

**MORE HOSPITALS ARE NEEDED**

Situation Improved, But Further Work is Needed to Stamp Out Tuberculosis.

Only four states, Mississippi, Nevada, Utah, and Wyoming, have no beds whatever in special hospitals or wards for consumptives. Eight years ago when the National Association for the Study and Prevention of Tuberculosis was organized, there were 26 states in which no hospital or sanatorium provision for consumptives existed, and the entire number of beds in the United States was only 10,000.

"While these figures would indicate a remarkable growth in anti-tuberculosis activity," says Dr. Livingston Farrand, executive secretary of the National association, in commenting on the subject, "there are still practically ten indigent consumptives for every one of the 30,000 beds, including those for pay patients. In other words, we have from 250,000 to 300,000 consumptives in this country too poor to provide hospital care for themselves. If tuberculosis is ever going to be stamped out in the United States, more hospital provision for these foci of infection must be provided."

**AN APT SCHOLAR.**



Mrs. Beacon Streets—'I'm glad your uncle left you some money, but please, Norah, don't call it a legacy. Say limbacy. It is very improper to say leg; always say limb!

Norah—'Yes, ma'am, an' shall I warrum oop that limb o' mutton for dinner, or will yez hov it cowlid?

Put it Up to the Cook Book. "My dear Dolly," said a young husband, "honestly I cannot congratulate you on your success with this pudding. It is simply rank."

"Charley!" exclaimed the little wife, "how absurd! It is all imagination! The cook book says it tastes like ambrosia."

And Prized Above All. Other things may be seized by might or purchased with money, but knowledge is to be gained only by effort.—Landor.

Her Unfortunate Error. A literary lady at a society dinner was given a seat next to a noted scientist whose views were very materialistic, and at some remark he made on the origin of mankind, the lady found her temper tried beyond all bearing, so that she retorted: "I really don't care what you say. I believe in the Bible, and there we are told that Adam was the father of all living."

"I really think you are mistaken," he said with a smile, and so the subject dropped.

A few days later the lady, writing to a bosom friend, told her of the occurrence and added: "I am too mortified, for I have looked the matter up and it only says that Eve was the mother of all living, and so I don't know whether to write to the professor or not."

**GOOD NIGHT'S SLEEP**

No Medicine So Beneficial to Brain and Nerves.

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating Grape-Nuts, and says:

"For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank.

"When I started on Grape-Nuts, vomiting stopped, and the bloated feeling which was so distressing disappeared entirely.

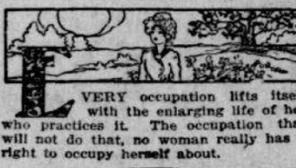
"My mother was very much bothered with diarrhoea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts food she is well, and says she don't think she could do without it.

"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by a 'bad stomach.' There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

**The KITCHEN CABINET**



VERY occupation lifts itself with the enlarging life of her who practices it. The occupation that will not do that, no woman really has a right to occupy herself about.

**WHAT TO DO WITH LEFTOVER BITS OF CHEESE.**

Cheese is such a valuable food and is so particularly good in combination with starchy foods, and those lacking fats and flavor, that it should be found more often upon our tables.

When buying cheese it is best not to get it in too large quantities, as it dries and molds. To keep it from molding, wrap it in a cloth wrung out of vinegar. Grate all the small pieces before they get too dry and keep them in a jar with a tight cover.

In cooking cheese it is well to remember that overheating makes it indigestible. When possible, add the cheese to a hot dish only long enough to melt it. A tablespoonful of cheese will flavor a dish, and not even a scrap should be thrown away.

Butter crackers and sprinkle with grated cheese and a dash of cayenne, place in a hot oven and serve when the cheese is melted.

**Cheese Shell Filled With Cabbage.**—Boil until tender a small head of young cabbage. Drain, chop and season well. There should be about two cupfuls. Put it in an empty edam or pineapple cheese shell, in alternate layers, with one cup of white sauce. Heat in the oven until the sauce bubbles; this will give the cabbage a delicate cheese flavor. Boiled macaroni or rice may be substituted for the cheese if preferred.

**Cheese Macaroons.**—Spread Macaroons together with any tart jelly and press together with a layer of snappy cheese between.

**Cream Cheese Crackers.**—Take unsweetened crackers. If not crisp set them in the oven for a few moments. Spread with plum or currant jelly and drop a teaspoonful of cream cheese in the center of each cracker.

**Cheese Balls.**—Add a dash of tabasco sauce to cream cheese, a pinch of salt, paprika to make it pink, and cream to make a paste. Form into balls and roll in finely chopped black walnuts. Serve on lettuce with French dressing.

Pack cream cheese, well seasoned, into red or green peppers; then serve cut in slices. Very pretty.



It's as easy now for the heart to be true as the grass to be green and the sky to be blue; 'Tis the natural way of living.

