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A Vegetable Preparation for Assuaging the Acidity of the Stomach and Bowels of INFANTS, CHILDREN AND INVALIDS.

Thereby Promoting Digestion, Cheerfulness and Rest, without Purging or Laxative Effects. NOT NARCOTIC.

A helpful Remedy for Constipation and Diarrhea, and Feverishness and Loss of Sleep resulting therefrom in Infants.

Exact Copy of Wrappers.

THE CASTORIA COMPANY, NEW YORK, N. Y.

NATION GETS EQUAL SUFFRAGE

States of Washington and Tennessee Ratify Constitutional Amendment.

"VOTES FOR WOMEN IN 1920"

Seventy Years of Struggle at Last Crowned With Victory—High Lights of the Movement and Some Immortal Names.

Washington.—The United States gets equal suffrage. Washington and Tennessee have ratified the constitutional amendment. This makes 36 states.

The legislatures of the states of Washington and Delaware met in special session March 22 to pass upon the ratification of the woman suffrage amendment to the Constitution as passed by congress June 4, 1919.

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

The general situation as to the ratification of the amendment was as follows: Ratification necessary by legislatures of three-fourths of the 48 states of the Union.

Amendment ratified by 34 states, beginning with Wisconsin, June 10, 1919, and ending with West Virginia, March 10, 1920. Ratification in Ohio before United States Supreme court.

Amendment defeated by six states: Alabama, Georgia, Mississippi, South Carolina, Virginia and Maryland.

The situation in the remaining six states was as follows: Connecticut and Vermont had no regular sessions until 1921. Govs. Marcus H. Holcomb and P. W. Cle-

both Cady Stanton in organizing the woman suffrage movement. She became in time the real leader of the movement; certainly she was its militant suffragist. Born in Adams, Mass., she came of Quaker stock, and early devoted herself to "temperance" (the prohibition of those days) and to the abolition of slavery.

For several years after the Civil war Miss Anthony endeavored to secure an interpretation of the fourteenth and fifteenth amendments which would allow women to vote.

Finally, in 1872, at Rochester, N. Y., she tried for an interpretation by voting at the polls. She was arrested and fined. She refused to pay the fine, but was not sent to jail.

In 1875 Miss Anthony drafted the amendment to the Constitution which has now been ratified. In 1878 the amendment was introduced in the senate, except for a single vote.

It was defeated in 1887 and thereafter was not even debated in congress until 1914.

During the years the constitutional amendment campaign, was making no progress the women won many victories in the states. They received full suffrage in 15, presidential suffrage in 12 and partial suffrage in several others.

The National American Woman Suffrage association in 1912 opened headquarters in Washington and began an active campaign for the passage of the amendment.

The National Woman's party, organized in 1910 by Alice Paul, established Washington headquarters in 1913 and introduced the militant into the campaign.

Alice Paul—the third Quakeress to immortalize herself—is the spectacular figure of the struggle. She is a practical politician and developed the deadliest card index on members of congress that practical politics has ever seen.

She was an active campaigner for the amendment through the White House pickets that the president was the "man higher up." The arrest of nearly 500 of these pickets and the imposition of jail sentences had no ef-

The KITCHEN CABINET

"Eggs are not the only things that are good for you and power by being brooded over. If we want to enlarge and multiply everything unpleasant or that which is crowded us, brooding over it will do it."

THE POPULAR BANANA.

For those who have nervous indigestion and a too acid stomach, the banana is the popular breakfast fruit because of its lack of acid in its composition. To eat bane with cooled or uncooked breakfast foods it is held in high esteem.

Bananas for serving uncooked, should be well ripened to be wholesome, especially for children.

Moulded Cereal with Bananas.—Turn any leftover cereal into cups rinsed with cold water, half filling the cups. When cold, scoop out the centers and fill the open spaces with bananas; turn into a buttered pan, fry side down until in a hot oven to become very hot. Remove with a cake turner to the cereal dishes and serve with sugar and cream.

