

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put had stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stultuous lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Kissing Microbes.
Belle—I see a Swiss scientist declares that microbes do not exist in mountain air at an altitude of over 2,000 feet. How do you suppose he's discovered that?
Beulah—Oh, he's probably done some kissing at high altitude.

OVERWORK AND KIDNEY TROUBLE

Mr. James McDaniel, Oakley, Ky., writes: "I overworked and strained myself, which brought on Kidney and Bladder Disease. My symptoms were Backache and burning in the stem of the bladder, which was sore and had a constant hurting all the time—broken sleep, tired feeling, nervousness, puffed and swollen eyes, shortness of breath and J. McDaniel. Rheumatic pains. I suffered ten months. I was treated by a physician, but found no relief until I started to use Dodd's Kidney Pills. I now feel that I am permanently cured by the use of Dodd's Kidney Pills."

Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free.—Adv.

Some bachelors are bachelors because they understand women. Others because they do not.

Attention, Mothers!
Write Wm. Wrigley Jr. Co., 1204 Kenner Bldg., Chicago, Ill., for 28 page beautifully colored "Mother Goose Jingle Book." Sent free to all readers of this paper.—Adv.

German school children are taught to swim by going through the motions without entering the water.

If your skin is scratched by a rusty nail, apply Hanford's Balsam at once. It should prevent blood poison. Adv.

People boast of their ancestors only after the world has forgotten their records.

WHAT \$10 DID FOR THIS WOMAN

The Price She Paid for Lydia E. Pinkham's Vegetable Compound Which Brought Good Health.

Danville, Va.—"I have only spent ten dollars on your medicine and I feel so much better than I did when the doctor was treating me. I don't suffer any bearing down pains at all now and I sleep well. I cannot say enough for Lydia E. Pinkham's Vegetable Compound and Liver Pills as they have done so much for me. I am enjoying good health now and owe it all to your remedies. I take pleasure in telling my friends and neighbors about them."—Mrs. MATTIE HALEY, 501 Colquhoun Street, Danville, Va.



No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

A PAGE FOR LADIES OF FASHION

Nellie Maxwell Tells of things new and delicious to tempt the Palate

A Department Devoted to the Personal Interests of

Julia Bottomley's Latest Ideas on International Fashions

The Lady Friends of the Tulsa Star

The KITCHEN CABINET

Who hath not met with home-made bread, A heavy compound of putty and lead And home-made wines that rack the head.

Home-made pep that will not foam And home-made dishes that drive one from home. —Hood.

GOOD THINGS TO EAT.

Cook a fourth of a cupful of soft crumbs with a fourth of a cupful of cream until smooth and thick; cool and add an egg yolk and a third of a cupful of pecans cut in pieces. To two cupfuls of hot rice potatoes add three tablespoonfuls of cream, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, a few drops of onion juice and a beaten egg yolk, shape in nests, fill with the nut mixture and cover with potato, dip in crumbs, egg and crumbs and fry in deep fat. Arrange on a hot plate with parsley for a garnish.

Celery, Cheese and Red Pepper Salad.—Cut celery in two-inch pieces and put into ice water to curl. Dry thoroughly and mix with a tablespoonful of chopped red pepper, and sprinkle with a grating of cheese, put mayonnaise on top and serve.

Chicken With Corn.—A most appetizing dish which may be prepared any time of the year, but is better with fresh corn from the cob, is the following: Scrub and clean a fowl in the water; wash a tablespoonful of soda has been dissolved. This removes any soil that is on the skin. Cut the chicken in pieces as for frying, roll in flour, brown in a little hot fat in a frying pan, then add enough milk to cook the chicken well, simmering or cooking slowly in a moderate oven for two hours or longer, depending upon the age of the fowl. Season when about half cooked and add a cup or two of corn. Serve the chicken with the gravy and corn poured around it.

Chantilly Potatoes.—Mound well-seasoned, light, mashed potatoes on a platter. Have beaten stiff one cupful of thick cream, add a half-cupful of soft cheese, and season with salt and paprika. Spread this over the top and set on the top grate of the oven to brown.

Apple Balls.—Cut balls with a vegetable cutter from firm, nice apples, drop them in water and vinegar to keep from discoloring and mix with pineapple and other fruit. Put in cups and pour over it rich lemonade or lemon syrup. Serve as a cocktail.

