

When Housework Drags

Keeping house is hard enough when well. The woman who has a bad back, blue, nervous spells, and dizzy headaches, has a hard lot for the family tasks never let up.

A Virginia Case

Mrs. Robert Hope, 38 N. Central Ave., Staunton, Va., says: "My back ached constantly and often I was unable to sleep at night. I was in a hospital two months, but didn't improve. My appetite left me and the kidney secretions were unnatural. After trying most everything I knew of with-out relief, I took Doan's Kidney Pills. Four boxes cured me and the cure has lasted."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

YAGER'S LINIMENT For Horse Lameness

Yager's liniment is a stable remedy for sprain, galls, boils, sprain, strained ligaments, swellings, wounds, cuts and swellings.

At all dealers - An eight ounce bottle for 25c. Prepared by GILBERT BROS. & CO., Inc. Baltimore, Md.

The use of the oxygen inhaler alone has made it possible to make balloon flights above 25,000 feet.

Piles Relieved by First Application. An ointment made by F. L. JOHNSON, the universal remedy for all forms of Piles. Price 50c. Return money if it fails.

Not Half. "There's many a slip 'twixt the cup and the lip."

Very true, but not so many as there are 'twixt the first and the second week of a trip on the water wagon.

The Best Excuse. Brown—Ignorance of the law excuses no one.

Smith—Quite so. It is much better to be rich and hire good lawyers—Life.

Has To Be. "Our alimony club is very economical."

"Well, it goes without saying that an alimony club has to husband its means."

Shocking. "They tell me Dubbs is in the hospital. What happened to him?"

"Oh, he saw a piece of wire lying in the street and tried to pick it up."

"Yes, and then?"

"He discovered that the wire was busy."

Certainly Not. "You talk and talk, but you don't know what you are talking about."

"Maybe not. However, this is a free country, I hope!"

"Oh, yes."

"With freedom of speech?"

"Assuredly."

"Well, just because I don't happen to be in public life is no reason why I shouldn't be entitled to the same privilege a congressman enjoys."

Often Food Makes or Breaks

It all depends upon the kind. A common cause of lessened vigor of body and mind is improper eating.

Food should be selected that will supply sound, well-balanced nourishment for the physical and mental forces, and this is richly supplied by Nature in the field grains.

Grape-Nuts FOOD

contains all the nutritive elements of whole wheat and malted barley, including the vital mineral salts lacking in many foods that make up the usual dietary. These elements are imperative for building sturdy brain, nerves and muscle.

Grape-Nut is economical, ready to eat direct from the package—pure, crisp and delicious.

"There's a Reason" for Grape-Nuts Sold by Grocers.

TENTH OF WOMEN IN STATE MILLS

Report For 1914 Shows 216,299 Out Of 2,500,000 Employed in Industrial Plants.

Harrisburg.—Almost ten per cent. of all women and girls over fourteen years old in Pennsylvania were employed in 29,571 industrial establishments, which submitted reports to the Bureau of Statistics and Information of the Department of Labor and Industry during 1914.

The reports show that 216,299 females, of whom 14,187 were between the ages of fourteen and sixteen, were on the pay rolls of Pennsylvania industrial plants. This record does not include every industrial plant within the State, and completely excludes mercantile establishments and professional offices, where many thousands of women are employed.

The Federal Census Reports for 1910 set forth that there were at that time approximately 2,500,000 females in Pennsylvania over fourteen years of age.

67,166 Clothing Workers.

According to the statistics compiled for 1914, under direction of Labor Commissioner John Price Jackson, there are 67,166 women in this State engaged in the manufacture of clothing. More women are employed in that industry than in any other.

Textile establishments employ 56,253 women; tobacco factories, 24,395; food and kindred products establishments, 11,198; metal plants, 10,611; laundries, 8,121; printing plants, 7,596; leather and rubber goods mills, 6,647; paper and paper products factories, 6,309; chemical works, 3,227; clay, glass and stone industries, 2,877; wood-working plants, 1,957; industries allied with building trades, 690; agriculture, forestry and fisheries, 383; liquors and beverage production, 363; mines and quarries, 66; engineering and laboratory service, 22. In addition to this classification, there are 8,538 women engaged in miscellaneous industrial employments.

Many Make Men's Clothing.

Under the classification for clothing manufacture, 27,920 women make hosiery, 7,621 make men's furnishing goods, 3,567, men's other forms of apparel, and 5,870 work on women's clothing. Corset manufacture keeps 929 women employed.

