

DARLING BABY BRIGHTENS HOME

Children's Laughter a Pleasing Sound



Altoona, Pa.—"I am writing to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. We had six children die almost at birth. From one hour to nineteen days is all they have lived. Before my next one was born I took a dozen bottles of your Vegetable Compound, and I can say that it is the greatest medicine on earth, for this baby is now four months old, and a healthier baby you would not want. I am sending you a picture of her. Everybody says 'That is a very healthy looking baby.' You have my consent to show these few lines to anybody."—Mrs. C. W. BENZ, 131 3rd Avenue, Altoona, Pa.

Mrs. Janssen's experience of interest to childless wives.
Milton, Wis.—"I want to give you a word of praise for your wonderful medicine. We are fond of children, and for a considerable time after we were married I feared I would not have any. I began taking Lydia E. Pinkham's Vegetable Compound, and it strengthened me so I now have a nice, strong, healthy baby girl. I suffered very little at childbirth, and I give all the credit to your medicine, and shall always recommend it highly."—Mrs. H. H. JANSSEN, Milton, Wis.

Mrs. Held of Marinette, Wis., adds her testimonial for Lydia E. Pinkham's Vegetable Compound. She says:

Marinette, Wis.—"I was in a nervous condition and very irregular. My doctor advised an operation. My husband brought me one of your booklets and asked me to try Lydia E. Pinkham's Vegetable Compound. It overcame my weakness so that I now have a healthy baby girl after having been married nine years. I am glad to recommend your medicine, and you may use my letter as a testimonial."—Mrs. H. B. HELD, 330 Jefferson St., Marinette, Wis.

There are many, many such homes that were once childless, and are now blessed with healthy, happy children because Lydia E. Pinkham's Vegetable Compound has restored the mother to a strong and healthy condition, as it acts as a natural restorative for ailments as indicated by backache, irregularities, displacements, weakness and nervousness.

Women everywhere should remember that most of the commoner ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative. It can be taken with perfect safety and often prevents serious troubles.

Therefore if you know of any woman who is suffering and has been unable to secure relief and is regretfully looking forward to a childless old age, ask her to try Lydia E. Pinkham's Vegetable Compound, as it has brought health and happiness into so many homes once darkened by illness and despair.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

What to Do for CONSTIPATION

Take a good dose of **Carter's Little Liver Pills**—then take 2 or 3 for a few nights after. They cleanse your system of all waste matter and **Regulate Your Bowels**. Mild—as easy to take as sugar. *Genuine bear signature—Bentley*
Small Pill. Small Dose. Small Price.

FOR THE BEST TABLES
MAXWELL HOUSE
COFFEE
"GOOD TO THE LAST DROP"
SEALED TINS AT GROCERS

WOULD GET RID OF "JUNK" UNWILLING TO TAKE CHANCE

Writer Protests Against Custom, All Too Common, of Keeping Useless Old Household Goods.

Articles which owe their value to their utility may become unserviceable, but the owners, instead of getting rid of them, find some niche in the home in which to store them, or, worse still, keep the old goods in a place of honor with modern furnishings and make their homes ugly as well as comfortless.

Where families have lived in one house for years, miscellaneous articles of useless furniture will be found lumbering up the place. If the more sensible and practical members of the family ask for their disposal, and comment on their uselessness they get a lecture entitled sentimental value.

The amazing part of the sentimental value plan is the little regard these owners of rubbish place on the tastes and desires of other members of the family. The worshippers of household goods are likely to become exacting, and unhappily these failings increase as they grow older.—San Francisco Chronicle.

Pink usually wins. A man's success often depends upon his ability to pluck others.

Bread is the staff of life and hard-baked is the crowbar.

Youngsters grow husky on
Grape-Nuts

The great body-building values which Nature stores in wheat and barley, are retained in this easily digestible food.

The unique, sweet flavor of Grape-Nuts makes it a big favorite with both children and adults.

"There's a Reason"
SOLD BY GROCERS EVERYWHERE

SIMPLE RECIPES FOR CORN MEAL

Among Most Economical of Food Materials in Different Sections of Country.