Pies are the universal American dessert, and they are less objectionable to the digestive tract when properly made.

Prune Pie.—Line a pie tin with good, rich pastry and fill with stewed prunes, cut in bits. Sprinkle with one-half cupful of powdered sugar and enough cinnamon to flavor or a grating of lemon rind. Bake and just before it is well done cover with a meringue made from two beaten whites of eggs and three tablespoonfuls of sugar, a tablespoonful of lemon juice. Return the pie to the oven and finish baking until the meringue is brown.

Celery and Pineapple Salad.—Shred pineapple with a fork and add chopped celery in equal quantities, mix with mayonnaise dressing and serve on lettuce leaves.

Broiled Halibut.—Slice the fish, season with salt and pepper and brush with melted butter and let stand for an hour. Roll in flour and broil over a clear fire for twelve or fifteen minutes. Place on a dish with a garnish of parsley.

Tomato and Peanut Salad.—Peel the tomatoes carefully and remove the centers so as to form a cup. Fill with chopped cabbage and chopped peanuts, well mixed. Add French dressing. When serving, top with a spoonful of mayonnaise.

Fricassee Potatoes.—Slice a small onion, fry brown in a saucepan with butter, paprika, salt and pepper. Cut the potatoes into half-inch squares and place on top of the onion and pour boiling water over to cover. Cook until all the water is boiled away and the potatoes mealy and tinted from paprika and butter.

Fruit Bread Sponge.—Pour over two cupfuls of small cubes of bread hot fruit juice until it is all absorbed. Let stand in a cool place several hours and when ready to serve turn from the mold and pour whipped and sweetened cream over.

German Salad.—Cook salt herring in boiling water 12 minutes; drain and cool and separate into flakes. Add an equal quantity of cold boiled potato, cut in cubes and one-fourth the quantity of hard-cooked eggs chopped. Marinate with French dressing and serve with a dressing made as follows: Beat a fourth of a cupful of cream until stiff, add two tablespoonfuls of canned red pepper, put through a sieve; then add an equal quantity of good boiled dressing. Serve the salad on lettuce with the dressing.

Corn and Rice Salad.—Take equal quantities of cooked corn, well drained, and rice cooked until soft; mix and season with salt, pepper, and add stiff mayonnaise dressing. Serve on lettuce leaves.

Mexican Tomato Salad.—Rub a salad bowl with a cut clove of garlic. Line the bowl with lettuce and lay in a few slices of tomato, cover with chopped green pepper, a teaspoonful of onion and a dozen chopped olives. Pour over a French dressing of a tablespoonful of vinegar to three of oil, season with salt, pepper and a dash of celery salt. Serve well chilled. Cucumbers may be added in place of the olives if so desired.

Spanish Cream.—Take a quart of milk and soak half a box of gelatin in it. Beat the yolks of three eggs light, add a cupful of sugar, stir in the scalding milk and cook until the egg is thick. Strain through a cheese-cloth. When nearly cold flavor with lemon juice. Pour into a mold and let stand in cold water to stiffen.

Bird's Nest Pudding.—Peel and slice enough apples to fill a deep pie plate. Make a rich biscuit and mixture, rather soft and pour over the apples. Bake until the crust is brown and the apples tender. Turn upside down on a plate, spread generously with butter, sprinkle with sugar and grated nutmeg and serve as one does pie.

Apple Pone.—Pare and chop fine one pint of sweet apples. Pour a cupful of boiling water into a pint of white corn meal, beating hard to make light, when cool add one cupful of sweet milk, and a half teaspoonful or more of salt. Stir in the apples a grating of nutmeg and bake in a covered dish. Serve with hard sauce or cream and sugar.

Grape Sago.—Wash a cupful of sago, cover with cold water and let soak over night. Next morning cook until transparent. Add a cupful of grape juice. When cool turn into a glass dish and put aside to get cold. Serve with cream and sugar.

Chocolate Blanc Manger.—Put two ounces of broken bits of chocolate into a double boiler and when melted add a pint of warm milk. Stir well and add four tablespoonfuls of sugar. Moisten three tablespoonfuls of cornstarch with a little cold milk, add it to the hot milk and cook until thick and smooth. Remove from the heat, add a teaspoonful of vanilla, beat well and pour into a glass dish to serve when cold. Serve with sweetened cream.