In the various industrial pursuits, 1,269 women aid in the making of patent medicines, 146 help make brick and tile, 356 manufacture glass bottles, 4,291 make candy, 1,462 pickle, preserves and canned fruit and vegetables, 398 do engraving, 4,530 make boots and shoes, 821 build cigar boxes, 270 work on coffin manufacture, 1,650 make umbrellas and parasols, 2,138 are engaged in machinery manufacture, 389 make needles, pins, hooks and eyes, 543 make watches and clocks, 22,883 women made cigars, while 1,090 rolled cheroots and stogies.

Liability Law For Public Officers.

The Workmen's Compensation Board adopted a ruling requiring the State to pay all compensation liabilities caused by the injury or death of public officers in any county who are on the payroll of the State. County officials who are paid directly or indirectly by counties or by any officer thereof for services to the county are to be paid by the county. This ruling includes all deputies, clerks, assessors, constables, jurymen, witnesses for the State in criminal cases and like classes of employees.

Another ruling adopted is that the owner of a threshing machine doing work on a farm not his own, for hire, is liable to his engineer and those helpers whom he employs to run the machine. This ruling is also to apply to the owner of an ensilage cutter or any similar machine.

The Board exempted from the necessity of taking out insurance twenty-seven employers of labor, including a number of school districts and boroughs, the association of township supervisors of York county and the Philadelphia National League Baseball Club, which is regarded as wealthy enough to carry its own insurance.

The first two cases under the compensation law to be settled without the assistance of a referee were reported by the Midvale Steel Company. In the first case Ashby Pearly will receive \$6.38 a week during disability for more than five hundred weeks, and in the second case Fred Purchap will receive ten dollars a week for not more than five hundred weeks. Both were injured about the legs.

Stillwell Head Of Third Brigade.

Colonel Frederick W. Stillwell, Seranton, Thirtieth Infantry, National Guard of Pennsylvania, was appointed Brigadier General in command of the Third Brigade to succeed Brigadier General Clement, recently appointed Major General of the Pennsylvania Guard.

Heads Historical Societies.

State Senator William C. Sprout, of Delaware county, was elected president of the Pennsylvania Federation of Historical Societies, succeeding Rev. Dr. M. C. Leichter, of Allegheny county. The convention was devoted to outlining plans for advancement of historical matters, State bibliography and the work of the State Historical Commission, of which Senator Sprout is a member.

Vice-presidents, Charles Roberts, Allentown, and Rev. Dr. Horace Edwin Haydn, Wilkes-Barre.

ALL WORTH SAMPLING

VARIETY OF DUMPLINGS TO SUIT ALL TASTES.

May Be Made the Chief Part of Meal or Only a Course of the Menu as May Be Desired for the Meal.

Chicken Dumplings.—Mix and sift three level teaspoonfuls of baking powder and one-half a level teaspoonful of salt with two cups of flour. Add sufficient milk to make a soft dough. Roll lightly on a floured board and cut into small biscuits. Place on a greased pie plate in a steamer and cook 20 minutes. Do not move or uncover the steamer while the dumplings are cooking. Do not start to make the dumplings until the chicken is tender. It can wait, but not the dumplings.

Soft Dumplings.—One cupful of finely chopped beef suet, one generous pint of flour; one teaspoonful of black pepper, 1 1/2 teaspoonfuls of salt. Mix well together and add enough cold water to make as thick as biscuit dough. Roll out and cut with a biscuit cutter or knife, drop into boiling water and cook for one-half hour, drain and serve hot. Serve with roast meat, or the dumplings may be slightly browned in the oven after boiling. They are also good added to a meat stew.

Liver Dumplings.—Chop one-half pound of liver and one-fourth pound of bacon, uncooked, as fine as possible. Beat two eggs lightly and add one-fourth cupful of butter to them. Then add the meat, the seasonings of chopped parsley, white herbs, salt and pepper, and 1 1/2 cupfuls of bread crumbs, adding more bread crumbs if necessary. This will depend on the softness or dryness of the crumbs and on the size of the eggs. The mixture should be just stiff enough to make a paste which can be formed into balls. Divide into portions, roll smoothly in the hands and poach in boiling water before boiling, cooking about fifteen minutes.

Potato Dumplings.—Grate four cold boiled potatoes and add to them one cupful of stale bread crumbs soaked in a little milk, just enough to moisten, also one cupful of bread crumbs crisped in a little butter or drippings. Add two eggs, two tablespoonfuls of flour and seasoning of salt, pepper and nutmeg. Form into medium-sized balls and steam or boil 20 minutes. Turn out on a serving dish and sprinkle with the remaining fried bread crumbs.