A poem every flower is And every leaf a line.

**FOOD FROM THE CHAFING DISH.**

The chafing dish is like reasonable weather, always reasonable, and may be used to regale a theater or a porch party equally entertaining.

The empty spit, Ne'er christened wit; Mi-nerve loves the larder.

For a really enjoyable dish nothing is nicer than frogs' legs. Clean and trim a dozen of the hind legs; season with salt, pepper and roll in crumbs; egg, then crumbs again and saute in butter. Cook only a few at a time, as they should be well browned in the hot blazer. Serve with Sauce Tartare. This is mayonnaise dressing with capers, parsley, olives and pickles and a half a small green onion added, all chopped fine.

Scrambled eggs with cheese is a combination easily prepared in the chafing dish. Scramble the eggs and add just before serving four tablespoonfuls of grated cheese.

**Sicilian Omelet.**—Beat three eggs slightly, add a teaspoonful of sugar and a pinch of salt. Butter the sides of the blazer, turn in the omelet and cook. Turn on to the platter and serve with Sicilian sauce. Beat half a cup of heavy cream, add a tablespoonful of powdered sugar, and a tablespoonful of melted currant jelly, and one and a half tablespoonfuls of powdered macaroons.

**Smothered Mushrooms.**—Prepare a cup of fresh mushrooms. Melt three tablespoonfuls of butter, add the mushrooms, sprinkle with salt, paprika and cook slowly for ten minutes. Dredge with one and a half tablespoonfuls of flour and add half a cup of chicken stock. As soon as heated add two eggs slightly beaten and a grating of nutmeg. Be sure that the flour is cooked before adding the eggs.

**Chicken a la Reine.**—Cream two tablespoonfuls of butter and add the yolks of three hard-cooked eggs, rubbed to a paste. Soak one-fourth of a cup of cracker crumbs in the same amount of milk and add the egg mixture. Pour on gradually one cup of chicken stock, then add a cup of finely cut cooked chicken. Season with salt, paprika and celery salt. Serve on toast.

*Nellie Maxwell.*

Next She'll Be Bride Groom. How far is this sex equality going, anyhow? In an English paper the following ad appeared the other day: "LADY desires post as groom, thoroughly experienced in management and care of horses, riding and driving, also in caravanning and camp life."

**Whenever You Use Your Back**



Does a Sharp Pain Hit You? It's a sign of sick kidneys, especially if the kidney action is disordered, too, passages scanty or too frequent or off-color.

Do not neglect any little kidney ill for the slight troubles run into dropsy, gravel, stone or Bright's disease.

Use Doan's Kidney Pills. This good remedy cures bad kidneys.

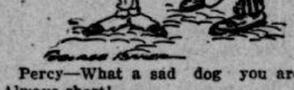
**A TYPICAL CASE—**

L. C. Warner, 126 N. Garfield Ave., Poncaello, Idaho, says: "Kidney complaint often confined me to bed for weeks. I passed kidney stones and the pain was terrible. Morphine was my only relief until I used Doan's Kidney Pills. After taking this remedy the stones dissolved and passed without pain. I am now free from kidney trouble."

Get Doan's at any Drug Store, 50c a Box

**Doan's Kidney Pills**

WAGGISH.



Percy—What a sad dog you are. Always short!

Reggy—Well, I'm no dachshund, I'll admit.

Where He Drew the Line. An English earl, lately deceased, who had no family, was notorious for his hatred of children, and on one occasion he engaged as lodge keeper an army pensioner named McMicken.

Some few months later McMicken's wife presented him with a son and heir. On learning of the occurrence his lordship rode down to the lodge in a terrible rage.

"I hear," said he to Mr. McMicken, "that your wife has a son."

"Yes, my lord," said the man proudly.

"Well, now, look here, McMicken; when I put you here, it was to open and shut a gate, but by the Lord Harry, not to propagate."

Your working power depends upon your health. Garfield Tea helps toward keeping it.

And So True, Eco. Father was walking to Sunday-school with little Johnny, and endeavoring to improve the time by teaching Johnny his Golden Text, the words of which were: "Whatsoever a man soweth, that shall he also reap."

Johnny repeated it after his father several times, and seemed to have mastered the correct wording. As they drew near the Sunday-school the father gave Johnny his last rehearsal. "Now, son," he said, "let's have the Golden Text once more without any help from me."

This is what he got from Johnny: "Whatsoever a man sews always rips."—Harper's Bazar.

Willing to Oblige. A story comes from a town where firms advertise to sell fish direct to small purchasers. The glowing advertisements asked for the sending of half a dollar with a list of the varieties of fish preferred. One letter read:

"I want two salmon, a dozen whiting, a dozen fresh herring, some flounders, and if you have them you can add a lobster."

The next day the lady received a letter which ran:

"Dear Madam: Please send another dime and we will forward the fisherman."—Dallas News.