Porto Rican Baked Bananas.—Select underripe bananas; put them without removing the skins into a very hot oven to bake for 15 minutes. Send to the table in a folded napkin and do not remove the skins until the moment of eating. Serve with plenty of butter.

Banana Croquettes.—Remove the skin and coarse threads from five bananas, cut the bananas in halves, trimming the ends; brush with beaten egg which has been mixed with a tablespoonful of water, then roll in crumbs and fry in deep fat. Serve with lamb chops or with roast lamb. Currant jelly sauce may be served with them prepared as follows:

Melt half a glass of jelly in a scant cup of boiling water, add half a cup of sugar, and a teaspoonful of corn starch mixed with a little cold water, let cook five minutes, then add a tablespoonful of butter and a teaspoonful of lemon juice.

Bananas With Cherries.—Stew a pint of cherries with five or six of the meats from the stones, add water to the juice to make a cupful; sweeten to taste, add a tablespoonful of lemon juice and set aside to cool. Pour over sliced strawberries, currants and pineapple may be used. Serve with sponge cake as a dessert.

Have you the wealth of a sound mind and a strong body and a pure soul? What great possessions are yours! Mind, health and strength are blessings to all the world—you cannot be too rich with them; keep giving it away; put it out and it will double its value in a short time.

DESSERTS, SUITABLE FOR THE SEASON.

Fruit Juices thickened with gelatin are favorite desserts for warm weather as they are both appetizing and sufficiently satisfying after a hearty meal has been eaten.

Snow Pudding.—Soak one and one-fourth tablespoonfuls of gelatin in four cupfuls of cold water fifteen minutes, then dissolve in one cupful of boiling water, add one cupful of sugar and one-fourth cupful of lemon juice. Stir until the sugar is dissolved, then strain into a large bowl, and set in ice water to cool, stirring occasionally.

When the mixture of three eggs until stiff and when the gelatin begins to thicken add the beaten whites and beat together until very light. When stiff enough to mold pour into a mold which has been rinsed with cold water. Make a boiled custard, using the yolks of the eggs well beaten, three tablespoonfuls of sugar, one-half teaspoonful of salt, a pint of hot milk; cook until smooth and flavor when cool with vanilla. Unmold the pudding, pour the sauce around it and serve.

Gateau de Princess.—Bake a sponge cake in two jelly cake tins. Cut the center from one cake, leaving a ring one and one-half inches wide. Cover the cake with jelly, jam, fresh berries sweetened or sliced fruit. Place the rim over the cake and frost the rim if desired or decorate with whipped cream.

Orange Ice.—Make a sirup, using four cupfuls of water to two of sugar, boiling twenty minutes, add two cupfuls of orange juice, one-fourth cupful of lemon juice and the grated rind of two oranges; cool, strain and freeze.

When using only a small amount in the freezer, the ice will be the fresher, only come well above the mixture in the can.

Emergency Salad.—Take two parts of cabbage and one part tart apple, run through a meat chopper, season with salt, pepper, minced green onion, celery or onion, pepper.

Spanish Bean Soup.—Press two cupfuls of canned beans or pepper baked beans through a sieve. Add two cupfuls of strained tomato or boiling water and catsup, season well and serve hot.

Cocunut Sponge.—Scant half an envelope of granulated gelatin in one-fourth of a cupful of cold water. Make a custard of two cupfuls of milk, three eggs, one-third of a cupful of sugar; cook until smooth and thick, remove from the heat and add the gelatin. When the mixture begins to set add one cupful of shredded coconut, a few grains of salt and a teaspoonful of vanilla. Use just the yolks in the custard, beat the whites stiff and fold in at the last. Line a mold with sections of orange, pour in and chill.

Corn Custards.—Mix one cupful of grated corn with three slightly beaten eggs; add one and one-half cupfuls of one-half teaspoonful of salt, a teaspoonful of onion juice and a few dashes of paprika. Put into small molds and steam, covered with greased paper. After 20 minutes remove and serve with white or tomato sauce.

