

No Eggs, Milk or Butter

The following recipe shows how an appetizing, wholesome cake can be made without expensive ingredients.

In many other recipes the number of eggs may be reduced one-half or more by using an additional quantity of ROYAL Baking Powder, about a teaspoon, in place of each egg omitted.

EGGLESS, MILKLESS, BUTTERLESS CAKE

- 1 cup brown sugar
- 1/4 cup yeast
- 1 cup seeded raisins
- 2 ounces citron
- 3/4 cup shortening
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups flour
- 2 teaspoons Royal Baking Powder

The old method (fruit cake) called for 2 eggs

DIRECTIONS—Put the first eight ingredients into saucepan and boil three minutes. When cool, add the flour and baking powder which have been sifted together; mix well. Bake in moderate oven in loaf pan (round tin with hole in center is best) for 35 or 40 minutes. Ice with white icing.

Booklet of recipes which economize in eggs and other expensive ingredients, mailed free. Address Royal Baking Powder Co., 135 William Street, New York.

ROYAL BAKING POWDER

Made from Cream of Tartar, derived from grapes, adds none but healthful qualities to the food.

No Alum No Phosphate

ADVICE TO THE LOVELORN

IMPROPER, BUT NOT WICKED.

Dear Miss Fairfax: Is it proper for a young lady engaged to be married to become acquainted with a strange man at the railroad station without introduction, and to allow him to pay for her parlor car chair and supper, both parties according to her statement, without obtaining each other's name, address or telephone number?

HEADACHE STOPS, NEURALGIA GONE

Dr. James' Headache Powders give instant relief—Cost dime a package.

Nerve-racking, splitting or dull throbbing headaches yield in just a few moments to Dr. James' Headache Powders which cost only 10 cents a package at any drug store. It's the quickest, surest headache relief in the whole world. Don't suffer! Relieve the agony and distress now! You can. Millions of men and women have found that headache or neuralgia misery is needless. Get what you ask for.



The Healthy Man's Night Cap

Assist Nature by taking BRANDRETH PILLS

OR at Night You will feel better, look better and prolong your life. One of the best laxatives ever put on the market—Entirely Vegetable.

We have customers who have taken them for twenty years or more and would not be without them.

One trial will convince you. AT YOUR NEAREST DRUG STORE. Chocolate Coated or Plain

Says Nervous People Should Read Testimony

Many People Gladly Tell About Benefits Received From Cadomene Tablets

Interesting, Sensational Facts

A Rheumatic Convalescent writes: Oct. 9, 1916.

Gentlemen:—Last September I was taken with what the doctor called rheumatism. I tried to cure myself with all kinds of Rheumatic Medicines, but they did no good. I got a doctor and he came all last winter and by the first of June I was able to get about after a fashion. I saw about that time an advertisement in the Boston Globe of Cadomene Tablets, and it read just about like I felt—except the pain—and I decided to try it. I took one tablet after each meal for a week with the Rheumatic Medicine and then stopped the latter and just took the Cadomene Tablets and I have gotten well. I am now on my sixth tube. People stop me on the street and want to know what I got hold of to make me look so well. I always tell them "Cadomene." There are several taking Cadomene now in Needham and it is doing good for all. Respectfully yours, Peter Krauthor, 839 Highland Ave., Needham, Mass.

Oct. 21, 1916.

Dear Sir:—I am now on my fourth box of Cadomene Nerve Tablets and I like them very much, etc. Respectfully, J. M. Cain, R. 3, Box 38, Atlanta, Ga.

Dec. 2, 1916. Dear Sir:—Having used several boxes of your Cadomene Tablets, thought I would write and let you know I have received great benefit from them. Your ad. in our paper is a good thing and I hope you will keep it up, etc. Yours truly, Frank L. Murphy, 3522 Foster St., Pittsburg, Pa.

Note.—Thousands have been benefited and cured by Cadomene Tablets when all else failed. They are the prescription of a great physician for nervous ill-health and the manufacturers guarantee every package satisfactory or money back. Sold by all druggists.

dress or business after a six-hour ride?

Do you think that her story of not obtaining the name or address could seem possible after six hours' acquaintance?

S. J. T.

It is not good taste for any girl to form a chance acquaintance with a man, and when to that indiscretion she adds the impropriety of letting him pay for her chair and supper, she is doing something in bad taste. There is nothing in the whole foolish proceeding to rouse any more anger in the girl's fiancé than in any other person who is interested in having her conduct herself properly. Whether or not names and addresses were exchanged makes very little difference in the situation. It is plausible that the acquaintanceship was just to pass the time and that there was no such exchange. But I hope my girls will not be guilty of a repetition of actions in such very bad taste.

