



**Worn Out Since the Grip?**

**WEAK, nervous—just tired and miserable most of the time? Back lame and achy, too? Rheumatic pains torture you at every step?**

**Then you should look to your kidneys!** Colds and chills are apt to weaken the kidneys and allow toxic poisons to upset blood and nerves. Then may come daily backache, stabbing pains, headaches, dizziness, and irregular or painful passage of the kidney secretions.

**Don't risk neglect.** Help your weakened kidneys with **Doan's Pills.** Doan's have brought new health to thousands. They should help you. **Ask your neighbor!**

**A Pennsylvania Case**

C. E. Follett, prop. of Ellwood Supply Co., 724 Lawrence Ave., Ellwood City, Pa., says: "I believe kidney trouble was caused by a cold settling in my kidneys and the secretions were soupy. My back was weak and the knife-like pains became almost unbearable when I stooped. Mornings I felt stiff and achy. After using Doan's Pills I was cured entirely."

**Doan's Pills**

*Stimulant Diuretic to the Kidneys*

At all dealers, 60c a box. Foster-McMillan Co., Mfg. Chemists, Buffalo, N. Y.

**Problem of a Venus**

A small boy, the heir of his father who has great possessions, was observed to be regarding with a puzzled look, the statue of a Venus in the ancestral hall. He was told the story of the goddess, but did not seem impressed, and still looked puzzled. "What I want to know," he explained, "is whether she is dressing or undressing."

**Plausible Answer**

"How is it that while only about one white person in ten thousand reaches the century mark we frequently see negroes one hundred and seventeenth years old?"  
"Oh, well, sah," replied Uncle Frosty, "as rich as I kin proselyte de matter, it's due to judicial lyn' on de part o' de culled race."—Kansas City Star.

**The KITCHEN CABINET**

(© 1921 Western Newspaper Union)  
If you are on the gloomy line, Get a transfer. If you're inclined to fret and pine, Get a transfer. Get off the track of Doubt and Gloom. Get on the Sunshine Train—there's room. Get a transfer.

**SALADS FOR WINTER TIME**

There is no time in the year when excellent salads are more needed than in the winter when green vegetables are scarce or too expensive for ordinary daily fare.

**Letuce and cabbage** are always to be bought and one may have quite a variety with these vegetables as a base. Green pepper is another vegetable in the markets during the winter and not expensive when used in small quantities.

**Celery, Apple and Green Pepper Salad.**—Cut three stalks of celery; cut one-half-inch pieces, one pepper into shreds after removing the veins and seeds. Pare and cut into cubes two apples, mix well with one-half cupful of mayonnaise dressing and serve on lettuce leaves.

**French Potato Salad.**—Take four cupfuls of diced, cold boiled potatoes, mix with three stalks of celery diced, three tablespoonfuls of chopped onion, one-fourth cupful of vinegar, two teaspoonfuls of salt, one-eighth teaspoonful of pepper; allow to stand fifteen minutes. Heat one-half pint of cream and two tablespoonfuls of butter, until the butter is melted, then pour over the potatoes, stirring with a fork so that the potatoes will not be crushed, serve cold.

**Vienna Salad.**—Take equal parts of finely cut celery and diced apple with a little green pepper. Mix well with a good salad dressing and add a little chopped red pepper as a garnish.

**Fruit and Vegetable Salad.**—Chop one-half pound of cabbage, two apples, and add two tablespoonfuls of raisins. Dress with a salad dressing prepared by mashing two bananas very smooth and mixing with one-half cupful of orange juice. Pour over the salad served on lettuce leaves.

**Potato and Nut Salad.**—Cut three boiled potatoes into dice, add three hard cooked eggs, also diced; one-half cupful of broken walnut meats, a dash olive oil, French dressing and let stand on hot or more, serve with rows of mayonnaise.

**Egg Sauce.**—Beat one egg until light, add a pinch of salt, one-half cupful of sugar, a grating of nutmeg and a dash of butter. Beat until stiff, just as it is to be served. When eggs are plentiful use two, and a little more sugar.

**Dried peaches** soaked over night, served sliced with chopped raisins as lettuce with mayonnaise, stewed prunes stoned, sprinkled with chopped nuts on lettuce with mayonnaise are both tasty salad combinations.

**Daily Food.** Raisins should be often eaten. They are sticky grapes. Being rich in iron and predigested sugar they are a valuable food product from every standpoint.

In every pound of raisins there is twelve ounces of fructose, or invert sugar, which is almost immediately taken up into the system when eaten.

Another important thing in regard to raisins is that they help to maintain the acid balance of the blood.

A handful of raisins given to the children for dessert will supply food and satisfy the craving for sweets that every normal child has, in more or less degree.

