

Find the Cause!

It isn't right to drag along feeling miserable—half sick. Find out what is making you feel so badly and try to correct it. Perhaps your kidneys are causing that throbbing backache or those sharp, stabbing pains. You may have morning lameness, too, headaches, dizzy spells and irregular kidney action. Use Doan's Kidney Pills. They have helped thousands of ailing folks. Ask your neighbor!

A Missouri Case

W. H. Thoma, Jefferson Road, Boonville, Mo., says: "I had pains that would shoot up and down my back and then settle down into a steady throbbing ache right through the small of my back. I became very dizzy at times and my kidneys were weak and irregular in action. A short use of Doan's Kidney Pills entirely cured me."

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

New Life for Sick Man

Eatonic Works Magic

"I have taken only two boxes of Eatonic and feel like a new man. It has done me more good than anything else," writes C. O. Frappir.

Eatonic is the modern remedy for acid stomach, bloating, food repeating and indigestion. It quickly takes up and carries out the acidity and gas and enables the stomach to digest the food naturally. That means not only relief from pain and discomfort but you get the full strength from the food you eat. Big box only costs a trifle with your druggist's guarantee.

Hoary Old Asia

The history of Asia goes back very far. One of the earliest events recorded and regarded as authentic is the founding of the temple of Bel at Nippur, 6000 B. C. The Acadia-Sumerian kingdoms are placed at the head of the ruling powers. When they commenced is not clear but they continued to the year 2230 B. C.

Heat expands and cold contracts; that is probably why the days are longer in summer than in winter.

LUCKY STRIKE cigarette



The American Cigarette Co.

Renew your health by purifying your system with



Quick and delightful relief for biliousness, colds, constipation, headaches, and stomach, liver and blood troubles.

The genuine are sold only in 35c packages. Avoid imitations.

FREGKLES POSITIVELY REMOVED by Dr. Sauer's Freckle Cream. Free Sample of 1/2 oz. Jar. Dr. C. W. Sauer Co., 277 Madison Avenue, Chicago.

The Kitchen Cabinet

(© 1926, Western Newspaper Union.)

He knows the most who knows what sweets and virtues are in the ground, the waters, the plants and the heavens and how to come at these enchantments, is the rich and royal man.—Ralph Waldo Emerson.

SOME SPRING DISHES.

With the new vegetables coming in to add variety to the menu, the following dishes will be suggested:



Spring Cabbage Scalloped With Tomato.—Cook a six-pound head of spring cabbage until tender, drain and chop. Put a quart can of tomatoes through a colander, season with a tablespoonful of lemon juice, two teaspoonfuls of salt, one-fourth teaspoonful of pepper, and cook until thick and smooth, stirring constantly; add three tablespoonfuls of flour and three of butter, rubbed together; continue cooking until well cooked. Arrange the cabbage and tomatoes in layers in a two-quart casserole or baking dish, and cover the top with buttered crumbs. Bake until the tomato begins to bubble up through the cabbage and crumbs. Serve hot.

Chicken and Spinach Soup.—Wash and pick over two pounds of fresh spinach and cook in one-half cupful of butter for five minutes, or until tender. Add one-half cupful of flour mixed with one tablespoonful of salt and three-fourths teaspoonful of white pepper; stir into the spinach. When cooked and thick rub through a colander; add to two quarts of chicken broth. Stir until it boils and serve in bouillon cups; garnish with whipped cream.

Casserole of Mutton.—Cut from the middle of a leg of mutton a slice two inches thick. Remove the bone and fill the cavity with onion or strips of celery. Dredge with flour, salt and pepper. Prepare in the casserole a rich gravy of one cupful of brown stock, one-half cupful of currant jelly, a dozen olives, six pepper corns, three whole cloves, and one tablespoonful of lemon juice. Thicken when boiling with a tablespoonful of flour, mixed to a smooth paste with water. Lay in this gravy the slices of mutton, spread the top with beef marrow, cover the casserole and bake for one and one-half hours in a moderate oven.

Fearless minds climb soonest unto crowns.—Shakespeare.
Stick to the friend who makes you believe in yourself.

WHAT TO EAT.

Those who enjoy the little French cream cakes need not fear to make them at home, for they are very simply made. The baking is quite as important as the mixing.



Cream Cakes.—Put one-half cupful of butter, one cupful of boiling water into a saucepan. As soon as the mixture is boiling, add one cupful of flour all at once, stirring vigorously until smooth. Remove from the heat, cool a little and add four eggs, beating well after each, adding them one at a time. Drop the mixture by spoonfuls on buttered sheets leaving room to rise and spread. Make them as circular as possible, with the mixture high in the center. Bake 30 minutes in a moderate oven. A little experience will tell you by lifting them from the pan whether they are well done. They feel very light. Cool them and slit with a knife on the side making a large enough opening to fill with a sweetened and flavored whipped cream.