When Cleaning Leather. Don't use gasoline to clean leather unless you want to crack it. Plain water with a few drops of ammonia will remove the dirt, after which the upholstery should be rubbed briskly with a soft cloth. An excellent leather dressing is made by combining two parts of linseed oil to one of turpentine.

Sometimes, "Practice makes perfect." "Takes a long time, though, on the piano."—Louisville Courier-Journal.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

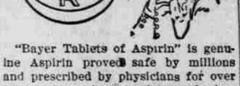
Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper—Adv.

ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is made by Bayer Manufacturing Monocaceticacidester of Salicylicacid—Adv.

He Drank the Gravy. "Too many cooks spoil the broth," but if there is no broth—well, here's the story as the young man told it: "I went to a church luncheon and thought it mighty strange that the meat was brought in first and a few minutes later a bowl of soup."

"So I laid the meat aside, reached over for the soup and began dipping my spoon in it.

"There was a loud cry from the ladies giving the luncheon, and one of them rushed up, crying:

"'Goodness gracious, man, you're drinking the gravy!'—Columbus Dispatch.

When you have decided that the worms or Tapeworm must be exterminated, get "Dead Shot"—Dr. Perry's Vermicide. One dose will clean them all out.—Adv.

Is Knowledge Power Here? A high school girl wrote to her uncle a description of one of her new teachers. Among other things she said: "Her age lurks in the vicinity of fifty."

Back came his answer: "In 30 years from now, my dear you will discover that age doesn't lurk in the vicinity of fifty. It doesn't lurk; it travels in high-powered autos and airplanes. Being forty-seven myself, I know. This is an example of knowledge being power—even phrasing correctly."

Fair Enough. "I will examine you for \$10," said the specialist. "All right, doctor," replied the patient. "If you find it, I'll give you half."—Boston Transcript.

Facts for Sick Women



Reliable Information

All American women know of the great success of Lydia E. Pinkham's Vegetable Compound in restoring to health women who suffered from ailments peculiar to their sex, yet there are some who are skeptical and do not realize that all that is claimed for it is absolutely true—if they did, our laboratory would not be half large enough to supply the demand, though today it is the largest in the country used for the manufacture of one particular medicine.

The Facts contained in the following two letters should prove of benefit to many women:

Buffalo, N. Y.—"I suffered with organic trouble and had a displacement. When lifting I had such pain and bearing down that I was not able to stand up, and it hurt me to walk or go up or down stairs. I was going to a doctor without any result and he said the safest thing would be to have an operation. I met a lady who told me she had had three operations and was not well until she took Lydia E. Pinkham's Vegetable Compound. I took two bottles of Vegetable Compound and I kept it up until I was cured. I always use Lydia E. Pinkham's Liver Pills and they are fine. Everything I need to turn over on my stomach and the Liver Pills relieved that."—Mrs. A. Rogers, 633 Fargo Avenue, Buffalo, N. Y.

Sacramento, Calif.—"I had organic trouble and had a displacement. When lifting I had such pain and bearing down that I was not able to stand up, and it hurt me to walk or go up or down stairs. I was going to a doctor without any result and he said the safest thing would be to have an operation. I met a lady who told me she had had three operations and was not well until she took Lydia E. Pinkham's Vegetable Compound. I took two bottles of Vegetable Compound and I kept it up until I was cured. I always use Lydia E. Pinkham's Liver Pills and they are fine. Everything I need to turn over on my stomach and the Liver Pills relieved that."—Mrs. A. Rogers, 633 Fargo Avenue, Buffalo, N. Y.

The fact is, the Best Medicine for Women is

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

MISTAKEN IN HIS SURMISE

Mr. Brown somewhat hasty in blaming the gramophone for those unearthly sounds.

Perfect peace reigned in the Brown's household. The head of the family, his day's work over, was reading in blissful anticipation of the evening meal which Mrs. Brown was busy preparing in the kitchen.

