

Help That Aching Back!

Lame in the morning! A dull back-ache all day long! Worn out when evening comes! The same old round of suffering! To endure such misery is both foolish and unnecessary. Find the cause of your trouble. Likely it's your kidneys and that nagging back-ache may be Nature's warning of kidney weakness. You may have sharp stabbing pains, a depressed feeling and bladder irregularities. Don't risk more serious kidney trouble. Help your weakened kidneys. Doan's Kidney Pills have helped thousands. Ask your neighbor!

An Ohio Case

"My Picture Tells a Story" Mrs. J. S. Harrison, 113 3rd Ave., Gallipolis, Ohio, says: "My kidneys were in poor condition and I had such a weakness in my back I could hardly lift. Heavy pains bothered me and my nerves became unstrung. I felt tired and generally run down. Doan's Kidney Pills regulated my kidneys and the back-aches were driven from me."

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

In A. D. 455 Genserle, king of Vandals, sacked Rome.

TAKE ASPIRIN ONLY AS TOLD BY "BAYER"

"Bayer" Introduced Aspirin to the Physicians Over 21 Years Ago.

To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."

The "Bayer Cross" means the genuine, world-famous Aspirin prescribed by physicians for over twenty-one years.—Advertisement.

Tomorrow never comes, but the first of the month does.

Cuticura Soothes Itching Scalp
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Don't borrow trouble—borrow cash.

Sure Relief

BELL'S INDIGESTION CURE
25 CENTS
6 BELL'S Hot water Sure Relief

BELL-ANS FOR INDIGESTION

EASY TO KILL



RATS and MICE

By Using the Genuine **STEARNS' ELECTRIC PASTE**

Ready for Use—Better Than Traps

Directions in 15 languages in every box.
Rats, Mice, Cockroaches, Ants and Waterbugs destroy food and property and are carriers of disease. Stearns' Electric Paste forces these pests to run from the building for water and fresh air. No and \$1.50. "Money back if it fails."
U. S. Government buys it.

WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver

Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARLEM OIL CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.



ABSORBINE

will reduce inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Blisters, Foul Ulcers, Itching, Fists and infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use, does not blister or remove the hair, and you can work the horse. \$2.50 per bottle delivered. Book 7 A free.

W. F. YOUNG, Inc., 310 Temple St., Springfield, Mass.



Copyright, 1921, Western Newspaper Union.

It is not so much what you say. As the manner in which you say it: It is not so much the language you use As the form by which you convey it.

GOOD THINGS FOR THE FAMILY.

A most delicious raisin pie which will taste different is made by using one-half cupful of grape juice, one cupful of raisins, a tablespoonful of lemon juice and one tablespoonful each of butter and flour, well mixed together. Chop the raisins and cook all together with one-half cupful of sugar and a well beaten egg. Serve in a baked shell with a meringue or with whipped cream for a finish.

Cranberry Conserve.—Cook one quart of cranberries in barely enough water to cover; when cooked add an equal measure of sugar, the pulp of three oranges, one cupful of raisins and the grated peel of an orange. Simmer until thick, then pour into glasses, or if to be used at once, into a mold.

Beet Salad.—Take cooked chopped beets, to two cupfuls add one finely minced green pepper and one chopped onion. Mix with French dressing and serve on lettuce.

Beet Relish.—To one quart of chopped cooked beets add one quart of chopped cabbage, one cupful of chopped celery, two cupfuls of sugar, one tablespoonful of salt, one teaspoonful of pepper, one-half teaspoonful of cayenne, one cupful of fresh grated horseradish and vinegar to make it of the consistency to use as a sauce. Can cold. This will keep all winter and is very well liked.

Baked Cranberries.—Choose a wide, flat earthen dish large enough to allow a pint of berries to lie on the bottom. Pour over them a sirup made with two cupfuls of sugar and a cupful of water. Place in a slow oven and bake until the berries are done.

Chicken Timbales.—Mix one pint of chicken chopped, one cupful of stale bread crumbs, one-half teaspoonful of mixed herbs, a dash of pepper, one-half teaspoonful of salt, one cupful of milk or stock, and two well beaten eggs. Celery salt, cayenne, parsley, onion and lemon juice also may be used for seasoning. Pack in small molds well buttered, and steam 15 minutes. Turn from the molds and serve with or without sauce.

When a bit of sunshine hits ye,
After passing of a cloud;
When a fit of laughter gits ye,
And ye'r spine is feeling proud,
Don't forget to up and fling it
At the soul that's feelin' blue,
For the minst that ye sling it
It's a boomerang to you.
—Capt. Jack Crawford.

EVERYDAY GOOD THINGS.

Now is the time to prepare the pretty and inexpensive marmalade which has carrot for a foundation. Scrape the carrots and cook until tender, then put through a meat grinder, to three cupfuls of carrot take two lemons, one and one-half pounds of sugar. Cook two finely shredded lemons, excluding the seeds, in a little water until tender; combine the mixture and cook together until thick. Watch carefully to avoid burning. Put in glasses and cover with paraffin when cold. One may vary the flavor by adding two oranges and one lemon, or one of each.

