

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and over-caring kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

What's in a Name?

The American Indians, having apparently run out of such names as Laughing Water and Sitting Bull, have now turned to the field of popular songs for inspiration, and we read of a redskin in Calgary named Dardanelles. If this sort of thing goes on we shall expect to hear of Big Chief Oh-what-a-pai-was-Mary, or Medicine Man You-didn't-want-me-when-you-had-me-so-why-do-you-want-me-now.—Life.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. H. H. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

New Rifles for Jap Army.

Infantrymen in the Japanese army are to have a rifle of larger caliber. At present a rifle of .255 caliber is used, compared with the British .303 and the French .314. The gun barrel of the machine gun is also to be shortened.

Vacuum-Cleaning the Cat.

Hold the sweeper near the cat, turn on the current, and then comb or brush the animal's fur. The suction of the machine will take up the loose hairs.

Cuticura Comforts Baby's Skin

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

It is perfectly proper for the thin girl to expect the dressmaker to make the most of her.

The man who courts trouble is soon married.

Sure Relief



BELL'S
FOR INDIGESTION

Quickly Relieves Constipation

Don't let constipation poison your blood and curtail your energy.

If your liver and bowels don't work properly take

CARTER'S
Little Liver Pills today and your trouble will be relieved. For dizziness, lack of appetite, headache and blotchy skin try them. Purely vegetable.

Small Pill—Small Dose—Small Price

CARTER'S
LITTLE LIVER PILLS

Under Western Skies
Shows glorious views of Jupiter and his Moon, Saturn's Rings, details of the Sun, Moon, Nebulae, etc.

Delightful recreation for the professional; profitable for public exhibitors.

Telescopes—Star Finders—Object Glasses
The Optical Exchange, 725 S. Chestnut Ave., Chicago, Ill.

Make One for Your Wife

Don't pay \$14 to \$18 for coal oil burner for stove; make your own; turn your stove into a gas stove by making a coal oil burner from pipe couplings; burns 5 to 6 hours to a gallon of oil; burns like gas; cheaper and cleaner than wood or coal; anyone can make. Burner can be used for Cook Stove, Ranges, Furnaces and Heaters. Blue Prints \$1.00. A. J. LINDSEY, 224 Weyland St., San Francisco, Calif.

SHIP US YOUR HORSES AND MULES

and you will get highest market prices. New firm; 35 years' experience in horse and mule commission business. Sale every Thursday.

DENVER HORSE & MULE CO.
Union Stock Yards, Denver, Colo.

126 MANMOUTH JACKS
I have a bargain for you, come quick.
W. L. DeGLOWS JACK FARM
Cedar Rapids, Iowa

FRECKLES Recently removed by Dr. Barry
Frederickson, Chicago, Ill. Freckles on face
removed. 2075 Michigan Avenue, Chicago

History of Past Week

The News Happenings of Seven Days Paraphrased

INTERMOUNTAIN.

A lone robber, who entered the establishment of the Utah Savings & Trust company, at Salt Lake, held up H. J. Timmerman, paying teller, secured between \$4000 and \$4500, mostly in twenty-dollar bills, and shot at Fred M. Michalsen, cashier, who attempted to prevent his escape.

Petition for a rehearing in the case of Isom White, 19 years old, Everett, Wash., sentenced to die for the murder of Lee Linton, taxicab driver, has been filed with the state supreme court at Olympia, Wash., the constitutionality of the law restoring capital punishment being attacked.

A combination bill covering the open shop and industrial court measures will be introduced in the state senate at Denver by Senator Hugh R. Steele, he announces. The bill would abolish the public utilities commission and establish an industrial court fashioned after the Kansas court. Strikes, boycotts and lockouts will be made illegal and the penalty for violation by employees would be a fine of \$1000 and a year in jail; for employers, \$5000 fine and two years in jail.

Notice that "the lid is on and it stays on," was served on Montana law enforcement officers by Attorney General Wellington D. Rankin, who assumed office January 3.

John Foster, a convict who escaped from Folsom prison, California, last week, was captured at Reno, Nev., as he was boarding a moving train. As the sheriff seized him, Foster fell and broke his collar bone.

Colorado's twenty-third general assembly was sworn in at noon on January 5.

The state supreme court has declared constitutional the soldiers' bonus bill, passed by popular referendum at the November election in Washington. The decision will permit payment to service men of \$15 for each month they served during the war.

DOMESTIC.

