

**HELP FOR GIRLS WHO WORK**

**Mrs. Lodic Tells How Lydia E. Pinkham's Vegetable Compound Helped Her**

Tyrone, Pa.—"A friend told my husband how Lydia E. Pinkham's Vegetable Compound had helped his wife, so my husband bought me a bottle because I was so run-down, had a nervous weakness, no strength in my body and pains in my left side so bad that I could hardly do my work. Before I was married I used to work in the factory, and I had pains just the same then as I have had since I have done my housework. I would not be without a bottle in the house now. It has stopped the pains all right and I have found out that it is a wonderful body builder, as it has made me well and strong. It is going to be the 'old reliable' with me hereafter, and I am always willing to tell other women how it has helped me. You can use this letter as you wish as I can honestly say that my words are true."—Mrs. M. Lodic, R.F.D. No. 4, Box 40, Tyrone, Pa.

Letters like this bring out the merit of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking Lydia E. Pinkham's Vegetable Compound.

**What They Missed.**

Two newboys went to a performance of "Hamlet." In the last scenes, after Hamlet had killed Laertes and the king, and the queen had died of poison and Hamlet of a poisoned wound, one of the newboys exclaimed: "Golly, Jim, what a time that must have been for extras."

**A Safe and Sure Laxative—Breadth Pills.** One or two taken at bed time will keep you in good condition. Entirely vegetable.—Adv.

**Not So Wasteful.**

Efficiency expert—You are wasting too much time on your personal appearance.

Stenographer—It's not wasted. I've only been here six months and I'm already engaged to the junior partner.—The American Legion Weekly.

Sore and inflamed eyes, sties and granulations healed promptly by slightly use of Roman Eye Balsam. 25 cents. Adv.

**The Age Limit.**

"So old Witherbee is to be married again. Is the bride very young?" "Young enough to know better."

All popular songs are composed, and some are decomposed.

Riches may have wings, but poverty is seldom a quitter.

**E. J. Carper**

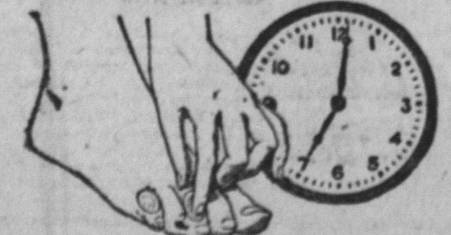


**Your Health is the Most Valuable Asset You Have**

Here is a Well-Known Man's Advice. Bellepoint, W. Va.—"It affords me great pleasure to have the privilege to make public this statement in behalf of Dr. Pierce's Golden Medical Discovery. I cannot recommend it too highly to the public. We have used it in our family for years and have reaped good results. We have always found the 'Discovery' superior to any other tonic—it is a wonderful system builder. I can cheerfully recommend it."—E. J. Carper, Box 4.

As soon as you begin to take this "Discovery" you begin to feel its bracing, appetizing effect. Buy of your neighborhood drug store in tablets or liquid, or send 10c to Dr. Pierce's Invalids' Hotel, in Buffalo, N. Y., for trial pkg. of tablets, and write for free medical advice.

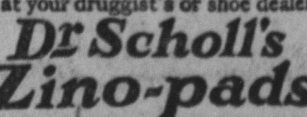
**CORNS**



**Stop their pain in one minute!**

For quick lasting relief from corns, Dr. Scholl's Zino-pads stop the pain in one minute by removing the cause—friction and pressure.

Zino-pads are thin, safe, antiseptic, healing, waterproof and cannot produce infection or any bad after-effects. Three sizes—for corns, callouses and bunions. Cost but a trifle. Get a box today at your druggist's or shoe dealer's.



**Thanksgiving in Days of Grandmother**

OUR grandmothers began preparation for Thanksgiving day long before it arrived. Pickles of all sorts, apple sauce and preserves were prepared ahead of time. Mince meat was mixed that it might ripen and the vegetables were ready for the pot on Wednesday night, the chickens or turkeys were stuffed, the puddings and pies were prepared and there was nothing to do on Thanksgiving day but cook the dinner.