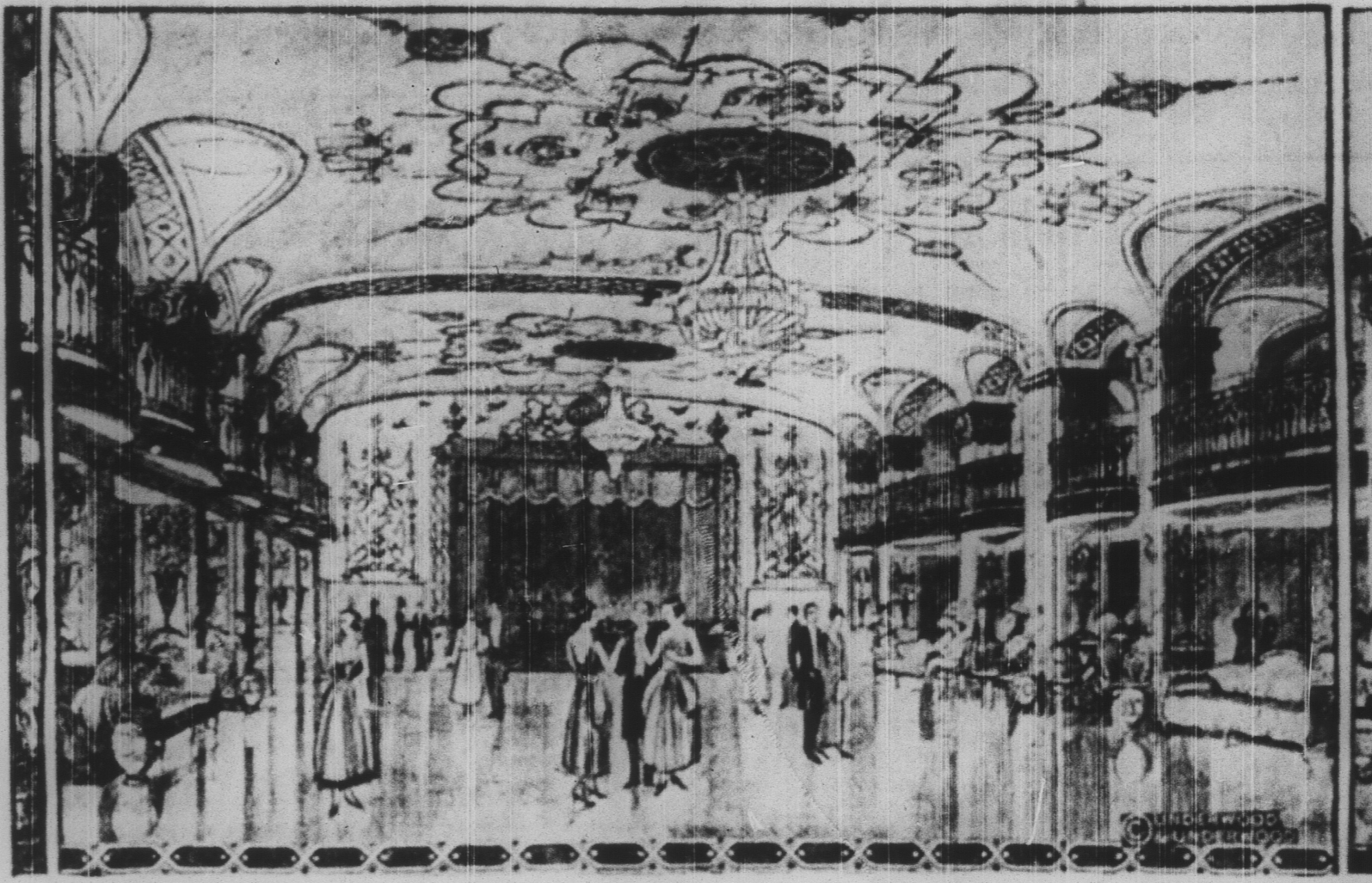
**Apple and Raisin Dessert.**—Roll out a round of good pastry and in the center place one-half cupful of raisins and two cupfuls of chopped apples, well mixed. Roll up in a roll, having the overlapping edges at the top. Place in a deep baking dish, pour over one cupful of boiling water, add one cupful of brown sugar and two tablespoonfuls of butter. Bake slowly until the fruit is well browned, adding more water if needed. Serve with the sauce from the pan, with cream if desired.

**Date Muffins.**—Mix and sift one and one-third cupfuls of flour with four teaspoonfuls of baking powder, two tablespoonfuls of sugar and one-half teaspoonful of salt. Beat one egg, add one cupful of milk and three tablespoonfuls of melted butter to the dry mixture. Cut into thirds one package of dates, roll in flour and stir into the prepared dough. Drop into well-greased muffin pans and bake about twenty minutes.

