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Feen-a-mint FOR CONSTIPATION

PARKER'S HAIR BALSAM Removes Dandruff Stops Hair Falling Imparts Color and Beauty to Gray and Faded Hair

AS FIRST AID Use Hanford's Balsam of Myrrh All dealers are authorized to refund your money for the first bottle if not suited.

And Then Work Boy (going to business college)—Do you think you can get me a good position when I graduate? Professor—Yes, if you'll agree to start at the bottom and wake up.

Nervous, Weak, Lost Weight

Tacoma, Wash.—"I had an operation and could not regain my health or get strong afterwards. I was nervous and weak, only weighed eighty-five pounds. I was nothing but skin and bones. I was so weak that I would have to hold to something when I tried to walk. I went on this way for about three years during which time I took one medicine after another without getting help. Then I started using Dr. Pierce's Favorite Prescription and after taking six bottles I was well and strong."

Write Dr. Pierce's Clinic, Buffalo, N. Y., for free medical advice. Send 10c for a trial pkg. of tablets.

Superior Folk It's easy to pick out superior folk. They are the people who don't leave their car parked in the driveway used by two homes.—Little Rock Arkansas Democrat.



Kill Rats Without Poison A New Exterminator that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicks

K-R-O KILLS-RATS-ONLY

Why Let Him Live? "Did your husband give you the diamonds he promised you?" "The brute gave me a pack of cards and told me to help myself."

People boast of their ancestors only after the world has forgotten their records.

After a man says, "I'll think it over," nothing ever happens.

Back hurt you? If troubled with backache, bladder irritations, and getting up at night, don't take chances! Help your kidneys at the first sign of disorder. Use Doan's Pills.



THE KITCHEN CABINET (©, 1930, Western Newspaper Union.) The six best doctors anywhere—And no one can deny it—Are Doctors Sunshine, Water, Air, Rest, Exercise and Diet.

UNUSUAL DISHES

Boil a cauliflower and drain. Add a pinch of salt and nutmeg, a dash of vinegar to a pint of the water in which the cauliflower was cooked. Melt two tablespoonfuls of butter and when it is light brown, add to the sauce. Pour over the cauliflower on a hot platter and serve.

Grilled Sardines.—Grill half a dozen sardines in a hot pan and pour over them melted butter which has been thickened with a little flour, moisten with hot water, add a little vinegar, dash of mustard, salt and pepper. Pour hot over the sardines.

Lentil Salad.—Boil two cupfuls of lentils until tender, season with garlic cut fine or with chives and serve on lettuce leaves with a good seasoned french dressing.

Peaches With Grape Juice.—Stew fresh peaches, remove their skins and cover them with grape juice and allow them to stand for two hours. Drain them, place them in a dish in which they are to be served and cover them with sugar flavored with vanilla. Take the grape juice, add sugar to taste, boil up and pour over the peaches.

Salad Beaucaire.—Chop coarsely, celery and endive, season with oil, vinegar, mustard, and let stand for an hour before serving. Just before going to the table add chopped boiled ham, a sour apple diced, moistened with a little tarragon vinegar and mayonnaise.

Mutton With Vegetables.—Trim mutton cutlets and place side by side in a saucepan. Cover with well seasoned stock and simmer for an hour and a half. Take equal quantities of turnips, onions, celery and twice the amount of carrots. Fry in butter until they begin to color, beginning with the carrots, then the celery, onion and then turnips. When all are done simmer in a little stock. Place the cutlets on a hot platter with a heap of the vegetables in the center. Serve with mashed potatoes.

SEASONABLE DISHES

As we are getting the larger sized oranges this season, one may use them for fruit cups and for gelatin desserts, making a pretty table decoration. Fruit cocktails are attractive served in orange or lemon cups.

Fruit in Orange Cups.—Cut the oranges into half, remove pulp and all the membrane. Chill on ice until ready to fill. Take three oranges, two slices of pineapple, one-fourth cupful of banana and one-fourth cupful of nut meats. Mix and add a bit of lemon sirup, fill cups and serve on a paper dolly covered plate. One may add a dozen finely cut marshmallows instead of the sirup, if preferred.

Serve the above with whipped cream as a dessert, or as a salad, using mayonnaise and you have a three-in-one recipe.

Lamb Patties.—Take two pounds of the shoulder of lamb ground, mix with two tablespoonfuls of finely chopped onion, salt and pepper to taste. Mold into small cakes about an inch thick and wrap around with a thin slice of bacon. Fasten with a toothpick, dredge lightly with flour on both sides, then brown on a hot frying pan with a very little suet. Place in the oven to finish baking. Garnish with parsley and serve.

Grapefruit Tapioca Pudding.—Take one-third of a cupful of quick cooking tapioca, add one and one-half cupfuls of boiling water and cook until clear, stirring frequently. Add three-fourths of a cupful of sugar, one cupful of grapefruit juice, mix well and serve with sections of grapefruit and orange in each sherbet cup. Top with sections of both fruits.