After kissing his wife and four children goodbye, Sidney Smiley, 31, farmer, living six miles west of Lewis, Iowa, went to the barn and hanged himself. He is said to have been mentally depressed because of reduced prices for farm products.

With 250 other candidates, President-elect Harding on January 8, at Columbus, Ohio, became a member of the Mystic Shrine. Following the ceremonies Senator Harding presented the Aladdin temple band, composed of local Shriner, with a silver cornet which he played in his home town band as a boy.

Hereafter women in the Zion, Ill., tabernacle will appear with unpowdered noses or Overseer Volliva will lecture them and slap their faces. This edict was delivered Friday.

Harry Marquard, proprietor of one of the best known cafes in San Francisco, was taken to the county jail Friday to serve a six months' sentence following his plea of guilty on a charge of selling liquor in his establishment.

Woolgrowers from fifty Michigan counties have decided to establish a pool for their 1921 clip, in order to obtain a better price than now offered.

Police officers, municipal or state as well as federal, are in duty bound to make arrests for violation of the national prohibition law, according to a decision rendered by the Third district court of appeals at Sacramento, Cal.

Lieutenant James B. Owens of Baltimore, an officer in the Philippine scouts, ended his life at Manila. It is believed that fear of a court martial, because of absence from his command more than a week without leave, prompted the act.

Six persons perished, two others probably will die and three more were seriously burned in a fire which destroyed the Royal hotel at England, Ark.

For the third time within a year the New York state assembly has been asked to expel the Socialist representation, which this year includes three members. Four resolutions, demanding that the seats of Charles Solomon and Henry Jager, members from Kings, and Samuel Orr of the Bronx be declared vacant, were offered by Republicans.

J. A. Coleman of Manhattan, Kans., is displaying eighty-five pearls, varying in size, which he declared he found in a single oyster shell. The oyster was in a lot purchased at a local market.

All records for paid-up membership in the United Mineworkers of America were broken in December, when 553,295 workers met their dues, according to a statement made at the organization's headquarters at Indianapolis.

Flashlight danger signals are to be placed at street intersections in Philadelphia as additional safeguards against accidents at night.

Volume of traffic through the Panama canal during 1920 established a new high record, exceeding that of 1919 by approximately 50 per cent.

John Wagner, a molder of Milwaukee, has been notified that he has been left an estate valued at \$500,000 by the will of Mrs. Otto Burlingame, who died recently at Buffalo, N. Y., in return for his having saved her from drowning at Rock Island thirty years ago.

Incendiarism was responsible for the fire which destroyed the Royal hotel at England, Ark., causing the death of seven persons and the serious injury of five others, according to the verdict of a coroner's jury.

Authorities of Long Beach, Cal., announce they have under surveillance and expect to arrest soon a suspect in connection with the murder of James Grassino, wealthy Italian "pool hall king" of Flint, Mich., whose mangled body was washed ashore in Long Beach on November 4.

WASHINGTON.

A comprehensive program for revision of the federal tax laws estimated to yield annually the \$4,000,000,000 which Secretary Houston has said the treasury required, has been filed with the house ways and means committee by the tax committee of the National Retail Dry Goods association.

Conditions in Cuba, which already are receiving the attention of President Wilson and the state department, have been engaging senate study and it is possible that the senate committee will visit the island at once.

Investigation of the cases of all persons now serving sentences for violation of the espionage act, including that of Eugene V. Debs, to determine whether the facts warrant recommendation for pardon, has been started, it was stated Friday at the department of justice.

A total of 2,325,000 workers are out of employment in the country, according to a survey of the industrial situation made by Clint C. Houston for the current issue of Labor, official organ of the Plumb Plan league. Mr. Houston asserts that his inquiry disclosed the greatest industrial slump since the money panic of 1907.

John Burke, treasurer of the United States, has announced his resignation, effective on the appointment of his successor. Mr. Burke was appointed treasurer in March, 1913.

FOREIGN.

Gabriele d'Annunzio, it is alleged, intends to remain in Fiume. This statement is based mainly on reports that he has sent to Venice for a large wardrobe of civilian clothes and has requisitioned one of the largest villas in Fiume.

The population of the island of Veglia has revolted against the Italian government troops and proclaimed a "Croatian republic," says a Central News dispatch from Rome, quoting an Abazza message to the Messaggero. Three soldiers were killed in the uprising.

A train of thirty-one carloads of American Red Cross supplies valued at \$100,000 arrived Sunday at Budapest from Paris for distribution among the hospitals and destitute children.