The gentle stillness was suddenly broken by eerie sounds, apparently coming from the next house—a weird moaning, developing into heart-rending wails and harrowing shrieks.

Mr. Brown jumped up. "It's Mrs. Wood's confounded gramophone playing 'Tost's Good-by,'" he cried. "Lizzie"—to his oldest daughter—"go and implore her to stop it! Tell her I'm ill—tell her we're all ill, anything you like, only make her leave off!"

The child obediently hurried out, and two minutes later came rushing back.

"It's not Mrs. Wood's gramophone, dad," she said. "It's the Murphys down the street opening a tin of corned beef!"

Father and Daughter Get Relief by Eatonic

R. J. Powell, Sweetwater, Texas, says, "Eatonic helped me at once, but it was my daughter who got the marvelous benefits. She could not even take a drink of water without feeling ill, full of gas, Eatonic simply takes up the excess acidity and poisons and carries them right out of the system. Of course, when the cause of the misery is removed, the sufferer cannot help but get well.

You will find it a quick, sure relief for heartburn, indigestion, sour acid, gassy, bloated stomach. It costs but a trifle and your druggist will supply you. If you don't feel well, you give Eatonic a test. Adv.

Not a Bit Curious. Mrs. Smith was all dressed up, and that piqued Mrs. Rogers' curiosity as she met her on the road.

"Going to town, I suppose?" asked Mrs. Rogers.

"No," answered Mrs. Smith. "Oh, to see your sister at Blakesville."

"No," was the sententious answer. "Going to see Cy's sister at the Corners, perhaps?"

"No, I'm not," came the positive answer.

"Well, my gracious!" exclaimed Mrs. Rogers impatiently. "Do you think I care a rap where you are going?"

Alike. Grandfather was being the group of men he was a self-styled man. "It has been a struggle," he boasted. "Just see how much property I have now, and when I came to this state I carried all my earthly possessions on my back."

"His grandson in the crowd grinned. "Well now, granddad," he chuckled, "that wasn't so bad. You see I could right now leave this state in exactly the same condition you entered it."

The High Price of Sugar

makes one welcome foods which are rich in natural sweetness.

Grape-Nuts

requires no added sweetening, for it contains its own pure grain sugar, developed from wheat and barley by twenty hours' baking.

Sprinkle Grape-Nuts over ripe fruit or berries and you'll save sugar.

FAMOUS OLD BOSTON ABODE

Province House, Once One of the Most Famous Colonial Mansions, Has Been Partially Preserved.

There stands today on Bossworth court in Boston but a portion of the old Province house, a most interesting relic of Colonial days; and the rest of the court is lined with modern office buildings. But in 1820 it was considered a very genteel part of town. Oliver Wendell Holmes lived in the old Province house for 18 years.

At the farther end of the court stands an iron- wrought archway, decorative in design, which was used in the early part of the nineteenth century as an entrance to the governor's garden, a part of the Province house grounds. This has been carefully preserved, as have the stone steps which lead to the lower level. The Province house was immortalized by Hawthorne in his "Twice-Told Tales."

The historic staircase now is gone, and only a portion of the exterior of the house is left. It was built in 1637 by Peter Sargent, a wealthy London merchant, and was considered one of the handsomest residences in town. During the days of its popularity the governor gave many balls there.

Do you want to get rid of worms or Tapeworm? Use "Dead Shot"—Dr. Perry's Vermicide. One dose cleans them out.—Adv.

After Using. The woman was the author of a cookery book that had been published at her request with wide margins and occasional blank pages for notes and additional recipes.

Often she had expressed a wish to see an old copy of the book and find to what use the blank pages had been put. One day in a second-hand book store her husband unearthed an old volume. Noticing that it had been annotated freely, he bought it. After a day or two he said:

"How about the notes in that cookery book? Were they interesting?"

"No," she said curtly; "they didn't amount to anything."