Grapefruit Salad.—Dissolve a package of lemon gelatin in one-third of a cupful of boiling water and add one and one-half cupfuls of grapefruit juice, one-half cupful of orange juice, one tablespoonful of lemon juice, three-fourths of a cupful of diced celery, two tablespoonfuls of chopped pickles, one tablespoonful of chopped pimento. Set away to mold. Serve on lettuce with mayonnaise dressing. Add one cupful or more of shredded salmon or tuna fish and you have a fish salad. Use the unsweetened gelatin for the fish salad, three tablespoonfuls—and the other ingredients the same.

Sinbad's Punch.—Take a quart of grapefruit juice—this may be bought now in cans in many markets—two ounces of honey strained, one-half cupful of grenadine sirup, three bottles of ginger ale and just before serving add the whites of two eggs beaten stiff.

Nellie Maxwell

Easter Lilies



By ELMO SCOTT WATSON

AS WE read the sixth chapter of the Gospel according to St. Matthew, we find these verses: "And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: "And yet I say unto you, that even Solomon in all his glory was not arrayed like one of these."

And it is these flowers which, more than anything else, have become the symbols of Easter which we celebrate this year on April 20. As such a symbol the lily has a double significance. It is one of the earliest spring flowers. It typifies the rebirth of nature after the long winter sleep. In its dry, brown bulb life lies dormant during the winter and then when spring comes, this life begins to stir. First it pushes out the tender green leaves, and then the buds appear. Finally the white blossom comes forth in all its glory as the perfect emblem of resurrected life.

Its other significance is a religious one, its snow-white purity being emblematic of the flawless life of Christ whose resurrection from the tomb we commemorate on Easter day. In fact, no other flower has a place in the religious world and literature of the Christian world to compare to the lily. Yet its glory is not so new as Christianity, ancient though the beginnings of that religion may seem to us.

The Greeks and the Romans prized it above all flowers and in their earlier civilizations it had already come to symbolize purity and virtue. It was because of the place lilies had won in the popular esteem that they found place in the early paintings of the Virgin. The angel Gabriel was depicted carrying them in annunciation pictures and it is because of this that the most beautiful of these flowers, Lillium candidum, most used at Easter, is called the madonna lily.

Although this trumpet-like blossom is the best known of all the members of the lily family, there are others which are very interesting even though they do not have such significance for us as the madonna lily. In the high Himalayas in Asia grows a great lily ten feet tall. Agents of the United States government found a magnificent specimen of lily in China a generation ago—a lily of the madonna type, but harder—and brought it to America and they have been offering it to citizens to plant from coast to coast.

Most of the lilies that are native to America are radiant with color. There is the turk's cap, for instance, that flaunts the deep yellow of its many blossoms through the waste stretches of parts of New England. Great, stam-wart stalks, sometimes nine feet tall, has the turk's cap. It may have half a dozen orange blooms at its top, but those who have tamed this plant and given it care have induced it to provide as many as 40 blossoms.

A quite different American flower is the little trout lily which likes to grow along the streams or in the deep woods. With the nourishment it has saved up in its bulb it starts growing in the early spring and is likely to have bloomed before the leaves of the trees have grown to the stage of making shade to interfere with it. A radiant yellow, the trout lily stands out vividly against its background of green.

The blue flag running to purple is another American lily that has found itself a home in many gardens. The mottled tiger lily has been a favorite for many generations. In California the "leopard lily" lights the heather dunn, and the late shorn meadow is often red with their bloom.

The red lilies of New England, however, outshine them all and have inspired many a poet of that region. Lucy Larcom spoke of them as "red lilies blazing out of the thicket." Paul Hamilton Hayne thought that the red lily "stands from all her sister flowers apart."

An Easter Flower

"To make one petal, myriads of atoms (each in itself a planetary system of electrons) must climb and wheel to their exact stations in the design."—Statement of a scientist. Up-whispered by what Power, Deeper than moon or sun Must each of the myriad atoms of this flower To its own point of the colored pattern run; Each atom, from earth's gloom, A clean sun-cluster driven To make, at its bright goal, one grain of bloom, Or fleck with rose one petal's edge in Heaven? What blind roots lifted up This sacramental sign, Transmuting their dark food, in this wild cup Of glory, to what Heavenly bread and wine? What Music was concealed, What Ledge in this loam, That the Celestial Beauty here revealed Should thus be struggling to its lost home? Whence was the radiant storm, The still up-rushing song, That built of formless earth this heavenly form, Redeeming with art, the world's blind wrong. Unlocking everywhere The spirit's Wintery prison, And whispering from the grave, "Not here! Not here! He is not dead. The Light you seek is risen!" —Alfred Noyes in the Washington Star.

Probably the most remarkable lily in the world is the yucca, or spanish bayonet, of the arid plains of the Southwest. There the lily becomes a plant that is quite tree-like and lives for years. The lily leaves become harsh, dagger-tipped implements to serve the purpose of repelling attack. These may sit close to the ground or, again, they may stand as high as a man on horseback.

