

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

Such annoying symptoms as heat flashes, nervousness, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

Profiteering. "These pies are stale." "So they are, but we can't afford to throw them away." "What would you suggest?" "Put 'em down on the bill of fare as liberty pies. That will make a patron think twice before starting to bellow."—Birmingham Age-Herald.

The Idea. "How are the charges from war balloons fired?" "I suppose from the parachutes."

Influenza and kindred diseases start with a cold. Don't trifle with it. At the first shiver or sneeze, take

Advertisement for Baker's Cocoa, featuring a woman in a dress and the text "Flavor and Energy BAKER'S COCOA is a delicious and wholesome drink of great food value and absolute purity."

"Chocolate and cocoa add flavor and energy giving material to a diet and their use will help in many ways in the preparation of palatable, nourishing dishes from those foods of which there is an abundance."

WALTER BAKER & CO. Limited 1 DORCHESTER - MASS. Established 1780

KIDNEY TROUBLE CAUSES

When your back aches, your head throbs, and your vision is dim, it is a sign that your kidneys are not doing their duty. It is a physician's prescription for ailments of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This preparation so very effective, has been passed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Doubling Up on Him. "Hey! Come down, there—yer pinched! Wo dy'e think you are, anyhow? Barney Oldfield?" "No, sir," replied the frightened motorist, "but I was—"

"Yes, I know. You was makin' 52 miles an hour. What dy'e mean?" "Well, sir, I was arrested back there about two miles by that officer just going over the hill on that motorcycle. He said, 'Follow me, and hurry up,' and that's what I was doing when you got me."—Kansas City Star.

Catarah Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarah is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarah.

The Real Article. "I'm a very busy man, sir. What is your proposition?" "I want to make you rich."

Important to Mothers. Examining carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of J. C. Ayer & Co., Lowell, Mass. Children Cry for Fletcher's Castoria

Childlike Complaint. Small Girl (sobbing)—Oh, mamma, I want some more pie and I'm so full that I can't crowd down another mouthful.

Advertisement for Pape's Diapepsin, featuring a drawing of a man's face and the text "UPSET STOMACH PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION."

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel pains of indigestion, flatulence, heartburn or headache you can get instant relief.

Good Hearted. "He is very generous; he is always giving away cigars." "Yes; he seems to have a tobacco heart."

TENNESSEE

Epitome of Interesting Events That Are Transpiring Over the State

Newbern.—The ban against public meetings, including public schools, churches and picture shows, in Newbern has been lifted here.

Dyersburg.—County Agent W. G. Wilson announces a competition for the corn and pig club boys of the county, to be held in Dyersburg Nov. 30. A special corn show in connection with the boys' show will be open to both men and boys, with special prizes for the men.

Nashville.—Arthur Bain of Camden, Tenn., charged with complicity in wrecking a bank at Wartrace, several years ago, was sentenced to five years in the federal prison at Atlanta. W. H. Hooser, cashier of the bank, is now serving on a five-year term, having pleaded guilty in 1916.

Johnson City.—Fire destroyed the main building of Milligan college here, causing a loss of \$35,000. Only one building remains, the girls' dormitory, and it is announced that the school will be continued. Among the student body are many from the student army training corps. Many of the boys were attending a football game and lost considerable of their personal property.

Knoxville.—A cablegram from Brig. Gen. L. D. Tyson to Mrs. Tyson confirms the death of their son, Lieut. Charles McGhee Tyson, and states that the body has been recovered and will be brought to Knoxville for burial.

Memphis.—By oversubscribing the United War Work Campaign quota for Shelby county by many thousands of dollars, Memphis and Shelby county have again attested their patriotism, raising \$331,089 for the activities of the war work organizations ministering to the soldiers and sailors.

The greatest campaign in the history of a free will offering in the history of the county practically ended when at their final meeting the team captains and team members made their reports. With a quota of \$475,000, the 21 counties—including Shelby—raised \$553,654, an oversubscription of more than \$78,000 for the district. The quota of Shelby county was \$267,000.

Jackson.—Thursday was set aside to celebrate as centenary day by the Methodists of Jackson and of the whole Memphis conference. The centenary missionary effort inaugurated by the M. E. Church, and to commence during the new conference year, provides for raising \$35,000,000 for varied missions during the five-year period succeeding. Prominent laymen of the church participate in this movement, as well as all of the bishops, presiding elders, preachers and secretaries.

Bishop James Atkins presided over the sessions of the conference, which was scheduled to be held in the First Methodist church. The Memphis conference is one of three conferences included in the episcopal district of Bishop Atkins, the other two being the North Alabama conference and the Tennessee conference.

The Memphis conference includes all the Methodist churches of the city of Memphis and of West Tennessee. There are in this conference eight districts, each under a presiding elder, as follows: Brownsville district, J. V. Freeman, presiding elder; Dyersburg district, W. C. Waters, presiding elder; Jackson district, W. D. Jenkins, presiding elder; Lexington district, J. N. Pickens, presiding elder; Memphis district, T. E. Sharp, presiding elder; Paducah district, L. D. Hamilton, presiding elder; Paris district, W. W. Adams, presiding elder; Union City district, W. W. Armstrong, presiding elder.

Memphis.—This city is to have a real birthday party. She is going to celebrate the passing of the century mark of her existence in May, 1919. If a movement fostered by the Hon. J. H. Malone finds the ready response in the hearts of the general public that it has already found in the county court, the city commission, Rotary club, L. O. O. F. club, Kiwanis club and a number of civic welfare organizations before which Judge Malone has appeared and spoken of the plan.

