

## The Nights were Torment

Now, thanks to Tanlac, Mrs. Bradley "really and truly" feels like a brand new woman!

Mrs. M. J. Bradley\* had come to the point where she could scarcely do her housework. Two years of suffering from indigestion had shattered her health. What little she ate caused stomach fermentation, gas bloating and pain. She lay awake through the long hours of the night and was tired out through the day.



"That four bottles of Tanlac should correct my troubles when all other attempts had failed makes it seem altogether wonderful to me. Now I enjoy a fine appetite, good digestion and really and truly feel like a new woman. It is the ideal tonic."

\*Authentic statement; address on request.

You don't have to wait long to see the results from Tanlac. That's the wonderful thing about this great tonic. It works fast.

Like a flash it goes to the seat of trouble. It cleans the blood and drives out the poisons that are tearing down your health. It tones up the stomach and aids digestion—gives you a real appetite for wholesome food.

Don't drag on from day to day putting off the time of reckoning. Start taking Tanlac this very day. Your druggist can supply you.

NOTE: For Constipation, take Tanlac Vegetable Pills, Nature's own harmless laxative.

# TANLAC

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**Kind Intervention**

A Vermont man tripped over a fallen tree and broke his leg while chasing a skunk. Providence sometimes employs hard methods to protect humans from the result of their folly.—Boston Transcript.

## 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 natural sleep.

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

## The Kitchen Cabinet

(© 1924, Western Newspaper Union.)

For my part, I am not so sure at bottom that man is, as he says, the king of nature; he is far more its devastating tyrant. I believe he has many things to learn from animal societies, older than his own and of infinite variety.—Romain Rolland.

**FOR THE CONVALESCENT**

The feeding of those who are ill or just recovering, is a great problem.



The physician's orders should be carefully regarded as a patient's appetite is no guide as to the right kind of food. Many lives that might have been saved, have gone out because of wrong food.

It is well to bear in mind when dealing with people who are ill that they are weak mentally as well as physically. They should be humored as one does a small child, using patience and firmness.

One who is ill from such fevers as typhoid, when recovering is ravenously hungry and will eat more and of such foods than is good for one. Liquid foods, because of easy digestion, may be given in larger quantities, but solid food must be given in small quantities.

Here are a few suggestions which may be varied as to the patient's taste or conditions:

**Bisque of Ciam and Sago.**—Boil an ounce of sago in salted water—the water in which the sago has been soaked overnight. Cook perfectly clear, or transparent, then add one-half cupful of hot milk and a teaspoonful of butter. Put the clams through a meat grinder, bring them to the boiling point in their own liquor, add the sago, season to taste with salt and pepper, thicken with cracker crumbs and serve in a pretty bowl with thin toasted bread.

**Pineapple Pudding.**—Place one-half cupful of water in a double boiler. When boiling add a tablespoonful of sugar and stir in the yolk of an egg mixed with a teaspoonful of cornstarch. Stir until smooth and thick, then add one-half cupful of grated pineapple or pineapple juice. Heat to boiling, then fold in the stiffly beaten egg white and chill.

**Something to Eat.**

A most delightful salad combination is pineapple and tomato.



**Tomato and Pineapple Salad.**—Peel medium-sized ripe tomatoes, removing a slice from the top of each, and take out the seeds and pulp. Sprinkle the inside of the tomato cup with salt and invert; let stand a half-hour. Fill the tomatoes with fresh pineapple cut into fine bits, or shredded, and a few nuts, using two-thirds of a cupful of pineapple to one-third of a cupful of nut meats. Mix with a rich mayonnaise dressing and serve on a bed of lettuce.

**Mock Sweetbreads.**—Chop one pound of veal, add two ounces of chopped salt pork and mix well. Then add two-thirds of a cupful of soft bread crumbs, two eggs, one-third of a cupful of flour, one-half cupful of milk, one-half teaspoonful of salt, one-eighth teaspoonful of pepper. Form into eight cutlet-shaped pieces, dot with butter, using one and one-half tablespoonfuls, and pour around three-fourths of a cupful of chicken stock. Cover and bake one hour, basting every ten minutes. Serve with tomato sauce.

**Stewed Chicken With Onions.**—Remove the breasts and the second joints from two chickens. Cook in water to cover with one dozen small onions, until tender. Remove the chicken, reduce the stock to one and one-half cupfuls, by boiling; drain the onions from the stock. Melt three tablespoonfuls of butter, add four tablespoonfuls of flour and the stock. Bring to the boiling point, add one-half cupful of heavy cream, season with salt, pepper and lemon juice. Add the onions and chicken and bring to the boiling point.

When venison time comes try: **Roast Leg of Venison.**—Lay a leg of venison in mild vinegar with one-fourth teaspoonful of ginger, one sliced onion, six cloves and ten pepper corns. Turn once and leave two days. Remove from the vinegar, wipe, season well, dredge with flour and roast as usual.

For those who do not enjoy olive oil, the corn oil, or the cotton seed oil, will take its place. Use for salad dressing just as if it were olive oil.

*Nellie Maxwell*

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