

**Stuffed up inside?**

Feen-a-mint is the answer. Cleansing action of smaller doses effective because you chew it. At your druggist—the safe and scientific laxative.

**Feen-a-mint FOR CONSTIPATION**

**Vatican City's Area**

The new papal state known as Vatican City is about five acres in area and embraces St. Peter's square, including the capacious plot of ground on the southeast side of the Vatican, with the famous colonnades. There are about 500 regular inhabitants and there are still at the present time many who are not associated with the Roman Catholic church. These will all eventually remove.

**Workers of the World**

The national bureau of economic research says that about 39 per cent of the population does the work which supports themselves and the remaining 61 per cent. Last year there were 46,580,000 workers and about 72,724,000 other people dependent upon them.

**Mother of Five Healthy Children Speaks**

Everett, Wash.—There is nothing so helpful in motherhood as Dr. Pierce's Favorite Prescription. I am the mother of five as fine, healthy children as any one could wish for and I give this medicine great credit for looking after me each time and it kept me in such good physical condition that I was always able to do my own work right up to the last—never lost my strength at any time. I would not think of going through pregnancy without taking this tonic.—Mrs. C. E. Armstrong, 2811 Victor Place.

Fluid or tablets. All dealers.

Send 10c to Dr. Pierce's Invalids Hotel in Buffalo, N. Y., if you want a trial package of Prescription Tablets.

**A Household Remedy For External Use Only**

**Hanford's Balsam of Myrrh**

Many back for first bottle if not cured. All dealers.

**Old Household Utensil**

An old "coffee mortar," which was used in olden days when coffee had to be ground by hand, is owned in Fluvanna county, Virginia. The mortar, which is made of wood, is about a foot in height and an inch thick. At the top the bowl is about six inches in diameter, and slopes to a rounded bottom. An iron "mangle" was used to do the actual grinding. The mortar originally came from Scotland, and is believed to be about 300 years old.

**Help Your Kidneys Deal Promptly with Kidney Irregularities.**

If bothered with constant backache, bladder irritations and getting up at night, help your kidneys with Doan's Pills.

Used for more than 40 years. Endorsed the world over. Sold by dealers everywhere.

**50,000 Users Endorse Doan's!**

James A. McClard, Retired Merchant, 908 Hobson Avenue, Hot Springs, Arkansas, says: "My kidneys didn't act right and my back ached for quite a spell. The use of Doan's Pills quickly got me out of this attack."

**DOAN'S PILLS**  
A Stimulant Diuretic to the Kidneys

**DEAN'S RECTAL COLON SPECIAL**

**SUFFERING ELIMINATED**

15 years success in treating Rectal and Colon troubles by the Dr. C. J. Dean NON-SURGICAL method consisting of giving WETTES ASSURANCE OF PILES ELIMINATED or PILE REFUNDING. Send today for FREE 100-page book describing causes and proper treatment of such ailments.

**DEAN'S RECTAL COLON CLINIC**  
PORTLAND, SEASIDE, ASTORIA, ASTORIA, SEASIDE, PORTLAND

W. N. U., PORTLAND, NO. 7-1520

**The KITCHEN CABINET**

(© 1929, Western Newspaper Union.)

"A little rule, a little way  
A sunbeam in a winter's day  
Is all the proud and mighty have  
Between the cradle and the grave."

**GOOD THINGS WE LIKE**

There is nothing that adds to a menu where cake is served more than a good-looking, fine-textured, tender cake. If it is a layer cake the filling is as important as the cake itself.

**Alexander Cake.**—Cream one-half cupful of butter or other shortening and stir in one cupful of sugar gradually, then add two beaten egg yolks. Mix thoroughly and sift together two cupfuls of flour, two teaspoonfuls of baking powder and one-fourth teaspoonful of soda; add alternately with one-half cup of sour milk. Flavor with a teaspoonful of vanilla and fold in the stiffly beaten whites of the eggs. Bake in two layers.

**Alexander Frosting.**—Boll two cupfuls of sugar with one-half cupful of water until the sirup threads from the spoon. Pour slowly onto two well-beaten whites, beating until the frosting holds its shape. Now add two cupfuls of fresh ground coconut. Cover one of the layers with coconut and with frosting; cover with another layer, then cover top and sides and sprinkle with grated coconut.