Nineteen hundred and nineteen is not only the one hundredth birthday of the city of Memphis, but it is the centennial of the founding of Shelby county as well. It is, further, the one hundredth year since the laying of the first boundary line between the states of Tennessee and Mississippi. All of these things, and many more which should be of prime interest to all who love our home country, were told by Judge Malone in his addresses before the various bodies he sought to take up the centennial program and carry it on.

Epitome of Interesting Events That Are Transpiring Over the State

The KITCHEN CABINET

Your part in the war is to produce as much as possible, consume as little as necessary, and loan your savings to the government. Are you facing your task as cheerfully as our fighting men face theirs? Are we worth the sacrifice they are making for us?

GOOD AND ECONOMICAL DISHES. PAGHETTI or ravioli paste may be prepared at home, making an economical and tasty dish at small cost.

bent eggs and one-fourth of a cupful of cold water, or sufficient to make a very stiff paste. Turn out on a floured board and knead thoroughly, until even in color, then if used for spaghetti or noodles, cut in strips and let them dry for a while. The paste may be cut in squares and filled with a mixture of chopped cooked spinach, chard and parboiled calf's brains. Cover each square with another piece of the paste, pinch the edges together and drop them into boiling salted water, cook 15 minutes and serve with a tomato sauce.

Rice Pudding.—Wash one and a third cupfuls of rice and cook until tender in boiling salted water. Drain and add three tablespoonfuls of sugar and four tablespoonfuls of corn syrup. Butter a pudding dish and put in a layer of rice. Peel three apples and spread a layer of sliced apples over the rice. Alternate the rice and apples until all are used. Bake in a moderate oven until the apples are tender.

Oatmeal-Graham Bread.—Take four cupfuls of oatmeal or oat flour, four cupfuls of wheat flour, three cupfuls of liquid, one yeast cake, two cupfuls of mashed potatoes, three tablespoonfuls of sugar, one tablespoonful of salt, and two tablespoonfuls of shortening. Mix and prepare as usual.

Onion au Casserole.—Peel and cook a half-dozen medium-sized onions in boiling salted water until tender. Then place in a well-greased casserole. Cover with a white sauce, using a fourth of a cupful of chicken fat, and the same amount of flour cooked together; add two cupfuls of milk, salt and pepper to season, add a beaten egg and pour over the onions; let cook well covered until the egg is set. Serve from the casserole.

A really good memory is one that remembers good rather than evil, kindly rather than cruel, useful rather than harmful, pleasant rather than its opposite, and so is a storehouse of good.

HELPFUL HINTS AND DISHES.

THE secret of a good stuffing or forcemeat is one not solved by all cooks. Here is one used by an old cook which will appeal to many who object to the soggy indigestible stuffing, so frequently served:

Break stale bread in small pieces and cover with cold water; never use hot water unless you like it soggy and heavy. Drain and squeeze the water out with your hands. If it still seems wet, add dry crumbs to absorb the extra moisture. Now season well with salt, pepper, finely minced parsley and sweet marjoram; the kind and amount of seasoning depends upon your own taste. For a quart of stuffing take three good-sized onions, chop fine and fry in butter until they are cooked through; butter means any sweet fat, though of course the butter gives a most delicious flavor. Turn the onions when a light yellow into the bread and mix all together. Then add a little more fat to the frying pan and turn in the stuffing; when it begins to brown, stir often; cook a half-hour if care is taken not to overbrown it, then put it piping hot into the fowl or meat of any kind; the flavor goes into the meat and the result is a better-flavored breast of veal or turkey.

If one has a small amount of meat left, chop it and use this same stuffing in alternate layers with it with plenty of gravy, making a most economical and good-flavored dish.

Graham Wafers.—These are so much better for the children to eat than rich cookies and so much cheaper made at home that they are worth trying. Take one quart of good Graham flour, one tablespoonful of sugar, one-half teaspoonful of salt, one-half teaspoonful of baking powder, two tablespoonfuls of sweet fat, and a good cupful of milk. Mix and sift as usual, knead well and roll out one-fourth inch in thickness. Cut into small oblongs and bake in a hot oven, watching carefully as they will burn readily around the edges.

Economical Cake.—Cream two tablespoonfuls of butter, add a cupful of sugar, one and three-fourths cupfuls of pastry flour, two teaspoonfuls of baking powder, the yolk of an egg unbeaten. Dissolve one and one-half squares of chocolate in the milk over hot water. Sift the flour and baking powder together; if a butter substitute is used, be sure to add salt. Mix and bake as a layer of loaf cake. The egg white may be used for frosting, if desired.

Strong Prejudices. "The American people do not care for 'The Watch on the Rhine.'" "I should say not."

When Your Eyes Need Care Try Murine Eye Remedy

Advertisement for Mother Gray's Sweet Powders for Children, featuring a portrait of a woman and the text "When Children are Sickly... MOTHER GRAY'S SWEET POWDERS FOR CHILDREN"

Advertisement for Carter's Little Liver Pills, featuring a parrot and the text "As Age Advances the Liver Requires... CARTER'S LITTLE LIVER PILLS correct CONSTIPATION"

Advertisement for Acid-Stomach Victims Sickly, Weak, Unfit, Depressed, featuring a man and the text "Acid-Stomach Victims Sickly, Weak, Unfit, Depressed"

Advertisement for THE QUICK WAY TO STOP A COUGH, featuring a man and the text "THE QUICK WAY TO STOP A COUGH"

Advertisement for Scenes of Prosperity Are Common in Western Canada, featuring a landscape and the text "Scenes of Prosperity Are Common in Western Canada"

Advertisement for Cuticura Stops Itching and Saves the Hair, featuring a man and the text "Cuticura Stops Itching and Saves the Hair"

Advertisement for PISO'S, featuring a man and the text "PISO'S"