

FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Telling Too Much.

I have visiting me a childhood friend whom I had in a sense outgrown, but yet for whom I had a kindly feeling because of past relations. The first night after she had arrived she was, as usual, talkative, and the next morning my sister responded to my morning greeting with: "Whatever were you and Mabel talking about half the night? I am tired out, you kept me awake so long."

"You tired out!" I exclaimed. "Then how do you think I feel?"

Imagine my horror when, turning to leave the room, I saw my friend standing back of me, knowing that she must have heard all.—Exchange.

Indiana Housekeeping.

If you are a race fan read this to your wife. The night before the 500-mile race at Indianapolis one sprinkling wagon and eleven men actually scrub every brick on the two and one-half mile course. Sure, it only comes once a year, but who wants a race course for a kitchen?

The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At grocers, 5c.

Uncle Eben.

"Many a Man," said Uncle Eben, "gives hisse'f credit foh tellin' de truth when mebbe he ain' doin' much mo' dan 'spressin' a personal opinon."

Actors are fragmentary individuals. They are always appearing in parts and the parts are in pieces.

BRACE UP!

The man or woman with weak kidneys is half crippled. A lame, stiff back, with its constant dull ache and sharp, shooting twinges, makes the simplest task a burden. Headaches, dizzy spells, urinary disorders and an "all worn out" feeling are daily sources of distress. Don't neglect kidney weakness and risk gravel, dropsy or Bright's disease. Get a box of Doan's Kidney Pills today. They have helped people the world over.

A Kansas Case

Mrs. N. A. Harris, 1009 Indiana St., Neodesha, Kan., says: "Any one who suffered as I have, will be glad to tell about the medicine that cured them. That is why I recommend Doan's Kidney Pills. I was just about as bad off with kidney trouble as a living woman could be. I had been told that I couldn't get well without an operation. Then Doan's completely cured me, and I have kept well since. I am very sincere in recommending Doan's."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

NEW SOUTH WALES INFORMATION BUREAU
Slater Building, 149 Broadway, New York City
Will be pleased to send Government Bulletins or answer any inquiries regarding opportunities for farming, stock raising, fruit growing, mining and investment in New South Wales, AUSTRALIA

BUY 2 1/2 ACRE OIL LEASE, right in the trend of development in Pecos County, Texas. FOR TWENTY-FIVE DOLLARS. Geologists say this will be the biggest Oil Field known. As new wells come in, value of acreage increases tremendously. Texas oil leases bought less than year ago for FIVE DOLLARS per acre now selling for thousands of dollars per acre. Millions being made over night in Tex. Oil. Act immediately. Wire or mail order to Texas Amalgamated Oil Co., 183 1/2 N. Houston St., Ft. Worth, Tex.

Boys and Girls Clear the Skin with Cuticura
Prevents Itch, Chafes, Ticks, etc.

Kill All Flies! THEY SPREAD DISEASE
Place anywhere, DAIRY FLY KILLER attracts and kills all flies. Kills, cleans, disinfects, and prevents eggs. Kills all house flies, stable flies, and all other flies. Kills all on the spot. Will not soil or injure anything. Try it now!
FLY KILLER
S. B. HARRISON, proprietor, 1111 1/2 N. 1st St., St. Louis, Mo.
HAROLD SOMMER, 121 De Kalb Ave., Brooklyn, N. Y.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For restoring color and beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

LADIES—YOUR SPARE TIME IS VALUABLE TO US. Turn your hours into dollars. We show you how. Write us today. ROEBLUSH OREUM COMPANY, Box 1, U Street Post Office, Washington, D. C.

CLEAN YOUR WALL PAPER GOOD AS NEW AGAIN. Send 25c for simple formula. F. I. Hemming, 5 North 3th, St. Louis, Mo.
W. N. U., KANSAS CITY, NO. 22-1919.

THE KITCHEN CABINET

Let me but do my work from day to day, in field or forest, at the desk or loom, in roaring market-place, or tranquil room.

WISDOM IN FEEDING THE FAMILY.

Food is not necessarily nutritious in proportion to its cost. Humanly, the high-priced foods appeal to the imagination and they seem very desirable, but by stiffening the backbone and developing will power we are able to pass them by with but a longing glance, though tempted.

The mother of a family should, of all people, understand food values, for she is in a position to build up healthy bodies or tear down and ruin digestions. "Bad habits ruin life, as do weak bones the bodies."

Protein foods are those most expensive and complex, such as meat, fish, eggs, cheese and milk. Carbohydrates are the starches and sugars, potatoes, rice, macaroni and the various sugars. Plant protein, such as peas, beans and lentils, take the place of meat. When the meat allowance is small these vegetables should be used freely, rather than cabbage, turnips and beets.

An excess of meat is especially bad, as that which is not assimilated clogs the system and causes self-poisoning. Brain workers need easily digested food; muscle workers find coarser foods better suited to their needs. However, all need roughage (foods that contain cellulose) to give bulk and increase intestinal activity.

Let us not forget that milk and butter, yolk of egg and green leaves of plants contain a growth determinant absolutely essential to the growing child, without which he will be stunted and handicapped through life.

Diet should be varied as well as mixed, substituting occasionally such foods as rice and macaroni for potatoes.