Drip Dumplings.—Three eggs, one-half cupful of milk, two tablespoonfuls of butter, one cupful of flour, one-half teaspoonful of salt, one-sixteenth teaspoonful of pepper and a grating of nutmeg. Break the whites of the eggs into a cup and add enough milk to fill the cup. Mix with the butter and flour in a spider and stir as it boils until it leaves the spider clean. When cool, stir in the yolks well and season to taste. Drop from a teaspoon into boiling soup five minutes before serving.

Cornmeal Dumplings.—Scald four cupfuls of cornmeal with a sufficient quantity of hot liquid in which ham has been boiled, add a dash of salt, stir together well, make into balls and dip into the ham liquor when it is very hot. Boil for twenty or twenty-five minutes, occasionally stirring to keep from sticking to the kettle.

Turkish Leaf Candy.

Toast one-fourth pound shelled almonds (blanched) and one-half pound shelled walnuts in the oven until a delicate brown. Cut one-eighth pound figs and one-eighth pound candied pineapple into strips. Work these ingredients together with one-fourth pound seeded raisins, into the fondant, which has been flavored with vanilla. Shape into a loaf and cover on all sides with melted chocolate. When hard and ready for use, cut in slices. —Mother's Magazine.

Prunes and Chestnuts.

Soak three-fourths pound of prunes over night in just enough water to cover; then stew until tender. Shell and blanch one pound chestnuts and cook in boiling, salted water until tender. Drain, then add them to the prunes; add one slice of lemon and slowly cook both until the prunes and chestnuts are very tender and the juice of the prunes has become thick.

Queen Cake.

One cupful sugar, one-half cupful butter, one-half cupful milk, three eggs, one cupful flour; stir sugar and butter to a cream, add the yolks of the eggs with milk, then flour into which has been stirred two heaping teaspoonfuls baking powder and corn-starch; beat thoroughly together; add whites of eggs beaten last.

Potato Rissoles.

Season a pint of hot mashed potatoes to taste with salt, pepper, butter and a little hot cream. Add a well-beaten egg and mix in a cupful of finely minced cold lamb. Form into balls, roll in egg and fine bread crumbs and fry in deep fat. Serve at once, garnished with crisp lettuce leaves.

Christmas Pound Cakes.

One pound butter, one pound sugar, one pound flour, one pound of eggs (usually eight), salt, one pound of raisins, a little nutmeg. Put in just a little baking powder. Bake this in a large tin and cut it into four small cakes when done.

To Clean Raincoat.

Sponges with a mixture of ether and alcohol to which has been added a little ammonia.

THE MARKETS

NEW YORK.—Wheat—Spot unsettled; No. 1 Durum, \$1.41 1/4 f o b New York; No. 1 Northern Duluth, \$1.43, and No. 1 Northern Manitoba, \$1.46 1/4 f o b New York.

Corn—Spot, firm; No. 2 yellow, 88 1/2c prompt.

Oats—Spot, firm; No. 3 white, 51@52c.

Hay—Quiet. Butter—Creamery extras, 92 score, 32c; creamery, higher scoring, 34c; frsts, 28@32c; seconds, 25 1/2@27 1/2c.

Eggs—Fresh gathered, extra fine, 36@37c; extra frsts, 34@35c; frsts, 32 1/2@34 1/2c; seconds, 31@32c; nearby henry, whites, fine to fancy, 29@41c; nearby henry, browns, 27@38c.

Cheese—State, whole milk, held, specials, 18c; do, average fancy, 17 1/2@17 3/4c; do, current make, specials, 17@17 1/2c; do, average run, 16 1/2@16 3/4c.

Live Poultry—Western chickens, 16c; fowls, 18 1/2c; turkeys, 20c. Dressed, strang; fresh killed Western chickens, 16@27c; fowls, 14@18 1/2c; turkeys, 24@25c.

PHILADELPHIA.—Wheat—Car lots in export, No. 2 red Western, \$1.31 @1.34; No. 2 red, spot and Jan., \$1.28 @1.31 1/2; No. 2 Southern red, \$1.25 1/2 @1.27 1/2; steamer, No. 2 red, \$1.24 1/2 @1.26 1/2; do, do, No. 3 red, \$1.24 1/2 @1.26 1/2; rejected A, \$1.22@1.25; do, do, rejected B, \$1.21 1/2@1.24 1/2.

Corn—Car lots, for local trade, as to location, old, Western, No. 2 yellow, 83 1/2@84 1/2c; do, do, old, Western, steamer, yellow, 82 1/2@83 1/2c; do, do, new, Western, No. 4 yellow, 81 1/2@82 1/2c; do, do, sample yellow, 75@79c.