Prune whip is a most delightful dessert. Prunes in lemon juice makes another; stuffed with cheese and served with an attractive sandwich or cracker. Figs, dates and raisins add to any apple salad, or mixed with nuts and bread crumbs, served with whipped cream, makes another good dessert.

As tomato juice now is used very freely, rivaling the much-liked orange, the mother of little ones sees that each has a small glass of one of these vitamin foods daily. Tomatoes may be canned when plentiful, just as juice, and it will always be ready for a fruit drink or to be used as soup, or in sauces.

**TROPICAL FOODS**

The following are some of the foods served in Hawaiian homes and also in other warm countries; however, with fresh coconuts, avocados, pineapples, the pineapple and other fresh fruits in the market, one may serve these same foods with banks of snow outside and the chill winds of winter, making with an open fire a tropical feast, a most delightful occasion.

**Chicken With Spinach and Coconut.**—Disjoint one large chicken, dredge with salt and pepper and saute in three tablespoonfuls of butter until nicely browned on all sides. Cover with water and simmer over very low heat until each piece is well done. Remove to a hot place, make a brown sauce in the pan, using three tablespoonfuls of flour and the same amount of fat. When the flour is brown and well blended with the butter add two cupfuls of coconut milk, and when smooth and thick add a peck of spinach, cooked, boiled and chopped. Simmer ten minutes and serve with the chicken.

**Salmon Lomi.**—Cover a pound of kippered salmon with boiling water and let stand a few minutes before draining; repeat twice and then flake, removing all the bones and pieces of membrane. Add one-half of a green pepper and two onions finely chopped, and chill. Serve between two half-inch slices of ripe tomato.

**Pineapple Water Ice.**—Boll one cupful of water and two cupfuls of sugar for five minutes, stirring only until the sugar is dissolved. Add three and one-half cupfuls of pineapple juice and put into the ice box to chill. When cold pack in a mold using equal parts of ice and saw, to cover the mold. Let stand two hours, then add a stiffly beaten egg white; mix well, re-pack and leave an hour and a half longer.

**Avocado Pear Salad.**—Pare two avocados and remove the pits, then slice into thin rings. Marinate in a snappy french dressing with two sliced cucumbers added just before serving. Serve on lettuce with ripe tomatoes as a garnish. Do not let the cucumbers stand after the dressing has been added or they will lose their crispness.

**Grape Juice Punch.**—Mix two cupfuls each of grape juice, sweet elder and grapefruit juice with one cupful of sugar, one-half teaspoonful of nutmeg and one large orange shredded. Chill well for several hours then add two quarts of cream soda water.

**Scrambled Eggs.**—Allowing one tablespoonful of butter and four tablespoonfuls of milk to each egg. Beat eggs lightly, add salt, pepper, a little chopped onion—or scraped onion is better—three or four slices of cooked bacon broken into bits to half a dozen eggs. Cook, stirring in a dish over water until creamy throughout. Serve at once.

