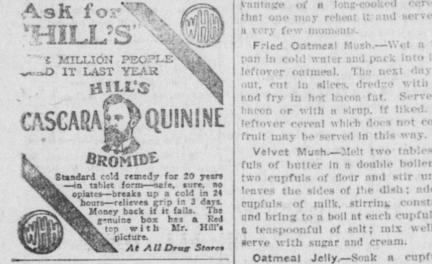


Accept "California" Syrup of Figs mly look for the name California on the package, then you are sure your shild is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children leve its delicious fruity taste. Full directions for child's dose on each bot-

Me. Give it without fear. Mother! You must say "California."

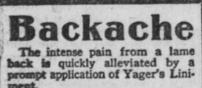
An enraged man tears his hair, but enraged woman tears her hus-



Makes 9 Out of 10 People Suffer

meters declare that more than 79 nonmic diseases can be traced to Acidmach. Starting with indigestion, heart, belching, food-repeating, bloat, sour,
y stemmach, the entire system eventually
mes affected, every vital organ suffering
mes degree or other. You see these vicef Acid-Stomach everywhere—people
mrs subject to nervousness, headache,
math, billousness—people who suffer from
matham, lumbago, sciatica and aches and
s all ever the body. It is safe to say
ahout 9 people out of 10 suffer to some pains all ever the body. It is safe to say
hat about 9 people out of 10 suffer to some
hast from Acid-Stomach.

If you suffer from stomach trouble or,
on 8 you do not feel any stomach distress
t are weak and alling, feel tired and
has deut, lack "pep" and enthusiasm and
how that something is wrong although you
hast something is wrong although you
have health as quickly as possible. They
have maturally want to get back you
have naturally want to get back you
have becaute the suffer of the people want of the suffer of the su Get a big 50c box of EATONIC from your reagant today. It is guaranteed to please the first power for your druggist will refund your money.



Sufferers from rheumatism, sciatica, neuralgia, sprains, etc. should always keep a bottle of "Yager's" handy as its penetrative qualities quickly bring relief from pain.
At all dealers. Price 35 cents.

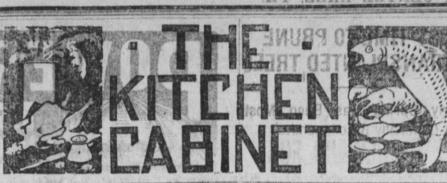
The large bottle of Yager's Liniment contains twice as much as as the usual 50c bottle of liniment.

GELEERT BROS. & CO., Baltimore, Md.

Liggettallyers KING PIN CHEWING TOBACCO Has that good licorice taste you've been looking for.

FRECKLES and BLOTCHES WALDORF CHEMICAL CO. Set 8th Ave. New York City, N. Y





Wake, for the alarm clock scatters

The variegated nightmares of the

And pleads for rolls and muffins

BREAKFAST DISHES.

Breakfast foods are on the market

a different one

each day during

the year, or at

least long enough

to forget if one is

Rye Mush. -

repeated.

in such numbers that one might have

Velvet Mush .- Melt two tablespoon-

leaves the sides of the dish; add five

cupfuls of milk, stirring constantly,

cover deeply. Add bolling salted wa-

ter in the morning and boil several

hours, adding more water if needed.

When every grain is transparent and

jellylike it is done. This is delicious

So it was destined: and thus came

To walk the earth and wear the

To suffer bravely as becomes my

One step, one grade, one cycle

SUITABLE LUNCHEON MEATS.

A simple, inexpensive loaf which

may be served hot with a brown or

chopped parsley and a small onion fine-

juice or water or soup stock of any

Ham and Noodles .- Butter an earth-

ern baking dish, put into it a layer of

poiled noodles, add a layer of boiled

nam cut in bits, then another layer of

noodles and so on until the dish is full,

Beat an egg and add one cupful of

wilk, pour over the dish. Cover with

rumbs, dot with butter and bake in

Mock Duck .- This is to be served

old. Pound a pork tenderloin until

ing water if necessary. Roast as us-

unt and when done take out, press with

and bake in a moderate oven. Sprinkle with buttered crumbs and brown just

Liver With Onion Sauce,-Dredge

thin slices of liver with flour and fry

brown in pork fat. Place the cooked

onions and sauce over the liver.

1 moderate oven.

weight until cold,

before serving.

-T. B. Aldrich.

tomato sauce or

sliced cold is the

pound each of

fresh pork and

round steak

one

following:

Take

form of man.

nearer God.

serve with sugar and cream.

any cooked cereal.

I here

state.

Allures the gas into the kitchen

into flight

that are light.

night:

a very few moments.

Our days so tense, oft make me

think-I know 'twill make you smile-I'd like to be an aborig. For just a little while.