Oats—No. 2 white, 52 1/2@53c; standard white, 51 1/2@52 1/2c; No. 3 white, 50@51c. No. 4 white, 48@48 1/2c; sample, 46@47 1/2c; purified oats, graded, 51@52c.

Butter—Western, solid-packed creamery, fancy, special, 36c; extras, 34c; extra frsts, 31@32c; frsts, 28@30c; seconds, 25@27c; nearby prints, fancy, 37c; average extra, 34@36c; do, do, frsts, 28@32c; do, do, seconds, 25@27c; jobbing sales of fancy prints, 40@42c.

Eggs—Nearby, extras, 35c per doz; nearby frsts, \$9.60 per standard case; nearby current receipts, \$9.30 per case; Western, extra frsts, \$9.60 per case; do, do, frsts, \$9.30; fancy selected, candied eggs jobbing at 37@39c per dozen.

Cheese—New York, full cream, fancy, held, 18c; specials, higher; do, do, fair to good, held, 17@17 1/2c; do, do, part skims, 10@15c.

Live Poultry—Fowls, 16@18c; roosters, 18@12 1/2c; spring chickens, 16@18c, according to quality; ducks as to size and quality, 15@17c; geese, 15@17c; turkeys, 20@22c; pigeons, old, per pair, 25@28c; do, do, young, per pair, 18@20c; guinea, young, weighing 2 pounds and over apiece, per pair, 85@90c; do, do, weighing 1 1/2 pounds apiece, per pair, 75@80c; do, do, weighing 1 pound apiece, per pair, 50c; old guinea, per pair, 50c.

BALTIMORE.—Wheat—No. 2 red spot and January, 131c; February, 131 1/4; No. 2 red Western spot and January, 125c.

Corn—Spot mixed corn, 82c; January, 82; February, 82 1/2.

Oats—Standard white, 52 1/2@53c; No. 3 white, 51 1/2@52 1/2c; No. 4 white, 45 1/2@46 1/2c, as to location.

Rye—No. 2 rye, Western, \$1.02 1/2 @1.03; No. 3, do, 98@99c; No. 4, do, 97@98; bag lots, as to quality and condition, 90@98.

Hay—No. 1 timothy, \$20.50; No. 2, do, \$19@19.50; No. 2, do, \$15@17; light clover mixed, \$18@18.50; No. 1, do, \$17.50@18; No. 2, do, \$14@17; choice clover, nominal; \$16.50@17; No. 1, do, \$15@16; No. 2, do, \$13@14.50; No. 3, do, \$11@12.50.

Straw—No. 1 straight rye, \$13.00@13.50; No. 2, do, \$12@12.50; No. 1 tangled rye, \$11@11.50; No. 2, do, \$10; No. 1 wheat, \$8.50@9; No. 2, do, \$7@7.50; No. 2 oat, \$10@10.50; No. 3, do, \$9@9.50.

Butter—Creamery, fancy, 33 1/2@34c; do, choice, 32@33c; creamery, good, 30@31; do, prints, 23@25c; do, blocks, 22@24; lardies, 22@23; Maryland and Pennsylvania rolls, 19@20; Ohio rolls, 18@19; West Virginia rolls, 18@19; storepacked, 18; Maryland, Virginia and Pennsylvania dairy prints, 19@20.

Ferds—Maryland, Pennsylvania and nearby frsts, 30c; Western frsts, 30; West Virginia frsts, 30; Southern frsts, 29.

Live Poultry—Chickens—Old hens, 4 lbs and over, 17@18c; do, small to medium, 15@16; old roosters, 11; young, smooth, fat, 18; do, rough and poor, 15@16. Ducks—Young Pekings, 3 lbs and over, 17c; do, puddle, do, 16; do, muscovy, do, 15; do, smaller, 14. Geese—Nearby, 15@16c; Western and Southern, 13@14; Kent Island, 16@17. Turkeys—Hens, 24c; young gobblers, 22@23; old toms, 20@21; poor and crooked breast, 14@15. Pigeons—Young, per pair, 20c; old, do, 20. Guinea Fowl—Young, 1 1/2 lbs and over, 55c; do, smaller, 35@45c.

IMMENSE FIELDS OF LAVA

North America Has Two of the Greatest That Are Known to Exist in the World.