Noted Author. "See that man over there with the black mustache?" said Tompy.

"Yes," said the visitor.

"Well," said Tompy, "he is the author of one of the most popular serials in a hundred years."

"Really?" said the visitor. "Why, he doesn't look like a literary man."

"No," said Tompy. "He isn't—he's the inventor of popped grits, the best selling cereal on the market."—Harper's Weekly.

If come cooks land in heaven they will be awfully annoyed to find that they can't leave.

The candidate for office who "also ran" has to explain to his friends how it happened.

The reason a girl won't let a young man kiss her is because she wants him to.

The woman pugilist knows just how to assert her "rights."

**WILLING TO SHARE PENNIES**

Generous Act of Street Waif That Gained Him a Friend in Great Novelist.

Charles Dickens, the creator of many delightful child characters, earned a million dollars during his lifetime with his pen, but often walked the streets of London in search of material for his books without a penny in his pocket.

One evening while doing this he was accosted by a small boy who asked him for a penny. Dickens searched his pockets, but they were empty, and so he told the boy, who was shivering in the cold.

"Poor man!" exclaimed the little fellow, "we'll go hunks together!"

Dickens stood back in the shadow of the street to see what the outcome would be. The lad continued to beg, and finally gained two pennies. He came dancing to Dickens with a jolly ring in his voice.

"Now," he said, "we'll have two hot buns apiece!"

Such a generous spirit under such trying circumstances struck Dickens so forcibly that he took the lad home with him, and there he was fed and clothed, and started on the road to a better life.

**TERRIBLE ITCHING ON LIMBS**

Glen Wilton, Va.—"Five years ago I was in a terrible state of suffering with blotches on my limbs, of the most intense stinging and itching. I could not rest day or night; the itching was so severe that it waked me out of sleep. I could never get a full night's rest. I actually scrubbed the very flesh so severely that in a short time the affected places were so sore I could scarcely walk with any ease or comfort. The places were a solid raised up mass. I would scratch the parts until they would bleed. I tried home remedies but got no good; the itching just kept on getting worse. I used some salve which simply was no good at all.

I happened to see the Cuticura Soap and Ointment advertisement and wrote for a free sample. Almost like magic I commenced getting relief. I bought a 50c box of Cuticura Ointment and some Cuticura Soap and I was entirely cured from a torment that would be hard to describe." (Signed) W. P. Wood, Mar. 9, 1912

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."

**A WELCOME ARRIVAL.**



Mr. Collier Down—Intelligence has just reached me.

Mrs. Collier Down—Thank heavens, it has come at last.

Ruling Spirit Still Strong. Mrs. J. L. Story, who has just published a volume of reminiscences, tells of a lady relative who had all her life been afraid of damp sheets. When she was dying Mrs. Story entered the room, to find the fireplace barricaded with a large assortment of bed linen. She was having her winding sheet warmed.

"I never have lain in damp bed-clothes while I was alive," said the old lady in a feeble whisper, "and I'm not going to do it when I'm dead."

Blessed Sympathy. Sympathy with animals blesses and humanizes men and women. To get into real relation with an animal is a liberal education. It is something to be really interested even in a plant and to observe the working of life in any sphere not our own. How much more when that life is directing a personality which consciously looks up to us and will love us if we will let it!—Christian Register.

Does It Pay to Rent a House? Get out your rent receipts for the past five years and add them up yourself—then investigate our plan; \$7.50 per month, with 5 per cent interest on yearly balances pays for a thousand dollar home. We allow the loan to run about ten years, but you can pay it in full at any time, thereby stopping further interest. The Capital Security Co., Dept. K. W. Bank of Commerce Building, Norfolk, Va.

Stern Call of Duty. Reform is not joyous, but grievous; no single man can reform himself without stern suffering and stern working; how much less can a nation of men!—Carlyle.

Why be constipated when you can get Garfield Tea at any drug store? It will quickly relieve and its benefits will be realized.

The germ of suspicion is often fatal to the microbe of love.

**TERRIBLE, INDEED.**



Hoyle—A woman is said to be as old as she looks.

Mrs. Hoyle—It would be terrible if she were as old as other women think she looks.

Singing and the Lungs. It is well known that singing, like whistling, is a fine exercise for the lungs, and some doctors advise those who fear consumption to go in for singing for this reason.

At the same time, they, of course, do not advance the claim that singing alone will save anyone from cure consumption. Acquire the habit of taking the big deep breath, which is a primary requisite of any kind of singing, bad or good, and the physical joy derived from it will never allow you to relapse into lazy breathing.

With the Lid Off. "Mother," asked Bob, with a hopeful eye on the peppermint-jar, "have I been a good boy this afternoon?"

"M-m-yes," answered mother, dubiously, recalling a certain little rift within the lute. The four-year-old diplomat looked anxious.