**Nellie Maxwell**

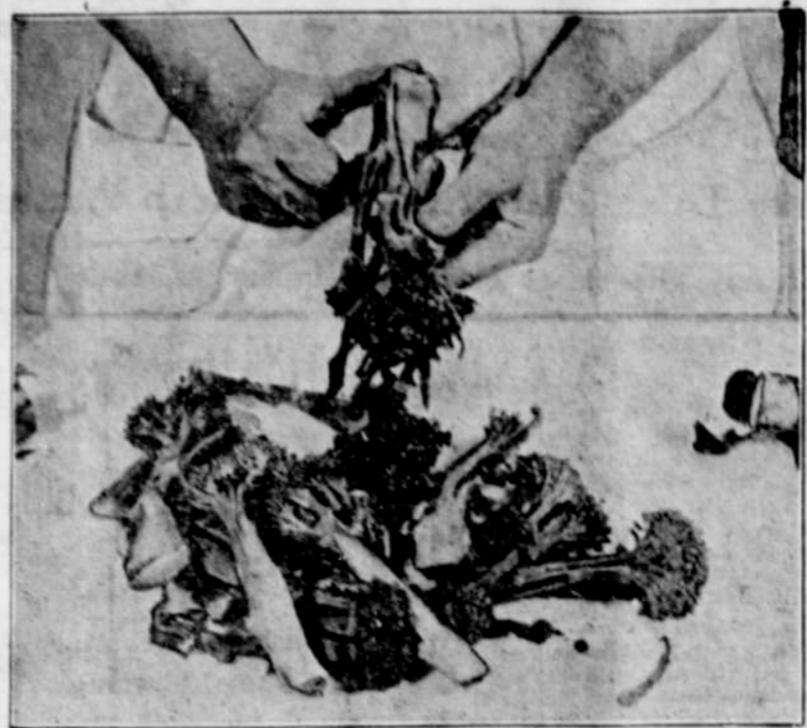
**Largest of Vulture Species**

The California condor, weighing from 45 to 60 pounds and having a wingspread of eight and one-half to nine and one-half feet, is the largest of the vultures, and the largest bird that flies. Despite its great size, the speed of the condor is estimated at 60 miles an hour, and the soaring range at 3,000 to 4,000 feet.

**Playing With Matches**

Children cause lots of trouble by playing with matches. So does Cupid.—Arkansas Gazette.

**SPROUTING BROCCOLI HAS BECOME POPULAR**



Broccoli is Rapidly Gaining Favor in This Country.

A few years ago broccoli was scarcely known in this country outside of the French and Italian households which were familiar with it in their own lands and eventually started growing it here. Within the past year or so broccoli of the sprouting type has been produced extensively in Texas and California, and has become very popular and widely distributed in large city markets.

Broccoli is one of the forms of the large brassica or cabbage family. Cauliflower, cabbage, brussels sprouts, and kohlrabi are its nearest relatives, botanically speaking. Or these it is most like cauliflower. The flower head of sprouting broccoli, unlike that of cauliflower, is not white, but deep green, as is the rest of the part that is cut for food. These flower heads and the more tender parts of the stalk are eaten. The lower end of the stalk is tough and should be trimmed off, says the bureau of home economics, of the United States Department of Agriculture, and also the leaves. There is, consequently, considerable waste in preparing broccoli for the table. After carefully washing the center stalks with the flower heads attached, cut them lengthwise into strips so they will cook more evenly and quickly. Otherwise the flower heads would be cooked long before the stalks are tender. Drop into lightly salted boiling water, leave the kettle uncovered, and cook for 15 to 25 minutes. As soon as the broccoli is tender and while the color is still fresh green, drain, season with salt and pepper to taste, and add melted butter or other fat or serve with hollandaise sauce.

**SMALL BOY'S SUIT WITH DROP FRONT**

Very Good Type for Youngster's Trousers is Shown.

It is easier to teach a boy between two and three years old how to dress himself and go to the toilet without help if one type of trouser fastening is adopted for all of his suits. Variations in material, color, and minor style details can be introduced. A very good type for the small boy's trousers is here illustrated. It was designed by a clothing specialist in the bureau of home economics, United States Department of Agriculture, after studying the needs of a group of nursery school children.

These trousers button on a blouse in Oliver Twist style, or they can be worn on an underbody or sun suit top, depending on the season. The important new feature about them is the drop front formed by slashing the front section midway between the side pockets and center seam. The slashes are finished with simulated welt pocket edges which are really plaquettes. The band at the top of this front drop is extended about an inch to form convenient tabs and permit the button-



Trousers Buttoned on a Blouse.

hole and button beneath to be placed in line with the plaquette where it will be most effective. The side openings are closed in a similar way with the waist band extended slightly beyond them and the buttons are placed in line with the plaquettes. A wide underlap is used under all the plaquettes. All buttonholes on children's clothes should be cut so that the pull or strain on the bottom brings it into the corner of the buttonhole.

Two buttons instead of one are used on the back drop as the child can reach them more easily. These little trousers are straight and short, well above the bend of the knee, and have plenty of room in the seat and sufficient length in the crotch. Most mothers could make them at home of wash materials. Fabrics should always be chosen with sufficient body to take tailoring, i. e., trim machine-stitched edges and corners, and that do not require starch.

Elbow sleeves and flat neck trimmings are the recommended features

**AROUND THE HOUSE**

The troublesome child may be merely the tired child.

All children's garments, especially play suits, should permit freedom and natural movement of the body.

Cottage cheese, valuable for its high protein and calcium content, makes an excellent filler for sandwiches if moistened with boiled dressing, cream or lemon juice.

Comfortable shoes make shopping easier for the homemaker.

