

Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day back-ache; each is cause enough to sus- pect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1880 is the 1919 census story. Use Doan's Kidney Pills. Thousands recommend them.

A West Virginia Case. Oliver Lane, Route No. 1, Kenova, W. Va. says: "A fall brought on my kidney trouble. My back pained me so severely I couldn't lie still at night. My kidneys acted too often and I had secretions were scanty and burned like red hot coals. I had been suffering a bout four months when I heard about Doan's Kidney Pills. The first box relieved me and two boxes cured me. The cure has lasted."

Trees - Fruit. Save the middleman's profit by dealing direct with the grower. Solve the high cost of living by planting fruit in the waste places of your farm and elsewhere. "444 boys' complete collection" of 5 to 7 foot trees and No. 1 plants, which provides the home with an abundance of ripe fruit from June to January. Send postal for catalogue.

Wanted - Colonial Furniture, Early American Silverware, China or Pottery. Will buy single pieces, or large quantities. Spot cash for desirable pieces. Correspondence and orders to private parties only. Dealers: A. W. Clarke, 212 Avenue M, Brooklyn, N. Y.

Should They Fall? Your 20c comes back. Pills for Tablets used for constipation, headache, dizziness, nervousness, nervousness, distress after eating. Advance Pharmaceutical Co., 1480 First Ave., New York.

PATENTS. Watson E. Coleman, Washington, D. C. Books free. High references. Best results.

"ROUGH ON RATS" kills rats, mice, bugs, die outdoors, lice and so on.

A Pessimist. "Ever expect to get on Easy Street?" "Maybe as a sweeper or streetcar?" - Louisville Courier-Journal.

TAKE PARMINT FOR YOUR COUGH. Don't cough your head off! Go to your druggist and get 1 oz. of Parmit. Take it home and add to 1/2 pint of hot water and 4 oz. of sugar. Take a teaspoonful as often as necessary.

Kansas Women Office Holders. Kansas leads the rest of the United States in the matter of women office holders. The late election swept a lot of them into offices, sweeping out of office, of course, an equal number of men.

Caring for a Monkey Mascot. The newest addition to the Berlin zoological garden is a monkey which was the mascot of the U-35 for a considerable time.

Why Wait. Mr. Coffee Drinker, till heart, nerves, or stomach "give way?" The sure, easy way to keep out of coffee troubles is to use the pure food-drink -

POSTUM. Better quit coffee now, while you are feeling good, and try Postum, the popular American beverage.

"There's a Reason"

WOUNDS OF HORSES

Punctured Injuries Involve Feet Most Frequently.

ORIFICE IS USUALLY SMALL

Produced by Penetration of Sharp-Pointed Substance, Such as Thorn, Fork, Nail, Etc.—Symptoms and Treatment.

(Prepared by the United States Department of Agriculture.)

Punctured wounds of horses are much more common than others. They are produced by the penetration of a sharp or blunt-pointed substance, such as a thorn, fork, nail, etc., and the orifice of these wounds is always small in proportion to their depth. They involve the feet most frequently, next the legs, and often the head and face from nails protruding through the stalls and trough. They are also the most serious, owing to the difficulty of obtaining thorough disinfection and the lack of attention that they at first receive.

The most common of the punctured wounds are those of the feet. Horses worked in cities, about iron works, around building places, etc., are most liable to get "nails in the feet." The animal treads upon nails, pieces of iron, or screws, and forces them into the soles of the feet. If the nail, or whatever it is that has punctured the foot, is fast in some large or heavy body, and is withdrawn as the horse lifts his foot, lameness may last for only a few steps; but unless properly attended to at once he will be found in a day or two to be very lame in the injured member.

Whenever a punctured wound of a joint is noticed, even though apparently of but small moment, apply without the least delay a strong carbolic blister over the entire joint, being even careful to fill the orifice of the wound with the blistering ointment. This treatment may be effective. It operates to perform a cure in two ways—first, the swelling of the skin and tissues underneath it completely closes the wound and prevents the ingress of air; second, by the superficial inflammation established it acts to check or abate all deep-seated inflammation.

Productive of Lameness. From the construction of the horse's foot (being incased in an impermeable, horny box), and from the elasticity of the horn closing the orifice, punctured wounds of the feet are almost always productive of lameness, inflammation results, and as there is no relief afforded by swelling and no escape for the product of inflammation, this matter must and does burrow between the sole or wall and the sensitive parts within it until it generally opens "between hair and hoof."

