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A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait-get help before the kidney disease takes a grip-before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over. Ask your neighbor!

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J. M. Carter, 210 Spruce St., Covington, Va., says: "I had a weak and lame bac There was a thro bing ache in the sma of my back and th kidney secretions wer colored and

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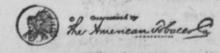
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Nothing Thin About It. "I suppose your husband gave you a thin excuse." "No, he made a stout denial."



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MRS. BOWSER'S STORY

Mr. Bowser Is Going to Write One to Beat It. By M. QUAD.

"Mrs. Bowser!" It was Mr. Bowser who spoke, and in such a deep, bass voice as made the

piano tremble on its legs. Mrs. Bowser looked up inquiringly. "A great mystery hangs over this house. That mystery is also full of deception. I want it solved, right

away. I want to know what has been going on in my own house." ser, but in tones that showed she was

somewhat frightened. "You ran in to see Mrs. Green a few minutes last evening. While you were away and remain unconscious for absent I picked up a magazine off the about three weeks. See how I do it. plano. I am not much of a reader of | Quicker than lightning she draws two such things, as you know, because automatics from her pocket and points their contents are mostly gush. I just them at the naked breast of old K. H. wanted to look at the pictures to while and, in tones which cannot be misaway the time. On opening a magazine I found a letter. It had been epened. It was addressed to 'Miss Jean Carew,' at our street and number, and pulling forth the letter, I found it was from the editor of the magazine. He had accepted a story and sent a

know any young lady named Jean "Why-why, I was going to tell you all about it," said Mrs. Bowser. "The editor of the magazine said he wanted stories. I thought that I could write one to suit him, and so I sat down and dashed off one. I dld not wish to send my own name as authoress, and so I

took Jean Carew. You see, he accepted my story and sent me a check, and I was going to ask you to get it cashed for me. Is there any great mystery about that?"

"Mrs. Bowser, let us look into this thing. In the first place, you wrote this story without saying anything to me about it. In the next place, you took another person's name, and thereby deceived the editor and the public. In the next place, I have read your story, and ft is the most nonsensical thing I ever read. It is all mush and gush. The editor must have gone crazy to accept such a story. You have swindled him out of \$30 and you should send the check right back !"

"Why, Mr. Bowser, you talk very strange!" exclaimed Mrs. Bowser. "The editor of the magazine is supposed to know what is good and what is bad. He thought this story of mine good enough to publish, and was worth the check he sent me. I don't praise it much myself, but I don't think you ought to condemn it as you do. Mrs. Green and two other ladies read it,

and it brought tears to their eyes." shed tears over most anything. Your she is walking old, K. H. across the a few minutes. Junket is simply story had a hundred faults. There is plains. The machine comes to a stop, milk curd separated by rennet, as in no plot and no strength. You did as beside her. He smiles and extends his cheese making, and eaten before the well as you could, but I am not going hands. She jumps in beside him, and bacteria that give the cheese its flavor to have it known that the wife of Samuel Bowser is writing such gush for publication. It shows a weak, brain, on your part, and laxity on lose ten minutes in getting married. flavored, sweetened, and heated luke-



"Finds a Box of Gold."

written from this house will be written by me. Any checks coming in will be placed in my hands." "Well, if you can write a story, why

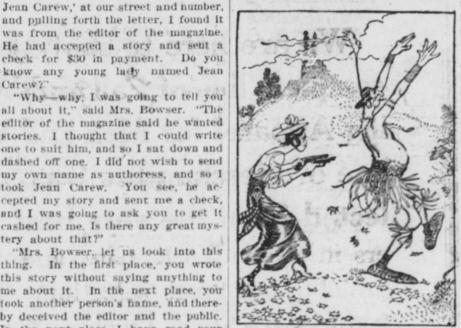
don't you write one?" was asked. "Why don't I? I am going to write one, in the next two hours, and the check for it will be at least \$200. There will be strength and vitality all through it, and it will all be true to human nature. You probably spent three months getting your plot, while my plot has jumped into my brain in less than three minutes. Look at what you call the plot of your story! A girl gets a legacy. Instead of opening a department store or going into the Ice business, she pays a visit to the poorhouse. There she meets an old grandma, whose only son sent her These plants are heavy feeders, but there, to be off his hands. Your they don't like fresh manure. Probheroine's heart is touched. She takes ably the best fertilizer to use is bone the old lady out and puts her in the meal. A handful is none too much cottage, and tells her that for the for each large plant, and should be rest of her life she need do nothing workel lightly into the soil around the but sit in a rocking chair and eat roots. Unless it happens to be a

fried eggs three times a day." "And what is your plot?" h box of gold. She has heard that the l'awnee tribe of Indians are without a ground cool and moist without the preacher. They have no Thursday necessity of forking it over. Don't night prayer meetings. They are sim- try to divide your peonies now. Sepply sloshing around. She buys a thou- tember is the one month for doing this sand dollars' worth of Bibles and hymn work.

books, and she hires a team and driver, and she drives to the headquarters of the Pawnee tribe. The chief of the tribe is a gentleman named "Kicking Horse." He is willing to accept the Bibles and hymn books, but he is also willing to accept the fair hand of our heroine. He makes this known to her. He cannot have her hand. It is promised to a pawnbroker's assistant in Boston, and she is a girl who never goes back on her word. Old Kicking Horse gets mad, and he gives her an hour to think it over. In the morning, if she does not marry him, he will roast her a beautiful brown at the stake. Isn't that a mighty good plot, so far?" "It's very thrilling," answered Mrs.