**Lemon Mincemeat.**—Boil the peel of two lemons until tender, then chop fine, reserving the liquor. To six apples, chopped, add one-half pound of chopped nuts, the chopped rind, one and one-half cupfuls of sugar, one pound of raisins, one-half pound of currants and two ounces of shredded citron. Use the juice of the lemons, moisten with the liquor left from the cooked rind and bake in pastry as any mincemeat.

*Nellie Maxwell*

**Where the Inaugural Charity Ball Will Be Held**



Architect's sketch of the beautiful ballroom in the new Mayflower hotel in Washington which will be the scene of the charity ball March 4. This will take the place of the usual official inaugural ball and is in charge of a group of prominent men and women of the capital city.

**Monte Carlo Police Chased Them Off Terrace**



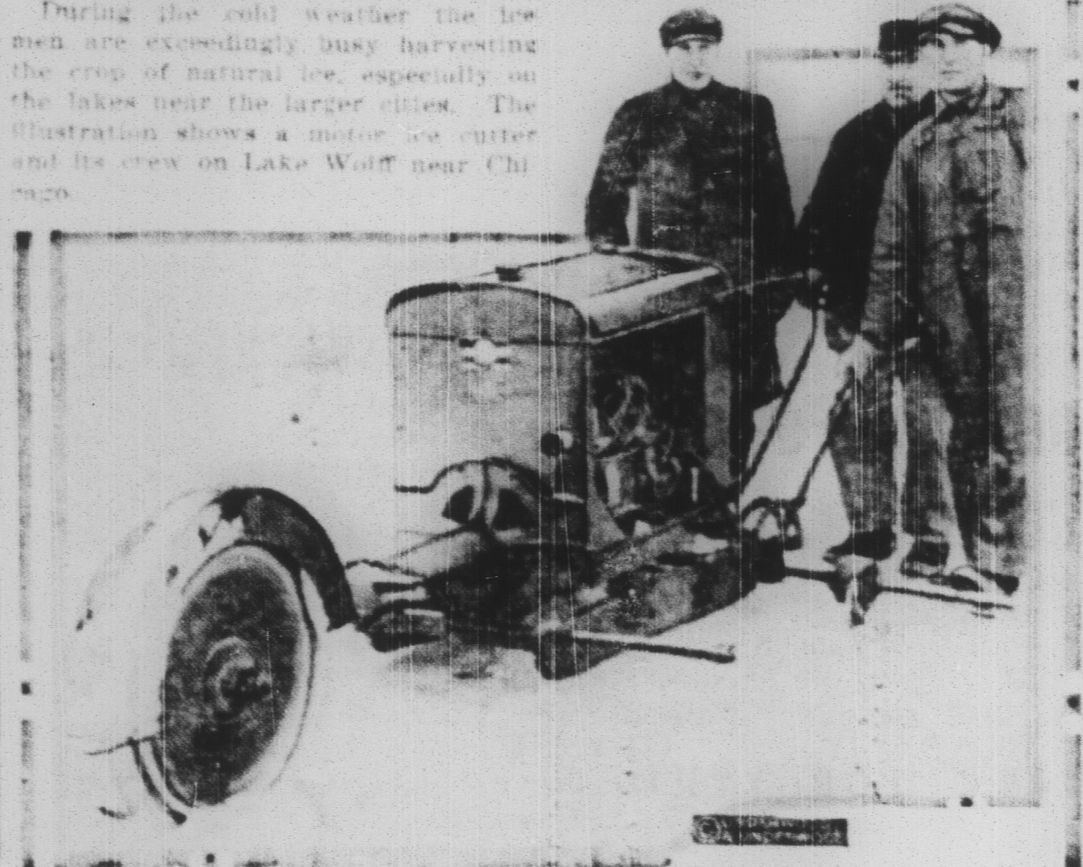
These are shown the members of the chorus of the British revue "Kiss Me Now," as they appeared at Monte Carlo recently. When the girls sought to make an appearance on the terrace, the police literally "chased" them.

**Dome of St. Paul's Found Unsafe**



The great dome of St. Paul's in London has been declared in an unsafe condition because of the weakness of the eight big piers that support it. The public is to be asked to contribute \$100,000 to carry out the necessary changes.

**Gathering Ice Crop of the Lakes**



During the cold weather the men are exceedingly busy harvesting the crop of natural ice, especially on the lakes near the larger cities. The illustration shows a motor ice cutter and its crew on Lake Wolff near Chicago.

**LONG LIFE TOGETHER**



Photograph of Mr. and Mrs. Isaac Russell of Chicago, who recently celebrated their sixty-fifth wedding anniversary. They claim "there has never been a cross word between us."