Cream soups will be smoother if they are beaten with an egg beater just before serving.

The percolator which has become standard in the kitchen with coffee may be cleaned by filling the pot nearly full of boiling water and adding a teaspoon of soda. Let it boil a few minutes and then wash it out with soap and water.

**HOW TO LIVE LONGER**

By JOHN CLARENCE FUNK, A. M., Sc. D.

Director of Public Health Education, State of Pennsylvania.

**Give Them Their Chance**

RECENTLY a young boy was vaccinated against smallpox and was then proudly sent off to school for the first time. Satisfied that he had discharged their obligations toward their offspring, the parents fondly awaited results. These promptly came in the form of school reports stating that "John was dull."

As a matter of fact, John was not dull. He was, however, badly undernourished and in addition had adenoids. With these conditions remedied the boy quickly reached the head of his class. This story has a moral.

Thousands of parents take the physical condition of their children for granted. Assuming that the absence of pain means positive health, no investigation for possible latent trouble is made. This false attitude has actually sent out a tremendous number of young people physically handicapped for their school work.

It must be understood that pain is an indication of an acute or sub-acute condition. In many physical states needing urgent correction, it is altogether absent.

Health departments, through rural inspections, are in some jurisdictions investigating the physical condition of the pre-school child. But for the most part this obligation, both in the country and the city districts, still rests with the parents alone.

Weak eyes, bad teeth and tonsils, undernourishment, defective hearing, impaired hearts and many other deficiencies do not manifest themselves through pain at all. Indeed, so clever are they at concealing their existence that an investigation by a physician is required to bring them to light.

Young school children deserve to start their school careers "at scratch." This advantage will not be theirs unless they are physically fit. Get them thoroughly examined for bodily defects. Give them their chance. They will need it.

**Wheezers and Sneezers**

EVERY season in many sections of the United States a vast army of American citizens wheeze and sneeze. They do this to their exceeding discomfort, while at the same time obtaining slight sympathy from their more unfortunate friends.

Comparatively few of these annual victims can afford either the time or money to seek clinics unfriendly to hay fever. Consequently, many restrict themselves to their condition, optimistically anticipating that distant, though effective, event commonly known as the fall frost.

Science, so miraculous in many departments of life, has not shunned the hay fever victim, however. Speaking in aggregates, immense as it is in itself, there is only a comparatively small minority of individuals in this country who possess an unusual sensitiveness to the pollens of certain plants, weeds, grasses and trees.

This limited causative field has made possible the development of a counteracting serum.

However, it becomes necessary in the first place to discover the particular pollen that is causing the trouble of each individual. And this can not be done without making a visit to a physician prepared to make tests with the pollen extracts that logically may be suspected of creating the difficulty.

Fortunately, such a test is exceedingly simple and painless. A needle prick carries a bit of each extract under the skin. The particular criminal doing the damage is promptly disclosed by way of a slight local reaction. All the other extracts remain neutral. Thus caught, inoculations for that type are administered over a period of weeks. Immunity, however, must be established before the pollen season arrives. It is too late to resort to this treatment after the onset of the attack.

While this scientific weapon is not always 100 per cent effective, its average of success is sufficiently high to justify all wheezers and sneezers to give it a trial. Wheezers and sneezers, take notice.

(© 1929, Western Newspaper Union.)

**Image From Altar of Greeks' "Unknown God"**

The reported excavation at Agrigento (Agrigento), in southern Sicily, of a group of Greek altars in conjunction with Neolithic axes and archaic pottery brought to light not only more altars, both Greek and Roman, but also an object of exceptional interest. At first it appeared to be an ordinary terra cotta drainage pipe with a collar decoration at one end. Professor Marconi identified it as the very rare image of an "Unknown God," the collar being a frontal plait of hair with a human ear to each end, this indicating personality, but without identifying features. This furnishes a striking illustration of St. Paul's sermon on Mars hill (Aresopagus) to the Athenians, in which he says that he has seen an altar dedicated to "An Unknown God." Further excavation will be made at the site, which was apparently set apart for worship by Sikels, Greeks and Romans for at least 1,900 years; it is quite close to the temple of Castor and Pollux.

**Name Disqualified Her**

Two French ambassadors negotiating a marriage between their king and one of the Spanish princesses chose Blanche even though she was less suited and less beautiful, for the other bore the name Urania, a name that would never do for a queen.

