

The High Food Value of Pure Gelatine

Gelatine does not take the place of milk, eggs or meat, but served with these foods it multiplies their power to build tissue. Delicious easily-prepared jellies tempt the appetites, and build up the tissues of growing children and convalescents. Jellies can be served as desserts, salads, meat-loaves, or dairy-dishes.

"PURITY"

Putting Her Foot in it.
Irvin S. Cobb talked recently at Greenwich Village about tact.
"Tact," he said, "is a priceless and rare art, which sometimes gets us in hot water when we try to practice it. Like the young Red Cross nurse.
"Meeting this young lady during the war at a luncheon in Tours, I happened to remark:
"I am looking round, you see."
"Oh, not so very, Mr. Cobb," the kind-hearted girl remonstrated, tactfully."

Hall's Catarrh Medicine
Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions.
All druggists. Circular free.
F. J. Cheney & Co., Toledo, Ohio.

A Total Loss.
"Why did you discharge your new clerk?"
"He was too accommodating," said the grocer."
"What?"
"He kept opening canned goods to show lady shoppers they were in a fine state of preservation."—Birmingham Age-Herald.

Important to Mothers
Examine carefully every bottle of GASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

That Speech.
"I heard the speech last night was extempore." "It was nothing of the kind. It was rotten."

Peace and plenty breed cowards; hardness ever of hardness is the mother.—Shakespeare.

Dr. Perry's "Dead Shot" is powerful but safe. One dose is enough to expel Worms or Tapeworm. No castor oil necessary.—Adv.

It helps deflate one's vanity to have no servants to talk about.

Chronic Constipation is as dangerous as disagreeable. Garfield Tea cures it.—Adv.

Happiness has a peculiar way of appearing and disappearing unexpectedly.

HELP THAT ACHING BACK!

Is your back giving out? Are you tortured with backache and stabbing pains? Does any exertion leave you "all played out"? Feel you just can't keep going? Likely your kidneys are to blame. Overwork, colds, hurry and worry tend to weaken the kidneys. Backache is often the first warning. Headache and dizziness may come, too, and annoying kidney irregularities. Help the kidneys with **Doan's Kidney Pills**—the remedy recommended by thousands. Ask your neighbor!

A Virginia Case
I. W. Musick, Roderer St., Abingdon, Va., says: "There was a dull ache across my back and loins. This came as a result of disordered kidneys and for several days at a time I was too weak and ill to do my work. A friend advised me to try Doan's Kidney Pills. Since using them I have enjoyed excellent health."
Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Every Horse Owner who has ever tried Yager's Liniment will readily admit that it is by far the best and most economical liniment for general stable use.
For strained ligaments, sprain, harness galls, swollen joints, wounds or old sores, cuts and any enlargement, it gives quick relief.
It contains twice as much as the usual 50 cent bottle of liniment. At all dealers. Price 25 cents.
YAGER'S LINIMENT
GILBERT BROS. & CO., Baltimore, Md.

SALESMEN Wanted To Sell Our West Virginia Grown Nursery Stock. Fine growing outfit FREE. Cash Commission Paid Weekly. WRITE for terms
THE GOLD NURSERY CO.
Mason City, W. Va.

One Month's Good Wages Put in Florida offer culture WHERE United States Govt. surveyed at approximate cost of \$10,000, will pay estimated income \$500 per month to unit and of world. FULL information containing 12,000 words, sworn statements, Govt. quotations, for life in silver or stamps. Order Growers' Co-Op. Assn., St. Petersburg, Fla.

MOTHER'S COOK BOOK by *Nellie Maxwell*

How sweet the quiet when the day is done—
The hush that follows after wind and sun.
How calm the slumber after weary toil—
The gift to those who brave life's long turmoil.
How cool the balm of healing after pain,
The dew to flowers thirsting for rain.
How rich with meanings never found before
The peace that lingers after grief is o'er.
How glad the deep contentment that appears
In hearts which are the comrades of the years.
—Arthur Wallace Peach.

HONEY DAINTIES.
THE flavor of good honey combines especially well with the flavors and spices generally used in cookery, and it takes the place of sugar and molasses. If one has a hive of bees they are independent of other sweets.

