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Be Quick-Be Sure!
Get the right remedy—the best men know, so quick, so sure that millions now employ it. The utmost in a laxative. Bromide-Quinine in ideal form. Colds stop in 24 hours, La Grippe in 3 days. The system is cleaned and toned. Nothing compares with Hill's.

Be Sure It's **HILL'S** Price 30c
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Raymond Smith says:—

"Now No Doctor can Find Diabetes In My System!"
"Three years ago I was rejected by my life insurance Co because my blood sugar test was 200. I had the best medical treatment known. No help! Then a friend who was cured of Diabetes brought me the Herb Tea that helped him. This Herb Tea was the result of a Lifetime Study by European Chemist Reading in Europe. Instant effect in my case—improvement noticeable in 1 week—big improvement in a month—now blood sugar down to 90 and I'm the picture of health! Every Diabetic should start right away to drink morning and evening—

INGRAM'S NO. 11 TROPICAL HERB TEA FOR DIABETES
"Have a Blood Test and Urine Test Now—drink the Tea twice a day for a month—then have a new Blood and Urine Test and—Just Notice the Big Improvement! No Alcohol—No Drugs

HALF-PRICE OFFER
Ingram's Tropical Herb Tea, 5¢ per box. Send me more information without obligation on my part.

Playing Safe
"Pears like the baby is pretty slow about learning to walk?" commented the brother-in-law.
"None," replied the brother. "He knows that as soon as he can walk he won't get carried no more."—Kansas City Star.

Many people imagine that Worms or Tapeworm cannot be expelled entirely. A single dose of "Dead Shot" proves that they can. 375 Pearl St., N. Y. Adv.

Concentration.
"What is your opinion of the latest dance?"
"I have no opinion. It keeps my feet so busy that I have no time for headwork."

Pigeon Flock Lost
Twelve hundred homing pigeons were released at a point near Bordeaux recently and it was expected that they would alight in their coles in England in the course of a few hours. The distance is only four hundred miles, which is not much of an accomplishment for a homing pigeon. But the persons interested in the flight are puzzled to know what became of the birds for not one was located. The only explanation is that the entire flock was caught in a storm and carried out to sea and were unable to return. This would be a satisfactory explanation, but there was no evidence of a storm in the vicinity at that time.

Habit is the keynote of health.

Sure Relief
BELL-ANS FOR INDIGESTION 25 CENTS
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25¢ and 75¢ Pkgs. Sold Everywhere

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

CONSUMPTION IN WINTER

IT HAS long been claimed that consumption, especially new cases, were more common in the winter than at any other time of the year. This was attributed to the fact that in the winter, especially in a severe winter, bad weather kept more people in the house, and that lack of fresh air and poor ventilation were favorable to the production of consumption. Efforts were made to prove this theory by statistics from England and Sweden but racial, industrial and economic conditions differed too widely in these two countries to make any comparison possible.

In this country, there are such great variations in weather at any season as to make a comparison possible. In winter, there are the most severe conditions found in Montana while southern California or Florida furnish an almost tropical climate. Yet the people, the habits of living, the industrial and economic conditions in these widely separated states are in the main about the same. So figures were secured from all the states showing the rural white death rate from consumption. Figures in rural communities were taken because there is less foreign admixture in the rural districts than in the cities, also because living conditions in the country are more dependent on the weather than they are in the city.

The states were then divided into six groups according to average death rates from tuberculosis in January. California and Colorado were omitted because, on account of the number of consumptives from other states which go to these two states for the winter and which naturally would render statistics from these states less reliable. The January consumption death rate for the middle states would be found the lowest, and the death rate for the coldest would be the highest.

But it didn't work out that way. The figures showed that the state with the coldest and the warmest climates had lower death rates than those which stood in between or rather that the highest death rate was found in a state that was neither very cold nor very warm, but was about half way between the two extremes.

So it wasn't the long confinement in the house with poor ventilation during the winter that made the difference. Then it was suggested that perhaps the real factor was that in a moderate climate the temperature was neither steady cold nor steady warmth, but that it was more changeable, and therefore more dangerous. But this so far hasn't been proved.