Symptoms and Treatment. A practice which, if never deviated from—that of picking up each foot, cleaning the sole, and thoroughly examining the foot each and every time the horse comes into the stable—will reduce to the minimum the serious consequences of punctured wounds of the feet.

Why Wait. Mr. Coffee Drinker, till heart, nerves, or stomach "give way?" The sure, easy way to keep out of coffee troubles is to use the pure food-drink -

POSTUM. Better quit coffee now, while you are feeling good, and try Postum, the popular American beverage.

"There's a Reason"

WOUNDS OF HORSES

Punctured Injuries Involve Feet Most Frequently.

ORIFICE IS USUALLY SMALL

Produced by Penetration of Sharp-Pointed Substance, Such as Thorn, Fork, Nail, Etc.—Symptoms and Treatment.

(Prepared by the United States Department of Agriculture.)

Punctured wounds of horses are much more common than others. They are produced by the penetration of a sharp or blunt-pointed substance, such as a thorn, fork, nail, etc., and the orifice of these wounds is always small in proportion to their depth. They involve the feet most frequently, next the legs, and often the head and face from nails protruding through the stalls and trough. They are also the most serious, owing to the difficulty of obtaining thorough disinfection and the lack of attention that they at first receive.

The most common of the punctured wounds are those of the feet. Horses worked in cities, about iron works, around building places, etc., are most liable to get "nails in the feet." The animal treads upon nails, pieces of iron, or screws, and forces them into the soles of the feet. If the nail, or whatever it is that has punctured the foot, is fast in some large or heavy body, and is withdrawn as the horse lifts his foot, lameness may last for only a few steps; but unless properly attended to at once he will be found in a day or two to be very lame in the injured member.

Whenever a punctured wound of a joint is noticed, even though apparently of but small moment, apply without the least delay a strong carbolic blister over the entire joint, being even careful to fill the orifice of the wound with the blistering ointment. This treatment may be effective. It operates to perform a cure in two ways—first, the swelling of the skin and tissues underneath it completely closes the wound and prevents the ingress of air; second, by the superficial inflammation established it acts to check or abate all deep-seated inflammation.

Productive of Lameness. From the construction of the horse's foot (being incased in an impermeable, horny box), and from the elasticity of the horn closing the orifice, punctured wounds of the feet are almost always productive of lameness, inflammation results, and as there is no relief afforded by swelling and no escape for the product of inflammation, this matter must and does burrow between the sole or wall and the sensitive parts within it until it generally opens "between hair and hoof."

Symptoms and Treatment. A practice which, if never deviated from—that of picking up each foot, cleaning the sole, and thoroughly examining the foot each and every time the horse comes into the stable—will reduce to the minimum the serious consequences of punctured wounds of the feet.

Why Wait. Mr. Coffee Drinker, till heart, nerves, or stomach "give way?" The sure, easy way to keep out of coffee troubles is to use the pure food-drink -

POSTUM. Better quit coffee now, while you are feeling good, and try Postum, the popular American beverage.

"There's a Reason"

The KITCHEN CABINET

Do not be troubled because you have not great virtue. God made a million spears of grass where he made one tree. The earth is fringed and carpeted not with forests but with grasses. Only have enough of little virtues and common fidelities and you need not mourn because you are not a hero for saint. - Henry Ward Beecher.

AUSTRIAN RECIPES.

For occasions it is pleasant to depart from the usual and enjoy some of the dishes that our cousins across the water use daily.

Austrian Dessert Coffee.—Make a regular strong drip coffee, adding sugar and cream while hot. Then set away to cool. Place on ice, and when cold serve in cups with a teaspoonful of vanilla ice cream in each cup.

Coffee Cup.—To a pint of strong coffee strained through linen, add one-third of a teaspoonful of almond flavoring and heat to the boiling point in a double boiler. Add two beaten egg yolks, two tablespoonfuls of cream and two tablespoonfuls of sugar. Stir until it thickens to a custard, remove and cool, pour into a serving pitcher with a pint of sweetened, ice cold whipped cream, a quart bottle of charged water and a pint of shaved ice. Serve by placing in tall glasses some shaved ice, then some of the coffee, then twice the quantity of charged water, and on top of this the cream.

Fried Chicken.—Prepare a chicken as for frying, marinate for three hours in lemon juice and olive oil with herbs to season. Drain and place each piece in beaten egg, well seasoned with salt and pepper, then in crumbs; fry in deep fat. Drain and place on a serving platter and pour around it sauce made of half a pint each of milk, chicken or veal stock, thickened with the yolk of egg, seasoned with parsley and lemon juice and mixed with a dozen mushrooms quartered.