Twenty-three coal miners are imprisoned in the lower galleries of a pit in the Locarolina coal fields, which are afire, says a message from the governor of Jaen province, Spain. He fears all the men will be lost, as the pit is not equipped with adequate fire apparatus.

Six thousand Greek refugees, at Batum Trans-Caucasia, their clothing worn to shreds, are "living like wild animals in dens" and dying at the rate of from thirty-five to fifty a day, writes Dr. W. E. Rambo, a Near East relief worker of West Philadelphia, Pa., in a report from the Black sea port received at New York.

Alexander Kerensky, former Russian premier, has summoned thirty revolutionary leaders to meet at Paris in an attempt to unite all anti-bolshevik factions.

Eamonn de Valera, "president of the Irish republic," is reported to have been invited to come to London to confer with the prime minister, David Lloyd George, says the Westminster Gazette.

France has a surplus of coal large enough to supply all her economic and domestic needs for six months, it was stated by both governmental and commercial officials. Contracts with American coal companies for more than \$100,000,000 worth of coal have been concluded, the authorities said.

Mustapha Kemal Pasha, the Turkish nationalist leader, has sent an ironical message to David Lloyd George thanking the British government for "assisting" the nationalists. Great Britain had, in fact, done so, he points out, by furnishing Armenians with 40,000 rifles and war material, which the Armenians, he says, surrendered to the nationalists under the peace treaty.

German music was played Wednesday night at the opera in Paris, which is subsidized by the French government, for the first time since the outbreak of the war. The performance was Wagner's "Die Walkure," and every seat was occupied.

Gregorio Perfecto, editor of La Nacion, organ of the Democratic party, was sentenced at Manila, P. I., to two months' imprisonment for a conviction on a charge of having criticized members of the legislature.

An appeal of Sylvia Pankhurst from a sentence to six months' imprisonment for attempting to cause sedition in the navy was dismissed with costs Wednesday at London. Miss Pankhurst was released November 3 on \$2000 bail, pending appeal from the sentence, which was imposed October 28.

The KITCHEN CABINET

(© 1921, Western Newspaper Union.)

The things that never happen are often as much realities to us in their effects as those that are accomplished.

SEASONABLE GOOD THINGS.

Fish is so good served and baked that it should make its appearance served with stuff often upon the family table.

Baked Stuffed Fish.—Either salt or fresh water may be used, a whole fish or slices can be used.

When the sliced fish is used the stuffing is placed between the slices with strips of salt pork above. The fish may be filled, sewed and wrapped in strips of bacon before putting in to roast. When the bacon has become crisp, remove it, cover the fish with cracker crumbs and brown in a quick oven.

Ragout of Venison With Sweet Potato Border.—Any portion of the venison may be used, but steaks from the upper portion of the round are usually selected. Cut the steak in small pieces, roll in flour and cook in hot fat until slightly browned on both sides. Add broth from the trimmings and bones of the venison, or simply add boiling water, let simmer about an hour or until tender. For each pint of liquid add one-fourth of a cupful of flour, half a teaspoonful of salt and one-fourth of a teaspoonful of paprika; stir these with cold water or broth to a smooth consistency; add to the dish of meat and stir until boiling; cover and simmer ten minutes. Have ready baked or boiled sweet potatoes; press them through a ricer; add salt, butter and a little hot milk; beat thoroughly over the fire. With a pastry tube pipe in a ring around a hot serving dish. Turn the ragout into the center of the ring and set cooked prunes in groups of three as a garnish around the potato. Serve the prunes with the potato and ragout.

New England Election Cake.—Beat three eggs, add one and three-fourths pounds of sugar, eleven ounces of butter, eight ounces of lard and the grated peel of one lemon. Warm a quart of milk, add two pounds and six ounces of flour, also warmed; add one-half the egg and butter, sugar mixture and two-thirds of a cupful of fresh home-made yeast; mix at noon and let stand in a warm place until night, then add the rest of the sugar, egg and butter mixture, nutmeg and mace to flavor. Let rise over night and in the morning add one cupful each of raisins and citron shaved in thin pieces. When thoroughly beaten, bake in half a dozen loaves. Bake slowly an hour or more. When cool cover with a confectioner's frosting. These cakes are better a week or more old.

One may wish for a return of Eden. Wishing will not change the scheme of the universe. Men must sweat or die. One may, at his pleasure, change the nature of his task. This is a free country. But toll he must if he would live. In sweat is salvation from all economic ills. There is no other.—The Saturday Evening Post.

WINTER GOODIES.