"Please," he begged, "say a wide-open yes!"—Harper's Bazar.

Hope Eternal. Every new day and night of joy or sorrow is a new ground, a new consecration, for the love that is nourished by memories as well as hopes.—George Eliot.

Lumbago, Rheumatism and Chilblains. There is nothing that gives so quick benefit as Hunt's Lightning Oil. The very minute it is rubbed on the improvement is noticed. For over thirty years this Liniment has been acknowledged to be the best for these troubles. Every druggist will recommend it. Price 25c and 50c per Bottle.

British South African Empire. The South African possessions of England require 100,000,000 postage stamps per annum.

Smile on wash day. That's when you use Red Cross Ball Blue. Clothes whiter than snow. All grocers.

The man who falls out of an airship probably feels as badly hurt as the one who is thrown out of the political bad wagon.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

One always thinks there is a lot of money to be made in any kind of business that he isn't in.

Dickey's Old Reliable Eye-water cures sore or weak eyes. Don't hurt. Feels good.

A girl expects a man to think her hair is naturally curly even when she knows that he knows it isn't.

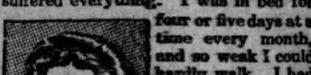
Important! It is that the blood be kept pure. Garfield Tea is big enough for the job.

Helpmates and soulmates are not always synonymous.

**SEVEN YEARS OF MISERY**

How Mrs. Bethune was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Sikeston, Mo.—"For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I had cramps, backache and headache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctor gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband's told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do all my own housework, work in the garden and entertain company and enjoy them, and can walk as far as any ordinary woman, any day in the week. I wish I could talk to every suffering woman and girl, and tell them what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. DEMA BETHUNE, Sikeston, Mo.



Remember, the remedy which did this was Lydia E. Pinkham's Vegetable Compound. It has helped thousands of women who have been troubled with displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means have failed. Why don't you try it?

Live Stock and Miscellaneous

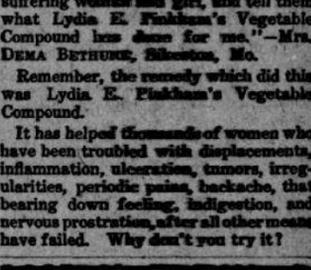
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In great variety for sale at the lowest prices by

WESTERN NEWSPAPER UNION

221-531 W. Adams St., CHICAGO

Ask for this Box



It's the goodness of this scotch-beer as well as its tonic properties that make it so great a favorite.

One package makes 6 gallons. If you want to try it, send 25c for a sample to THE CHALLENGE BOTTLE CO., 255 N. Broad St., Philadelphia, Pa.

DAISY FLY KILLER

To cure coughs—the medicine must be more than a purgative; it must contain tonic, alterative and cathartic properties.

**Tutt's Pills**

possess these qualities, and speedily restore to the bowels their natural peristaltic motion, so essential to regularity.

MILLINERY WHOLESALE AND RETAIL

We want your business. Latest styles, lowest prices, largest stock, quick shipments.

Fair's Millinery Co., 322 State St., LINO ROCK, ILL.

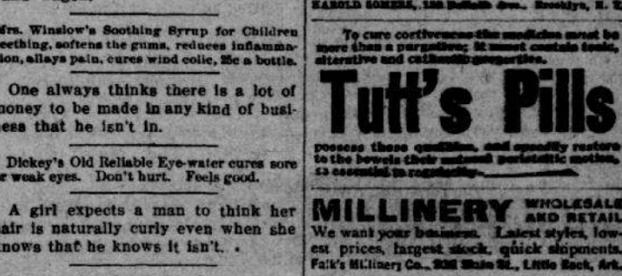
WILL SELL OR TRADE FOR AKE OR DAK.

Land—152 1/2 Jackson Co., Ill. 75 c. call; creek, h. born, south Wood, Ill. 219, Chicago.

W. N. U., Little Rock, No. 29-1912.

**The Old Oaken Bucket**

filled to the brim with cold, clear purity—no such water nowadays. Bring back the old days with a glass of



It makes one think of everything that's pure and wholesome and delightful. Bright, sparkling, teeming with palate joy—it's your soda fountain old oaken bucket.

Free Our new booklet, telling of Coca-Cola's vindication at Chatsanooga, for the asking. Demand the Genuine as made by THE COCA-COLA CO., ATLANTA, GA.

Whenever you see an Arrow think of Coca-Cola.

WHY MEN DRINK AND USE DRUGS, AND HOW TO CURE THEM

OUR NEW BOOK TELLS ALL ABOUT IT, SENT SEALED, FREE, ADDRESS

THE KEELEY INSTITUTE, 702 PARK AVENUE, HOT SPRINGS, ARKANSAS

**You Look Prematurely Old**

Because of those ugly gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, 51.00, retail.