AFFORDS PALATABLE DISHES

North and South Differ Considerably in Preference for Grain—Particular Attention Should Be Given to Storage.

(Prepared by the United States Department of Agriculture.)

At ordinary prices corn meal is among the more economical food materials. Many palatable dishes may be made simply of corn meal, salt and water, or the meal may be combined with various other materials.

Recipes for the use of corn meal that will be useful everywhere are not easy to make, for the meal used in various parts of the country differs considerably. In general the granular, which is used more commonly in the North, requires more water and longer cooking than the water ground, which is used more generally in the South. This extra cooking is needed to soften the meal and remove the granular quality from which it gets its name, and must often be given to the meal before it is used in making bread and some other dishes.

Two Kinds of Meal.

There are two general kinds of corn meal, the granular, or "new process," and the so-called "water ground," or "old process." The granular is more used in the North, the water ground in the South, though the latter is also well known in many parts of the North. The granular meal is milled from kiln-dried degermed corn between rollers which may become quite hot during the process, and is boiled. It feels dry when rubbed between the fingers. It is convenient for use, for it keeps well and is suitable for making corn breads which contain baking

Running water and a drain for carrying off waste save the housekeeper many steps and many hours. Pantry, dining room, and storerooms should be convenient to the kitchen and so far as possible on the same floor level.

Floors, walls, ceiling and woodwork should be made as easy to clean as possible by oiling, painting, or covering with suitable washable material. Unfinished wood floors, moldings and table tops are poor economy; they are hard to clean and soon show stains and signs of wear.

Durable, convenient equipment is most economical and should be so placed that there is the least possible strain on the worker's muscles as she performs her tasks. Many of the tired backs are the result of improperly placed kitchen equipment.

Good Light and Ample Supply of Fresh Air Are Among Essentials for Best Results.

A conveniently arranged and equipped kitchen means lighter work and shorter hours for the housekeeper and her helpers, say household specialists of the United States Department of Agriculture, who give the following hints in Farmers' Bulletin 607, The Farm Kitchen as a Workshop:

Plenty of light and good air are essential to good results in the kitchen and to the comfort of those working there.

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shown that these simple breads, which are tender and light, though solid in appearance, can be satisfactorily made out of finely ground meal. If a little baking powder is added. In the corn-meal breads of the second class, which are made light by the carbon dioxide given off by baking powder, or through the action of sour milk on soda, the gluten deficiency of the corn is made up for by the use of eggs, which hold the air bubbles which make it light. In breads of the third class, those raised by the carbon dioxide given off by the yeast, the gluten deficiency in the corn is supplied by the addition of some other flour, usually wheat or rye. Yeast-raised corn breads do not dry out nearly so quickly as the other types, and they are palatable either warm or cold. For these reasons they are convenient for the housekeeper who does not wish to make bread fresh for each meal.

Provides Other Dishes.
Corn meal may be used in preparing many excellent dishes other than breads. A very substantial dish is corn-meal fish balls. It is made of two cupfuls of cold white corn-meal mush, one cupful of shredded codfish, one egg and one tablespoonful of butter.

Pick over the codfish and soak it to remove salt, if necessary. Combine the ingredients and drop by spoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with those made with potato and are prepared more easily and quickly. The mush must be as dry as possible.

FEATURES OF GOOD KITCHEN
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Daddy's Evening Fairy Tale
BY MARY GRAHAM BONNER
GIRL'S UNSELFISHNESS.

The courier whose name was Co-operation and the boy and the girl continued their ride on the way to the main road which led to the House of Secrets.

"You see," said the courier they were now with, "there are several more roads along which you have to travel and a number of hills to be climbed before you come to the House of Secrets."

"We saw it in the distance from the top of a mountain," said the girl. "The witch showed us the room which we were first going to visit. We looked through her great field glasses which can show things so far away."

"She showed us the door of the room," said the boy. "It was an outside room. I believe most of the rooms are outside ones, aren't they?"

"Yes," said the courier. "But we mustn't find out too much about it now. I am going to take you along a little further."

