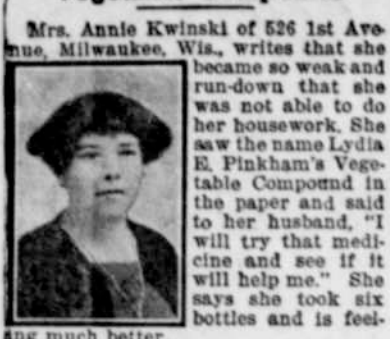


WOMEN OF MIDDLE AGE

Praise Lydia E. Pinkham's Vegetable Compound



Mrs. Annie Kwinski of 626 1st Ave. Milwaukee, Wis., writes that she became so weak and run-down that she was not able to do her housework. She saw the name Lydia E. Pinkham's Vegetable Compound in the paper and said to her husband, "I will try that medicine and see if it will help me." She says she took six bottles and is feeling much better.

Mrs. Mattie Adams, who lives in Downing Street, Brewton, Ala., writes as follows: "A friend recommended Lydia E. Pinkham's Vegetable Compound and since taking it I feel like a different woman."

With her children grown up, the middle-aged woman finds time to do the things she never had time to do before—read the new books, see the new plays, enjoy her grandchildren, take an active part in church and civic affairs. Far from being pushed aside by the younger set, she finds a full, rich life of her own. That is, if her health is good.

Thousands of women past fifty, say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound, and are recommending it to their friends and neighbors.

STOP CHILBLAINS

The crippling annoyance of chilblains, that insupportable half numbness and half pain in the feet caused by exposure to snow or cold, quickly relieved by Carboll. Why suffer when a 5-cent box of Carboll will take the misery out of walking? Get a box at your drugstore now. Your money back, if not satisfied. SPURLOCK-NEAL CO., Nashville, Tenn.

Earned Organizers Wanted—Club for "The New Psychology." Big inducements for home members. Solve personal problems. Profit. Dignified. Write 1104 Times Bldg., New York.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

HEALTH HINTS

Keep your vital organs active and you can forget about your health. Aid nature and she will repay you with renewed life. Since 1896, the sturdy Hollander has guarded off kidney, liver, bladder, bowel troubles with their National Household Remedy—the original and genuine

GOLD MEDAL HAARLEM OIL CAPSULES

For Pipe Sores, Fistula, Poll Evil
Hanford's Balsam of Myrrh
Money back for first bottle if not satisfied. All dealers.

New Life-Saving Suit
A new life-saving suit, weighing only 21 pounds, which will keep its wearer afloat for hours has been invented for ocean flyers. The suit which can be donned in two minutes has accommodations for storing sand wicks and drinking water.

When You Feel a Cold Coming On.
Take Laxative BROMO QUININE Tablets to work off the cold and to fortify the system against an attack of Grip or Influenza. 30c—Adv.

Cautioned
"Won't you have another helping of dessert, Willie?"
"No, thanks; mother says I don't want any more."



Are You Really Well?

To Be Fit There Must Be Proper Kidney Action.

Do you find yourself running down—always tired, nervous and depressed? Are you stiff and aching, subject to nagging backache, drowsy headaches and dizzy spells? Are kidney secretions scanty and burning in passage? Too often this indicates sluggish kidneys and shouldn't be neglected.

Doan's Pills, a stimulant diuretic, increase the secretion of the kidneys and thus aid in the elimination of waste impurities. Doan's are endorsed everywhere. Ask your neighbor!

DOAN'S PILLS
60c
A STIMULANT DIURETIC FOR KIDNEYS
Ruster-Milburn Co. Mfg. Chem. Buffalo, N.Y.

PASTOR KOENIG'S NERVINE
for Epilepsy Nervousness & Sleeplessness.
PRICE \$1.50 AT YOUR DRUG STORE.
Ask for Sample
KOENIG MEDICINE CO.
1045 N. WELLS ST. CHICAGO, ILL.