When he got a chance he looked through the book himself. Every note the book contained was a remedy for dyspepsia and kindred ailments!—Dallas News.

He Was Rich. Deception is a bad policy during the courting days, since it is so often followed by the storm of disclosure.

This was happening in the Smith household.

"You always seemed to have plenty of money before we were married," jibed Mrs. Smith.

"Alas, darling, it was only seeming; really, I had very little," replied her husband sadly.

"And what's more, you told me you expected to be rich from the patents."

"And I am rich," murmured the man lovingly. "I've got you!"

Not at Home. Swine fever had broken out in the village and the local policeman had been appointed to call upon all owners of pigs and take particulars of each case.

Rapping at the door of an old cottage he was confronted by a shrewd-looking woman, who curtsy asked him what he wanted.

"I've called to see the swine," said the constable.

"He's out," snappily replied the woman, and banged the door.—London Answers.

For Giving. Betty, who is three, is always picking up words and phrases she hears nine-year-old John use. One morning she said, "Mother, will you forgive me?"

"Forgive you for what, dear?" Betty was worried, but only for a moment.

"Forgive me a nickel," she suggested, brightly.

INTERESTING BRIEFS

Gathering nuts from the ground has been made easier by a Californian's invention of a device for the purpose. In every wine-making department of France there are vineyards which have probably never been heard of outside the French borders, where wines are produced which are admirable for consumption in the districts where they are grown, though they are altogether unsuited for transit, either by land or water.

In Japan a child is told that if he kills a cat it will revenge itself for seven generations; or that if he kills a frog and watches its twitches in its death struggles ever after his hand will tremble when he tries to write.

A kind of bread is made along the Columbia river by the Indians from a moss that grows in the spruce fir tree. This moss is prepared by placing it in heaps, sprinkling it with water and permitting it to ferment. Then it is rolled into balls as big as a man's head, and these are baked in pits.

Holland's experience during the war, when she was entirely at the mercy of foreigners for her supplies of iron and steel, has led her to plan a large blast furnace and rolling mill.

Petroleum has been known from ancient times. It was put to practical use as a fuel around the Caspian sea much earlier than elsewhere. Under the name of "Sicilian oil" it was burned in lamps in Rome in the days of Pliny. It entered into use in the arts in China centuries ago, and was discovered by the early settlers in America.

Incidentally Miss Paul herself served seven terms in jail.

In 1890 were formed two national organizations: National Woman Suffrage association, with Mrs. Stanton and Miss Anthony leaders and headquarters in New York; American Woman Suffrage association, with Mary A. Livermore, Julia Ward Howe and Lucy Stone leaders and headquarters in Boston.

The line of division between them was this: The former wished to concentrate on the passage of a constitutional amendment, the latter was in favor of obtaining the suffrage through amendments to state constitutions. In 1890 the two organizations were united under the name of National American Woman Suffrage Association, and work was concentrated on both lines of endeavor.

Mrs. Stanton was president until 1892. Miss Anthony served until 1900, resigning at the age of eighty. Mrs. Carrie Chapman Catt was its head, 1900-1904. Dr. Anna Howard Shaw, recently deceased and possibly the best known of the leaders, was president of the League of Women Voters. These arrangements became effective at the Chicago convention in February last. So the League of Women Voters now holds sway over something like 7,000,000 potential American women voters.

Mrs. Catt, who is also the head of the International Woman Suffrage alliance, which she founded in 1904, is honorary chairman; Mrs. Maud Wood Park is its executive; Mrs. Richard Edwards of Indiana is its secretary; Mrs. Solon Jacobs of Alabama, secretary, and there is a board of regional directors.

The earliest fabric which deserves the name of lace was probably made in Egypt. Most of the "lace" mentioned in the early Bible ages was in fact something like embroidery, and not lace in the ordinary sense of the word.

Gold is found in Sumatra, the Celebes and in Dutch Borneo in beach deposits, tertiary gravel beds and also in vein deposits. In 1914 68 concessions had been granted for prospecting and subsequent working of gold and silver mines.

