# CRAMPS, PAINS AND BACKACHE

**St. Louis Woman Relieved by Lydia E. Pinkham's Vegetable Compound**

St. Louis, Mo.—"I was bothered with cramps and pains every month and had backache and had to go to bed as I could not work. My mother and my whole family always took Lydia E. Pinkham's Vegetable Compound for such troubles and they induced me to try it and it has helped me very much. I don't have cramps any more, and I can do my housework all through the month. I recommend your Vegetable Compound to my friends for female troubles."—Mrs. DELLA SCHOLZ, 1412 Salisbury Street, St. Louis, Mo.

Just think for a moment. Lydia E. Pinkham's Vegetable Compound has been in use for nearly fifty years. It is prepared from medicinal plants, by the utmost pharmaceutical skill, and superior methods. The ingredients thus combined in the Compound correct the conditions which cause such annoying symptoms as had been troubling Mrs. Scholz. The Vegetable Compound exercises a restorative influence of the most desirable character, correcting the trouble in a gentle but efficient manner. This is noted, by the disappearance, one after another, of the disagreeable symptoms.

# 16799 DIED

in New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

**GOLD MEDAL HAARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitation

**ASTHMA**

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 Cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

A Dr. J. D. KELLOGG'S ASTHMA REMEDY

**Rheumacide**

GETS AT THE JOINTS FROM THE INSIDE

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system.

"RHEUMACIDE ON THE INSIDE PUTS RHEUMATISM ON THE OUTSIDE"

At All Druggists

Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

**Comfort Your Skin With Cuticura Soap and Fragrant Talcum**

Soap 25c, Ointment 25 and 50c, Talcum 25c.

TYPEWRITER BARGAINS
All makes, $10 up. XXXX Dollar ribbons at 50c. WAGNERS STORE, Selinsgrove, Pa.


### Fur Beavers.

The government forest rangers report a great number of beavers this year, and the indications are that there will be planty of skins for furs unless the laws which now protect the animals are greatly relaxed. Two years ago in the Cochetopa forest in Colorado there were 200 beavers, estimating four or five to a house, which is a conservative estimate. This year there are 12,000 animals. Beavers have complete protection in 25 states and have become so numerous that they are a nuisance.

Anyone can complacently wear a suit four years old when he's got eleven.

Beauty is only skin deep, but a sweet disposition extends all the way through.

A man never realizes what a sponge he is until he falls into a puddle of water and mops it all up.

A man may work and fool people into the belief that he's loafing, but not vice versa.

Speech is truly free only when the vast majority want to hear it.


Use MURINE Night and Morning and Keep Your Eyes Clean—Clear and Healthy

Write for Free Eye Care Book Murine Co., Chicago, U.S.A.


# SPEEDING CAUSE OF CALAMITIES

## Majority of Disasters Brought Upon Motorists by Their Own Reckless Driving.

## FEW MISHAPS IN BAD PLACES

**Sections Commonly Regarded as Extremely Dangerous Prove to Be Relatively Free From Serious Catastrophies.**

(Prepared by the United States Department of Agriculture.)

A three-months' study of motor accidents on Maryland roads has brought to light the interesting disclosure that a vast majority of the disasters that overtake motorists are brought upon themselves by their own recklessness, and that 90 per cent of them are due to speeding, says a writer in the Public Roads, published by the bureau of public roads, United States Department of Agriculture.

**Few Accidents in Dangerous Places.**

"One of the interesting developments of the investigation," the journal goes on to say, "is that the largest number of accidents have occurred at the places that have always been considered safe, while the sections which have been commonly regarded as being extremely dangerous are proving to be relatively free from accidents." Where the State highway crosses the Blue Ridge mountains, in the western part of the state, and grades are steep and curves sharp, there were but eight accidents during three months. On the National pike, between Baltimore and Frederick, where there are 48 miles of the straightest road in the state, the record for the same time showed sixteen accidents, three of which were fatal. "And yet," says the publication, "few stretches of highway in the whole road system are so free of any features which might be considered as dangerous."

On the Baltimore-Washington road, with all apparent danger spots removed, the record shows that during the same period there was one accident for every four miles of road.