V. N. U., PORTLAND, NO. 7-1928.

THE KITCHEN CABINET

(Ed. 1928. Western Newspaper Union.)
Cheerfulness means a contented spirit; a pure heart, a kind and loving disposition; it means humility and charity, a generous appreciation of others and a modest opinion of self.—Thackeray.

TEA-WAGON SUPPERS



Informality seems to be the keynote of all entertaining these days, and what a comfort it is to feel that we need not outdo Mrs. C— just open our homes and our hearts to our friends and give them a royal welcome. A cup of tea with a small cake, and a cheery greeting that warms the heart of even the stranger will make a feast.

We all love to use and enjoy our beautiful linens on occasions, but they are often a weariness to the flesh when we have to launder them ourselves. Now with the comfortable large-sized paper napkin, and paper doilies so dainty in design, one may revel in them without thinking of the laundry tubs.

There is no meal so well fitted for informality as the supper around the grate fire on a Sunday night or after an evening out skating, skiing or at the theater.

With the food placed on the tea-wagon with the serving dish on the bottom, it will be little work to serve a small party. If one wishes to use a chafing dish, that always adds to the pleasure, as one likes to see a dish being prepared.

With a toaster and good coals in the grate the toast may be prepared by one and the rarebit by another. Give every one something to do; this helps break the stiffness and adds to the enjoyment of all. Finally let the male members help remove the meal, and if you choose, wash the dishes. They will like it.

One may serve scalloped oysters with sandwiches, pickles or a salad. The hot dish of course would be prepared in the kitchen and baked in the range. Creamed oysters served on toast may be done in the chafing dish. A hot cheese sandwich, with hot milk or cream, or a cup of tea, a bit of cake and fruit, will make a most satisfying supper.

Chicken à la king is another good supper dish to serve in this way. There will be many others which will occur to the hostess and provide variety.

A small table covered with pretty linen and holding the silver and pretty plates always adds to such an occasion.

Approved Recipes.
A good vegetable soup is a dish enjoyed by everybody. Try this one:

Vegetable Cream Soup.
Chop together one potato, one onion, one carrot, add one quart of boiling water and a can of peas, cook for an hour, replenishing the water when necessary, then strain, add two tablespoons each of butter and flour cooked together, salt, pepper, a grating of nutmeg, a can of vegetable soup, one-half cupful of hot water and just before serving add one-half cupful of cream or evaporated milk.

Grape Fruit and Apricot Salad.
Cut three grapefruit into halves, remove the pulp, add sugar to sweeten and let stand to chill for two hours. Arrange on lettuce leaves, piling on a few spoonfuls of grapefruit, then mayonnaise and top with an apricot.

Rack of Lamb.—Order a three-pound rack of lamb cracked, with a small piece taken from the top; this may be used for soup. Remove any surplus fat and wipe the meat with a damp cloth. Put a tablespoonful of butter in a roasting pan and when very hot add the lamb. Brown well and dust with salt and pepper, then add the following chopped vegetables: One onion, two green peppers, two cupfuls of celery, two carrots; cook fifteen minutes, then add one cupful of boiling water, pouring it around the meat. Roast for an hour, basting occasionally. Serve with the meat in the center of a platter with buttered peas and small potatoes, also buttered, as a garnish. Make a sauce from the gravy in the pan, and serve with meat.

Stuffed Cheese Potatoes.—Bake six large even-sized potatoes after rubbing them over with a little bacon fat. When thoroughly done cut into halves lengthwise, scoop out the potato and wash well, then add one teaspoonful of butter, one-third of a cupful of milk, salt and pepper to season; fold in the stiffly beaten egg whites of two eggs. Fill the shells and place a thin slice of cheese on top of each. Return to the oven to brown and melt the cheese. Serve at once.

Sliced Tomatoes With Spanish Dressing.—Mix together three-fourths cupful of sugar, one-half teaspoonful of salt, one-fourth teaspoonful of mustard, one teaspoonful of paprika, one-fourth teaspoonful of white pepper; add one teaspoonful of vinegar and one-half cupful of olive oil with the juice of a lemon, strained. Beat thoroughly, chill, then beat again. Serve on fruit or tomato salad.