**Garnishes and Turkey Stuffing.** Oysters belong to Thanksgiving, according to tradition, because friendly Indians who joined the early celebrations brought gifts of shellfish. A garnish of fried oysters is tasty and appropriate to surround the turkey, or a dish of scalloped oysters may accompany the turkey, or an oyster cocktail or oyster soup may be served before the turkey, or may be molded in a thin layer of jelly, which should be cut out with a fancy cutter so that the oyster appears in the center of a tomato or aspic jelly, and is laid on tender lettuce leaves with mayonnaise placed beside it.

A cupful of chopped peanuts blended with two cupfuls of coarse bread crumbs or cracker crumbs and seasoning is a fine stuffing for the turkey. To prepare chestnuts for a stuffing, first gash the shell, brush the nuts over with beef drippings and put in the oven for a few minutes. When heated, shell and skin are easily removed. Cut the nuts in small pieces, then add them to an ordinary bread mixture, or they may be put through a potato ricer, seasoned and used alone.

Sausage croquettes are good for a turkey garnish. Buy one pound of sausage-meat, add to it one cupful of soft bread crumbs, form into balls the size of English walnuts, dip in beaten egg, roll in bread crumbs and fry in deep hot fat.

**Cranberries With Turkey.** Left-over turkey, especially the white meat, may be cut in cubes and blended with enough warm cranberry jelly, not too sweet, to hold it in shape when cold.

The combination of cranberries and raisins, popularly known as mock cherry, is good for a pie filling or as a conserve. The proportion is half as many raisins as cranberries and both should be cut in halves.

**Old-fashioned Cranberry Dumplings.** Prepare a cranberry sauce from one quart of cranberries, one and one-half cupfuls of water and two cupfuls of sugar. Make up a biscuit dough with two cupfuls of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, two tablespoonfuls of butter, one tablespoonful of sugar and three-fourths of a cupful of milk. Shape the dough into rounds and steam them for twelve minutes. Serve with the cranberry sauce, accompanied by a hard sauce made of brown sugar and butter.

**Cranberry Punch.** Cook one quart of cranberries in three cupfuls of water until soft, then press through a sieve. Add two and one-half cupfuls of sugar and the juice of two lemons, and stand on ice for about four hours to chill. Serve in glasses with maraschino cherries or candied cranberries.

**Menus to Choose.** Yellow is the Thanksgiving color, just as red belongs to Christmas. A pumpkin fruit basket is effective to use as a centerpiece, and small pumpkins, or gourds, may serve as candlesticks or be shaped in basket form to be filled with nuts and raisins at each plate.

- I.
- Oysters on the Half Shell.
- Cream of Celery Soup.
- Boiled Codfish with Egg Sauce.
- Roast Turkey with Cranberry Molds.
- Mashed White Potatoes.
- Baked Sweet Potatoes.
- Lettuce and Tomato Jelly Salad.
- Toasted Wafers Spread with Cheese.
- Pumpkin Pie.
- Baked Indian Pudding with Cream or Scraped Maple Sugar.
- Ice Cream. Nuts. Apples.
- Grapes.
- Coffee and Sweet Cider.

- II.
- Oyster Soup with Crisped Crackers or Oysters in Ice.
- Thin Slices of Buttered Brown or Graham Bread.
- Roast Turkey with Stuffing.
- Mashed White Potatoes.
- Glazed Sweet Potatoes.
- Mashed Turnips. Cranberry Jelly.
- Celery. Lettuce Salad.
- Crackers. Cheese.
- Pumpkin, Mince or Cranberry Pie.
- Apples. Raisins. Nuts.
- Coffee or Sweet Cider.

- III.
- Cream of Celery Soup.
- Pickles. Celery.
- Roast Turkey with Peanut or Chestnut Stuffing.
- Mashed Potatoes. Buttered Turnips.
- Pumpkin Custard.
- Quinces in Cider and Molasses.
- Tomato Salad.
- Brown Bread Sandwiches.
- Old-fashioned Cranberry Dumplings.
- Grandmother's Rich Pumpkin Pie.
- Nuts. Raisins. Fruit.
- Coffee.