**Accidents in Safe Places.**

"There seems to be only one answer to account for these hitherto unsuspected conditions," the article says. That answer is:

"Even the less careful motorists drive cautiously in the presence of recognized dangers, such as steep grades, sharp curves, grade crossings, etc., while the absence of such dangerous features gives the driver a sense of security which prompts him to take a chance and yield to the well-nigh universal passion for speed."

Few accidents were due, it was found, to the condition of the roads themselves, and most of those were due to slippery surfaces caused by rains.

## WHAT OIL GAUGE IS FOR

**Guards, Lubrication System and Should Be Watched as Carefully as Other Instruments.**

There are quite a number of motorists who would refuse to buy a car that did not have all the fixings on the dash—including an oil gauge of some sort, says Motor Life. Once they are sure the thing is on the instrument board, however, they forget all about it and never pay any attention to it. Watch the little gauge just as carefully as you do any of the other instruments, for it is guardian of the lubrication system to inform you of any improper functioning of that very important feature of the engine.

# HEATING FRONT SEAT OF LITTLE MACHINES

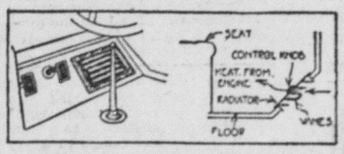
## Radiator Designed for Runabouts and Roadsters.

**Particularly Adapted for Cars That Afford No Protection for Driver—Assures Comfortable Driving in Winter.**

Most floor-heaters for automobiles seem to be designed for the rear compartment and not for the front seat. The heater shown in the illustration is designed for runabouts, roadsters, and particularly the type of automobile that affords no protection for the driver against cold, such as taxicabs, town cars and limousines.

The radiator is simply an ordinary floor radiator such as is used in hot-air systems of house-heating. The adjustable vane type with the ribbed foot-control knob is of course the most desirable, as it will allow the driver to permit as little or as much heat as he desires to come through.

The size of the radiator used depends on the amount of clear floor space. As the illustration indicates, a hole is cut through the slanting part of the floor and the radiator set in and




If You Equip the Driving Compartment of Your Automobile With a Heater Now, There Won't Be Any Cold Feet This Winter.

screwed down. It will be found that a surprising amount of heat comes through when the radiator is wide open. A heater of this sort assures much more comfortable driving in an open car when the winter weather is severe.—Frank W. Harth, in Popular Science Monthly.

## PLAN TO BLACKEN FITTINGS

**Wash in Solution of Acetate of Lead, Hydro-Sulphate of Soda and Water—Then Lacquer.**

The motor car owner who takes care of his own vehicle, frequently has occasion to blacken brass or bronze fittings that are no longer ornamental in their original state. By washing the part to be operated upon in the following solution the black will "take." Acetate of lead, four ounces; hydro-sulphate of soda, four ounces, and water, two quarts. The parts are placed in this solution, which must be hot, until they have assumed the desired hue, when they dried and given a coat of cold lacquer.

## AUTOMOBILE NEWS

Never overwork a blowout patch—it ruins tires.

• • •

A paste of shellac and graphite will stop leaks at petcocks or spark plugs.

• • •

The ground-gripping attachment has been invented to prevent automobiles backing down hills.

• • •

Tires will produce twice the mileage on cars driven 15 miles an hour as upon cars driven 30 miles an hour.

• • •

The word "limousine" is named after the head covering in the form of a coif or hood, with a cape attached, worn by women around the city of Limoges, France, the capital of the old province of Limousin.

## BOYS TAP SPARE TIRES FOR AIR

The photograph shows how "Skinny" eliminates all lung-breaking efforts in blowing up his beloved football. He goes around to the rear of your automobile and taps the old spare tire and gets a much better result.

# TEMPERATURE OF OVEN IMPORTANT

## Many Factors Must Be Given Serious Consideration in Baking Cake or Pudding.

## GOOD WAYS OF MAKING BREAD

**Ovens of Different Sizes and Construction Do Not Always Give Same Results—Excellent Suggestions Given.**

(Prepared by the United States Department of Agriculture.)

It must be remembered that there is no one method of managing ovens which can be expected to prove invariably superior to all others. There are always at least two ways of baking any given product. For instance, popovers are usually put into a hot oven (about 450° F.), which is then reduced in temperature about 50° F.; yet equally delicious popovers can be made by putting them into a cold oven and bringing the heat up gradually through a somewhat longer time.