SWEET BREADS.

A few cupfuls of raised dough saved from the bread making, may form a

basis for many kinds of cakes and sweet breads. For a sweet loaf, which is easily made, take two cupfuls of light raised bread dough. To this add one beaten egg, add a half cupful of shortening, the same of sugar, chopped fruit or nuts, or

Take a quart of both with spices to taste. Cut in the boiling water, one | shortening and other ingredients, using teaspoonful of sait, five heaping table- two knives as in making pastry, then spoonfuls of rye meal. Sprinkle the pour into a well-greased angel food meal into the boiling water, stirring pan or bread pan and let rise until constantly; add the sait, bring to a light. Sprinkle with sugar mixed with boll once more and cook slowly in a chanamon and bake in a moderate double boiler one hour and a hart, oven. Flour will be needed to handle Serve with sugar and cream. The ad- the dough, as it should not be sticky vantage of a long-cooked cereal is This mixture makes a good coffee that one may rehent it and serve it in cake, with flour added, and placed in Fried Oatmeal Mush .- Wet a bread sprinkle with clanamon mixed with oan in cold water and pack into it any sugar and when light bake in a hot leftoyer outmeal. The next day turn oven. Apples cut in eighths placed in out, cut in silces, dredge with flour rows on top of a coffee cake before it and fry in hot bacon fat. Serve with has risen and sprinkled with sazar nacon or with a sirup, if liked. Any and cinnamon give variety,

eftover cereal which does not contain | Cinnamon Rolls,-Take two cupfuls of light bread dough, add a half cup ful of sugar and four tablespoonfuls fuls of butter in a double boiler, add til well blended. Roll out, adding flour two cupfuls of flour and stir until it to handle, then spread with butter, sprinkle with brown sugar and clansmon, roll up and cut in small rings. and bring to a boil at each cupful. Add Place to rise on a baking sheet, brush a teaspoonful of salt; mix well and with white of egg and dust with sugar just before baking. Oatmeal Jelly,-Sonk a cupful of

Raised Doughnuts .- To three cupnatment overnight in cold water to fuls of bread dough add one well-beaten egg, three-fourths cupful of sugar, four tablespoonfuls of shortening, one tenspoonful of grated nutmeg or a mixture of nutmeg and cinnamon, Cut in with two knives until thoroughly served cold with fruit, sugar and mixed; add flour to roll. Roll to onefourth inch in thickness, cut in shapes Crushed Wheat With Raisins .- Add and let rise until light. Fry in fat a half cupful of wheat to three cupfuls which will brown a cube of bread in of boiling saited water and cook un- co seconds. For filled doughnuts cut til the water has disappeared; then the cakes with a cooky cutter, place a add three cupfuls of hot milk and cook teaspoonful of jam in the center and until the wheat is soft. During the moisten the edges with water, fold last hour of cooking add a half cupful over and press the edges together. Let of raisins. Raisins are healthful and rise until light and fry as usual, Place are an agreeable addition to almost two tablespoonfuls of powdered sugar in a bag and dust them one at a time before serving.

> After all is said and done, there are still things which might be said and done if we said less.

WHAT TO EAT.

When one has a small amount of ment a good dish may be prepared combining it with eggs



such as: Meat and Egg Toast,-Cut rounds of bread and fry them, Mince fine any ment or put it through the grinder. Beat two eggs, take two tablespoonfuls of butter, half

a cupful of tomato sauce. two tablespoonfuls of milk, salt and chopped fine, add pepper. When the eggs begin to thicktwo teaspoonfuls en add the tomato and chopped ment. of salt, one beaten egg, one cupful of Stir until thick, then pour over the

strained tomato, a teaspoonful of toast and serve. Ham En Casserole,-Cover an inch ly minced. Brown the onion in a little slice of ham, shaped to fit a casserole. of the pork fat, season with pepper with sliced potatoes which have been and add all the other ingredients with parboiled five minutes, add two cup a cupful of crumbs. Mix well and form fuls of milk, a few dashes of pepper n a loaf. Bake about one hour, bast- and cook uncovered for an hour. Cover ing occasionally with the liquor from and cook slowly for another hour. Use the pan. Remove the loaf and make a two and one-half cupfuls of potatoes sauce with the fat, stirring in a table- for this dish. Serve from the case

poonful or two of flour, adding toma- serole. Another good dish quite similar is prepared by putting a layer of potatoes in a casserole, sprinkle with onions and cover with four to six pork chops. Add enough water to keep them moist until the potatoes are nearly done. Cook covered at first, season well with salt and pepper. Remove the cover and brown the chops,

Coconut Pudding.-Soak half a cupful of bread crumbs in one cupful of milk, cream one tablespoonful of butter with half a cupful of sugar, add two well-beaten eggs, the soaked the fibers are broken; spread with a bread crumbs and one grated coconut. stuffing seasoned with poultry dress Grease a baking dish with butter, put ing; roll and the in shape; brush with in the mixture, set the dish in a pan zelted butter; dredge with flour and of hot water and bake until a silver roast basting with the drippings, add- knife comes out clean. Let cool gradually and serve cold.