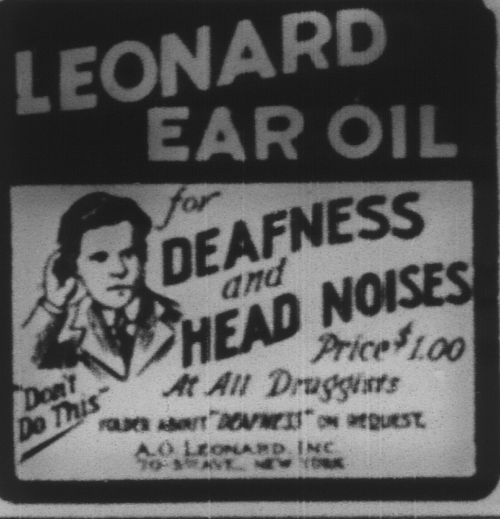
**CATCHES BOOTLEGGERS**



Mrs. Julian Middleton of Wakefield, Mass., twenty-two-year-old mother of two children, who is engaged in the serious task of "hunting bootleggers," and says it is the greatest sport she has yet experienced. She has captured 20 bootleggers since she began. She is paid "by the piece" and wins weekly make-up as high as \$100.

**Anemic? Nervous?**

Harrisburg, Pa.—"About a year ago when I was in an anemic condition, I was nervous, without appetite and lost flesh. I took Dr. Pierce's Golden Medical Discovery as a tonic and blood-maker and three bottles restored my appetite, I gained in weight, the nervousness disappeared and my blood was in better condition than it had been for some time. And I have never taken a medicine more pleasant to take."—Mrs. Helen Leung, 409 Cumberland St. All dealers. Send 10c to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for a trial size bottle and write for free advice.



**Chicken Story**

Bobby was four years old when he went to visit Aunt Millie in the country. He heard her say that she was going to dress a hen and expressed a desire to watch the proceedings. He looked on quietly until the feather-plucking stage was reached and then excitedly demanded, with the first handful of feathers: "Why, Aunt Millie, you're undressing it, aren't you?"—Indianapolis News.

For bloated feeling and distressed breathing due to indigestion you need a medicine as well as a purgative. Wright's Indian Vegetable Pills are both. Adv.

**Diamond Cut Diamond**

"What's the fare?" inquired the woman of the taxicab driver, as the conveyance stopped at her destination. "Two dollars, mum," was the prompt reply. "Well, here's a dollar and a half. I'm not such a fool as I look." "No," said the driver. "I wish you were, mum."—Pittsburgh Chronicle-Telegraph.

**MOTHER GRAY'S POWDERS**

**BENEFIT MANY CHILDREN**  
Thousands of mothers have found Mother Gray's Sweet Powders an excellent remedy for children complaining of Headaches, Colds, Feverishness, Worms, Stomach Troubles and other irregularities from which children suffer these days and excellent results are accomplished by its use. They break up colds and regulate the bowels. Used and recommended by Mothers for over 30 years. Sold by Druggists everywhere. Trial package FREE. Address, Mother Gray Co., Le Roy, N. Y.



**FOR OVER 200 YEARS**

hairless oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

**GOLD MEDAL HAARLEM OIL CAPSULES**

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

**Stop Child's Cough Quick--To-day**

Before it has a chance to develop into croup or something dangerous, get right after that cough of your child's. No use to dose with ordinary cough syrups. At once give Kemp's Balsam—the old-fashioned tried and proven medicine safe for children. It heals the throat and prevents the cough from coming through the whole system. Only 25 cents at all stores.

**For that Cough! KEMP'S BALSAM**

**BATHE TIRED EYES**

with the famous Bathe Eyes. Buy at your drugist's. 10c bottle. Try, N. Y. Booklet. **FORD OWNERS**—The new 30c package of Ford Motor Oil. Non-chattering, non-oxidizing. None better. SCIENTIFIC LUBRICANTS CO., 115 Bay St., Buffalo, N. Y.

**Genuine BAYER ASPIRIN**

**SAY "BAYER ASPIRIN" and INSIST!**

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

**Safe** Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacturers of Monroeville, Pa., U.S.A.

**Teach your child Internal cleanliness**

**THE** mother who permits constipation in her baby or older child is risking the health, even the life, of her little one.

Fretfulness, feverishness, night terrors, grinding the teeth in sleep, biliousness, coated tongue, loss of appetite, any of these may indicate constipation. Poisons from the child's stagnant intestine are flooding the little body, and if left unchecked may lead to serious consequences.

**Avoid Laxatives—Say Doctors**

A noted authority says that laxatives do not overcome constipation, but by their continued use tend only to aggravate the condition.

Medical science has found in **lubrication** a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and hastens its passage through and out of the body. Nujol is not a medicine or laxative and cannot gripe. Like pure water, it is harmless.

Let your infant or child have Nujol regularly, and see rosy cheeks, clear eyes and happiness return once more.

Nujol is used in children's and general hospitals and is prescribed by physicians throughout the world.

**Nujol**  
REG. U.S. PAT. OFF.  
**For Internal Cleanliness**