Sausage Potatoes.—Select large new potatoes and with an apple corer remove the centers lengthwise. Fill in with little sausages and bake on a rack in a dripping pan in a moderate oven. Serve with the gravy seasoned and thickened. A rolled-up slice of bacon may be used instead of the sausages if desired, or chopped meat seasoned with minced onion may be used, stopping the ends with a bit of the core taken from the potato.

Apricot Sherbet.—Take one quart of apricots, put through a sieve; add the juice of a lemon, and one cupful each of sugar and thin cream. Mix well and freeze as usual. Serve in sherbet glasses. This makes about two quarts.

Apples Scalloped With Bananas.—Take two large apples sliced, two bananas sliced, sprinkle in layers with sugar and orange juice, dot with bits of butter and repeat; bake in a buttered dish forty minutes.

Nellie Maxwell

ASPIRIN

Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Two of a Kind.

"Good morning, sir," said the landlord to the new tenant. "Just called to see if it would be convenient to pay your month's rent."

"Do you know, landlord, that none of the doors in this house will shut?"

"New house, new house; you know it takes time for it to settle."

"Ah! then there's a pair of us, I'm a new tenant; it takes time for me to settle, too. Good morning. Call again."—Pittsburgh Chronicle-Telegraph.

Catarrh

Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.
All Druggists. Circulars free.
F. J. Cheney & Co., Toledo, Ohio.

Even a dumb clock can make itself understood with its hands.

If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

But Seldom Are.

Colb—"Does he consider himself a big gun?" Webb—"Yes. Men of small caliber usually do."

ALLEN'S FOOT-EASE DOES IT

When shoes pinch or corns and bunions ache, get a package of ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes. It takes the sting out of corns and bunions, gives instant relief to Smarting, Aching, Swollen feet. 1,500,000 pounds of powder for the feet were used by our Army and Navy during the war.—Adv.

If one feels that a book of classic literature is a bore, should one courageously say so?

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers, 5c.

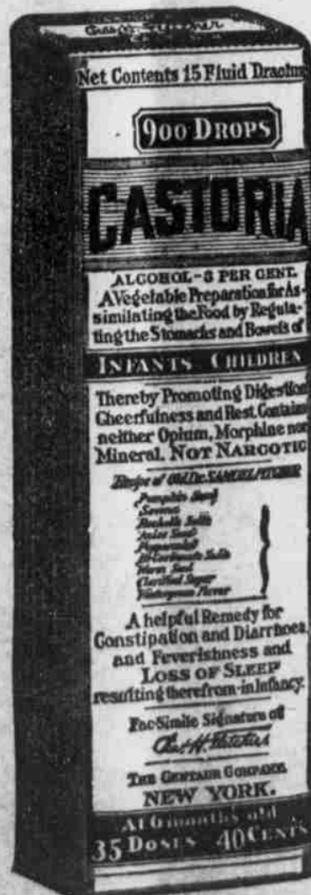
Wisdom is the knowledge of knowing what to do next.—E. Markham.

Why Castoria?

YEARS ago Castor Oil, Paregoric, Drops and Soothing Syrups were the remedies in common use for Infants and Children; Castor Oil so nauseating as to be almost impossible and the others all containing Opium in one form or another, but so disguised as to make them pleasant to the taste, yet really to stupify the child and give the appearance of relief from pain.

It required years of research to find a purely vegetable combination that would take the place of these disagreeable, unpleasant and vicious remedies that from habit had become almost universal. This was the inception of, and the reason for, the introduction of Fletcher's Castoria, and for over 30 years it has proven its worth, received the praise of Physicians everywhere and become a household word among mothers.

A remedy ESPECIALLY prepared for Infants and Children and no mother would think of giving to her baby a remedy that she would use for herself, without consulting a physician.



Children Cry For

Fletcher's

CASTORIA

Have You Tried It?

Everybody has read the above headline; how many believe it? Have you a little-one in the home, and has that dear little mite when its stomach was not just right felt the comforts that come with the use of Fletcher's Castoria? You have heard the cry of pain. Have you heard them cry for Fletcher's Castoria? Try it.

Just help baby out of its trouble tomorrow with a taste of Castoria. Watch the difference in the tone of the cry, the look in the eye, the wiggle in the tiny fingers. The transformation is complete—from pain to pleasure. Try it.

You'll find a wonderful lot of information about Baby in the booklet that is wrapped around every bottle of Fletcher's Castoria.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.