Oyster Roast.—Put a pint of oysters in an omelet pan, after it is heated and well greased with a tablespoonful of butter, season with salt and pepper and cover to cook two minutes. Serve on buttered toast moistened with the oyster liquor.

To change the seasoning of French dressing add a teaspoonful each of catsup and Worcestershire sauce. Serve with the French dressing on lettuce.

Chicken a la Reine.—Cream two tablespoonfuls of butter, add the yolks of three hard cooked eggs, rubbed to a paste. Soak one-fourth of a cupful of cracker crumbs in the same amount of milk and add the egg mixture. Pour on gradually one cupful of chicken stock. Then add one cupful of finely minced chicken. Season with salt, paprika and celery salt. Serve on toast.

Date Cake.—Cream one cupful of butter, add one and one-half cupfuls of sugar, two eggs, one cupful of sour milk, one cupful of dates, stoned and chopped fine, one cupful of nuts, one teaspoonful of vanilla, two and one-fourth cupfuls of flour. Bake in a sheet and cover with frosting. Cut in strips before it is cold.

Thin Blood Saps Energy—Gude's Pepto-Mangan Rebuilds the Blood.

SELF-RELIANCE GOES BANKRUPT

Wrestling with a weakened condition of the blood is a desperate struggle. Thin, watery blood deprives the body of energy and causes a played-out feeling not unlike utter exhaustion. A man with weak blood has not the full use of his powers. He lacks decision, and vacillates until he loses self-confidence.

Some men, and women too, go faltering along for months scarcely realizing that they need Gude's Pepto-Mangan, the blood-builder. But when they have taken it for a while, what a difference there is in the feelings! The old-time vigor and the red-blooded hue of good health return. The new rich blood gets to work, building, fortifying, lifting the spirit up to its normal standard. Physicians have prescribed Gude's Pepto-Mangan for years as a blood-builder. Druggists sell it in liquid and tablet form. Look for the name "Gude's Pepto-Mangan" on the package.—Advertisement.

Oodles of Karats
He—I want to get you the finest engagement ring in the world. What kind of stone would you like?
She—One like David in the Bible used.
He—Meaning?
She—The kind that'll knock 'em dead.—Wayside Tales.

The Tapiro pygmy people are cultivators of tobacco.

The Other Way 'Round.
Jinks—You say you were employed in a canning factory. What did you can there?
Finks—Nothing at all. They canned me.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.



Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.

Differences of Taste.

"Some of those summer boarders seemed to think they were superior in elegance and refinement," said Mrs. Cornissel.

"Maybe they are more up-to-date than we are," answered her husband. "But just the same I'm glad they're gone, now we can put the jazz records up in the attic and listen to some classical music."

The Other Way 'Round.
Jinks—You say you were employed in a canning factory. What did you can there?
Finks—Nothing at all. They canned me.

Girls! Girls!! Save Your Hair With Cuticura
Scalp 25c, Ointment 25 and 50c, Tablets 25c.

W. N. U., CINCINNATI, NO. 43-1921.

A Lone Admission.
"Look me in the face, sir."
He raised his eyes timorously.
"Now, sir, deny, if you dare, that you married me for my money!"
"It must have been for your money!" he faltered.

**A Mystery Cake**
Can you name it?

Here is another new Royal Cake, so delicious and appetizing that we have been unable to give it a name that does justice to its unusual qualities. It can be made just right only with Royal Baking Powder. Will you make it and name it?

\$500 for the Best Names

For the name selected as best, we will pay \$250. For the second, third, fourth, and fifth choice, we will pay \$100, \$75, \$50, and \$25 respectively.

Anyone may enter the contest, but only one name from each person will be considered.

All names must be received by December 15th, 1921. In case of ties, the full amount of the prize will be given to each tying contestant. Do not send your cake. Simply send the name you suggest, with your own name and address, to the

ROYAL BAKING POWDER COMPANY
153 William Street, New York

How to make it

Use level measurements for all materials

3/4 cup shortening
1 1/2 cups sugar
Grated rind of 1/2 orange
1 egg and 1 yolk
2 1/2 cups flour
4 teaspoons Royal Baking Powder
1 cup milk
1 1/2 squares (1 1/2 oz.) of unsweetened chocolate (melted)
1/2 teaspoon salt

Cream shortening. Add sugar and grated orange rind. Add beaten egg yolks. Sift together flour, salt and Royal Baking Powder and add alternately with the milk; lastly fold in one beaten egg white. Divide batter into two parts. To one part add the chocolate. Put by tablespoonfuls, alternating dark and light batter, into three greased layer cake pans. Bake in moderate oven 20 minutes.

FILLING AND ICING

3 tablespoons melted butter 2 tablespoons orange juice
3 cups confectioner's sugar 1 egg white
(Powdered sugar may be used but does not make as smooth icing) 3 squares (3 oz.) unsweetened chocolate
Grated rind of 1/2 orange and pulp of 1 orange

Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange, removing skin and seeds, and add. Beat all together until smooth. Fold in beaten egg white. Spread this icing on layer used for top of cake. While icing is soft, sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife (use 1/2 square). To remaining icing add 2 1/2 squares unsweetened chocolate which has been melted. Spread this thickly between layers and on sides of cake.

Hellie Maxwell