Bowser, "but go on." "When night comes," continued Mr. Bowser, "Old K. H. goes to the maiden's tent and demands that she "State your case," replied Mrs. Bow- either roast or marry. If you were writing this story, you would have about a barrel of tears at this point, and your poor maiden would faint

> taken for love tones, she says: "You are standing on the verge of the grave! You go! Turn your face



"Walk to 'That Tree!"

to the west and walk right off! About three miles away is a tree. Walk to that tree. I shall be close behind you all the way, and if you do not keep your arms above your head I will fire and inconspicuous way of inducing 18 bullets into the back of your neck. Tell your people not to attempt to share, Skillful flavoring and attracrescue you. Now, get along with tive variations will enable the home you!" "

"Isn't that natural, Mrs. Bowser to from very simple materials. "Very much so," she assented. assistant. Not hearing from the girl was probably eating junket. This oldby postal card, he gets anxious and fashioned English dessert has been swelling thickens the liquid more rapidfretful. He hires a flying machine and, coming into greater favor in America, ly, but the product is not so creamy goes West in search of her. He ar- and should rejoice the heart of the

rives in the Pawnee country just as, busy mother, for it can be made in before old K. H. knows anything develop. There are a number of prepabout it they are five miles away, and; arations of rennet in liquid and tablet speeding for Boston, where they don't form on the market. The milk is mine. People will as why I don't It is such stories as this, Mrs. Bowser, warm, when the amount of rennet inforbid you. Hereafter all the stories that will redound to the credit of our, dicated is added. Vanilla is often house. I go to write it! Do not used, but chocolate, caramel and othcome into the library on any excuse, er flavors are sometimes better liked. whatever. I will finish this story so I can mail it in the morning. You may

go upstairs now." Mrs. Bowser went upstairs, laughing to herself all the way, and Mr. Bowser sought the library. He opened a fresh bottle of ink and got down about 200 sheets of paper.

At midnight, not having heard from him, Mrs. Bowser softly descended the stairs, and softly opened the library door. Mr. Bowser sat in the chair asleep. He had simply written: "By thunder! What ails my brain

tonight!" Mrs. Bowser gave him a shake and he followed her upstairs to bed. He was asleep in about three minutes, but the old story gripped him and he

"Do your worst, you savage monster! Never will I marry a Kicking Horse! Never, never, never!"

called out:

Lucky Philadelphian.

As the lucklest man, honors go to Nicholas Murphy of Philadelphia. Murphy walked into a moving train between Boothwyn and Ogden streets, on the Baltimore and Ohio railroad. The locomotive cylinder tapped him upon the shoulder and Murphy described a loop, alighting on his feet. Then he sank to the ground. When a foreman of a gang of laborers rushed to where he was, Murphy sprang to his feet and ran away, thinking he would be arrested for trespassing upon the railroad. He had escaped injury, and the worst damage done was to the temper of the conductor of the flyer, which was delayed ten minutes.

Care of Peonies.

If you want a big crop of peonies next spring, prepare for it right now. wet season, peonies are benefited greatly by a mulch of straw or grass "Why, a girl, in digging a ditch, finds clippings, and this mulch should be several inches deep. It will keep the

INCREASE CHILDREN'S MILK BY PUTTING IT IN MANY DESSERTS



it's a "Party" When You Have Ice Cream and Cake-Any Child Knows That

ment of Agriculture "But, Mother, I don't want any milk." "Please, darling. It's so good

er, now.' "I want my dessert." "Very well, then. As soon as you drink your glass of milk you shall have your pudding. It's taploca cream today, with dates in it, and a meringue

on top," says mother persuasively. "Just a little glass, and I will." Half a glass is better than no milk, How many other mothers can recall a conversation like this from which they have not emerged victorious? They may borrow a hint from the bribe offered; stubborn little Tommie does not realize that his favorite desserts may be made with milk, and that half a glass in liquid form plus a cupful of pudding is really a very satisfactory amount of milk for lunch, At dinner time perhaps there will be a milk soup, or creamed carrots; but that is another story. Nutrition specialists of the United States Department of Agriculture consider that even when part must be cooked, the child is the gainer from an increased use of milk. Having more milk desserts for the family is a successful the finicky children to take their

"Little Miss Muffet," who "sat on a

cook to evolve many different dishes

Blancmange Pudding.

pudding. All of these puddings are refuses milk in this form,

Prepared by the United States Depart- | excellent served alone, with plain or whipped cream, or with stewed or crushed fresh fruit poured over them. Maple sirup and honey are good when for you. Drink just a little for moth- other sauces are not in hand.