Chocolate Tapioca.—Wash a cupful of tapioca, cover with a pint and a half of water and soak for two hours. Put four ounces of chocolate in a double boiler and when melted add a half cupful of sugar. Cook until the tapioca is transparent, stirring often when done, remove and flavor with vanilla. Serve with sugar and cream. A sprinkling of nuts or bits of jelly over the top for a garnish adds to the appearance of dainty, a tapioca or sago pudding.

Nellie Maxwell.

HOLDS ODDS AND ENDS

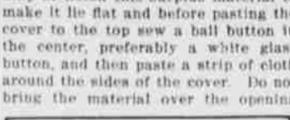
USEFUL RECEPTACLE FROM DIS-USED TIN BOXES.

Covered With Brightly Colored Cretonne It Will Not Be Out of Place in Any Room—Suitable for Children's Use.

Preserve the tin boxes that have contained marshmallows and convert them into strong and handy receptacles for odds and ends that are apt to litter up bed and living rooms. The larger ones will come in handy for holding the cherished belongings of children, for the boxes are practically indestructible. After washing the box thoroughly outside and in, in a thin lining (paper or silk) can be put in if preferred, but there is no real necessity for a lining.

The outside is covered with a bit of brightly colored cretonne. The bottom of the box is left bare and the cretonne is lightly stretched all around the box, held down with a good paste. The top is padded with cotton under the cretonne and should be cut a little larger than the top of the box to allow of the edges being turned over.

Snip or notch this surplus material to make it lie flat and before pasting the cover to the top sew a ball button in the center, preferably a white glass button, and then paste a strip of cloth around the sides of the cover. Do not bring the material over the opening



Box for Odds and Ends.

of the box. If you do it will be difficult to close it. The tiny strip of tin left will never be noticed, and to leave it bare will make the box much more practical, especially for children's use. Instead of odd things lying around they will be put into it.

The woman who has received decorative centerpieces she cannot use for their legitimate purposes can make them into dainty cushion covers suitable for a baby's or an invalid's pillow or for her bedroom. A round shaped cushion is made and covered first with pink or any delicate color, a puffing of the goods being set in to connect the top and bottom. The centerpieces are used as an outer covering and can be laced together with a cord or ribbon passed through eyelet holes worked upon the edges of the linen. Incidentally a round cushion that may be on hand but has become shabby could be made like new again by the addition of the bits of decorative linen.

Square centerpieces could perform the same charitable office for a square pillow.

Smaller dollies may be arranged upon linen and used as a decoration to a bureau or sideboard cloth. Very handsome effects are often the result of this arrangement. After the dollies are inserted the linen could be further decorated with needle and thread, as the sewer preferred, the whole bordered with a machine fllet or cluny lace or a handmade crochet. Some of the latter designs are very lacy and pretty, and certainly there is no trimming that wears better. When one can make it the expense is, of course, nominal.

CARE OF ARTICLES OF SILK
Proper Washing is, of All Things, the First Requisite for Their Preservation.

Most women wear silk hosiery and vests, and they often wonder what they can do to save the wear on these articles.

There are a few things which can be done, among which is their care. Everyone knows that perspiration will cause anything to wear out quickly, but these frail silk garments wear out much easier than cotton or woolen cloth. Thus if each one would rinse out stockings and vests as soon as they are removed it would be found that they would wear about three times as long as they do without.

It takes only a few minutes to wash these things through the hands, which avoids the rubbing which they are likely to get if they are washed with the general wash. If they are stretched they can be used again in the morning.

Another thing which is important about these silk vests and stockings, especially if they are white, is the fact that if washed with other clothes they will turn yellow. In some cases people use one teaspoonful of borax in the water, and find that the clothes will remain white.

Of course, when these things are being washed soft warm water and white soap should be used, which is never rubbed on the silk, but make suds and then rub between the hands. It is surprising how few pairs of stockings and undervests are required when they are cared for in this way.

This is also true of white silk gloves or silk shirt waists in white. This is the reason many young women have what is usually termed "a wash out." To housewives it is strange to do washing in this way, but it is necessary to consider expenses. It is a very economical method.