Honey Ice Cream.
Take a pint each of milk and cream, the yolks of six eggs and a cupful of strained honey. Heat the milk in a double boiler and cook until it thickens with the honey and eggs beaten together. Then add the cream and a little flavoring. When the mixture is cool freeze as usual.

Baked Honey Custard.
Take five eggs, half a cupful of honey, four cupfuls of scalded milk, one-fourth of a teaspoonful of cinnamon, the same of salt. Beat the eggs just enough to unite the whites and yolks, add the other ingredients and bake in cups. Set the cups in a dish of water.

Honey Pudding.
Use half a cupful of honey, six ounces of bread crumbs, half a cupful of milk, the rind of half a lemon, two eggs, two tablespoonfuls of butter and half a teaspoonful of ginger. Mix the honey, bread crumbs, and add the milk seasonings and yolks of the eggs. Beat thoroughly, add the butter and whites of the eggs beaten stiff. Steam for two hours in a pudding mold or pan.

Farina Spoon Bread.
Take two cupfuls of cooked farina; add two well-beaten egg yolks and one cupful of milk, one cupful of white cornmeal, two teaspoonfuls of baking powder, one-half teaspoonful of salt. Mix well and fold in the stiffly beaten white. Pour into a well-buttered baking dish and bake 40 minutes. Serve from the baking dish.

Grilled Egg Plant.
Cut the egg plants in halves lengthwise, then in slices one-half inch thick. Remove the peeling, brush with oil or butter, then roll in buttered crumbs seasoned with salt and paprika. Broil over a hot fire or under gas for eight minutes, turning often. Serve on a hot dish, sprinkle with seasoning and dot with bits of butter.

Salad Dressing.
Take one teaspoonful each of salt and mustard, two tablespoonfuls of thick sweet cream, one tablespoonful of butter, three tablespoonfuls of honey, one-third of a cupful of mild vinegar and two well-beaten egg yolks.

THE WOODS
BY DOUGLAS MALLOCH
THE SWAMPER.
I AM the under dog,
I am the low-down cuss,
I am the standin' joke,
I am the easy meat.
Fellah that skids the log
Gits all the fame an' fuss—
What of the man who broke
Ronds fer the hosses' feet?

Sing of the arm that's strong,
Sing of the saw that shines,
Sing of the chopper's might,
Sing of the boss's brain;
Who ever sung your song,
Swampers among the pines,
Fellahs who led the fight
Out in the snow an' rain?
We are the pioneers,
We are the great advance,
We are the men who break
Ronds with our horny hands.
Ours not the shouts an' cheers,
Ours not the singers' chants—
Ours but a path to make
Straight through the forest lands.

They who shall come shall reap
Glory that we have won,
They who shall come shall claim
Praise an' the world's hooray,
Ours but a trust to keep,
Ours but a road to run;
Others shall walk to fame
After we lead the way.
So it shall often be,
So it shall be in life,
So it shall often seem,
Seem in the things men do—
Sung in no history,
Heard in no tale of strife,
Oft shall the dreamer dream,
Fergot when his dream comes
true.
(Copyright.)

Mix the dry ingredients, add the remainder and cook until smooth and thick.

Fruit Salad Dressing.
When serving a fresh fruit salad of any combination honey may be used with the fruit juices for a dressing, making a most tasty sauce.

Orange Ambrosia.
Slice very thin, nicely peeled oranges. Arrange in individual dishes, pour over honey and sprinkle with coconut.
(© 1921, Western Newspaper Union.)

MILITANT MARY
When I left school I'd lots of pep and gilt-edged gay IDEALS. But since I've earned my salt, my dreams KNOW-HOW A PANCAKE FEELS!
—E. FitzHugh.

SCHOOL DAYS



THE ROMANCE OF WORDS

"WHIST"
MANY persons, in seeking the derivation of the name of the popular card game, have come to the conclusion that it originated in any one of the popular ejaculations calling for silence or attention—the Latin "s," the German "hst," or the Scotch "whist." This explanation sounds logical, but there are others who as stoutly maintain that the name was derived from the fact that trumps "sweep" or "whisk" the board, a contention which is supported by a study of at least three of the languages which enter into the ground-work of English.
Thus, in German, we find "wisch," meaning a "mop." In Danish, the equivalent of the verb "to wipe" is "viske" and in Scotch it is "wiska"—all of which bear a striking resemblance to the English "whist."
Another form of the same word may be found in the term "whisk-broom," meaning a broom which whisks or flecks or wipes particles of dust from clothing and the like.
"Whist," therefore, instead of signifying silence or attention, takes its name from the use of the trump-stick and naturally dates back to the days when the "no trumps" declaration was unknown.
(Copyright.)

