Help That Aching Back!

Back giving out? Tortured with dull, nagging backaches and stabbing pains? Does the least exertion leave you "all played out?" Likely your kidneys are to blame. Overwork, colds, insufficient rest and the hurry and worry of present-day living tend to weaken the kidneys. Backache is often the first warning. Headaches and dizziness may come, too, and perhaps annoying kidney irregularities. Help the overworked kidneys with *Doan's Kidney Pills*. Doan's have helped thousands. They should help you. Ask your neighbor!

A Missouri Case

J. S. Marrs, carpenter, Wood and Van Buren Sts., Albany, Mo., says: "A sharp pain caught me in the small of my back and left my back lame and weak. The action of my kidneys was irregular and I had to arise often at night to pass the secretions. Mornings I felt tired. I purchased Doan's Kidney Pills and three boxes completely cured me of the attack."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Vaseline

Reg. U.S. Pat. Off.

PETROLEUM JELLY

For sores, broken blisters, burns, cuts and all skin irritations. Also innumerable toilet uses.

REFUSE SUBSTITUTES

CHESEBROUGH MFG. CO. (CONSOLIDATED)
State Street New York

THE BEGINNING OF A NEW LIFE

Bulgaria and Oriental Europe Produce Sturdiest People.

Do you want to feel from 10 to 30 years younger?

Do you want to know the joy of Perfect Health?

You can get back the spirit of youth, your eyes will sparkle with new life and the rich glow of health will replace the faded yellow skin.

Bulgarian Blood Tea, used for centuries in Oriental Europe, is the most remarkable medicinal family preparation known in the world today. Composed of choice and rare herbs, just brewed by yourself and taken once or twice a week, will be the beginning of a new life for you. Your blood will become rich and pure; the flame of life will be rekindled—no more headaches, biliousness, constipation, indigestion or bone-racking aches or pains. Bulgarian Blood Tea is guaranteed to contain just pure herbs of marvelous medicinal and curative power gathered from fields, mountains and valleys of Europe, Asia and Africa. All drug stores now keep Bulgarian Blood Tea in stock, but owing to the enormous demand immediate application to your druggist is urged on account of the limited source of supply. Distributors of Bulgarian Blood Tea are authorized to return the full purchase price if it does not materially improve your health in three weeks' time. This evidence of faith in the power of Bulgarian Blood Tea is the guarantee of the Marvel Products Co., Marvel Building, Pittsburgh, who authorize this public announcement.

Big Money in Utility Tire Plants. Make all sizes new cord, new fabric and rebuilt tires. Quickly learned, easily installed, small investment. Our school teaches tire construction, repairs; demonstrates our machinery. Patented and sold under positive guarantee. Utility Tire Machinery Co., Joplin, Missouri.

E-Z Dustless-Ebony Stove Polish
E-Z Iron Enamel for the Pipe
E-Z Metal Polish for the Nickel
E-Z Shoe Polish Saves Shoes
All Dealers—Money Back Guarantee
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FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 65c. Dr. H. Berry Co., 2975 Michigan Avenue, Chicago

PARKER'S HAIR BALSAM
Removes Dandruff-Stops Hair Falling
Restores Color and Beauty to Gray and Faded Hair
50c and $1.00 at Druggists.
Hiscox Chem. Wks. Patchogue, N. Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, assures comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiscox Chemical Works, Patchogue, N. Y.

For Irritated Throats

take a tried and tested remedy—one that acts promptly and effectively and contains no opiates. You get that remedy by asking for

PISO'S

The Kitchen Cabinet

(©, 1930, Western Newspaper Union.)

Yesterday is dead—forget it.
Tomorrow does not exist—don't worry.
Today is here—use it.—Von Bocklin.

SEASONABLE GOOD THINGS.

A delicious dessert which will delight the children or even the grown-ups is:

Stewed Figs, Lemon Jelly and Custard. — Pour boiling water over a pound of figs, and let boil rapidly until tender; add one-fourth of a cupful of sugar and let simmer a few minutes to form a sirup. Set aside to chill. For the jelly soften one-fourth of a two-ounce package of gelatine in one-fourth of a cupful of cold water and dissolve in three-fourths of a cupful of boiling water; add half a cupful of sugar and two-thirds of a cupful of lemon juice. A package of lemon jelly will do away with the above work, if it is at hand. Pour into a dish to make a sheet about three-fourths of an inch thick. When chilled and set, cut in cubes. Set the figs and sirup in individual dishes, arrange the cubes of jelly around the figs and pour a custard over all.

Ribbon Cake.—Cream one scant cupful of butter; add gradually two and one-third cupfuls of flour with four and one-half teaspoonfuls of sugar, and four eggs one after the other without beating; sift four cupfuls of flour with four and one-half teaspoonfuls of baking powder; add to the first mixture, alternately with one cupful of milk. Bake two-thirds of the mixture in two layer cake pans. Add the following to the rest of the cake mixture: One cupful each of nut meats and raisins, one-half cupful each of currants, citron and cherries (the fruit is minced and the nutmeats broken in bits); add two tablespoonfuls each of molasses and cocoa, one-half teaspoonful of cinnamon and one-fourth teaspoonful of cloves. Put the layers together with fruit jelly, cover with boiled frosting and decorate with halves of walnut meats.