**Doughnuts.** One cupful granulated sugar, a pinch of salt, two tablespoonfuls of butter, two eggs, one cupful of sweet milk, three teaspoonfuls of baking powder. Flavor with vanilla. Flour enough to roll well. Roll in pulverized sugar when baked.

**The Home Feast Day**

NOVEMBER has come with its festival day, The sweetest home-feast of the year, When the little ones mingle in frolic and play, And share in the Thanksgiving cheer.

And let us remember that tale of the past, Of the Pilgrims who gathered their band, And offered up thanks for the corn when at last It waved o'er the famishing land.

For hunger had wasted those strong, patient men Who struggled and labored in pain, And the blessings of plenty which gladdened them then Gave courage and hope once again.

And the fame of their bravery never decays, While year after year rolls away, Since the morning that ushered in prayer and in praise The birth of our Thanksgiving Day.

—F. H. Sweet

**Thanksgiving —Then and Now**

IN THESE days of rush and hustle, the advent of Thanksgiving serves most of all to remind us of what wondrous changes time has wrought. The Thanksgivings of our fathers and those of today are no more alike than the minuet and the fox trot, the dances that well typify the era of the present and the past. About the only thing left to us from out of the old days is the Thanksgiving turkey, and even this bird is not now held sacred and necessary for this festival.

The very mention of the word Thanksgiving brings to the mind a picture that modern conditions have turned to the wall. It is a picture of the time when life was simple in its pleasures and robust in its strength; when people were really folks; when the race and rivalry of life did not extend their office hours over the entire day. That state of things has now passed away. It has followed in the wake and the trail of the pioneers and the other figures of the American national life that was but is not.

In the old days there were tippet and mitt's, things that hang in memory's closet on the same nail as the high stock, men's shawls and dagger-totypes. Gone are the marvelous tippets that went round and round the neck until a person was swathed like a mummy of ancient Egypt. Gone, too, are the mitt's knit at home in colors of sunset and sunrise blue, those cozy ancestors of gloves. As for the bootjacks, in those days of luxury and ready-made shoes it is as unknown as any creature of the prehistoric age.

No longer does Thanksgiving bring the real mince pie, that culinary triumph of every well-regulated household, with its wonderful fruity flavor, that cunningly combined the qualities of solidity and crispness, a pie that even if dangerous to health made a danger well worth facing and putting down. Compared with the bakery-built substitute of today the mince pie of those days was a vintage pie, as far above its modern rival as a vintage wine is above the grocery wine for cooking use. Its existence was a splendid testimonial to the physical traits of the men and women of the era in which it flourished.

Even the plum pudding, that carnival of richness, is disappearing from the stage. It is giving way to ice cream, that mollycoddle of digestion that invites to slow eating and deliberate enjoyment.

The Thanksgiving stage is now set with new scenes and new characters. There is the cabaret and terrapin, and football and the theater. There is the social function in place of the family festival; and in the evening hours the elaborate entertainment in the gilded ballroom, in place of the homely dance to the strains of the fiddle and the bow and the ministrations of the merry, squeaking fiddler. Truly, the coming of this holiday and its observance well measures the distance that the nation has gone from its life and its habits in the days when Thanksgiving day was young.

**Observance of Thanksgiving**

THE celebration of Thanksgiving day has a long and curious history, in which it is the province of a woman to play no inconspicuous part. The earliest aspect of the day takes us back to the chronicles of the Israelites, among whom there is mention throughout the Bible of days set apart for special thanksgiving unto the Lord. Later the custom was not uncommon in England before the Reformation, and was taken up and continued by the Protestants afterward.

Thus it was that at its inception there was no regularly appointed time for this celebration. Sometimes it would be observed once a year, sometimes twice, and then perhaps a year or two would be skipped—according as reasons for thanksgiving presented themselves or not.

Among the colonists it was customary for the president to issue a proclamation recommending that the people cease from their ordinary occupations and observe a day of thanksgiving, with proper ceremony, at some specified time, but it was usually left to the governors of the various states to determine whether there should be such a day, and when.

