

Stop That Backache!

Those agonizing twinges, that dull, throbbing backache may be warning of serious kidney weakness. Serious if neglected, for it might easily lead to Gravel, Dropsy or Bright's Disease. If you are suffering with a bad back look for other proof of kidney trouble. If there are dizzy spells, headaches, a tired feeling and disordered kidney action, get after the cause. Help your weakened kidneys with Doan's Kidney Pills. Doan's have helped thousands and should help you. Ask your neighbor!

A Michigan Case

Mrs. Hans C. Anderson, 805 E. Danahar St., Ludington, Mich., says: "I had kidney trouble and such backache I could not get straight. A sharp, heavy pain awakened me towards morning. My back got so bad I just had to grasp hold of something to keep from falling. I became dizzy, nervous and worn out. Doan's Kidney Pills cured me."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

LOOK OLD? Gray, thin, straggly hair makes people look very old. It isn't necessary to use a bottle of Q-Man Hair Color Restorer will bring back original color quickly—stops dandruff. At all good druggists, 25c, or direct from Heng-Sin, Chemist, Memphis, Tenn.

TOP COVERS Sent Prepaid. Made for ALL cars. Send for literature. State Name and Year of car. \$9.50. This Ford Top and back curtain. COMFORT AUTO TOP COMPANY, 1875 Germantown Ave., Phila., Penna.

Largely True. "They have a new car." "They have? They can't afford it." "I know; it's always the people who can't afford them who are buying cars nowadays."

Right at Hand. Irate Boss (to caller who has left the door wide open)—Sir, do you know what good manners are? The Caller—I'm just your man. I have here for your consideration the best book on etiquette that was ever published.

Has the Last Say. Caller—I must say, Helen, that your husband looks as if he had a will of his own. Hostess—So he has, dearie; but I always add a coddler to it.

Be a Private Secretary or an ACCOUNTANT

YOU can prepare for a high-grade office position in a short time under our instructions. Write for bulletin AA, explaining courses and tuition rates. Opportunities to work for board and room while attending. "The School that places its graduates in 'better positions.'"

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Oldest and Best Known Business School in Mich.

Pictorial Education. "Do you think the films are educational?" "They may be in some lines," answered Cactus Joe. "But they don't give any lessons in the way to use firearms. The average film hero handles a rifle like he had accidentally picked it up instead of his walking stick."—Washington Star.

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *W. D. Parke*. Use for Over 30 Years. Children Cry for Fletcher's Castoria

Two With a Single Thought. While hunting deer in northern Wisconsin I hid in the grass near a river. Soon I saw something move across the stream back of a log; a bear, I decided, and moved into position to get a good shot. All at once the supposed bear jumped up, waving both arms and shouting: "Don't shoot! I thought you were a deer, and was waiting to get a good shot at you."—Chicago Journal.

DYED HER BABY'S COAT, A SKIRT AND CURTAINS WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new. Even if she has never dyed before, she can put a new, rich color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything. Buy Diamond Dyes—no other kind—then perfect home dyeing is guaranteed. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade or run.—Advertisement.

Even the tadpole can boast of his position, having been born in the water.

Make sure of your feet before you start to climb.

Refreshes Weary Eyes When Your Eyes Feel Dull and Heavy, use Murine. It Instantly Relieves Tired Feeling—Eliminates Cause, Brings on Clear Vision. Sold and Recommended by All Druggists.

START CAMPAIGN FOR RIGHT FOOD

Movement for Better Nourishment for Adults as Well as Children Is Inaugurated.

USE OF MORE MILK FAVORED

Plan to Alleviate Such Common Ailments as Headaches, Constipation, Irritability, Etc.—Some Superior Recipes.

(Prepared by the United States Department of Agriculture.)

A successful campaign for better nourishment of adults as well as children is being conducted in Connecticut, which the United States Department of Agriculture believes could well be extended to other states. The purpose of the campaign is to induce people to add more milk and fibrous material to the diet, with the result that such ailments as headaches, constipation, nervous irritability, and other disorders, due to faulty food habits may become less common. The recipes on this page are being used to introduce these much-needed food substances into the bill of fare of many families.

Cabbage, which is made up largely of fibrous material, is inexpensive and available to both rural and city dwellers. Both milk and the vegetables recommended in these recipes supply the vitamins essential to good health.

Cream Soups.

