel up the corn without inflaming or even irritating the surrounding tissue or skin.

Don't let father die from infection or lockjaw from whitening at his corns, but cut this out and make him try it.

ENGLISH BEAUTY CUP.

Weak Tea Invites Sleep and Improves the Complexion.

I advise those who consult me upon the tired complexion to indulge in what is called the English beauty cup. Mr. Gladstone took it each night of his life as long as he had health, and it is the cup which keeps many an English beauty going. It is simply tea, but tea made without the nerve destroying attributes. If properly made it invigorates sleep.

You take half a small coffee spoon of tea, and you scatter it in the bottom of a very large cup. The German coffee cups are best for this purpose. Over this you pour as much boiling, bubbling water as the cup will hold.

The saucer is placed on the top of the cup in Chinese fashion. Now comes the big wadded tea cozy which must be thrown over all. It is an oddly shaped cozy, made to cover cup and saucer. It stands for five minutes to steep.

Now comes the scientific part of the cup. You take three very thin slices of lemon, and you lay them in a big hot cup. On top of the slices of lemon you place a big maraschino, and then on top of all you pour in the tea, putting it through a strainer.

The result will be a fine, weak, hot, but healthful cup of tea with just the right flavor of lemon. You can have sugar if you want it, and Gladstone's rule of three big lumps will do you no harm, for sugar is a great builder up of the muscles.

By the way, if you are fagged out, day or night, try eating a little sugar. A lump of sugar will restore the stomach and take away that tired feeling. Sugar is recommended to women whose cheeks are hollow. It has a way of building up tissue.

A big cup of tea at night is excellent, but the trouble is that most persons make it too strong. The weaker the better. The same is true of coffee, which, if taken weak enough and with plenty of good sugar, acts as a nightcap. Not one person in a thousand can make it right. In Paris the French beauty takes her foaming cup of whipped chocolate after the theater with a biscuit, or she sips her *café au lait*, which is mostly milk. — *London American Register.*

NECESSARY THEN.
"It ain't true," said the milkman, "that we always put cream in our milk."
"Do you mean to say," demanded Mrs. Housh, "that you never do it?"
"Well, yes, except after a heavy rain when the water gets brown and muddy." — *Ohio State*

MENTHOL RELIEVES DISTRESS OF PILES

Almost Instant Relief and at Very Small Cost

The moment you apply a little Menthol-Sulphur the itching, irritation and bleeding stops. Don't continue to suffer because quick relief awaits you.

Any druggist will supply you with a small jar of Menthol-Sulphur. This seems to soothe, heal and dry up the pile quicker than anything else.

PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, snuffing, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

Flashing from obscurity into sudden fame by winning his first championship encounter, the inaugural race on the Los Angeles Motor Speedway, Jimmy Murphy is losing no time in courting further favors from Dame Fortune, having vaulted into the conflict that will determine the world's speed champion for 1920, the eighth annual international 500-mile race for a purse of \$50,000 on the Indianapolis Motor Speedway, Monday, May 31.

Practically an unknown before the Los Angeles event, Murphy demonstrated that he is entitled to rank among the world's greatest drivers by his showing during this contest, winning at an average of 103.2 miles an hour, after a non-stop run.

A brilliant future is predicted for the youthful phenom by racing experts, his headwork during the Los Angeles race being on a par with his driving skill. Content to roll along within striking distance of first place through seven-eighths of the distance, while his adversaries were setting what afterwards proved to be too fast a pace, he came to the fore during the closing moments of

the contest and thereafter was never headed.

To win his first championship race is an experience that has never been vouchsafed a driver before, and the fact that Murphy succeeded in turning the trick is held to prove that there is a lucky star somewhere in the firmament that is shedding its divine influence for Murphy's especial benefit.

As a matter of fact, his luck lasted exactly long enough in the Los Angeles race, his supply of gasoline running out on the back stretch while he was making an extra lap of the track after crossing the finish line. Had this happened the lap before, forcing him to walk to the pits for fuel, he would still be a novice instead of the championship contender that he is today.

Tommy Milton, Murphy's team mate and teacher, finished first in the final and winning heat in the recent invitational meet on the Los Angeles speedway, a hint to his former mechanic and protegee that the old timer will also be in the running on the big day at Indianapolis.

Hints From the Department of Justice

HIGH LIVING ON LOW-PRICED MEAT.

"I don't see how you feed a family of five and pay so little for meat," said Mrs. Smith to Mrs. Jones who stood just over the back fence. For Mrs. Jones always served appetizing dishes of fresh meat, apparently in endless variety, and she never had big meat bills.

"I'll show you how I do it," said Mrs. Jones to Mrs. Smith. "If you come out here every day this week we'll compare notes and find out the way to reduce meat bills and yet live as well if not better than ever."