Nellie Maxwell

Possible Platinum Beds

Possible sources of supply of platinum are the river gravels in south-west Borneo, where further prospecting is required, and various districts in north Alaska, and the stream placers in Alaska, which are being investigated by the United States geological survey.

A Thought for Today

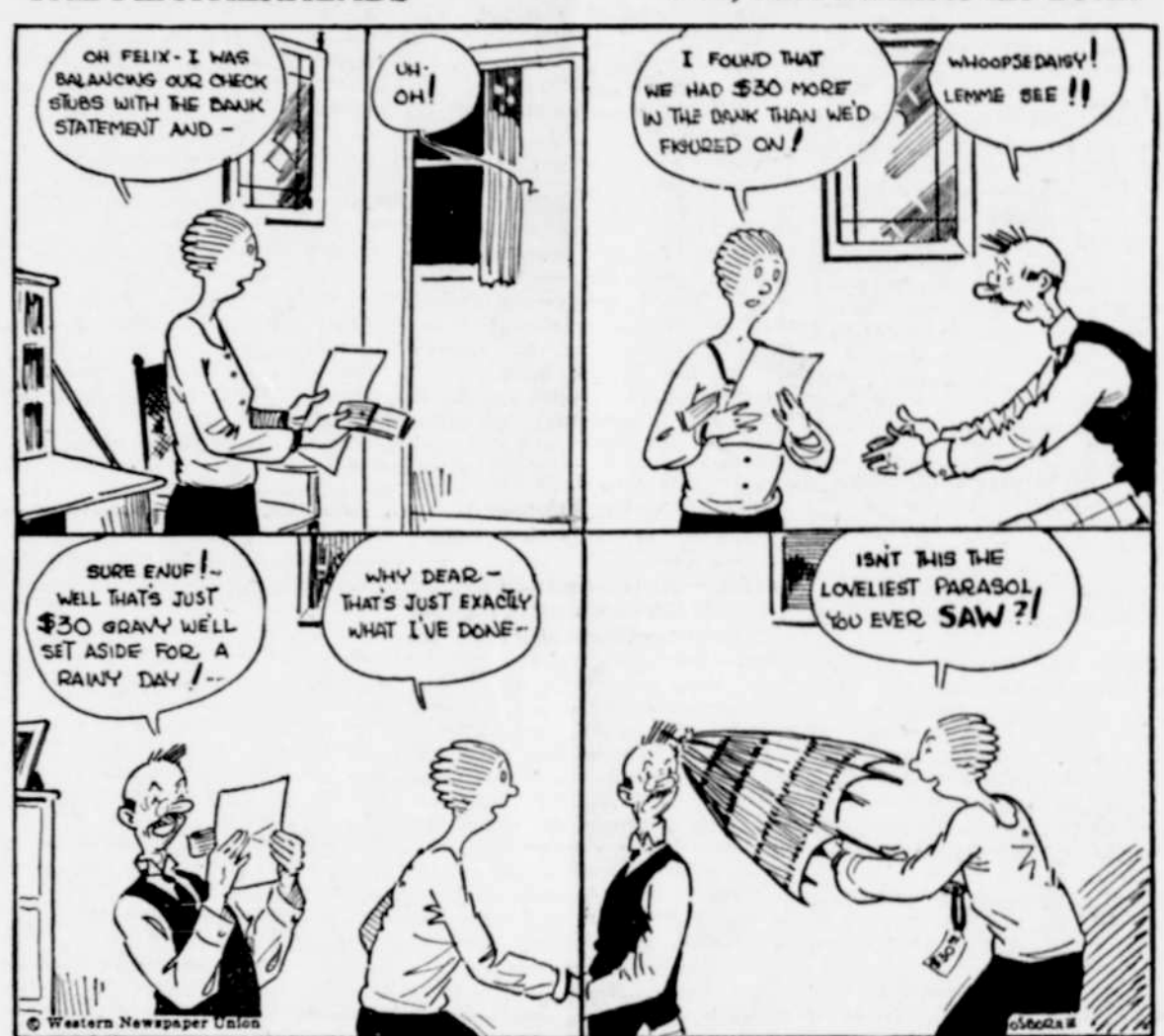
I always plucked a thistle and planted a flower where I thought a flower would grow.—Abraham Lincoln