General rules: These soups are thickened by cooking butter and flour together. This prevents a separation of the thicker and thinner parts of the soup and is called "binding."

Heat the butter until it bubbles, add the flour and season gradually and stir until well mixed, add the liquid and cook until about the consistency of good cream. Stir constantly. Add the vegetable pulp and liquid and serve hot. If too thick, thin with more milk.

Soda is added to tomatoes in cream of tomato soup to prevent the milk from curdling when it is added to the tomato. One-eighth teaspoonful soda to one cup tomato juice.

Cream Soups.

1 tablespoon flour. 1 cup milk.
1 tablespoon butter. 1 cup strained vegetable pulp and juice.
¼ teaspoon salt.

Vegetables Used for Cream Soups.

Tomato	Potato
Spinach	Carrots
Peas	Onions
Beans	Corn
Asparagus	Cabbage
Celery	Cauliflower
Beets	

Prunes and Other Dried Fruits.

Wash well. Soak overnight in water to cover. Boil gently in the same water until tender. Add a little sugar if necessary. Prunes do not usually need sweetening.

Medium White Sauce for Creamed Dishes.

2 tablespoons butter. 1 cup milk.
2 tablespoons flour. ¼ teaspoon salt.

Make like thin white sauce for cream soup.

Foods Which May Be Creamed.

All vegetables.	Macaroni.
Eggs.	Meats.
Fish.	

CABBAGE SALADS

Cabbage and Fish.

Tuna. Any cold flaked fish.
Salmon.

The proportion of cabbage and fish may be varied. However, 2 cups of cabbage and 1 cup of fish make a palatable combination.

Cabbage and Pineapple.

2 cups shredded cabbage. 1 cup cubed pineapple.

Pear and Cabbage.

3 halves canned or fresh pear. Shredded cabbage to cover.

Peanut and Cabbage.

2 cups cabbage. 1 cup peanuts (salted are best).

Peanut, Cabbage and Carrots.

2 cups cabbage. ½ cup chopped raw carrots.

Cabbage and Cranberry.

2 cups cabbage. ½ cup chopped cranberries.

Cabbage and Chili Sauce Dressing.

2 cups cabbage. 2 tablespoons horseradish.
¼ cup chili sauce or radish.
catsup.

Ten-Minute Cabbage.

6 cups finely chopped cabbage. 2 tablespoons butter.
cabbage. 1 teaspoon salt.

Put cabbage in boiling salted water, boil hard for ten minutes, drain and season.

Escalloped Cabbage.

2 cups boiled cabbage. ½ cup white sauce.
cabbage. Bread crumbs.

Put creamed cabbage in a baking dish, cover with crumbs and bake.

Creamed Cabbage Au Gratin.

1 cup cooked cabbage. ½ cup white sauce.
bake. 2 tablespoons cheese.

Put cheese in white sauce, cover with crumbs and bake.

Cream of Cabbage Soup.

4 cups chopped cabbage. 1 teaspoon celery salt, or
bake. 1 cup chopped celery tops.

Cook until cabbage is transparent. Press through a colander and add one pint thin white sauce.

Thin White Sauce.

2 cups milk. 2 tablespoons flour.
1 tablespoon butter. ½ teaspoon salt.

Escalloped Cabbage, Cheese and Rice.

3 cups boiled cabbage. ½ cup finely chopped
bake. cheese.
2 cups boiled rice. ½ cups buttered
2 cups white sauce. bread crumbs.

Cover bottom of well greased baking dish with one half of the crumbs. Arrange layers of cabbage, rice and white sauce. Repeat and cover with remaining crumbs. Bake until heated throughout and crumbs are brown.

GENERAL RULES FOR SELECTION OF BEEF

Choose Cuts According to Cooking Method Desired.

Buy Only Tender Meat for Broiling or Roasting—Tough Pieces Are Useful for Stews, Soups, Etc.—Two Recipes.

(Prepared by the United States Department of Agriculture.)

Two general rules may be laid down for the selection of beef, says the United States Department of Agriculture. First: Buy only the tender cuts when meat is to be prepared by such methods as broiling or roasting. Second: Buy the less tender cuts in all cases for stews, boiled or braised meat, pot roasts, Hamburg steak, meat loaves, and soups. It should be remembered that tender cuts of meat are best not overcooked, also that plenty of time must be allowed for the cooking of the less tender cuts. One exception to this last may be made in the case of ground meat. Finely ground beef may be formed into cakes or into a large roll and these broiled or roasted and served rare just as in the case of tender meat.

