



Choice bits of veal, creamery butter and fresh eggs combine with other tempting ingredients to give Libby's Veal Loaf its delicate, appetizing flavor. Order a package from your grocer today.

Libby, McNeill & Libby, Chicago



**Boys and Girls Clear the Skin with Cuticura**  
 Enemies Now.  
 Mrs. Slush—I don't believe Miss Chatz is a true friend of yours.  
 Mrs. Mush—Why?  
 Mrs. Slush—She tried to get me to say something about you. She pressed me to tell my real opinion of you—but not I!

**SAFE, GENTLE REMEDY BRINGS SURE RELIEF**

For 200 years GOLD MEDAL Haarlem Oil has enabled suffering humanity to withstand attacks of kidney, liver, bladder and stomach troubles and all diseases connected with the urinary organs, and to build up and restore to health organs weakened by disease. These most important organs must be watched, because they filter and purify the blood; unless they do their work you are doomed.  
 Weariness, sleeplessness, nervousness, dependency, headache, stomach trouble, pains in the loins and lower abdomen, gravel, rheumatism, sciatica and lumbago all warn you of trouble with your kidneys. GOLD MEDAL Haarlem Oil Capsules are the remedy

you need. Take three or four every day. The healing oil soaks into the cells and lining of the kidneys and drives out the poisons. New life and health will surely follow. When your normal vigor has been restored continue treatment for a while to keep yourself in condition and prevent a return of the disease.  
 Don't wait until you are incapable of fighting. Start taking GOLD MEDAL Haarlem Oil Capsules today. Your druggist will cheerfully refund your money if you are not satisfied with results. But be sure to get the original imported GOLD MEDAL and accept no substitutes. In three sizes. Sealed packages. At all drug stores.

**BLIND MAN POULTRY FANCIER**  
 Missouriian Has Made Success of the Work, Despite Handicap Which Would Seem Insurmountable.

Blind Edward Jones of Jefferson City, Mo., has made a record in keeping poultry which many who have eyes have not equaled. Moving among his birds, which seem to understand how he is handicapped, and guided only by his sense of touch, he performs his daily work. He has built his own poultry house and brood coops, and has hatched and raised all his chicks. Blindness does not prevent him from culling his flock. The birds not intended to be kept are marketed as broilers, and the others are kept for the production of winter eggs.  
 Mr. Jones attended every poultry meeting held in his section last fall. He is now trying to organize a poultry club for blind people, and the home demonstration agent in the county has volunteered to read to the members the publications on poultry sent from the United States department of agriculture.

Nonexistent.  
 "What's your notion of an ideal husband?"  
 "A man who lets his wife have the last word in hats, gowns and arguments."

The Pleasures of Travel.  
 "Wa-al-p'tu—no," said the ancient Arkansawyer. "I hain't never did much of what you'd call traveling. I was 97 years old last grass; born and raised right here in Shagbark township, and hain't been outside of the county but once. That was when I was about 36 years old. I went over to Torpidville and they just nacherly took and started to lynch me the minute I got to town, for something or nuther, I never did find out what. One foot was already in the air and the other barely touching the ground when some feller came running and hollered that they were making a mistake—I wasn't the guilty party a-tall. As soon as they turned me loose I lit out for home as the crow flies, and I hain't done no traveling to speak of since. I always figured that on the next occasion the feller that knowed it was a mistake might not get there in time to do me any good."—Judge.

The Result.  
 "The police suspected a blind tiger in the building, so they raided a suspicious photograph gallery."  
 "Ah! a case of arrested development."

Quite Acceptable.  
 "This star says she can't bear anything gross to come near her."  
 "She does, does she? How about the gross receipts?"



Let me but do my work from day to day, In field or forest, at the desk or loom, In roaring market-place, or tranquil room.

**WISDOM IN FEEDING THE FAMILY.**

Food is not necessarily nutritious in proportion to its cost. Humanly, the high-priced foods appeal to the imagination and they seem very desirable, but by stiffening the backbone and developing will power we are able to pass them by with but a longing glance, though tempted.

The mother of a family should, of all people, understand food values, for she is in a position to build up healthy bodies or tear down and ruin digestions. "Bad habits ruin life, as do weak bones the bodies."

Protein foods are those most expensive and complex, such as meat, fish, eggs, cheese and milk. Carbohydrates are the starches and sugars, potatoes, rice, macaroni and the various sugars. It is important that we balance our meals, but it is not necessary that each meal should be; each day's dietary should contain proteins, fats, carbohydrates in the correct proportion, which is one part of protein to five of carbohydrates.

Plant protein, such as peas, beans and lentils, take the place of meat. When the meat allowance is small these vegetables should be used freely, rather than cabbage, turnips and beets.

An excess of meat is especially bad, as that which is not assimilated clogs the system and causes self-poisoning. Brain workers need easily digested food; muscle workers find coarser foods better suited to their needs. However, all need roughage (foods that contain cellulose) to give bulk and increase intestinal activity.

Let us not forget that milk and butter, yolk of egg and green leaves of plants contain a growth determinant absolutely essential to the growing child, without which he will be stunted and handicapped through life.

Diet should be varied as well as mixed, substituting occasionally such foods as rice and macaroni for potatoes.