OUR ACCIDENT TOLL

IN 1925, accidents, mostly preventable, caused 90,000 deaths and 2,500,000 injuries in the United States or 240 deaths and 7,000 injuries for every day in the year. This is more than 20 times as many killed and injured as were killed or wounded among American soldiers in the World War.

These figures are not taken from any emotional or hysterical authority but from the report of the committee on public accident statistics, of which Dr. Louis I. Dublin, actuary of one of our largest life insurance companies, is chairman. So, as Mr. Charles E. Hill of the New York Central railroad said, "The tragedies of war take their toll in frightful numbers but the tragedies of peace register a toll beyond the comprehension of the average person."

In his report, Doctor Dublin compares our death rate from accidents with those of other countries. Our death rate from this cause for 1925 was 76.2 for every 100,000 people, while England had a death rate of only 34.3 per hundred thousand. This means that deaths from accidents in this country were over two and a quarter times as great as in England. In Scotland it was 45.2 per hundred thousand and in Australia 48 per hundred thousand.

A large share of this loss of life was due to automobile accidents. In 1925, there occurred in this country 19,800 deaths from automobile accidents alone, not counting deaths resulting from collisions between automobiles and railroad trains or street cars. If these cases are included the total number of deaths from accidents in which automobiles were involved amounts to more than 22,500.

If automobile accidents continue to increase for the next ten years at the same rate that they have been growing for the last ten years, which, with the constantly increasing number of automobiles may easily result, Mr. Hill estimates that by 1935 from this cause alone there will be a loss of over 300,000 lives in that ten-year period.

This is not only tremendously expensive in lives but there is also a heavy loss due to traffic congestion and other causes. The cost of highway accidents in the United States is now about \$6,000,000 per year. With proportionate increase in traffic and in automobiles, this will amount by 1935 to an annual loss by that time of \$1,500,000,000 or a total loss for the ten-year period of over \$10,000,000,000. This is a staggering cost to pay for pure waste, through accidents most of which are preventable.

DADDY'S EVENING FAIRY TALE

Mary Graham Bonner

CHRISTMAS FOOD

"It seems such a pity," said one of four bananas, "that we are so plentiful in the house around Christmas time."

"Why do you say that?" asked a large red apple in this same fruit dish.

"Well," said the banana, "at some times of the year there is hardly anything to eat in the house. Of course there are the three meals to be had, but there is not much extra food."

"For instance, if a member of the family is hungry between meals there may be something to eat but not very much."

"Now at Christmas time there is more than can possibly be eaten."

"Little Melly is very fond of bananas but she doesn't get them very often. Now she is eating so much else that she hardly pays any attention to us."

"Last night she ate a member of our family and enjoyed it, but she had nibbled at so much else that she did not eat it with the same relish as she would have done at some other time."

"There are salted nuts now and nuts to be cracked and eaten."

"There are many apples and pears and bananas and grapes."

"There are lots of oranges and tangerines."

"There are fruit cakes and cookies and biscuits and muffins."

"There is homemade candy and bought candy and hard candy and candied fruit."

"There are stuffed dates and stuffed prunes."

"There is so much food, too, that even after big meals the family can have delicious cold food."

"There is vichy to drink and ginger-ale and extra milk."

"Really the house is full of food."

"And that is the way it always is around Christmas time."

"I'd be for scattering some of the food throughout the year."

"By scattering it I don't mean dropping it here and there but just

dividing it and having it at other times."

"Well," said the big red apple, "what you say is very true but then it is fun to have so much food around at Christmas time."

"Even if there is so very much it is part of the Christmas season to have lots of everything."

"Then people come to the house and they are given some good things to eat, too."

"Little boys bringing packages are given goodies."

"Besides some things just seem to belong to Christmas such as the popcorn and the cranberry jelly and the hard candy and the quantities of fruit and the chocolate Santa Claus gentlemen."

"I say we sing a song about Christmas food."