HIS PARENTAL DUTY
"I suppose, my dear, I'll have to perform the parental duty and take Willie to the circus."
"But I don't want him to go this year."
"Then I'll have to go with Smith."

Last Night's Dreams
—What They Mean

DID YOU DREAM OF FRIENDS?
TO SEE friends in a dream is a good sign on the whole. If you simply dream of seeing an absent friend it means, according to the mystic authorities on such subjects, that there is pleasure ahead for you; probably you will receive good news soon. For people in love it foretells marriage, and to dream of absent friends is a sign of their speedy return, or that you will take a trip to the absent ones; at any rate that you will soon see them again. As to the proper manner of comporting yourself when you meet friends in a dream the authorities differ. But the consensus of opinion seems to be that you should not laugh and disport yourself with them, as hilarious behavior with friends in Dreamland is apt to take the edge of the good fortune which seeing them would otherwise bring you, may even subject you to some slight, temporary troubles. Shocking as it may appear though, it is considered by the seers to be lucky to see yourself taking a drink with them. That is, it has been considered heretofore, but probably future oracles will cut this sign out. At any rate be careful and don't take but "just one," for otherwise you might become sportive and hilarious with your dream friends and nullify your good luck.
(Copyright.)

IN TIGHT CORNER

Trapper Tells How It Feels to Be Trapped.
Bear Hunter Experienced Uncomfortable Night in Snare He Had Prepared for Ferocious Old Grizzly.

"Old Mose" was one of the most ferocious bears in the Rockies. He was a notorious "bad actor," according to Mr. A. L. Corson in the Wide World Magazine, and foiled all attempts to shoot or trap him. Indeed, he seemed to have a charmed life.
On one occasion a man named Hancock tried to trap him. In placing the bait inside the trap, Hancock accidentally touched the trigger, and the logs came down and imprisoned him.
He tried to pry the heavy timbers apart, but found that he could not shift them an inch. From one side of the trap to the other he went, unconsciously imitating the movements Bruin would have made in hunting for a weak point. All his efforts were fruitless.
The pangs of hunger were now coming on, and night was near. Hancock scaped up some chips and twigs, made a fire and roasted part of the deer that he had brought to bait the trap with. Being lightly dressed, he suffered keenly from the cold night air. He lay down on the ground, but suddenly he heard sniffling sounds outside and detected, by the dim light of the moon, a dark form gazing through the chinks between the logs. Hancock felt safe, although his gun was standing by a tree some distance from the trap; Mose—for it was no other—seemed to realize the fact.
Knowing his savage nature, Hancock withdrew to the other side of the trap as the big form rose up on his hind legs. He could feel the bear's hot breath surging through between the logs upon his face; and, fearing that the brute would thrust his claws in, he kept moving from side to side. Daylight came at last, and Mose trotted off. Again Hancock built a fire and cooked the rest of the deer meat. He almost decided to set one end of the trap on fire and burn his way out. But what if he were unable to control the blaze? If he could reach his rifle, he would be in a position to shoot his way out, for he had a belt full of cartridges.
His horse, tired of standing round, had long ago made for home.
The next morning, the neighbors, seeing Hancock's horse in the yard, surmised that the "outlaw of the Rockies" had secured another victim. Several cattlemen started out in search of Hancock. In the middle of the afternoon they heard shooting, but at first they could see nothing.
Hancock had torn his shirt into strips, making a rope about 20 feet long. He had then tied two stones to a string about a yard long and fastened one end of the long line to the middle. Then he threw the stones out between the cracks of his prison toward the rifle. After two hours of practice he was able to drag the gun within reach. He then tried desperately to "hit his way out by shooting holes through a log about a foot in diameter. Before he got very far his comrades had located the shots and released him.