This irregular course and unofficial-like treatment of the observance might have continued in vogue indefinitely but for the well-directed and strenuous efforts of Mrs. Sarah J. Hale, editor of Gode's Lady Book. She realized, perhaps more forcibly than others at the time, that the celebration of Thanksgiving as then observed lacked character and impressiveness, which could be remedied only by the adoption of measures bringing the people to concerted participation on this occasion. Therefore she assumed and devoted herself to the task of writing to all the governors of the different states and territories, urging upon them the propriety of a national thanksgiving and suggesting the last Thursday in November as the day for such celebration. She continued to write these letters year after year, and was finally rewarded for her efforts by all the governors, excepting two, granting her request.

However, the people's response was not enthusiastic, and during the Civil war, especially in the South, the custom lagged.

Immediately after the battle of Gettysburg Mrs. Hale wrote President Lincoln, inclosing a copy of Washington's Thanksgiving proclamation, and suggesting that he also proclaim a day of national thanksgiving. The President acted upon her suggestion and issued a proclamation "for the observance of Thursday, August 10, as a day of national thanksgiving, praise and prayer."

From that time on the celebration of the day lost its local and variable character and took on the fitting dignity of a national and stable ceremony. Lincoln's successor appointed the last Thursday in November as Thanksgiving day, and the date has continued unchanged ever since.

Thanksgiving day is a legal holiday in every state, territory and possession except Utah, where it is observed, though not on the statute books.

**UNSPOKEN THANKSGIVING**

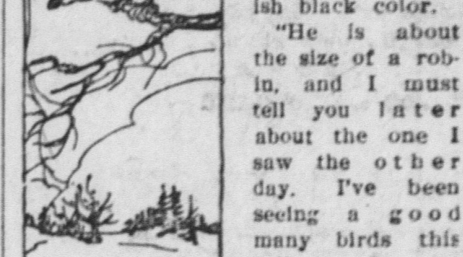
A sunny face is an unspoken Thanksgiving.

**Daddy's Evening Fairy Tale**

MARY GRAHAM BONNER

**NORTHERN SHRIKE BIRD**

"The birds," said Daddy, "are frightened of Mr. Northern Shrike who has black wings and a black tail with touches of white. He has a black spot behind the eye and his body is of a grayish black color."



No Birds About.

They are away. Of course the Northern Shrike come down to us in the winter time, but many of the other birds who go 'way South have not as yet started.

"There is a kind of a sociability about the birds at this time that somehow is always especially to be noticed. At least I have noticed it. The other day, for example, I saw a lot of friendly cow birds having a regular afternoon chat in a field.

"I don't know when I've seen so many of them together.

"And I saw a group of lovely blue-birds high up in the air having a sociable time with each other, talking in their soft, beautiful voices, soon to start away for the winter.

"Mr. Northern Shrike has cousins named Loggerhead Shrikes. The Loggerheads wear white waistcoats and their black touches are blacker than those of the Northern Shrikes—for though I said the Northern Shrikes have black touches often it's a gray black and the Loggerheads don't care for gray.

"The Loggerheads are a little smaller than the Northern Shrikes. They whistle in their harsh way and they build their nests in thickets of twigs and leaves.

"They lay about five or six or even seven eggs so that many little Loggerheads come along to do the cruel things their family has always delighted in doing.

"Shrikes, it is true, eat grasshoppers and small mice, but they eat little birds, too. And they kill more than they can eat and leave their food hanging upon thorns or twigs, so that often they are called butcher birds because their homes look like butcher shops.

"The Northern Shrikes have breasts which are barred. They have feet which are like the feet of other small birds and it is almost impossible for them to hold their prey in their grasp. So they hang it on thorns and tear the bits they want to eat from these hooks of theirs by pulling with their beaks.

"But they leave a great deal on the thorns which they do not want to eat, and that is the worst part of them. For they have eyes which are bigger than their stomachs, as the saying is. They think they want more to eat than they really can eat.

"And, too, it shows such a horrid nature to want to kill little birds; even when they're sure they have enough to eat in the home as it is!

"But Mr. Northern Shrike was fooled the other day. He was looking out of his cruel eyes and seeing what there was about for him when suddenly he noticed there seemed to be no birds about at all.