Eggs Sur Le Plat.—Beat the white of eggs until stiff, spread on a but-Mock Birds.-Take thin slices of tered platter and make hollows in the are roast boef, vent or lamb. Make a egg with a spoon. Drop carefully the stuffing of seasoned bread crumbs, egg unbroken yolks in these hollows and and melted butter. Put a spoonful on sprinkle with salt, pepper and dot each piece of meat; roll and skewer with bits of butter. Bake until the with tooth picks; dip in melted butter eggs are set.

Perfumes Without Grease. A. Verley, a chemist of Isle-Saintliver on a platter and fry chopped on- Denis, France, has patented a process ions in the fat. When light brown of extracting perfume from flowers by add a tablespoonful of vinegar to a using powdered wood charcoal instead cupful of chopped onions and pour the of grease as an absorbent, and then washing the charcoal in alcohol

Unsatisfactory Service Sure to Follow Improper Lubrication and Neglect.

CAREFUL USE IS IMPORTANT

Owners Should Learn Details of Machine and Make Adjustments-Never Allow Idle Engine to Race-Use Cold Water to Wash.

ceptible.

ceive unsatisfactory service. No ma- able at all filling stations. chine can be absolutely automatic. All Another point is the shifting of preventive of wear, and the most cer- pulling. It should be borne in mind tain thing to increase the life of a me- that all motors have excess power betor car, is lubrication. An automobile cause of the extent to which the valvetwo by neglect, or doubled by careful

miliar with all the lubricating points car or on the driver's ability. This is of the car. The ludgreation of the car a condition that should not exist. should be given regular attention. If These same ideas apply to practidue to the car becoming noisy or from hannen to motor cars in general servown r would learn the details of the serviceability out of a car. The cwnmac line, that is, learn to make the er who does not have time or inclina great confidence in venturing farther ous working units of his car. in the way of tours. Never allow an engine to race when it is idle. When there is no load on the engine it will vibrate unduly at high speeds, which causes excessive strains and makes the full amount of transportation that has engine and the car noisy. Racing the engine, when driving, can be avoided by learning to use the foot accelerator in the proper manner in relation to the clutch and gear shifts.

Washing the Car. The car should be washed before the mud has a chance to dry. If a hose is used, the stream should be tempered, better still the nozzle should be taken off and a slow stream used. Always use cold water, as warm water will injure the varnish. After washing off the mud, take a sponge, well filled with water, and dash it gently against the surface. Never rub the surface when washing, as it is sure to scratch the polished surface.

After the removal of the mud, any crease on the finish should be removed by washing with suds of a pure white soap. This should be done with a soft sponge and as little rubbing as possible. After washing with the soap, and rinsing with cold water, the finish should be rubbed dry and polished with a chamols. The car should not be left standing in the bright sunlight, as it will dry too rapidly and be streaked.

Care of the Top. Care should be taken to see that no dust, dirt, mud or grease is allowed to remain either on the inside or outside of the car top. The outside can usually be cleaned off with a dry, stiff brush, or, in bad cases, with soap and an automobile engine. An object is to water, applied with a sponge. Gaso- provide an ignition cut-off for an autoline, kerosene or naphtha will cause the mobile engine which is operatively rubber in the fabric of the top to disintegrate and finally leak. After the top erating mechanism in such a manner has been washed it should be rinsed off that upon closing the throttle, the igwith clean water and permitted to dry. nition circuit is automatically broken,

wet. It should be thoroughly dry.

NEGLECT OF OWNERS WILL INJURE AUTOS

Proper Lubrication is of Utmost Importance.

Drivers Gradually Form Habit of Doing Everything on High Speed in Shifting Gears-Inspect Car Every Week.

There are many ways in which a car may be unintentionally mistreated, just as there are many ways in which one's own health may be violated to the injury of one's system.