Chocolate Schnitten.—Melt and strain one-fourth of a pound of butter and add, one at a time, four eggs, beating thoroughly as each egg is added. Add a half cupful of sugar to the butter and eggs, then add a half pound of softened chocolate, chopped raisins, almonds and currants to taste, then a cupful of sifted flour. Bake in a shallow greased pan in a slow oven until done.

Celery in short lengths filled with highly seasoned cream cheese is a dainty relish to add to any menu.

Helpless body of hickory tree, What do I burn in burning thee? Summers of sun, winters of snow, Springs full of sap's resistless flow O strong white body of hickory tree, How dare I burn all these in thee? - Helen Hunt Jackson.

MORE GOOD DISHES.

Dates as nutritious food are not well appreciated; they have more heat units pound for pound than beef and cost much less.

Oatmeal Date Cookies.—Take two cupfuls of oatmeal, a cupful of shortening, two cupfuls of brown sugar, a half cupful of water and a teaspoonful of soda; flour to make a soft dough. Roll out as thin as possible and cut with a cookie cutter. Put two cookies together with this filling before baking: One pound of dates, chopped; two tablespoonfuls of sugar and a little hot water to mix, but do not cook. The oatmeal if browned in the oven will make much more appetizing cookies.

Date Waffles.—Take a pint of flour, two teaspoonfuls of baking powder, a half-teaspoonful of salt, two tablespoonfuls of melted butter and a cupful and a fourth of milk. Stir in three tablespoonfuls of cornmeal and the stiffly-beaten whites of two eggs, and a cupful of chopped dates. Spread with honey when serving.

Potato Salad.—Boil eight potatoes in their skins, putting them into boiling salted water. Cook until they may be easily pierced with a fork, peel and cut into dice while hot. Add three tablespoonfuls of grated onion and a tablespoonful of chopped parsley. Make a French dressing in the proportion of three of oil and one of vinegar, (using tarragon vinegar), season with salt and pepper. Pour a liberal quantity of the dressing over the potatoes and after mixing well let stand a few hours to thoroughly season. This salad is better made the day before using.

Chestnut Salad.—Shell and blanch the nuts, boil until tender, drain and peel. Add an equal quantity of chopped celery and some bits of pimento; mix all together with mayonnaise dressing.

Old-fashioned tarts are always a dainty enjoyed by all and they may be made from leftover pastry.

Tomato Salad.—A thick slice of tomato placed on lettuce, on top of each slice, finely chopped celery and green peppers served with a blanched almond or two. Serve with a rich boiled dressing or with mayonnaise.

Coconut Candy.—Take a cupful of molasses, two-thirds of a cupful of milk, two tablespoonfuls of butter, all boiled until it hardens in water; then stir up a cupful of fresh grated coconut. If possible, although the dry grated coconut may be used.

When Tired and Nervous. If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

Bring Welcome Relief

Directions of Special Value to Women are with Every Box Sold by druggists throughout the world. In boxes, 10c., 25c.

THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT

Weak and unhealthy kidneys cause so much sickness and suffering and when through neglect or other causes, kidney trouble is permitted to continue, serious results may be expected.

Your other organs may need attention—but your kidneys should have attention first because their work is most important.

If you feel that your kidneys are the cause of your sickness or run down condition commence taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because if it proves to be the remedy you need and your kidneys begin to improve they will help all the other organs to health.

Prevalency of Kidney Disease.

Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney disorders are among the most common diseases that prevail, they are almost the last recognized by patients, who usually content themselves with doctoring the effects, while the original disease constantly undermines the system.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in their kidney and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

Three Chinese girls who recently arrived at Vancouver are the first women stowaways to land in Canada.

Only One "BROMO QUININE" To get the genuine, call for full name LAXATIVE BROMO QUININE. Look for signature of H. W. GROVE. Cures a Cold in One Day. 25c.

He Never Knew Temptation. Rev. Fred Winslow Adams, pastor of St. Andrew's Methodist Episcopal church in West Seventy-sixth street, who recently read from his pulpit answers to the question, "What are the greatest safeguards against temptation?" received a reply to his question from Thomas A. Edison. He said:

"I cannot answer the question as I have never had any experience in such matters. I have never had time, not even five minutes, to be tempted to do anything against the moral law, civil law or any law whatever. If I were to hazard a guess as to what young people should do to avoid temptation, it would be to get a job and work at it so hard that temptation would not exist for them."—New York Mail.