"What had happened? He couldn't understand.

"And what do you suppose had happened?"

"I can't possibly guess," said Nancy. "Neither can I," said Nick. "Tell us, please, Daddy," urged Nancy.

"A brave little robin had warned the other birds that the shrike was nearby.

"Yes, he had been brave and had risked his life going near to make sure so as to warn the other birds.

"And he had escaped, too!

"Oh, how mad Mr. Northern Shrike was! I wanted to have a good hunt today," he said to himself. "This weather is so bracing and makes me feel like marketing in my usual wild fashion."

"But Mr. Northern Shrike was not to do his marketing in the way he had planned.

"He was not going to find birds in the market, for the birds had all been warned away and he grumbled to himself:

"'Birds aren't in the market today. Wretched, wretched, wretched!'

"But the birds, as you may imagine, didn't think it was wretched at all.

"They were thankful they were safely away from Northern Shrike, and now that they had started moving, they thought it would be a good time to continue their journey south—to be gone all winter."

**Is Your Work Hard?**

Is your work wearing you out? Are you tortured with throbbing backache—feel tired, weak and discouraged? Then look to your kidneys! Many occupations tend to weaken the kidneys. Constant backache, headaches, dizziness and rheumatic pains are the natural result. You suffer annoying bladder irregularities; feel nervous, irritable and worn out. Don't wait! Use **Doan's Kidney Pills.** Workers everywhere recommend Doan's. They should help you, too. Ask your neighbor!

**A Virginia Case**

Z. T. Wade, retired farmer and justice of the peace, Maple Ave., Rocky Mount, Va., says: "I was much annoyed by a dull, nagging, hurt, which seemed to be tearing my back in pieces. I was really tired. Mornings I was hardly able to drag myself about. My kidneys didn't act as they should. I began using Doan's Kidney Pills and two boxes benefited me."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**SPOHN'S DISTEMPER COMPOUND**

Are your horses coughing or running at the nose? If so, give them "SPOHN'S." A valuable remedy for Coughs, Colds, Distemper, Influenza, Pink Eye and Worms among horses and mules. An occasional dose "tones" them up. Sold at all drug stores.

SPOHN MEDICAL CO. GOSHEN, IND. U.S.A.

**YOUR BODY NEEDS STRENGTH OF IRON**

THIRTY years ago physicians began to prescribe Gude's Pepto-Mangan because it provided a form of iron which was easily digested and did not affect the teeth. Now is the season when you especially need it. Your druggist has it, in both liquid and tablets.

Free Trial Tablets To see for yourself the health-building value of Gude's Pepto-Mangan, write today for generous Trial Package of Tablets. Send to money—just name and address to M. J. Breitenbach Co., 15 Warren St., N. Y.

**Gude's Pepto-Mangan Tonic and Blood Enricher**

Drive Malaria Out of the System

**BABEK for CHILLS & FEVER**

A GOOD TONIC AND APPETIZER CONTAINS NO OPIUM

Special Offer: Mail this advertisement with 50 cts. for a full size bottle of the Babek Company, Washington, D. C. "Money back if not satisfied."

Every woman is a judge and jury unto her own husband.

**WOMEN! DYE FADED THINGS NEW AGAIN**

Dye or Tint Any Worn, Shabby Garment or Drapery.

**Diamond Dyes**

Each 15-cent package of "Diamond Dyes" contains directions so simple that any woman can dye or tint any old, worn, faded thing new, even if she has never dyed before. Choose any color at drug store.—Advertisement.

Thinking counts little unless you act well.

**Hall's Catarrh Medicine** is a Combined Treatment, both local and internal, and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists.

F. J. CHENEY & CO., Toledo, Ohio

**PREVENT FLU** Stop Your Coughs and Colds

**FOLEY'S HONEY AND TAR**

ESTABLISHED 1875

LARGEST SELLING COUGH MEDICINE IN THE WORLD REFUSE SUBSTITUTES

**Cuticura Talcum** Always Healthful

See 25c, Obelisk 25 and 50c, Talcum 25c.