How to Cook Pork Chops.—Arrange the chops in a heavy iron frying pan with just water enough in the pan to cover the bottom; steam and cook uncovered until the water is evaporated, then brown, season and serve. The chops will be well done, well seasoned and not dry.

"It is well to make friends with your creditors, but never make creditors of your friends."

"It is not the early riser but he who gets the best sleep, wins the worm."

SOME UNUSUAL GOOD THINGS.

Those who like olives and anchovies will enjoy this little relish or savory.

Olives Stuffed With Anchovies.—Cut the olives spirally using large selected olives, removing the stone. Wipe the oil from filets of anchovy and press one into each olive. Set them on a glass dish on a bed of cress; serve with bread sticks either before or with the soup.

Spiced Tomato Soup.—Take the juice from a quart of tomatoes, one small can of pimentos, one potato, one onion, three tablespoonfuls of butter, salt and pepper, chopped parsley, cayenne and one whole clove. Chop the onion and parsley and fry in the butter five minutes. Pour over the tomato juice; add potato, chopped fine, and the seasoning. Cook for 30 minutes, adding water if needed.

Popcorn Pudding.—Take two cupfuls of popped corn, finely pounded, three cupfuls of milk, three eggs, slightly beaten, one-half cupful brown sugar, one tablespoonful of butter and three-quarters of a teaspoonful of salt. Scald the milk, pour over the corn and let stand one hour. Add the remaining ingredients, turn into a buttered dish and bake in a slow oven until firm. Serve with cream or maple sirup.

Carrot Glace, With Cream.—Scrape the carrots, cut in halves or quarters, according to size, then cut in short pieces an inch and a quarter in length. Cover with cold water and cook 15 minutes, then drain and rinse and add boiling water; for each pint of water add a half teaspoonful of salt, a tablespoonful of sugar and two tablespoonfuls of butter; cook until the carrots are tender and the water is reduced to a sirup. Stir the carrots in this sirup until well glazed, then add hot cream to cover; let simmer for a moment and serve at once.

Nellie Maxwell

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

The Beob.

"How did Archie happen to lose out with Miss Goldrox?"

"Why, she told him she really disliked flattery."

"And Archie persisted in paying her extravagant compliments?"

"No; he didn't."

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

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.

The shell of a coconut makes a superior charcoal.

More herrings are eaten than any other kind of fish.

Kill That Cold With

HILL'S CASCARA QUININE BROMIDE

FOR Colds, Coughs AND La Grippe

Neglected Colds are Dangerous

Take no chances. Keep this standard remedy handy for the first sneeze.

Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache

Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opiate in Hill's.

ALL DRUGGISTS SELL IT

Pleasant To Give — Pleasant To Take

Thoughtful parents are having most gratifying and astonishing results by using this safe, agreeable preparation which quickly stimulates baby's digestion and regulates bowel movements. It is a fact that babies and children like to take

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

A few drops, depending on age, added to each feeding keeps baby's bowels regular. This finest combination of vegetable ingredients promptly overcomes diarrhoea, relieves wind colic, flatulency, constipation and other disorders—especially good at teething time.

The open published formula appears on every label—always know what you give your baby. Mrs. Winslow's Syrup costs more to make—yet costs you no more than ordinary baby laxatives. *At All Druggists*

ANGLO-AMERICAN DRUG CO., 215-217 Fulton St., New York

General Selling Agents: Harold F. Ritchie & Co., Inc., New York—London—Toronto

Women of Middle Age

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change in her life without experiencing a train of very annoying and sometimes painful symptoms. Those dreadful hot flashes, smothering spells, fainting spells, nervous troubles and irregularities are symptoms that should have prompt attention. These two letters prove what a successful remedy Lydia E. Pinkham's Vegetable Compound is for women at this time of life.

These Two Women Helped During Change of Life.

Taunton, Mass.—"I could not eat or sleep for six months, had fainting spells and could not walk without help for three months, caused by female trouble. My cousin, who was a doctor, told me to take Lydia E. Pinkham's Vegetable Compound and it helped me greatly. Then during the Change of Life I used the same remedy. I am seventy years old now and am able to do my own housework and walk one mile to church every Sunday morning and evening. I am recommending the Vegetable Compound to my friends having the same troubles as I had. Your remedy is the best on earth. I cannot find words to express my gratitude for it."—Mrs. Susan C. Staples, 157 B School St., Taunton, Mass.

Philadelphia, Pa.—"I want to let you know what good Lydia E. Pinkham's Vegetable Compound has done me. I had organic troubles and am going through the Change of Life. I was taken with a pain in my side and a bad headache. I could not lie down, could not eat or sleep. I suffered something terrible and the doctor's medicine did me no good at all—my pains got worse instead of better. I began taking the Vegetable Compound and felt a change from the first. Now I feel fine and advise any one going through the Change of Life to try it, for it cured me after I had given up all hopes of getting better. I will tell any one who writes to me the good it has done me."—Mrs. Margaret Danz, 743 N. 25th St., Philadelphia, Pa.

Women of Middle Age Should Depend Upon

Lydia E. Pinkham's Vegetable Compound

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