Cakes and cookies which will keep, are in great demand during the winter months. The following are a few of the good ones:

Molasses Drop Cookies.—Take one-half cupful of butter, one-half cupful of sugar,

one-half cupful of molasses, one-half cupful of sour milk, one egg, one teaspoonful of soda, two cupfuls of flour, one-half cupful of raisins or currants, and cinnamon, nutmeg and ginger for spices. Mix and set away to bake the following day. Drop by spoonfuls on baking sheets and bake in a quick oven.

Date Cake.—Take one cupful each of sugar and dates, one egg, one cupful of boiling water, one teaspoonful of soda, two tablespoonsful of butter, one and two-thirds cupfuls of flour, one teaspoonful of baking powder, one teaspoonful of vanilla, one-half cupful of walnut meats. Pour the boiling water over the seeded dates, add the soda. Mix the other ingredients as usual and bake in a sheet. Frost with one-half cupful of sour cream and one-half cupful of brown sugar boiled together until creamy. A half-cupful of hickory-nut meats added to the frosting improves it, and the nuts in the cake may be omitted when they are used in the frosting.

Spice Nut Bars.—Take four eggs, two cupfuls of sugar, one cupful of molasses, one pound of blanched and chopped almonds, one cupful of fruit jam, four cupfuls of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt, one-fourth teaspoonful each of cloves, allspice, ginger, nutmeg and cinnamon; the grated rind of one lemon, one orange and one square of melted chocolate. Mix ingredients in the order given and pour into a paper-lined dripping pan. Bake in a moderate oven 30 minutes. Remove from the pan and slice when cool in finger-sized strips. Store in a tight tin box.

Hardly. "Yes, this is a Boston bull." "Well bred?" "Could anything from Boston be otherwise?"

Quite So. "The census bureau employs some 4,000 clerks." "Quite a job to take the census of the census."

A Big Drop in JELL-O

2 packages for 25¢

The Genesee Pure Food Company, Le Roy, N. Y.

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Quite So. "The census bureau employs some 4,000 clerks." "Quite a job to take the census of the census."

Kill That Cold With

HILL'S CASCARA QUININE
FOR Colds, Coughs AND La Grippe

Neglected Colds are Dangerous
Take no chances. Keep this standard remedy handy for the first sneeze.
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

ALL DRUGGISTS SELL IT

GENTLE JOLT FOR SWEENEY "YANKS" GOT THEIR COFFEE

Possibly There Are Others Who Might Benefit by Reflecting on George's Observation.

Sergeant's Personal "Kick" to King George Brought About the Desired Change in Rations.

Frothingham Dodge, the Boston municipal reformer, in the course of an address to Harvard students, said: "Man wasn't made to loaf. The minute he begins to loaf he takes to drink or hypochondria—I don't know which is worse."

"There's a loquacious hypochondriac named Sweeney who spends all his time talking about his health. He's always ailing, and usually when you go to see him you find him in bed with a headache or rheumatism or dyspepsia or what not."

"Sweeney was tottering feebly down the street one day when he fell in with a burly friend named George."

"George," he said, "I'd give anything to be as strong and healthy as you are. What do you live on?"

"I live on fruit," said George. "Fruit, eh?" said Sweeney eagerly. "That sounds good. I'll have to try it. What kind of fruit, George?"

"The fruit of labor," George answered significantly.

If a man could only see himself as his neighbors see him, he could easily see his finish.

Graft is something else we cannot cure—only scold about.

Sergeant Guyon of "B" troop, American forces in Germany, has the distinction of having his ration changed by direct orders from King George.

When the American army polo team from Coblenz was in England recently, Guyon had charge of the ponies at Aldershot. The king visited the field and was attracted by the ponies' blankets bearing the letters "A. F. G." He approached to inspect them and addressed Guyon.

"Well, how are you getting along in England?"

The British Tommies nearby standing rigidly at attention were petrified by Guyon's reply: "Oh, pretty well, king, but say, this tea we have for breakfast is fierce—can't you fix it up so we can have coffee?"

The king laughed and addressing one of his aides said: "See to it that these men have coffee hereafter." And the Americans had coffee.

A College Lad.
"Is he a raw youth?"
"Well, he wouldn't so consider himself. Call him a rah-rah youth."

A man may forget to wind his watch, but the flight of time goes on just the same.

Look into it!

If tea or coffee drinking disturbs health or comfort, switch to

INSTANT POSTUM

There's a big gain toward health, with convenience, economy, and no loss in satisfaction

GROCERS EVERYWHERE SELL POSTUM

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Nellie Maxwell