The tough tail of a porterhouse steak, so often discarded, may be removed and trimmed, put through the grinder, made into cakes, and these broiled and served along with the tender part of the steak. The tender cuts of beef are the rib roasts, club, porterhouse, and sirloin steaks. The rump and the flank steak also are tender if cut from a prime carcass. All these cuts are best prepared by browning the surface with high heat, then reducing the heat to avoid overcooking the outside. Allow 8 to 20



Grinding Beef for Making Cakes.

minutes for a steak, and 15 to 30 minutes for each pound of roast, depending on the thickness of the steak, the size and shape of the roast and whether the meat is preferred rare, medium, or well done.

Soup.

In case a large quantity of soup is needed, it is well to buy freshly trimmed bones, such as the hind shank or hock, the lower fore shank, or any other fresh bone trimmings, but for the average small family it is more satisfactory as well as economical to select cuts having considerable meat along with the bone. The neck, fore shank, shoulder clod, tail, and the lower cuts of the hind shank are all good. If these are well seasoned, put to cook in hot water and allowed to simmer slowly until the meat is tender, the stock will be found to be sufficiently strong for soup and the meat itself will be usable in many ways, such as stew, jellied meat, croquettes, and meat pie.

Swiss Steak.

Any lean beef cut two inches thick can be prepared as Swiss steak. Season on both sides and pound flour into it until the surface is well coated. Brown well in hot suet. Add hot water to about half cover the meat. Cook very slowly in a covered skillet until the meat is tender enough to be cut with a fork. This will require from two to three hours, according to the toughness of the meat. It may be necessary to add a little water during the cooking, but there should be no liquid in the pan when the steak is finished.

Homemade Furniture Polish.

Many requests have recently come to the office of home economics of the United States Department of Agriculture for a recipe for a good homemade furniture polish. The following formula, which is an old, well-tried recipe, gives good results:

1 pint linseed oil or 1 pint turpentine.
vegetable drying oil. 1 cup vinegar.

Shake well together in the bottle each time before using.

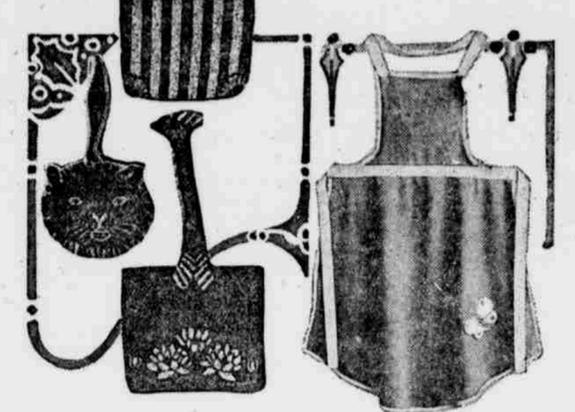
Jacking Up Car in Mud.

When it becomes necessary to jack up a car on soft ground, where there is no support for the tool, take out the floor-board or toe-board and use it for the jack to rest upon.

Delicious Filling.

A delicious filling is made with chopped figs and walnuts, boiling water and sugar, thickened with flour and flavored with lemon juice.

Pretty Things That are made at Home



Now the days grow shorter and longer evenings provide leisure that most women like to spend making pretty things. One cannot be always reading and work for the fingers does not interfere with thinking or with conversations. A little excursion in the fancywork stores and departments is sure to fire one with an ambition to copy some of the delightful bits of furnishings and personal belongings that they are showing. There are new and fascinating cushions, table and dresser scarves, woven baskets, candle and lamp shades, luncheon sets, winter bouquets and many other things for the house and there is no end to the personal belongings that will interest the needlewoman.

Above is a group of two bags and a card case that are all good examples of work done with small, colored beads. These are worked on canvas foundations, printed in colors with the design to be covered with colored beads. At the top a card case is worked with beads in two colors to form stripes—as black and white, black and steel, blue and green. At

There are some members of the younger set who balk at the longer skirt, and occasionally, a willful maid puts her foot down—considerably more than six inches below the hem of her garment, which the arbiters of fashion allow. We are forced to concede that the shorter skirt is more youthful and a little more convenient than its successor, which has got down to within four inches of the floor. Accommodating manufacturers of dresses leave them with hems only basted in; thus they throw the responsibility for the short skirt upon the individual. Fashion does not countenance it.