"You've both been pretty good adventurers. You've both been ready to go on and you've made mistakes and have in the long run been glad of them for they've shown you quite a good deal. So I'm giving you this ride. We're going faster than you could walk, naturally. This is a little lift, you see, to help you on your journey."

"I can't take you there all the way for you'd miss lots of excitement and fun. Even if this is easy it wouldn't be fun to always ride through life or along roads. Sometimes it's nice to walk. In fact if you're going to have adventures you can't hurry too much. It's impossible. But this little lift won't hurt you."

As he spoke he noticed that the girl's head had dropped on her shoulder.

"Quick," he said to the boy. "Hop off and go to the spring beyond yonder birch tree. There get some water in the large shell which is always there. Make haste."

He jumped off the horse with the boy and lifted the girl down gently as the boy rushed off for the water.

"Oh dear," the boy thought excitedly to himself as he stumbled hurriedly to the spring, "we're just happy when something happens to worry and

trouble us again." He dipped up some water and hurried back.

The girl lay on the ground. "Pour some of the water over her," the courier said to the boy. The boy did so.

The girl opened her eyes slowly. "I'm so hungry," she said in a weak voice.

"That's it," said the boy, "how thoughtless of me. She hasn't had anything to eat since yesterday. I had my breakfast with you and I forgot that I didn't meet her until after breakfast. Oh, will you ever forgive me?"

"I knew you had forgotten," said the girl.

"And I was thoughtless too," said Co-operation. "I've got a few things to learn myself too. None of us are perfect. No matter if we do manage to get somewhere and get on and help others we still have lots to learn. But here I'm talking when she should have some food."

He pulled off his knapsack and gave the girl an orange from it. Then he gave her a biscuit.

"We'll all have a big meal shortly," he said. "Perhaps it would be better, as long as you are so faint, to eat but a little at this time."

"I feel so much better," said the girl. "How silly it was of me! I will try to behave better. I am of no use on this trip."

"Of course you are," said the boy. "I might have done the same thing if I hadn't had food. And you didn't stop us to complain or make any fuss. I would have, I'm sure."

They were sitting by the roadside now. "It's all wrong to excuse myself by saying I forgot. It was selfish of me to forget. That's what it was," said the boy.

They all had a delicious meal later as they sat by the roadside, for the courier's knapsack was filled with goodies.

Wanted to Be Good.
"Dear Lord," prayed five-year-old Bettie, one evening before retiring, "please make a good little girl out of me, and if at first you don't succeed, try, try, again."

Turned the Other Cheek.
Mamma—Charles, you look as if you had been fighting again. Have you?
Charles—Yes, ma'am, I had to. Ralph Brown hit me on the cheek.
Mamma—Well, you should have turned the other cheek.
Charles—I did, and he hit that and soaked me on the nose. Then I got mad and licked the stuffin' out of him.

Baby Like Wheat.
Why is a baby like wheat? Because it is cradled, threshed and becomes the

MRS. BARRETTE TELLS OF SPLENDID RESULTS

Prominent New Hampshire Woman Says Tanlac Brought About a Wonderful Change in Her Condition.



MRS. AUREORE BARRETTE of Manchester, New Hampshire

"Tanlac is a grand medicine, and I think every suffering woman ought to know about it," was the statement made recently by Mrs. Aureore Barrette, at her residence, 133 Second Street, Manchester, New Hampshire. Mrs. Barrette is a well known and highly respected resident of that city.

"I have not felt at all well for the past year or more," she continued. "I haven't been sick enough to be in bed, but I was far from being a well woman. At times I thought I had kidney trouble, for I suffered almost constantly from severe pains across my back, just over the kidneys. Whenever I tried to do any housework at all that dull pain would be there, and if I attempted to stoop over it just felt as though my back would break. I would get so weak and worn out I would have to sit down and rest several times a day, and I felt tired all the time."

"This condition made me awfully nervous, so that I rarely ever slept well at night, and every now and then I would jump in my sleep, as if in a fright, and my condition was really becoming serious."