The valley of the ancient Snake river in Idaho was flooded with great outpourings of black lava, which spread out sheet on sheet, buried the old land surface, and partly filled the valley with molten rock, which solidified and remained to this day undisturbed except for the gorges that the streams have cut in it. In some places old mountains project through the petrified lava flood as islands project above the surface of the sea, and old ridges stick out into it as capes and promontories. The area covered by the Snake river lava is about 20,000 square miles. So far as is now known, there is but one lava field in North America of greater extent, the Columbia river lava field, which covers about 200,000 square miles. In Snake River canyon below Shoshone falls nearly 700 feet of horizontal sheets of lava are exposed, but whether this is the maximum thickness or not cannot be told.

A Perplexing Question.

A Cornell professor and his wife were entertaining at dinner a few weeks ago. In the midst of the gayety at table a child's voice was heard coming from the floor above.

Differ With Shakespeare.

Teacher—What did Caesar exclaim when Brutus stabbed him? Bright Boy—Ouch!

THE NEWEST REMEDY FOR BACKACHE, RHEUMATISM AND DROPSY

Kidney, Bladder and Uric Acid troubles bring misery to many. When the kidneys are weak or diseased, these natural filters do not cleanse the blood sufficiently, and the poisons are carried to all parts of the body. There follow depression, aches and pains, heaviness, drowsiness, irritability, headaches, chilliness and rheumatism. In some people there are sharp pains in the back and loins, distressing bladder disorders and sometimes obstinate dropsy. The uric acid sometimes forms into gravel or kidney stones. When the uric acid affects the muscles and joints it causes lumbago, rheumatism, gout or sciatica. This is the time to send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., 10c for large trial package of "Anuric."

Force of Habit. Customer—Have you any nice, light rolls for my husband's supper? Absent-Minded Clerk—No, but here are some fine dog biscuits, which are just as good.

DO YOU NEED A KIDNEY REMEDY?

Dr. Kilmer's Swamp-Root is not recommended for everything, but if you have kidney, liver or bladder trouble, it may be found just the remedy you need. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle healing herbal compound—a physician's prescription which has proved its great curative value in thousands of the most distressing cases according to reliable testimony.

Over 52 per cent of the population of Pennsylvania is occupied in some gainful occupation.

WHY SUFFER SKIN TROUBLES

When a Postcard Will Bring Free Samples of Cuticura?

Which give quick relief for all itching, burning, disfiguring skin troubles. Bathe with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy healing often when all else fails.

There is no age limit for generals in the British army, the only standard being efficiency.

Cold Breezes Cause Sneezes

and warn you that you are taking cold. Don't let it settle in your head or throat. Drive it out with Hale's Honey of Horehound and Tar. Clears head and throat and relieves coughs and hoarseness. All druggists, 25c, a bottle.

When it aches again—try Fike's Toothache Drops

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We buy over two hundred different kinds of Medicinal Roots, Herbs, Leaves, Barks, Seeds, Flowers, Etc., for which we pay cash on arrival. We make a specialty of Ginseng, Golden Seal Root, Seneca Snake Root, Star Root, Star GRASS Root, Beeswax, Etc. We pay top cash prices.

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WOMAN AVOIDS OPERATION

Medicine Which Made Surgeon's Work Unnecessary.

Astoria, N. Y.—"For two years I was feeling ill and took all kinds of tonics. I was getting worse every day. I had chills, my head would ache, I was always tired. I could not walk straight because of the pain in my back and I had pains in my stomach. I went to a doctor and he said I must go under an operation, but I did not go. I read in the paper about Lydia E. Pinkham's Vegetable Compound and told my husband about it. I said 'I know nothing will help me but I will try this.' I found myself improving from the very first bottle, and in two weeks time I was able to sit down and eat a hearty breakfast with my husband, which I had not done for two years. I am now in the best of health and did not have the operation."—Mrs. JOHN A. KOENIG, 502 Flushing Avenue, Astoria, N. Y.

Every one dreads the surgeon's knife and the operating table. Sometimes nothing else will do; but many times doctors say they are necessary when they are not. Letter after letter comes to the Pinkham Laboratory, telling how operations were advised and were not performed; or, if performed, did no good, but Lydia E. Pinkham's Vegetable Compound was used and good health followed.

If you want advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

THE WRETCHEDNESS OF CONSTIPATION

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

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For whooping cough or croup; for coughs, colds, sore throat and hoarseness in grown up and children, nothing has ever been so good as

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The Simplicity book tells all about this wonderful incubator. It is simple, modern design and simple handling qualities. Ask your dealer or write to Simplicity Incubator Co., 1041 S. University St., Chicago, Ill.

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A toilet preparation of merit. Helps to retain natural color. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00. Druggists.

AGENTS—Either Sex

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W. N. U., BALTIMORE, NO. 5-1916.