Had Feared the Worst.
It is a sad thing to have to relate, but Mr. Spongedry came home the other night "wet." Not externally, but internally; he had drunk wine or spirits or beer!
With uncertain footsteps he climbed the stairs, with itchy, nervous fingers he unclothed himself, with swimming head he lay down in his bed.
Mrs. Spongedry had, however, heard his anti-cattle tread.
Thinking to frighten him, she covered her head with a sheet and approached his bed.
Spongedry sat up in bed and gazed in wonder at the spook.
"Who is that?" he asked.
"I am a ghost!" came the answer from the sheet.
"Oh, that's all right, then. But you did give me a fright! I thought you were my wife!"—London Tit-Bits.

What He Liked.
Mr. T. had visited the D. family long enough to find that they were strong on culture but weak on comforts, such as a sufficient supply of hot water, food and even heat: One cold night he shivered in the living room while the members of the family held a discussion on their pet hobbies. One said that she "dearly loved great paintings," another professed a fondness for "great works of literature" and the third spoke eloquently on "great works of sculpture."
Finally it came the guest's time to converse. He shivered a minute and then gave a feeble smile. "Right now," he said earnestly, "I have a decided fondness for a grate fire."

New Idea for Tombstone.
Austin J. Harman of Custer, Okla., has invented what he calls a "new and improved tombstone." It is designed to represent a life-size human figure standing erect. For instance, it might be a soldier. The material is galvanized iron, made hollow, so that the lower part of it may be filled with cement to make a heavier base. The body is hollow in order that, if desired, it may hold an urn containing the ashes of the deceased. As for the head, it is meant to be screwed on, and may be made a likeness of the person for whom the tombstone is erected.

THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good
By JESSIE ROBERTS

TABULATING YOURSELF

MANY firms and big businesses who come to them for employment, so that they have a notion of the physical and mental characteristics of the applicants before accepting them.
It is rather a good idea to do some of this tabulating yourself. Often you can get a better hint from this than you will get from doctor or teacher. And if you work to bring yourself closer to par, where you find you are below it, such a tabulation will pay you well.
It is easy to get hold of charts where different qualities are given points to show their relative value. Get one of these and start measuring yourself.
One such chart, which sets out to show the qualities most valuable in a good citizen divides these qualities into 25 separate items, totaling up to 1,000 points. The highest number of points for any one item is 85. This item is Assuming Responsibility. There is one 70, for honesty and reliability, and two sixties, co-operation and helpful initiative. Taking care of health and grasp of fundamentals, each get 50; courtesy is given 45, and loyalty, promptness and choosing good associates each have 40.
Of course, simply knowing where you are weakest is not enough to help you much, though it is better than ignorance. Once you know that you fall behind, say, in initiative or co-operation or courtesy, it is up to you to do some personal development work, to engage in self-training. There is no better way to start making the best of yourself.
And there is a lot of fun in tabulating your friends!
(Copyright.)

Just Like a Man.
"You fool, what kind of a husband are you? A burglar came into the house a while ago and like to have frightened me to death. Didn't you hear me screaming?"
"Yes, my dear, but I thought you were singing."—Florida Times-Union.

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Laxative Bromo-Quinine tablets
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Be sure its Bromo-Quinine
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The genuine bears this signature
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For burns, cuts, sprains and all skin irritations. Relieves dryness of scalp.
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Freed From Torture

Eaton Cleared His Up-Set Stomach
"The people who have seen me suffer tortures from neuralgia brought on by an up-set stomach now see me perfectly sound and well—absolutely due to Eaton's," writes H. Long.
Profit by Mr. Long's experience, keep your stomach in healthy condition, fresh and cool, and avoid the ailments that come from an acid condition. Eaton brings relief by taking up and carrying out the excess acidity and gases—does it quickly. Take an Eaton's after eating and see how wonderfully it helps you. Big box costs only a trifle with your druggist's guarantee.

Rheumacide
Have you RHEUMATISM Lumbago or Gout?
Take RHEUMACIDE to remove the cause and drive the poison from the system.
"RHEUMACIDE ON THE INSIDE"
FOR RELIEF OF THE "OUTSIDE"
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TAKE
HALE'S HONEY
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relieves colds, coughing, throat and bronchial troubles in a good, old-fashioned, safe, quick, home way.
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