OUR COMIC SECTION

Events in the Lives of Little Men



THE FEATHERHEADS



FINNEY OF THE FORCE



BUGVILLE ATHLETIC NOTE



No Affection in That Kind

"There's too darn much kissing in this house," growled Mr. Grouch. "Huh!" snorted the missus, "what are you talking about? You haven't kissed me since Hector was a pup!" "No," he retorted, "I've been too busy kissing my money good-by."

Still Prominent

"Your public must not be permitted to forget you." "I am attending to that matter," answered Senator Borghum.

Worshipping From a Distance

"My daughter has fallen in love with the radio announcer at XXXX." "Is it serious?" "It is. Her bill for applause telegrams this month was \$40.90."



ASPIRIN

The whole world knows Aspirin as an effective antidote for pain. But it's just as important to know that there is only one genuine Bayer Aspirin. The name Bayer is on every tablet, and on the box. If it says Bayer, it's genuine; and if it doesn't, it is not! Headaches are dispelled by Bayer Aspirin. So are colds, and the pain that goes with them; even neuralgia, neuritis, and rheumatism promptly relieved. Get Bayer—at any drugstore—with proven directions.

Physicians prescribe Bayer Aspirin; it does NOT affect the heart

Aspirin is the trade mark of Bayer Manufacture of Monmouthshire of Wallethhead

Warm Drink Is Said to Banish Insomnia

Lobster armed to the teeth, grinning dervishes, relentless Rudolph in pursuit on a bicycle. A dream tour through the Elysian fields, harps, gold winged cupids, ice cream for dessert. "Take your choice of dreams," said Mrs. Mary Whitacre in a talk before the American Home Health and Welfare league of St. Louis. "Dreams are regulated by diet. Good will triumph even in the dream world if the dreamer will avoid rich foods at night. He should eat, and a warm soothing drink at bedtime will place even the relentless Rudolph among the celestial.

"Counting sheep wouldn't put anyone but a public accountant to sleep. A warm drink before bedtime, both winter and summer, is both a cure for nightmare and a preventive of insomnia. Babies dream happily over a bottle of warm milk. Heat is just as soothing to the stomach of an adult. It is, of course, not advisable to take stimulating drinks at bedtime. A warm beverage is the passport to the Elysian fields of sleep."

Poor Shot

Clerk—Did you get rid of any moths with those moth balls you bought?
Mrs. Dun—No, I tried for five hours, but I couldn't hit a one.—Open road.

If a rich man is stingy people say he has his generous impulses under perfect control.

Midget Photograph

The smallest photograph in the world, so tiny as to be invisible to the naked eye, was exhibited recently at the Royal Photographic society in London, England.

The Reason

"You're moving again?"
"Yes; the neighbors have seen all my wife's hats."

Important Point

Dill—"If you refuse I'll love another girl."
Mae—"Does that also apply if I consent?"

Foul—or Veal

Customer—Chicken croquets, please.
Waiter—Fowl ball!

The same gas that bakes pies in the kitchen oven is now used to carve intricate patterns in steel plate and cut steel billets 20 inches thick.

There are too many ladies and gentlemen in the world and not enough women and men.

Free as air; air is free. Which may account for so much automobile horn blowing.

If you think a small boy is feeble in his affections, buy him a pup and change your mind.

Success comes to the man who makes up his mind to do a thing—then does it.



Werrenrath, Concert Star, Finds Lucky Strikes Kindly To His Precious Voice

"In my concert work, I must, of course, give first consideration to my voice. Naturally, I am very careful about my choice of cigarettes as I must have the blend which is kindly to my throat. I smoke Lucky Strikes, finding that they meet my most critical requirements." *Richard Werrenrath*

"It's toasted"

No Throat Irritation—No Cough.