By planning meals several days ahead it will be much easier to arrange a rightly balanced and varied diet. We do not tire of the common staple foods, but we find them very monotonous served in the same old way. It is not possible to fix a general dietary standard, as many things, such as age, occupation, health and climate enter in to qualify it.

Nothing is given for nothing in this world; there can be no true love even on your own side without devotion; devotion is the exercise of love, by which it grows.—R. L. Stevenson.

HELPFUL SUGGESTIONS.

When replacing papers in drawers to keep them firm, put a small sticker half on the paper and the other half on the drawer.

When setting dishes on ice, use old can rubbers to keep them from slipping.

A little sand in a small top-heavy vase will make it quite stable.

Fill salt and pepper shakers with an orange spoon or make a paper funnel, which may be used more quickly.

A piece of macaroni placed in a berry pie when put in the oven will save the loss of the good juice, as the macaroni will serve as a chimney for the juice to boil up in.

Grease the cork of the glue bottle, so that it will not be glued in when it is wanted.

A piece of ice held in the mouth a moment before disagreeable medicine is to be taken, will dull the sense of taste.

Keep on your desk a list of things to do—calls, letter-writing and household tasks; as they are done, cross off. It is a most satisfactory way of knowing what is accomplished during the week or month. The same method is a good one to use in the kitchen; various things are forgotten that, with the list before one, will spur on the worker.

A camp chair that will slip under the table, out of the way or can be hung from a hook, is a great convenience in a kitchen with small space.

A roomy market basket with a strong, well-fastened handle, makes a fine bed for the small child when traveling, and one in which it may be carried with its belongings. The basket is picked up and carried without disturbing the baby or exposing him to the weather.

Carry a package of courtplaster of different colors. This may be used when traveling to mend a garment or stocking in an emergency.

Transplant a few asters and other favorite flowers in the garden after the vegetables are gone. In the fall they will be pleasant to look at.

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Nellie Maxwell

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Good Guess.

"One of the girls in the chorus is a scream." "The one who leads the college yell?"

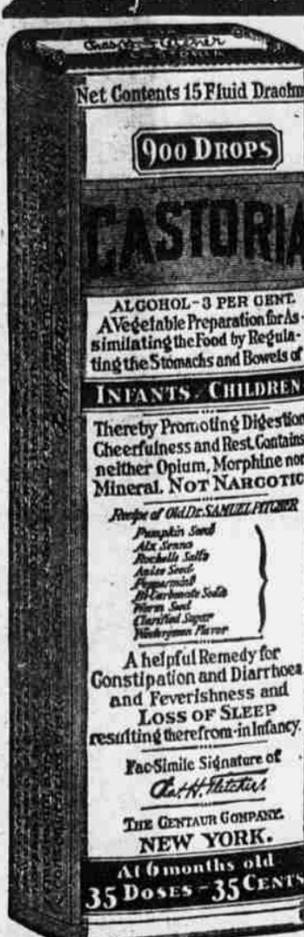
SAFE, GENTLE REMEDY BRINGS SURE RELIEF

For 200 years GOLD MEDAL Haarlem Oil has enabled suffering humanity to withstand attacks of kidney, liver, bladder and stomach troubles and all diseases connected with the urinary organs, and to build up and restore to health organs weakened by disease. These most important organs must be watched, because they filter and purify the blood; unless they do their work you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pains in the loins and lower abdomen, gravel, rheumatism, sciatica and lumbago all warn you of trouble with your kidneys. GOLD MEDAL Haarlem Oil Capsules are the remedy

you need. Take three or four every day. The healing oil soaks into the cells and lining of the kidneys and drives out the poisons. New life and health will surely follow. When your normal vigor has been restored continue treatment for a while to keep yourself in condition and prevent a return of the disease.

Don't wait until you are incapable of fighting. Start taking GOLD MEDAL Haarlem Oil Capsules today. Your druggist will cheerfully refund your money if you are not satisfied with results. But be sure to get the original imported GOLD MEDAL and accept no substitutes. In three sizes. Sealed packages. At all drug stores.



Exact Copy of Wrapper.

Children Cry For

Fletcher's CASTORIA

What is CASTORIA

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

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Wealth and Worth.
"They say that old Pascodds doesn't know how much he is really worth."
"That's right. If he did he wouldn't give himself so many airs on account of the money he happens to possess."
—Boston Transcript.

Without charity for the defects of humanity there would be no self-esteem.

A hasty man never wants woe.
How's This?
We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.
HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 50c. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.
It's never too late to mend.

Disappointed.
Charles—What was the reason you quit the club?
Arthur—Reason enough! By the time I had worked three years to be elected treasurer and finally got it, they had decided to put in a cash register.
Flattery is the kind of praise we hear of others.

Health Insurance

One of the distinctive qualities of food baked with Dr. Price's Cream Baking Powder is *wholesomeness*.

This is health insurance of such vital importance that millions of women bake at home just to be sure that Dr. Price's Baking Powder is used.

For healthful food and the best results in baking, prudent housekeepers always use

DR. PRICE'S CREAM BAKING POWDER

Made from Cream of Tartar derived from grapes

Contains No Alum—Leaves No Bitter Taste