HELP HIM

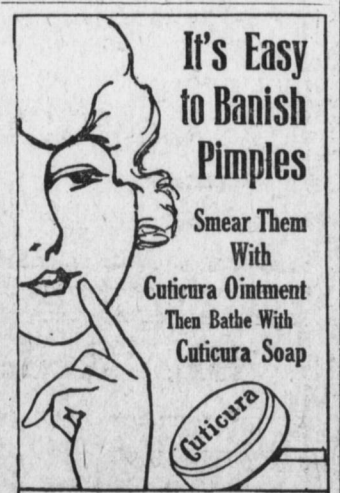
Dear Miss Fairfax:

I am fond of a man whose past has not been all that it might have been. My friends have warned me against him, but I trust him, and he has proved worthy of my trust. Shall I take my friends' warnings or still continue my trust? ANXIOUS. Out of a very sad and blundering past men of real character can evolve a future based on bitter experience and so more steadfast to right than that of many a weakling who has never been tempted. I am heartily in favor of your trying to help this man. Keep your own standards high and show him that you believe he is ready and willing to live up to all that is best in his nature and to respect all that is finest in yours.

New Principal Comes to Dauphin High School



LAWRENCE E. SMITH Dauphin, Pa., March 11.—Owing to the resignation of Miles C. Hummer, the principal of the Dauphin High School, who has accepted a position as principal in one of the schools at Harrisburg, Lawrence Smith, of Hanover, Pa., has been elected by the school board to fill the vacancy. Mr. Smith, who will assume his duties on Monday, March 19, is 25 years old. He is a graduate of the Millersville State Normal School, class of 1913, and has since been teaching. He taught in the High School at Dudley,



It's Easy to Banish Pimples Smear Them With Cuticura Ointment Then Bathe With Cuticura Soap

When a Feller Needs a Friend

By BRIGGS



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CZARINA AND DAUGHTERS READY FOR WAR



GRAND DUCHESS OLGA daughters, the Duchesses Olga and Tatiana. The photograph shows them in the uniforms of the regiments of the Czarina and her two grown daughters. Tatiana. The photograph shows them in their military uniforms.

Held Out on Wife and She Spanked Him For it

New York, March 14.—Henry Zebussy is a waiter who every night of the 10 years of married life faithfully emptied his pockets of all tips and other pay into the lap of his wife, keeping nothing for himself, until one night two weeks ago, when he held out a quarter and told his wife he thought he would go out and have a good time. His mind was quickly changed for him. In the Court of Domestic Relations he said that his wife seized him, threw him across her knees and gave him a good spanking and took the quarter. Mrs. Zebussy admitted that in several family encounters she had discolored her husband's eye, but she suspected the was not bringing all his earnings home. Henri refused to return to his home, and was directed to pay his wife \$5 a week.

"Boy Plunger" Cleans Up On the "Leak"



New York—New details brought to light in the congressional investigation of the "leak" which is supposed to have come from the White House on the German peace note, developed during the last days of the hearing. Jesse Livermore, once known in Wall street as "The Boy Plunger," testified that he had made a clean million dollars on the day in question. From testimony introduced at the hearing it was evident that Livermore had advanced information on the contents of the note.

TRIBUTE TO GUTHRIE

Pittsburgh, Pa., March 14.—Tribute to the memory of the late George W. Guthrie, United States ambassador to Japan and former mayor of Pittsburgh who died in Tokio last Thursday, is paid in resolutions adopted by the Pittsburgh City Council in extending sympathy to Mrs. Guthrie. The late ambassador is also eulogized in an open letter to the council from Mayor Joseph G. Armstrong.

MY TIRED FEET ACHED FOR "TIZ"

Let your sore, swollen, aching feet spread out in a bath of "Tiz."

Just take your shoes off and then put those weary, shoe-crinkled, aching, burning, corn-pestered, bunton-tortured feet of yours in a "Tiz" bath. Your toes will wriggle with joy; they'll look up at you and almost talk and then they'll take another dive in that "Tiz" bath. When your feet feel like lumps of lead—all tired out—just try "Tiz." It's grand—it's glorious. Your feet will dance with joy; also you will find all pain gone from corns, callouses and bunions. There's nothing like "Tiz." It's the only remedy that draws out all the poisonous exudations which puff up your feet and cause foot torture. Get a 25 cent box of "Tiz" at any drug or department store—don't wait. Ah! how glad your feet get; how comfortable your shoes feel. You can wear shoes a size smaller if you desire.