HEALTH AND BEAUTY

Peroxide and ammonia will bleach superfluous hair, but will not destroy the growth.

Keeping the fingernails well manicured is a sure cure for the habit of biting them.

When baby bumps its head, rub salt butter on the spot. It will stop swelling and keep the place from turning black and blue.

If you are troubled by round shoulders hold up your chin and carry your head high and your shoulders can't bend and curve.

Interesting Coats.
There are some interesting imported coats made of big shawls or steam-rugs, with fringe around the bottom and edging the cape section that falls over the sleeves, or sometimes edging the wide collar instead.

AIM IS ARTISTIC EFFECT

Rugs and Carpets Should Be Chosen With Care and a Discriminating Taste.

DAINTY SPRING DRESS

Vivid yellow dandelions on a green lawn—that is, a natural background with bits of color—is the artistic carpet idea that we are developing today.

Carpets are becoming plainer, more to look like floors, after the European idea of tiled effects. One merchant has gone so far as to show a carpet in black and white like a marble floor. All-over carpets are coming to be the fashionable thing instead of rugs, although the large rug is so established an element of household convenience that it can be found to fit any room, whatever the size. For bedrooms the washable rug is a sanitary boon.

When one is setting out to furnish a home in harmony it is well to remember that wall papers, draperies and carpets are made "to match" in color and often in design. The merchant can give valuable assistance in choosing it as he knows exactly the sort of wall papers you have in mind, or what is termed the tone of carpet.

Smart Suit.

A smart suit is made of stone-colored cloth of firm and fairly thick texture with the faintest broken black line running through it. It has a big collar and careless Byronic waistcoat of striped black and buff satin with a straggling pattern straying over it in black outlined with gold thread. Handsome black and gold enameled buttons are employed.

Here's Proof

Charles Johnson, P. O. Box 105, Lorton's Station, N. Y., writes: "I sprained my ankle and dislocated my left hip by falling out of a third story window six months ago. I went on crutches for four months, then I started to use some of your Liniment, according to your directions, and I must say that it is helping me wonderfully. I threw my crutches away. Only used two bottles of your Liniment and now I am walking quite well with one cane. I never will be without Sloan's Liniment."

All Dealers, 25c. Send four cents in stamps for a TRIAL BOTTLE

Dr. Earl S. Sloan, Inc. Dept. B. Philadelphia, Pa.

SLOAN'S LINIMENT

Kills Pain

Dress of brown panne velvet with open front tunic. Sash of wide braid. Fur trimming on waist.

Sprains, Bruises Stiff Muscles

Sloan's Liniment will save hours of suffering. For bruise or sprain it gives instant relief. It arrests inflammation and thus prevents more serious troubles developing. No need to rub it in—it acts at once, instantly relieving the pain, however severe it may be.

Send four cents in stamps for a TRIAL BOTTLE

Dr. Earl S. Sloan, Inc. Dept. B. Philadelphia, Pa.

SLOAN'S LINIMENT

Kills Pain

Dress of brown panne velvet with open front tunic. Sash of wide braid. Fur trimming on waist.

Mealtime

Should always find you waiting with a hearty appetite—And your condition should enable you to enjoy your food. A "don't care" or a "no thank you" disposition indicates—A lazy liver, clogged bowels or impaired digestion.

HOSTETTER'S STOMACH BITTERS

Will tone and sweeten the stomach and bowels—Regulate the appetite, assist the digestion—Help Nature in every way towards improving your general health. Try a bottle today, but be sure you get Hostetter's.

A Selfish Idea. "There goes an irascible old gentleman who is a noted woman hater, yet he's in favor of votes for women."

"Well! Well! That's a compliment to the persuasive powers of the fair sex."

"I don't know whether it is or not. He says he'd give them anything to keep them quiet."

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Danderine from any store and just try it. Adv.

When a woman has no faith in her husband she can generally find consolation with the fortune teller.

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* in Use For Over 30 Years. Children Cry for Fletcher's Castoria

Some people will never be popular—and there's no reason why they should be.

Send four cents in stamps for a TRIAL BOTTLE

Dr. Earl S. Sloan, Inc. Dept. B. Philadelphia, Pa.

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