**Two Ways of Baking Bread.**

Similarly, bread dough may be allowed to rise until it has somewhat more than doubled its original bulk, and put into a hot oven (400° F. or a little more), then the heat reduced to finish baking; or it may be put into a moderate oven (350° F. to 375° F.) before it is quite so well risen, and allowed to complete the rising process while the oven is being heated up to 400° F. or a little higher, after which the temperature is reduced to complete the baking process. Results are equally

A Good Oven Thermometer Is Almost Indispensable.

good in either case, if the procedure has been properly followed, is the opinion of the United States Department of Agriculture.

Again, ovens of varying sizes and construction do not always bake in the same way, even though the thermometer may record the same temperature in every case. A joint will roast, or a cake or loaf of bread bake quite as well in a large, heavy oven (coal range, heavy "fireless" gas range) at a temperature 50° lower than in a smaller, thinner walled gas range oven through which a blast of hot air is rapidly circulating.

Choose temperatures with the following principles in mind:

1. The larger sizes of loaf, roll, muffin, potatoes and such usually require lower temperatures for long periods, and the smaller sizes higher temperatures and shorter periods, other things being equal.

2. The shape of the loaf or roll is important. A half-pound sponge cake or angel-food cake baked in a Turk's head pan (center tube) stands a comparatively high temperature better than does the same weight of cake baked as an ordinary loaf.

3. The composition of the batter or dough largely governs the baking temperature. A plain loaf cake containing comparatively little sugar, eggs and fat (i. e. a "cheap" cake) requires greater care and a more gradually applied heat than does a richer cake; it should therefore be put into a cool oven in order to get the best results.

Different ovens vary somewhat in the temperature necessary for the best results in baking, but the following have been found generally successful in baking various products:

**Oven Temperatures.**

| Product to be baked. | Range of temperature over which it may be baked. |
|---|---|
| Biscuits, baking powder | 400° F. to 500° F. |
| Bread | 250° F. to 450° F. Begin low and raise temperature rapidly, reducing again, or begin high and reduce sharply. |
| Cake: | |
| Angel food | 200° F. to 400° F. Or put into 410° F. oven, turn gas out for 5 to 10 minutes, lower to 230° F., then at last raise to 370°. |
| Cookies | 375° F. to 400° F. |
| Cup cakes | 300° F. to 400° F. |
| Gingerbread | 370° F. to 400° F. |
| Layer cake | 300° F. to 400° F. Begin low, raise gradually. |
| Loaf cake | 280° F. to 400° F. Begin low, raise temperature very gradually at first, then more rapidly. |
| Sponge cake | 300° F. to 400° F. (See Angel Food.) |
| Custard | 250° F. to 350° F. Or set in pan of hot water, and use 250° F. to 450° F. |
| Meat, roasted | 400° F. to 500° F., then 350° F. to 220° F. Sear at higher temperatures (or else in heavy kettle or skillet on top of range) reduce sharply and finish at lower temperatures. |
| Muffins | 425° F. to 450° F. |
| Pastry (no fillings) | 400° F. to 475° F. |
| Pies (with fillings) | 450° F. to 500° F. Put into hot oven, lower when it begins to color. |
| Popovers | 450° F. to 350° F. |
| Potatoes | 400° F. to 500° F. Or at lower tempeyatures, increasing the time. |
| Puddings | 350° F. to 400° F. If high in eggs and milk, bake like custard. |
| Rolls | 400° F. to 450° F. |
| Souffle | 350° F. to 400° F. (See Custard.) |

## EXCELLENT WAYS TO USE LEFT-OVER MEAT

### Three Suggestions for Utilizing Lamb and Mutton.

**Members of Family May Be Tired of Having Roasts Served in Thin Slices—Poached Eggs Will Help Minced Concoction.**

(Prepared by the United States Department of Agriculture.)

Coal roast lamb and mutton thinly sliced is excellent, but the family may be tired of having the remains of the roast served that way, or the pieces may be too small to slice. In either event, these suggestions for utilizing this kind of left-over meat, offered by food specialists in the United States Department of Agriculture, will be appreciated by the one who prepares the family's meals.