Garfield Tea was your Grandmother's Remedy for every stomach and intestinal ailment. 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.—Adv.

Merely Weary Them. Tell people how good you feel, but don't bother them with a recital of your aches and pains; they won't be interested, anyhow.

Credit is always second to one's daily need.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try It! Hair gets soft, fluffy and beautiful—Get a 25 cent bottle of Danderine.

If you care for heavy hair that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have fine heavy, healthy hair if you have dandruff. This destructive scourer robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fash, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.—Adv.

Sausage Skins of Silk.

The packing of sausage meat in the old way has long been an objectionable proceeding to fastidious persons. It also has been declared insanitary, so that many families have tabooed the link sausage. Now thin silk cases are being provided, which can be sterilized to the last degree of sanitation. Being of chiffonlike texture, they would hardly be noticed if taken into the mouth, although they can be easily removed at the table. These thin silk cases can be supplied at a cost little greater than that of the sausage skins now in use and are proof against the attack of vermin.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

The Way of It. "Esau gave up his birthright for mere pottage."

"Yes, and he made a mess of it."

In matters of principle stand like a rock. In matters of taste swim with the current.

When Tired and Nervous

If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

Bring Welcome Relief

Directions of Special Value to Women are with Every Box Sold by druggists throughout the world. In boxes, 10c., 25c.

A Trial Will Convince Anyone.

Thousands of people have testified that the mild and immediate effect of Swamp-Root, the great kidney, liver and bladder remedy, is soon realized and that it stands the highest for its remarkable results in the most distressing cases.

Symptoms of Kidney Trouble.

Swamp-Root is not recommended for everything but if you suffer from annoying bladder troubles, frequently passing water night and day, smarting or irritation in passing, brick-dust or sediment, headache, backache, lame back, dizziness, poor digestion, sleeplessness, nervousness, heart disturbance due to bad kidney trouble, skin eruptions from bad blood, neuralgia, rheumatism, lumbago, bloating, irritability, worn-out feeling, lack of ambition, may be loss of flesh or sallow complexion, kidney trouble in its worst form may be stealing upon you.

Swamp-Root is Pleasant to Take.

If you are already convinced that Swamp-Root is what you need, you can purchase the regular fifty-cent and one-dollar size bottles at all drug stores.

Small Sums to Charity. John Skelton Williams, comptroller of the currency, says that our international charity during the past two years has amounted to one-twentieth of 1 per cent of our total income. This is equivalent to an annual gift of 75 cents from a man earning \$1,500 a year.

Garfield Tea was your Grandmother's Remedy for every stomach and intestinal ailment. 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.—Adv.

Merely Weary Them. Tell people how good you feel, but don't bother them with a recital of your aches and pains; they won't be interested, anyhow.

Credit is always second to one's daily need.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try It! Hair gets soft, fluffy and beautiful—Get a 25 cent bottle of Danderine.

If you care for heavy hair that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have fine heavy, healthy hair if you have dandruff. This destructive scourer robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fash, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.—Adv.

Sausage Skins of Silk.

The packing of sausage meat in the old way has long been an objectionable proceeding to fastidious persons. It also has been declared insanitary, so that many families have tabooed the link sausage. Now thin silk cases are being provided, which can be sterilized to the last degree of sanitation. Being of chiffonlike texture, they would hardly be noticed if taken into the mouth, although they can be easily removed at the table. These thin silk cases can be supplied at a cost little greater than that of the sausage skins now in use and are proof against the attack of vermin.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

The Way of It. "Esau gave up his birthright for mere pottage."

"Yes, and he made a mess of it."

In matters of principle stand like a rock. In matters of taste swim with the current.

When Tired and Nervous

If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

Bring Welcome Relief

Directions of Special Value to Women are with Every Box Sold by druggists throughout the world. In boxes, 10c., 25c.

When Tired and Nervous

If the end of the day finds you weary or irritable, with aching head and frayed nerves, you need something to tone and strengthen the system.

BEECHAM'S PILLS

are a remedy which quickly helps in restoring normal conditions. They act on the stomach, liver and bowels, and so renew the strength, and steady the nerves. A few doses of these world-famed family pills will

Bring Welcome Relief

Directions of Special Value to Women are with Every Box Sold by druggists throughout the world. In boxes, 10c., 25c.