The island of Cyprus, with an approximate area of 3,584 square miles, is chiefly agricultural, being regarded, indeed, notwithstanding its lack of level territory, as one of the richest and most fertile islands of the Mediterranean.

More women students are now registered at the University of Pennsylvania than are listed on the rolls of any one of a half dozen American colleges for women. The enrollment of women and girls in the winter and summer classes now amounts to nearly two thousand.

By means of an instrument invented by Dr. J. S. Owens, secretary of the British committee for investigating the atmosphere, it is possible to measure and record the dirt in the air over a town at any and every hour.

Every Persian house is constructed upon a plan of secrecy. No windows are visible from the streets, but the interior is constructed around several courtyards, with lovely gardens, basins of water, and even luxuriant groves of fruit and shade trees, of all of which one obtains not the slightest hint from the street.



Sewing Thirty-sixth Star on Ratification Banner.

ment had refused to call special sessions.

Florida and Tennessee could not vote in 1920 because of constitutional provision.

The Louisiana legislature was scheduled to meet in May.

The North Carolina legislature was to meet in special session in August. Gov. T. W. Bickett had declared his intention of asking for ratification.

Washington ratified in March. Delaware refused in June; Louisiana in July. Calls for special sessions were rejected by the governors of Connecticut, Florida and Vermont. The United States Supreme court upheld the Ohio ratification, holding that the United States Constitution overrode state constitutions as to details of ratification methods. Under this decision Tennessee called a special session to act on ratification.

It is 70 years since the organized movement for woman suffrage was begun in the United States. In the first part of the nineteenth century woman suffrage was spasmodically advocated in print and in the platform. But it was not until 1848 that Lucretia Mott and Elizabeth Cady Stanton called a woman suffrage convention at Seneca Falls, N. Y., which launched a "declaration of sentiments" and passed a resolution demanding equal suffrage.

These are two immortal names in American history. Lucretia Coffin Mott (1780-1880) was born in Nantucket, Mass., of Quaker parents. After teaching, she became an "acknowledged mistress" of the Friends. She married James Mott, who worked with his wife against slavery.

Elizabeth Cady Stanton (1815-1902) was born in Johnstown, N. Y. She married in 1840 Henry B. Stanton, a journalist and anti-slavery speaker. From 1840 to 1858 she was president of the National Woman's Suffrage association.

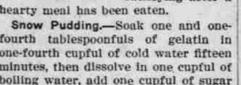
Susan B. Anthony (1820-1906) joined with Lucretia Mott and Eliza-



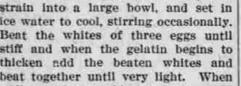
Fruit juices thickened with gelatin are favorite desserts for warm weather.



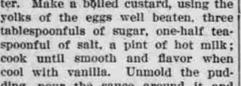
Snow pudding—soak one and one-fourth tablespoonfuls of gelatin in four cupfuls of cold water fifteen minutes, then dissolve in one cupful of boiling water, add one cupful of sugar and one-fourth cupful of lemon juice. Stir until the sugar is dissolved, then strain into a large bowl, and set in ice water to cool, stirring occasionally.



Scalloped beans—butter a baking dish and add two cupfuls of white sauce or a tomato sauce to four cupfuls of cooked string beans, with one small chopped onion. Cover with buttered crumbs and bake 30 minutes in a moderate oven.



Braised new cabbage—melt one-fourth cupful of sweet fat in a saucepan, add two green apples and two onions finely chopped; cook gently for three minutes, then turn in one good sized cabbage, shredded, three cloves, one-half cupful of vinegar, one tablespoonful of salt, one-fourth teaspoonful of pepper. Cover tightly and simmer for two and one-half hours.



Cocunut sponge—scant half an envelope of granulated gelatin in one-fourth of a cupful of cold water. Make a custard of two cupfuls of milk, three eggs, one