**Pride and Ingratitude**

Pride is of such infinite connection with ingratitude that the actions of ingratitude seem directly resolvable into pride as the principal reason of them.—South.



**Needless Pain!**

The man who wouldn't drive his motorcar half a mile when it's out of order, will often drive his brain all day with a head that's throbbing.



Such punishment isn't very good for one's nerves! It's unwise, and it's unnecessary. A tablet or two of Bayer Aspirin will relieve a headache every time. So, remember this accepted antidote for pain, and spare yourself a lot of needless suffering. Read the proven directions and you'll discover many valuable uses for these tablets. For headaches; to check colds. To ease a sore throat and reduce the infection. For relieving neuralgia, neuritic, rheumatic pain.

People used to wonder if Bayer Aspirin was harmful. The doctors answered that question years ago. It is not. Some folks still wonder if it really does relieve pain. That's settled! For millions of men and women have found it does. To cure the cause of any pain you must consult your doctor; but you may always turn to Bayer Aspirin for immediate relief.

It is stylisher to have a slight coryza than a small cold, but not any more fun.—Spokesman Review.

Take things as they come, cheerfully; it requires greater cheerfulness to see them go.

**BAYER ASPIRIN**

Aspirin is the trade mark of Bayer Manufacture of Monacopolis (Germany)

**Defeat**

"Is your new cook energetic?"  
"No; she was badly vanquished in an effort to whip some cream."

If men were compelled to bury their faults the undertakers would have to work overtime.

**Twelve Years Mayor and Going Strong!**

WHEN a man who has been a mayor of a big city for twelve years finds out how to live, his words are worth listening to. Ex-Mayor E. N. Kirby of Abilene, Texas, discovered the simple way to health about ten years ago (he is now 64).

"I am now a new man, and as active as a boy," says Mr. Kirby. "I feel fine all the time and rarely have an ache or a pain, although for twenty-five years I suffered with rheumatism, and sometimes was unable to stand or walk. I would not give up my simple health discovery—no, not for five thousand dollars in gold!" That discovery was Nujol!

That's the wonderful thing about Nujol. Although it is not a medicine and contains absolutely no drugs, its harmless internal lubrication seems to make people feel better and look on the brighter side of life, whether they are old or young.

Of course you can understand why this is so: we all of us have natural poisons in our bodies that make us feel headachy, sick and low in our minds. Nujol, which is as tasteless and colorless as pure water, helps to absorb these and carry them away, easily, regularly as clock work.

Instead of drugging and irritating your body with pills, cathartics, laxatives, and other habit-forming drugs, give your body the internal lubrication which it needs, just as



Hon. E. N. Kirby, for twelve years Mayor of Abilene, Texas, who has discovered secret of success.

Satisfied on the Farm

According to the results of a survey conducted by one of the largest mail-order houses in the United States through its department of home economics, farm boys and girls are more satisfied with their lot than are any other young people in the world. Three-quarters of a million young persons residing on farms were questioned as to their future plans. Ninety-three per cent of the girls replied that they intended to remain in the country and more than 90 per cent of the boys had made plans for careers in the rural districts.

Revised Edition

"Where have you been?"  
"In the hospital being censored."  
"Censored?"  
"Yes, I had several important parts cut out."

Ingratitude

"Don't answer the bell, Mary."  
"Mem?"  
"The gentleman at the door has polished the doorknob very nicely while he was waiting. I appreciate his efforts but I don't want to buy anything."

Burning Skin Diseases

Quickly relieved and healed by Cole's Carbolicine. Leaves no scars. No medicine chest complete without it. 30c and 50c at druggists, or J. W. Cole Co., Rockford, Ill.—Advertisement.

Verbal Hot One

M. T. Head (attending theater with wife)—This play makes me think. Wife—Yes, it is a most extraordinary play.—Pathfinder Magazine.

The universe is full of magical things, patiently waiting for our wits to grow sharper.—Philpotts.

When BABIES are upset

**When BABIES are upset**

Baby ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhoea—a condition it is always important to check quickly. How would you meet this emergency—tonight? Have you a bottle of Castoria ready? There is nothing that can take the place of this harmless but effective remedy for children; nothing that acts quite the same, or has quite the same comforting effect on them.

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria; the genuine bears Chas. H. Fletcher's signature or the wrapper.

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