**Minced Lamb.**

Chop pieces of cold roast lamb fine. A pint of chopped meat will serve a family of five or six. Rub 1 tablespoonful each of butter and flour together; add ½ pint of milk, stir until boiling; add tablespoonful of finely chopped parsley, ½ teaspoonful of salt, and a dash of cayenne. Add the meat and stand over hot water until served. If served on toast, trim the toast and butter and cover with a thick layer of the mince, making a little hollow in the center. Into this hollow (if you have plenty of eggs and want a heartier dish) put a poached egg. Six will be required for this quantity of meat.

**Steamed Mutton and Rice.**

4 cups cooked or 1 cup raw rice.
2 cups cooked mutton cut into small pieces.
1 teaspoonful salt.
¼ teaspoonful pepper.
Few drops onion juice.
1 tablespoonful chopped parsley.
¼ cupful bread crumbs.
1 egg.
Stock or water.

Grease a mold or a bowl of about 1½ quarts capacity, and line with cooked rice. Heat the meat with the other ingredients, using enough stock to make a mixture that is moist, but will hold its shape. Pack the meat in the center of the mold, and cover with the remaining rice, grease the cover of the mold (if a bowl is used, a plate will serve for a cover), steam or cook in water enough partly to cover the mold until the contents are thoroughly heated through. Turn it on a hot platter, and serve with tomato sauce.

This recipe, it will be noted, suggests the use of bread crumbs instead of flour for thickening, a way of saving bread which might otherwise be wasted, and of having variety, as a different texture results than when flour is used.

**Cutlets of Cold Mutton.**

From a leg of mutton, cooked rare, cut pieces about the size of an ordinary loin chop. These may be fried in a little fat, or egged, crumbed, and fried in deep fat, or they may be brushed over with the fat, and broiled. The result is more like meat cooked for the first time than the ordinary warmed-over meat. Cutlets so prepared may be served with any of the sauces served with chops.

## OF INTEREST TO THE HOUSEWIFE

Rub streaks on polished tables with a little camphorated oil.

• • •

Avoid putting wet leaves of lettuce in a salad. The dressing will not cling to them.

• • •

Cornmeal rubbed on grease spots on a carpet will cause the spots to disappear.

• • •

If a lamp is placed so as to reflect properly, a mirror will light up a dark corner.

• • •

Your light suede gloves and shoes can be nicely cleaned with finely ground oatmeal.

• • •

Angelica is a desirable cake decoration because it is slightly sweet, edible, and green in color.

• • •

You can grease your griddle nicely by tying a thin piece of beef suet in a thin cloth and passing this over the griddle.

• • •

A bottle of turpentine should be kept in every household. A few drops sprinkled where cockroaches gather will exterminate them.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25¢ and 75¢ Packages, Everywhere

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For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

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HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiscox Chemical Works, Patchogue, N. Y.

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Short breathing relieved in a few hours; swelling reduced in a few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. *Write for Free Trial Treatment.*

COLLUM DROPSY REMEDY CO., Dept. B. G., ATLANTA, GA.


The pocketbook is the most popular book, but not the best seller.

When a man says "I'll think it over," he has already decided.


**MOTHER! CLEAN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP**

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.


How we dislike to pay for things we have had the use of.


**RHEUMATISM?**

If you are a Sufferer, Heed This Advice

Neabsco, Va.—"I had been troubled with rheumatism for more than ten years and had tried lots of different remedies, but none of them did me any good. Then I sent and got a sample package of Dr. Pierce's Anuric Tablets, that gave me so much relief that I sent and got a large size bottle, and before I had taken two bottles I had no sign of rheumatism. I would advise any sufferer of rheumatism to give Dr. Pierce's Anuric Tablets a fair trial."—Raymond Osmyn Curtis.

You can quickly put yourself in A-1 condition by going to your druggist and obtaining Dr. Pierce's Anuric Tablets (anti-uric-acid) or write Dr. Pierce, president Invalids' Hotel in Buffalo, N. Y., for free medical advice or send 10c for trial pkg.

DONT GO TO BED WITH A COLD TAKE HALE'S HONEY OF HOREHOUND AND TAR relieves colds, coughing, throat and bronchial troubles in a good, old fashioned, safe, quick, home way. 50c at all druggists.

For aching teeth—Pike's Toothache Drops.

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