From the cluster of leaf armor there springs now and again a tall stalk that may reach like a flagpole into the desert sunshine. At the top of this staff there forms and finally breaks into bloom such an assemblage of pure white, bell-like, richly-perfumed, and in every way perfect lilies as nature produces nowhere else in a single cluster. It is given to the desert to grow the greatest of all the lily-bearing plants despite the fact that the chief habitat of the breed seems to be the marsh.

Lilies all grow from bulbs. This bulb-making capacity of the lily family is one of its dominant traits. It and the six petals to all lily blooms are marks of the tribe. Tulips, daffodils, hyacinths, crocuses, all are actually, because they spring from bulbs, members of the lily family.

But beautiful as are these members of the lily family, there are others which are utilitarian rather than purely ornamental and which, although like the "lilies of the field which toil not," do furnish mankind with edible crops. Surprising though it may be, botanists will tell you that some of

our common vegetables are in reality "lilies."

There is asparagus, for instance that is bought in the market tied up in bundles of many stalks, each exactly like the other. There is nothing about this asparagus in this form that would indicate that it is a lily. Asparagus tips are but young plants just coming through the ground. If they were allowed to grow they would throw out tall, lily-like stalks and crown them with six-tipped flowers that any observer would be able to identify as lilies.

The presence of this commonplace asparagus in an idling family is rather a let down to its pretensions. This however, is not the worst. If the truth must be told, the onion is a lily. The onion is a lily that has been bred through centuries for the development of its bulb and the suppression of its top. So it has come about that the bulb may be three inches across and the top so insignificant that, when it has dried up, it hardly appears at all. Yet when this top is growing and flowering it is like those delicate plants of the window sills which sometimes are called tube roses, but which actually are a delicate, refined and fragrant lily that comes out of the Orient.

Onions came from the Near East and in ancient days furnished a staple food for the rural inhabitants of Greece and Italy. Not only was garlic a food, but it was reputed to have medicinal value and to be helpful to the stomach in its functions.

These two bulb vegetables, the Cinerellas of the plant food world, ride about the earth in trainloads and shiploads. The material service they render is greater than that of all the other lilies put together. One would have to look far in all the relationships of nature to find a contrast more striking than that of the Easter lily and the garlic of the Mediterranean.

Even though the lily is the one perfect symbol of Easter, there are two others which through the centuries have become so closely associated with this red-letter day in our calendars, that we think of them almost as quickly, in thinking of Easter, as we do of the lily. They are the rabbit and the egg.

The association of the rabbit or hare with Easter has its foundations in the ancient belief in European and Asiatic countries that the hare is the symbol for the moon. In fact, the Chinese represent the moon as a rabbit pounding rice in a mortar, while Hindu and Japanese artists paint the hare across the face of the moon. As the time of the Easter festival is governed by the phases of the moon this may be an explanation of their connection.

Since the Resurrection of Christ occurred in the spring, it is easy to see how the symbols of the egg and all revived life in the springtime came to be associated with this event in the history of Christianity. The egg as a symbol was taken over by the Hebrews as an emblem of their delivery from bondage and next the early Christians took it over as their symbol of the resurrection.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acrid skin gives evidence of sour stomach—try Phillips Milk of Magnesia! Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort. Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips Pleasant to take, and always effective. The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

Judge Got Aerial View A San Diego (Calif.) Judge held court in an airplane to get a bird's-eye view of part of the city. Superior Judge Lloyd E. Griffin made the flight with attorneys from both sides in an injunction suit over a proposed causeway over Mission bay and viewed the territory affected.

PAINS

No matter how severe, you can always have immediate relief!



BAYER ASPIRIN

Tulips in Holland The miles and miles of bulb fields in Holland are a rare sight in spring. But the Dutch grower is no sentimentalist; the bulb fields would soon disappear, an unprofitable industry, if he did not send his workers out, day by day, to cut off the full blooms and thereby strengthen the bulbs for future flowering. The tourist is welcome to as many flowers as he can carry away from the "refuse pile" beside every patch.



NR TO-NIGHT TOMORROW ALRIGHT

Just Another Smith "What has become of Schmidt?" "He went to America and has made a name for himself there." "How?" "He calls himself Smith now."—Ulz, Berlin.

TOOK IT TO BUILD HER UP

Strengthened by Lydia E. Pinkham's Vegetable Compound

La Junta, Colo.—"After my little daughter was born, one of my neighbors persuaded me to try Lydia E. Pinkham's Vegetable Compound to build me up. The first bottle made quite a change in me. I got an appetite and can sleep much better. I am not so nervous as I was. I have six children and do all my own work. I can do so much more now than I could when I began taking the Vegetable Compound and I shall certainly recommend your medicine whenever I have an opportunity."—Mrs. JONAS OSBORN, R. #2, Box 216, La Junta, Colorado.