"Only two bottles of Tanlac have brought about a wonderful change in my condition. In fact, the results I have received from this medicine have really surprised me. Those terrible

pains in my back which used to trouble me every day have almost disappeared, and I am going to keep on taking Tanlac until they leave me entirely. I have lots of energy now, and am not only able to do my housework, but I get through the day without feeling the least bit tired. I am no longer nervous like I was, and I sleep well at night."

"I shall always be thankful for what Tanlac has done for me."

Tanlac is sold by leading druggists everywhere.—Adv.

SPHON'S DISTEMPER COMPOUND
SPOHN MEDICAL COMPANY, Goshen, Ind.

To the pure all things are more or less adulterated.

Good resolutions may be classified as self-binders.

HEAD STUFFED FROM CATARRH OR A COLD
Says Cream Applied in Nostrils Opens Air Passages Right Up.

RUB OUT SORENESS, SPRAINS, BACKACHE WITH OLD ST. JACOBS OIL

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more yawning, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Back hurt you? Can't straighten up without feeling sudden pains, sharp aches and twinges? Now, listen! That's lumbago, sciatica, or maybe from a strain, and you'll get blessed relief the moment you rub your back with soothing, penetrating "St. Jacobs Oil! Nothing else takes out soreness, lameness and stiffness so quickly. You simply rub it on and out comes the pain. It is perfectly harmless and doesn't burn or discolor the skin.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

Lumber up! Don't suffer! Get small trial bottle from any drug store and after using it just once you'll forget that you ever had backache, lumbago or sciatica, because your back will never hurt or cause any more misery. It never disappoints and has been recommended for 60 years. Stop drug-ging kidneys! They don't cause backache, because they have no nerve therefore can not cause pain.—Adv.

If a woman is heartless it is the fault of some man.

Those who marry for love are just as likely to bump into disappointment as those who marry for money.

IT COSTS MONEY TO GET SICK
Save money and suffering by keeping Vacher-Balm handy. If used in time it prevents Colds, Coughs, and Soreness from getting bad.

MOTHER!
"California Syrup of Figs" Child's Best Laxative

There is nothing better, avoid imitations. Ask your druggist, or send for a free sample. E. W. VACHER, Inc., New Orleans, La.—Adv.

The average man is dissatisfied either with what he has or what he hasn't.

WOMEN USE "DIAMOND DYES"
Dye Old Skirts, Dresses, Waists, Coats, Stockings, Draperies—Everything.

Each package of "Diamond Dyes" contains easy directions for dyeing any article of wool, silk, cotton, linen, or mixed goods. Beware! Poor dye streaks, spots, fades, and ruins material by giving it a "dyed-look." Buy "Diamond Dyes" only. Druggist has Color Card.—Adv.

Well, anyway, some of the apples that were trying to get sold at two for 15 cents rotted.

Accept "California" Syrup of Figs only—look for the name California, the package, then you are sure your child is having the best and most healthful physic for the little stomach, liver and bowels. Children love its fruit taste. Full directions on each bottle. You must say "California."—Adv.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used. 5c.

It All Depended.
Mrs. Benham—"What do you of this 'ship by truck' idea?"
Ham—"Is your mother ready to home?"

The girl who can't afford a riding habit should get into the habit of walking.

WARNING
Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years, and proved safe by millions.—Say "Bayer!"

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Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years, and proved safe by millions.—Say "Bayer!"

say  **Aspirin**

SAFETY FIRST! Accept only an "unbroken package" of genuine "Bayer Tablets of Aspirin," which contains proper directions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and pain generally. Strictly American.

Household Questions

Paint can be removed from the hands by rubbing with kerosene.

Mildew stains can be removed by soaking and washing in sour milk.

Cover a cheese with paraffin and it will keep in almost any weather.

The best cuts of beef for roasting are the first three ribs or the sirloin.

When nailing hardwood, soap the nail first, and it is less likely to split the wood.

Before wearing silk stockings, rinse the toes and heels in cold water and let them dry.

For flavoring soups keep on hand a bottle of Worcestershire sauce and one of tomato catsup.