It won't be a song that one can take in the mouth and eat but it can be sung from the mouth!"

So the Christmas food sang this song:

We belong to Christmas, yes, we do. We nuts, and fruit and raisins, too. We like to be eaten with appetites hearty. For we're all a part of the Christmas party. We belong to Christmas, full of cheer, That's why so much food is here!

RIDDLES

What part of a ship represents a Canadian town? Hull.

When is a fish like an airman? When it rises and takes a fly.

Why is the letter a like noon? Because it is the middle of day.

How much earth is in a hole six feet deep by three feet wide? None.

What parts of the body are most useful to a carpenter? The nails.

Why is the inside of a jug mysterious? Because you cannot make it out.

How do we know that all horses gossip? Because they are all tale bearers.

Why is a spider a good letter writer? Because he drops a line at every post.

What is the difference between the letters M.A. and some one too fond of eating? One is a degree and the other is greedy.

THE KITCHEN CABINET

(©, 1926, Western Newspaper Union.)

Are these the choice dishes the doctor has sent us?
Is this the great post whose works no content us?
This Goldenrod's fine feast, who has written fine books?
Heaven sends us good meat but the devil sends cooks.
—David Garrick.

SO GOOD

When serving wild duck, garnish with slices of orange unpeeled and garnished with sprigs of parsley. The slightly acid fruit adds to the flavor of the duck. As a salad to serve with duck, oranges are especially good; serve with French dressing.

Orange and Rhubarb Ice.

Combine one cupful of orange juice with three and one-half cupfuls of cooked sliced rhubarb, one tablespoonful of lemon juice, the grated rind of an orange and one and three-quarters cupfuls of sugar. Stir until well dissolved, then freeze as usual.

Apple Fritters.

Mix and sift together one and one-third cupfuls of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of salt, add one well-beaten egg and two-thirds of a cupful of milk; mix all together. Cut two medium-sized apples into eighths, stir into the batter. Drop by spoonfuls into hot fat and fry until brown. Roll in powdered sugar and serve with meat at dinner.

Swiss Cheese Savory.

Dip round slices of bread in melted butter, sprinkle with salt and pepper and a little lemon juice. Put one-half pound of swiss cheese through the meat grinder, add one tablespoonful of chopped parsley and the same of pimento, two tablespoonfuls of creamed butter, four tablespoonfuls of cream with salt and pepper to taste. Pipe through a pastry tube over the bread, sprinkle with paprika and put into the oven to heat hot.

Jellied Apples.

Pare, core and slice one quart of apples. Butter a baking dish and put a layer of apples, cover with a layer of sugar, repeating until all the apples are used. Add one-half cupful of hot water, cover and bake three hours. Soften one tablespoonful of gelatin in one-half cupful of cold water and dissolve in one-quarter of a cupful of boiling water. Mix carefully through the hot apples, turn into a mold and when chilled serve with cream.

Egg Sauce.

Beat well two eggs, separating the yolks and whites. To the yolks add one cupful of powdered sugar, one-fourth cupful of hot milk and a teaspoonful of vanilla. Fold in the beaten whites and serve at once.

Apple Ice.

Cut up six large tart apples and boil with four cupfuls of water and the rind of a lemon until soft. Drain, add two cupfuls of sugar and boil for three minutes. Add the juice of two lemons and the juice of an orange, mix all together and freeze.

Ways With Meats.

Some of the following dishes may be prepared from left-over meats; these are but suggestions which may be varied to suit the occasion:

Chili Stew.

Take one and one-half pounds of round steak, one and one-half tablespoonfuls of butter, one and one-half tablespoonfuls of olive oil, six tablespoonfuls of chopped onion, four cloves of garlic, one and one-half tablespoonfuls of worcestershire sauce, three teaspoonfuls of chili powder, two teaspoonfuls of salt, three cupfuls of canned tomatoes, one and one-half tablespoonfuls of flour. Grind the steak or cut in small bits, melt the butter, add the oil in a deep frying pan, add onion, garlic and fry until a light brown. While frying, add the worcestershire sauce and chili powder, stir until well blended. Pour in enough water to just cover the bottom of the pan, add the meat and almost cover with water. Cook slowly for fifteen minutes, then add the tomato and salt. Blend the flour with a little tomato juice and add to the stew, then place in a fire-proof dish and bake in the oven for an hour. Serve with rice or noodles.