By planning meals several days ahead it will be much easier to arrange a rightly balanced and varied diet. We do not tire of the common staple foods, but we find them very monotonous served in the same old way. It is not possible to fix a general dietary standard, as many things, such as age, occupation, health and climate enter in to qualify it.

Nothing is given for nothing in this world; there can be no true love even on your own side, without devotion; devotion is the exercise of love; by which it grows.—R. L. Stevenson.

**HELPFUL SUGGESTIONS.**

When replacing papers in drawers to keep them firm, put a small stick or half on the paper and the other half on the drawer.

When setting dishes on ice, use old can rubbers to keep them from slipping.

A little sand in a small top-heavy vase will make it quite stable.

Fill salt and pepper shakers with an orange spoon or make a paper funnel, which may be used more quickly.

A piece of macaroni placed in a berry pie when put in the oven will save the loss of the good juice, as the macaroni will serve as a chimney for the juice to boil up in.

Grease the cork of the glue bottle, so that it will not be glued in when it is wanted.

A piece of ice held in the mouth a moment before disagreeable medicine is to be taken, will dull the sense of taste.

Keep on your desk a list of things to do—calls, letter-writing and household tasks; as they are done, cross off. It is a most satisfactory way of knowing what is accomplished during the week or month. The same method is a good one to use in the kitchen; various things are forgotten that, with the list before one, will spur on the worker.

A camp chair that will slip under the table, out of the way or can be hung from a hook, is a great convenience in a kitchen with small space.

A roomy market basket with a strong, well-fastened handle, makes a fine bed for the small child when traveling, and one in which it may be carried with its belongings. The basket is picked up and carried without disturbing the baby or exposing him to the weather.

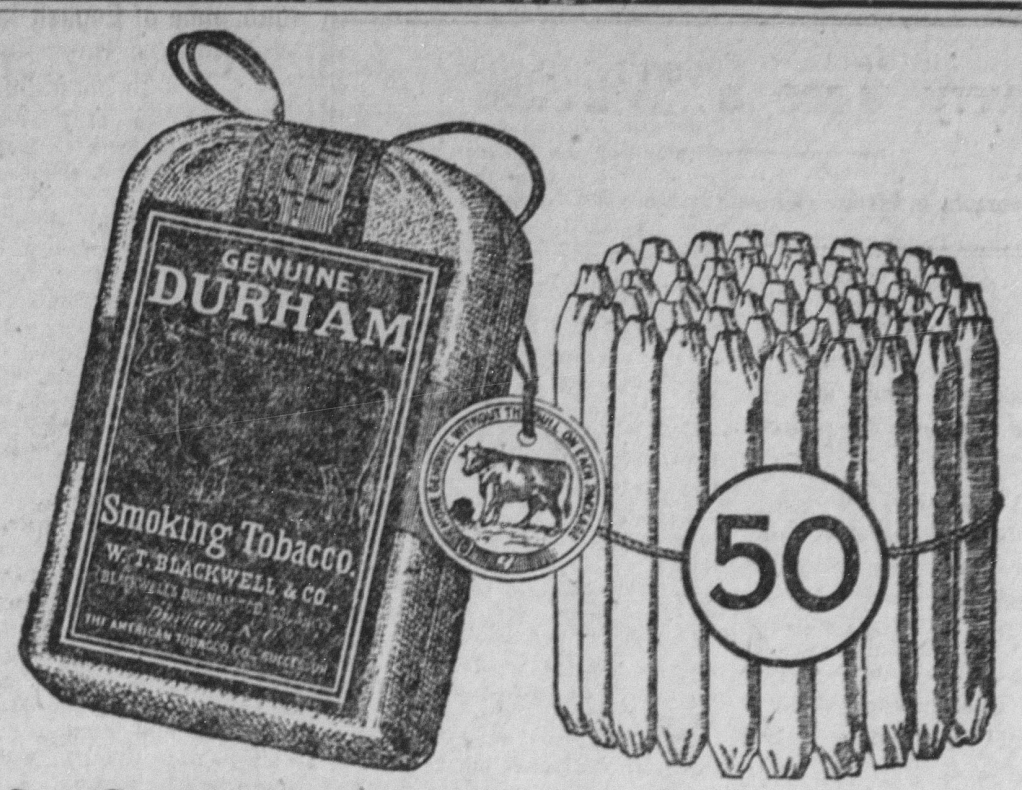
Carry a package of courtplaster of different colors. This may be used when traveling to mend a garment or stocking in an emergency.

Transplant a few asters and other favorite flowers in the garden after the vegetables are gone. In the fall they will be pleasant to look at.

Kitchen aprons of unbleached cotton made with a good fitting style are most desirable, as they may be boiled and kept white.

Tennis shoes are fine to use when scrubbing floors or porches, as they protect the feet from the moisture and are comfortable to wear.

*Nellie Maxwell*



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**At Grocers — Two Sizes — Usually sold at 15c and 25c**

Happiness is a matter of adjustment.  
**If You Need a Medicine You Should Have the Best**  
 Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.  
 A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."  
 According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and neutralizes the uric acid which causes rheumatism.  
 You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.  
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 \$2. Send description from deed, Frank H. Brown, Realty Expert, Cape May, N. J.

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