Monday's morning conference at the back fence discussed Sunday dinner which Mrs. Jones had made from 3½ pounds of chuck beef, a little oleomargarine, seasoning, and trimmings prepared as pot roast. The leftovers went into beef croquettes and were enough for Monday's dinner.

"It cost me, at 20 cents a pound, just 70 cents for good meat for two meals for five people," said Mrs. Jones.

Tuesday's report showed a bill of 75 cents for three pounds of spare ribs, out of which Mrs. Jones had prepared a full meal of sauerkraut and spare ribs in this manner:

She put spare ribs in boiling water salted with one-half tablespoonful of salt and cooked until meat began to separate from the bones. She removed and arranged on a platter, surrounded with border of sauerkraut, one cupful of which had been previously heated.

On Wednesday Mrs. Jones described how she had fried a pound and a half of calf's liver, costing 60 cents with onions and celery:

1½ pounds calf's liver, 4 tablespoonfuls oleomargarine, 4 tablespoonfuls diced celery, 4 tablespoonfuls onions cut up fine. Seasoning.

She said: "I put four tablespoonfuls of oleomargarine, four of diced celery four of onions cut up fine and seasoning into a pan; the liver sautéed in this sauce and served piping hot. I saved the leftovers for creamed meat."

On Thursday she had cooked chopped beef in a baking dish, two pounds of hamburger costing 32 cents. The leftover went into creamed meat enough for Friday.

"It can't be done," exclaimed Mrs. Smith, but Mrs. Jones furnished proof in the form of these recipes:

Chopped Beef.
2 pounds hamburger ground, ¼ cupful tomato relish, ½ teaspoonful tabasco sauce, 1 can beets.

Mix chopped beef with tomato relish. Add tabasco sauce. Season well with salt and pepper. Put into baking dish and bake two hours, basting frequently with high quality of table sauce. Serve garnished with beets cut into quarters.

Creamed Meat.
Add all leftovers together. Add one-half can pimentos chopped, one green pepper and two and one-half cupfuls of white sauce made from flour, evaporated milk, water, oleomargarine and seasoning. Serve on rounds of toast.

Saturday's meal was prepared by Mrs. Jones out of two and one-half pounds of flank steak for which she paid 65 cents, and which came on the table stuffed with bread crumbs, vegetables and seasoning.

"Now," said Mrs. Jones, "let's add up and see what the week's meat supply has cost." This was what she figured:

3½ lbs. beef chuck at... \$.70
3 lbs. spare ribs at... .25
1½ lbs. calf's liver at... .40
2 lbs. hamburger steak at... .32
2½ lbs. flank steak at... .26
\$3.02

"Some saving!" said Mrs. Smith. "Do you know what I have been paying for the same amount of food value, and not as much variety at that?" She jotted down her own expenditures for a week which were these:

Monday—1½ lbs. rib lamb chops at... \$.87
Tuesday—2 lbs. sirloin at... .84
Wednesday—2½ lbs. beef roast (prime ribs) at... 1.00
Thursday—1½ lbs. veal leg at... .45
Friday—1½ lbs. pork tenderloin at... .55
Saturday—1½ lbs. calf sweetbreads at... .50
Sunday—3½ lbs. chicken at... .45
\$6.57

(These prices were accurate at the time this article was prepared. The market may have varied a few cents up or down since that time.)

FAME OVER NIGHT, MURPHY ENTERS INDIANAPOLIS RACE



Jimmy Murphy, Newest Racing Star.

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Children Cry for Fletcher's



The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his personal supervision since its infancy.

Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher

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The Kind You Have Always Bought

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34x4	" "	31.75	21.95	4.00
36x4	" "	32.80	22.95	4.10
38x4	" "	33.70	23.95	4.30
34x4	" "	24.55	24.95	4.45

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A Modern Library for the Home

FICTION During the next 12 months Woman's World will publish three book-length novels, which, if printed in book form, would cost \$1.50 each. There will be 50 short stories and numerous articles on current events by men and women of world fame.

NEEDLEWORK The Needlework Department of Woman's World is a magazine in itself. This year it will contain a total of 100 pages (36 in full color), showing the choicest designs and simplest methods in Crochet, Embroidery, Tatting, Knitting, Fillet and Fancywork.

FASHIONS Peerless Dress Patterns, famous for their style and fit, appear exclusively in Woman's World. They are supplied to readers at 12c each. The monthly fashion color plates are a veritable style review.

HOME ECONOMICS The next 12 issues will contain 300 suggestions on home decoration, 400 cooking recipes, advice on infant care, making over clothes and hundreds of helpful ideas.

Woman's World is 10c a copy. If bought by the month it would cost you \$1.20 for twelve months. Order now and save money. You get two publications at nearly the price of one.