Veal Pie.

Cook a piece of veal from the neck or any cheap cut, until tender, with small piece of salt pork. Cut into bits and arrange in a baking dish, add cream seasonings, cover with a rich biscuit crust and bake until brown.

Chili Con Carni.

Take a half pound of lean and fat pork (fresh), add one and one-half pounds of round steak; put the meat through the meat grinder. Brown three good-sized, sliced onions, two quarts of tomato, salt, pepper to taste, three tablespoonfuls of chili powder and cook slowly three hours, then add two cans of kidney beans and let the whole stand to cook another half hour. Serve hot.

Ragout of Mutton.

Cut cold roast or boiled mutton into one-inch pieces. Take one tablespoonful of butter, add one of flour, one-half pint of seasoned stock, season with salt and pepper, three drops of tabasco sauce, a tablespoonful of worcestershire sauce and a pinch of asafoetida. Add the mutton, heat until boiling hot, then add one tablespoonful of currant jelly and orange juice. Serve hot.

Nellie Maxwell

CHILDREN CRY FOR



Fletcher's CASTORIA
MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

Youthful Authority

"Why did your boy Josh leave the dear old farm?"
"He got some new ideas about managing land and decided I wasn't enough help to enable him to run the place successful."—Washington Star.

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum, and you have the Cuticura Toilet Trio.—Advertisement.

Laundry Saving

When gathering soiled clothes the other day Mrs. W. P. Morton found, among her six-year-old son's belongings, several handkerchiefs with a huge knot tied in each of them.

When Howard was asked the reason for the knots, he replied: "Well, mother, you see, I always have a clean hanky that way. I tie a knot in it before I go to school; then when my hanky gets dirty I undo the knot and use the nice clean part and tie a knot in the dirty part so it won't show."—Indianapolis News.

Don't Be Dishfigured.

Keep Cole's Carboline in the house. It stops pain from burn or cut quickly and heals without scars. At all good druggists, 50c and 60c, or J. W. Cole Co., 137 S. Euclid Ave., Oak Park, Ill.—Adv.

Americans Eat Less Bread

If Americans ate as much bread as they did 25 years ago, more than 25,000,000 additional barrels of flour would be consumed annually, says Capper's Weekly. A food survey indicates more than one-fifth of the flour formerly consumed has been replaced by sugar and other more expensive foods, like milk, meat, fruits, oils, fresh fruits and fresh vegetables. Another reason may be that the finely bolted and bleached flour of the present time does not make near as palatable or as wholesome bread as did the old grist mill's product.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

A man who is good only on the surface is no good.

The measure of service is the mark of greatness.

Conscience Pricked Her

Betty was visiting in the country. After breakfast her grandfather proposed that they look around. Betty admired the cows and the pigs and the chickens, but when grandfather proposed they take a look at the beehives she drew back. "Come on," urged her grandfather, "the bees won't hurt you." Betty still hung back. "I don't know 'bout that," she replied. "You see, I had honey for breakfast!"

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Handiest thing in the house
Vaseline
RELIEVES COUGHS
Take a teaspoonful of "Vaseline" Jelly. Stops the tickle. Soothes irritation. Helps nature heal. Tasteless, odorless. Will not upset you. Chesebrough Mfg. Company State St. (Incorporated) New York

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promptly relieved and healed by a few applications of
Resinol
W. N. U., San Francisco, No. 48-1926.

Rather Irritating
Roscoe—What'll I play on the phonograph?
Phyllis—Play the seven-year-it-oh.
Roscoe—Which record is that?
Phyllis—That's the one that scratches so.

Demand
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SAY "BAYER ASPIRIN"—Genuine
Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for
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