Butterscotch Blancmange. quart milk. 6 table spoonfuls 1 tablespoonful butcornstarch.

teaspoonful sait. % teaspoonful vanil-cupful brown la. Heat the milk in the double boiler. Moisten the cornstarch in a little cold milk, add, stir until thick, and cook until the starchy taste disappears. In another saucepan melt the brown sugar with the butter until it is waxy, but not caramelized. Add this to the cornstarch mixture and add salt and vanilla. and serve with cream.

A cooked combination of milk and eggs is a custard, whether it be a floating island or a farina pudding. Bavarian and Spanish creams are custards stiffened with gelatin. A very delicious way to serve the simple custard puddings-bread pudding, tapioca, rice-is to use the yolks of the eggs only in the custard, reserving the whites, whipped with sugar, for a meringue on top. A tablespoonful of sugar for each egg white is satisfactory.

Old-Fashioned Creamy Rice Pudding. 1 tablespoonful un- % teaspoonful nutmeg or cinnamon cooked rice. 1 teaspoonful salt.

2 cupful sugar, Wash the rice, add the other ingredients, pour the mixture into a good-sized baking dish, and cook in the oven slowly for about 2 or 3 hours, stirring it frequently. the milk thickens to a creamy consist-"We now turn to the pawnbroker's tuffet, eating of curds and whey," its original size. If double the quantity of rice is used, the mixture does not rethe pudding and allowed to cook down

Farmers' Bulletin 1195, Rice as a Food, gives this delicious "poor man's pudding" without eggs, as well as many other combinations of rice and milk. Corn meal, cooked similarly in milk, sweetened with molasses, was the basis of "Indian pudding," for which a recipe can be found in Farmers' Bulletin 565, Corn Meal as a Food and Ways of Using It.

At the other end of the scale of milk puddings must not be forgotten the unwaning popularity of ice cream. Blancmange is practically flavored It is not necessary to reserve ice milk jellied with cornstarch, arrow cream for Sunday dessert. Any lunch root, Irish moss, or some similar ma- or supper in hot weather is appropriterial. When gelatin is used, without ately completed by a dish of ice cream, eggs, to stiffen the milk, the result | and to the children it matters not what sometimes called "ivory" or "vel- the rest of the meal consists of. It's vet" pudding. A blancmange or ivory a "party" if there is ice cream of any pudding into which egg whites have flavor, and perhaps a piece of cake been folded is often called a "snow" or a cookie. And finicky Tommle never

DELICIOUS POTATO DOUGHNUT | FRUITS SAFE FOR CHILDREN

Is Light and Fluffy and Does Not Absorb Too Much Fat Excellent Recipe Is Given.

It has been found in tests made in ted States Department of Agriculture that a very soft dough absorbs more fat than a stiffer mixture-in making doughnuts. Too much flour, however, makes a doughnut that is not so light and fluffy as is desirable. The addition of hot mashed potato to the reclpe makes a doughnut that is light and fluffy, but at the same time does by frequent basting. not absorb so much fat. Doughnuts made by the following recipe are delicious when fresh, and also possess good keeping qualities.

2 tablespoons butter 4 tablespoons bak-leggs ing powder 1 cup hot riced pota- 1 teaspoon cinna-1/2 teaspoon nutmeg % cup milk

Vegetables and Fruits Are Particular-

SUPPLY OF MINERAL MATTER

ly Necessary in Diet of Young and Old.

Y 201 . 100 CO 1. Local Both vegetables and fruits supply the body with iren; lime and other mineral matter, and some protein and body fuel as well as mild acids. They of children. They should be served at spring. least once a day, as they help to keep soups and stews, may be added to around it. milk or meat stews, or served with meat gravy. If gravy is used, do not have it too fat nor make it with ly touch scorehed fat,

Whether Skins Are Given Depends on Age and Health of Child and How Prepared.

Fruit juices and the pulp of cooked the experimental kitchen of the Uni- fruit, baked apples and pears, and stewed prunes are safest for children. Whether the skins are given depends partly on the age and health of the child and partly on the way the fruit is prepared. If the skins are very tender, they are not likely to cause trouble. When apples and pears are baked the skins can be made tender



in place of sour milk.

Serve spiced crabapples or pickled peaches with veal doaf. When canning greens for winter use,

use the coldpack method. Thin cotton georgette crepe makes nice summer curtains for the living

Olicloth and linoleum will last twice are particularly necessary in the diet as long if they are varnished every

the bowels in good condition. Veges | Cool bread on a wire cake rack, so tables may be used as flavoring for that there will be circulation of air

> An ometer done if when you light-" spy dass not wick to

Stomach and Liver Trouble

Lily, Ky.—"I suffered from stomach and liver trouble. Had 'gassy' stomach and heartburn and

had headache most of the time. After each meal I was sick, could scarcely keepanythingonmy stomach, not even water. I didn't think there was a medicine made that would cure me; but after using

Pierce's Golden Medical Discovery I can eat anything I want and it does not hurt me. I will always praise this medicine." - MRS. LIZZIE FRED-ERICK.

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friends can be called poor.

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