In the illustration herewith two afternoon frocks, in all but their length, have accepted the dictates of the mode in a graceful manner. The dress at the left, of canton crepe, is very handsomely embroidered with small beads. It is open at the front from the low neckline to the hem, revealing a satin slip worn under it. An uneven hemline is trimmed into points, making it longer than the slip at the side and shorter at the front and back. The neck is embroidered by a bead em-



Two Pretty Afternoon Frocks

each corner a daisy with dark center and light petals introduces a telling finishing touch. Below at the left, an amusing little bag in black and steel beads, simulates a cat's head and at the bottom a bag in a solid color makes a background for water lilies on one side of it and stripes on the handle.

Every housewife will appreciate a waterproof apron like that one shown at the right of the picture above. It is made of rubberized cloth, which may be had in several colors and patterns, and is bound with white tape, which also provides its ties and support for the bib. A cluster of fruit cut from rubberized cloth, is tacked to the apron at one corner, and discarded bathing caps in red, green or other high colors might be used for making these fruit clusters. Rubberized cloth is made in gingham checks and cross bars in all the usual colors, and on these patterns the fruit is not used.

Cross-barred organdie or net with narrow laces, lend themselves easily to the making of fashionable neckwear. The all-white cross-barred organdie is liked for sets consisting of collar and cuffs, or collar, chemisette and cuffs, and cross-stitch or other embroidery in colored floss makes delightful decorations for it. The pieces are finished with narrow hems and these are hemstitched, giving them a decorative value also.

Single collars of fine net are edged with narrow flit or val lace, and either embroidered or decorated with small squares, triangles or medallions of flit lace set in at the corners.

brodery and the satin slip forms a plain chemisette at the front where a sequence of five buttons, that correspond with the bead trimming, fasten under the loops of crepe. The sleeves are long, with a slight, pointed flare and the girdle is made of the crepe slipped through handsome metal slides. The model is dignified and with a longer skirt would be well suited to older women.

The pretty frock at the right might be developed either in lightweight wool or silk crepe fabrics. It is distinguished by panels at the sides, each having three tucks at the hipline, and gathered in at the waistline. Little silver buttons outline the panels below the tucks and finish the short sleeves. The bodice is a surplice model, fastening to one side, the overlapping side edged with little buttons. It is cut long enough to serve as a girdle

Julia Bottomley
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Alpaca Comes Again.

It is coming back in favor—alpaca, the fabric that many of us rejoiced in some years ago, its hard-finished, shiny surface was so clean and dust-shedding, though rather scratchy to the arms and neck. In its appearance a coat and dress of blue alpaca have green silk embroidery and pipings of white organdie, not a bit like the old demure affair that the alpaca coat and skirt suit once was.

Relief Is Found From Stomach Trouble

Hope for the millions of unfortunate men and women who are victims of stomach trouble is sounded by William Hoylen, of 16 Spring St., Bristol, Conn. Mr. Hoylen was a victim of stomach trouble in its worst form, but was completely restored to health by taking Tanlac. He says:

"For fifteen years I had attacks of stomach trouble, and had been in bed for three weeks when I got Tanlac, but three bottles built me up fifteen pounds, and made a well man of me. I am now eating steak and onions, and feel just fine in every way."

Undigested food ferments in the stomach and soon the entire system is filled with poisons. Tanlac was designed to restore the stomach to a healthy condition and build up the whole body. Millions everywhere have acclaimed its wonderful power. Get a bottle today.

Tanlac is sold by all good druggists.—Advertisement.

Hostess Tact.

"Will ye stay to tea?" asked Mrs. Murphy of the caller whom she wished would depart.

"No, thank you," was the answer, "I must be home to look after John!"

"Ah, sure, ye mustn't neglect him," said Mrs. Murphy, relieved.

"I think I'll stay, though; I hear the kettle singing," was the unexpected reply.

"Oh, don't take any notice of that!" said Mrs. Murphy, scornfully. "It sings for hours before it boils!"

Summer Opera.

"Girle, what was the name of that opera you saw?"

"The Belles of Organdy."

One can scold the majority or scorn it—both ineffective.

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GOLD MEDAL HARLEM OIL CAPSULES

bring quick relief and often ward off deadly disease. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation

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and you work the horse same time. Does not blister or remove the hair. \$2.50 per bottle, delivered. Will tell you more if you write.
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