The first point is quite familiar to most motorists, and that is the question of proper lubrication. Still every One will very soon become accus- dealer knows that cars continue to be tomed to all of the noises the car brought in with bearings burned out, makes, and any strange sound, be it king bolts badly worn and other parts ever so slight, will be immediately per- of the car in more or less damaged confillon from under-lubrication, Oil Much of the satisfaction that an au- should not be used too long, because tomobile gives depends upon the driv- after a time it loses much of its lubrier. If he neglects his automobile, if cating qualities. This is an especially he does not lubricate it, or if he tink- important item to watch now, because ers with it too much, he is bound to re- good lubricating off is not always avail-

things must wear in time. The best gears and the use of gears in hard is like any piece of machinery, and in-head principle of design has been dewill not keep in good running condi- veloped, and because of this surplus tion without a reasonable amount of power drivers, as a class, gradually care. The life of a car can be cut in form the habit of not shifting to lower

After a time they gradually grow to hate the idea of dropping to lower One should become thoroughly fa- speeds, as if it were a reflection on the

this is done, there will be no complaint | cally all of the little things that may bearings wearing out. Satisfaction ice. A weekly inspection will do a would be greatly increased if every great deal toward getting the utmost simple examinations and adjustments, tion to attend to these things himself One should not depend on some one vill do well to see that they are done else to do that which is so simply done by some one who is thoroughly comand which one can get much satisfact petent. They do not take much time, tion in doing. One should familiarize and the man who is mechanically inhimself with every detail of his car, clined will derive much pleasure in know the mechanism, and he will have becoming more familiar with the vari-

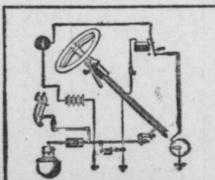
A good motor car responds wonderfully to good treatment, not only from the standpoint of satisfaction, but also from that of giving the owner the been built into his car.

ELECTRIC CIRCUIT CONTROL

Mechanism Provides Cut-Off for Automobile Engine Which Is Operated Automatically.

An automatic ignition control mechanism, the invention of W. M. Edmont of Duluth, Minn., is illustrated and described in the Scientific American as follows:

The invention relates to electric circuit controlling mechanism for use in connection with the ignition circuit of



Diagrammatic View Showing Automatic Cutout Mechanism.

combined with the throttle valve op-The inside of the top may also be rendering the engine "dead" and causcleaned with a sponge. A top should ing it to run against the compression never be put down or covered while in the cylinders thus providing an effective brake,

FRENCH ABBE RIDES IN OLDEST AUTO



The oldest automobile in France. The photo shows its present owner, a French abbe, driving along a country read near Paris. The automobile is the first ever built in France.

WHEN ALL RUN-DOWN, NERVOUS, WEAK

Staunton, Va.—Whenever I feel all run-down, nervous or weak I always find renewed health and strength in Dr. Pierce's Favorite Prescription and the Golden Medical Discovery. These medicines have been of especial benefit to meduring expectancy

during expectancy and enabled me to raise my child. This was perhaps due to kidney trouble, which

siderable anxiety during each expectant period. After I took the 'Favorite Prescription' and the 'Golden Medical Discovery' I had no further trouble with my kidneys during expectancy, and I surely realize all that that these tonics meant to me and to my child."-Mrs. E. V. Hook, 8 Tams St.

Gained 35 Pounds

Gained 35 Pounds

Moundsville, W. Va.—"Some eight years ago in the opening of spring I began to go down in health. I became nervous, weak, could not eat nor sleep, and became very thin. Was so completely run-down I could not work. I went on this way one whole summer. I took medicine, but it did not do me any good. I was so weak I could scarcely get up and down stairs, when I began taking "Favorite Prescription." I only took about three bottles when I was a well person and began to be strong and hearty. I gained thirty-five pounds in weight and am today strong and have never had any sickness since."—Mrs. M. J. Wilson, 801 First St.

Charlottesville, Va.—"For years I suf-

Charlottesville, Va .- "For years I sufferd with woman's weakness, during which time I doctored and took medicine with time I doctored and took medicine with-out getting relief. I suffered with back-sches and pains in the side. I was very weak and nervous and was miserable, when I began taking Dr. Pierce's Favorite Prescription. When I had taken two bot-iles I was so much improved that I knew I had at last found the right medicine. I took six bottles and by that time. took six bottles and by that time I was well."-Mrs. W. W. Southard, 108 Him

> To abort a cold and prevent complications, take



The purified and refined calomel tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

DON'T SUFFER HEADACHE OR NEURALGIA

Get the long established remedy

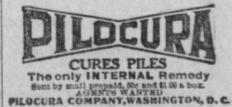
-KOHLER-ANTIDOTE

gives relief to 15 minutes TAKE NO SUBSTITUTE

PRICE 12 CENTS EVERYWHERE AT DRUG STORES AND GENERAL STORES Kohler Mfg. Co., Baltimera, Md.

Polk Miller's Liver Pills

The Good Old Fashioned Kind that have been doing Good Work for 50 years without change of formula. More popular than ever. Great in Malaria, Sick headaches. Constipation and Biliousness. At all druggists. Manufactured by Polk Miller Drug Co., 10c.







Irritating Coughs