Instant Relief! Indigestion, Gas, Upset Stomach—Pape's Diapepsin

Instantly neutralizes excessive acid in stomach, relieving dyspepsia, heartburn, distress. It's fine!

You don't want a slow remedy when your stomach is bad or an uncertain one—or a harmful one—your stomach is too valuable; you mustn't injure it with drastic drugs. Pape's Diapepsin is noted for its speed in giving relief; its harmlessness; its certain unfailing action in regulating sick, sour, gassy stomachs. Its quick relief in indigestion, dyspepsia and gastritis when caused by acidity has made it famous the world over. Keep this wonderful stomach sweetener in your home—keep it handy—get a large fifty-cent case from any drug store and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach it helps to neutralize the excessive acidity, then all the stomach distress caused by it disappears. Its promptness, certainty and ease in overcoming such stomach disorders is a revelation to those who try it.

GOODMAN'S GOOD GOODS-GOOD VALUES

Opening Specials For Fashion Week



This, our fourth year in business, finds us with floor space double as large as we had a year ago. This permits a showing of the newest in women's and misses' ready-to-wear garments that is more extensive in variety of assortment than any we have shown heretofore. To introduce this store to a greater number of women we have made special reductions for Fashion Show Week, some of which are as follows:

- Suits in serges and poplins, made up in gold, mustard, tan, navy, Copen and black. These have the new belted and box pleated effects, and plain tailored. \$11.98 to \$19.50
- Top Skirts in silk taffeta, with the newest stripes in black and white and blue and white; \$7.50 values; specially priced at \$4.95
- Fibre Silk Sweaters in pink, Copen and gold. Large square collars and sash belt. These sweaters are sold in many stores for \$7.75; our price \$4.98
- Silk Taffeta Petticoats in all popular colors with changeable shades. Regular \$5.00 values, specially priced at \$3.48. Other petticoats from 69c to \$1.98. These are marked down specially low for Fashion Week.
- Beautiful Lingerie Waists trimmed in lace or embroidered effects and square neck. These are regular \$2.98 values, special at \$1.98
- Another lot of 98c Waists at \$1.00

440 MARKET ST.

SKIN ABLAZE WITH ECZEMA

Constant Itching Almost Unbearable

Only those afflicted with Eczema, with its terrifying irritation and ceaseless itching, know what constant torture this disease can cause. The disease appears in different ways, sometimes with a reddening and irritation of the skin, sometimes in the form of blisters. Other cases of Eczema take the form of a dry, scaly condition of the skin that cracks and peels. But no matter in what form the disease appears, it is a source of constant fiery irritation that is well-nigh unbearable. Eczema is very often considered a skin disease. This is a natural mistake, as it attacks the skin and it is through the skin that it causes so much discomfort and suffering. But the real seat of the disease is the blood. The germs of Eczema are in the blood, and the irritated and diseased condition of the skin is the result of the germs trying to break out of the system. Beyond the use of antiseptics to promote cleanliness, there is no local treatment that will accomplish a permanent cure of this disease. And those who have been relying altogether upon salves, soaps, ointments and other local applications to the skin will find that no permanent good will come from such treatment by itself. Read how Basil M. Lanneau, who resides on Confederate Avenue, in Atlanta, Ga., found relief from this terrifying disease, after all local treatment had failed. He writes:

"I suffered with a most aggravated case of Eczema, the itching being so severe that I could not sleep. I used thirteen pounds of ointment, tried nearly every skin remedy, besides being treated by two skin specialists. I am now convinced that Eczema is nothing but a blood trouble, for after taking several bottles of S. S. S. I am entirely cured."

Years of untold suffering can be avoided if the real cause of a disease can be definitely determined, and the proper method of treatment employed. Hence those afflicted with Eczema will continue to suffer as long as they consider the disease a condition of the skin, and rely solely upon local applications of salves, ointments and similar remedies. If you really want to be cured you must realize that the disease is in the blood, and you can expect relief only from treatment that is directed toward cleansing the blood of the disease germs. This is why S. S. S. is so successful in the treatment of Eczema and all other diseases of the blood; because it acts as an antidote to any impurity that finds lodgment in the blood. Being purely vegetable and guaranteed not to contain a particle of mineral substance, it is an exceptionally fine tonic, and besides eliminating from the blood all traces of impurity, it builds up and strengthens the entire system at the same time. We invite everyone afflicted with Eczema, or other blood or skin disease, to write our medical department for advice, which is gladly given without charge. Full instructions as to how to treat your own individual case will be gladly furnished by our chief medical adviser, who is an expert on these diseases. Address Swift Specific Co., 92 Swift Laboratory, Atlanta, Ga.