

### ALDWELL'S THREE RULES

well watched the results of for 47 years, and believed atter how careful people are alth, diet and exercise, conill occur from time to time comes. Dr. Caldwell always of getting as close to nature hence his remedy for consti-mild vegetable compound. It m the most delicate system abit forming.

or never did approve of dras-nd purges. He did not believe ood for human beings to put restem. Use Syrup Pepsin for I members of the family in billouspass sourced area. biliousness, sour and crampy d breath, no appetite, heado break up fevers and colds today, at any drugstore and three rules of health: Keep three feet warm, the bowels free trial bottle, just write sin," Dept. BB, Monticello,

Old Sores s Balsam of Myrrh athorized to refund your money for the est bottle if not suited.

# FEELING IGHT?

SPECIALISTS art St. - - Sayre, Pa.

Last Word

out Girl of Today and criticize her; we ophize her, we wish that er, more dainty and reath we're always stalk-e her talking, her clothes, valking, her manners and

Oh, highty-tighty! she is flighty and all her ways ndignified to see; she joynd chatters, our old-time tters and laughs at seri-with unabated glee!" and we correct her, we

letect her, we study and with all her smiles and nd on looking o'er her to adore her) she's just ore her for several thou-Boston Transcript. Vorry

You This Winter? hrow-off a cold within a contracting it. Anyone the aid of a simple comomes in tablet form, and to take or to always ou. Don't "dope" yourcatch cold; use Pape's Men and women y on this amazing little

whoo's Warning ng in the region of the much to birds called According to an article these birds always fly I when they sense a hurg while the inhabitants the period of sunshine weather which always

ore the storm breaks.

lean Sween shall I say in Bridget's an't say she stole. y she carried all be-treal Star.

s a dear teacher, but

STOMACH



rstom-respone needs the soothing, of a reliable stomacl E-RU-NA—known for as the World's Greatest dy. It clears away that arrhal condition which people who never even al trouble! One bottle o Il soon tone up your give you a new joy in st has this time-honored wait—buy a bottle and

ROUP REMEDY NEWBURGH, N. Y.

# THE SOCIETY **OUEEN**

(© by D. J. Walsh.)

ND I was going to make such an impression on those stuck-up easterners!" Portia covered her face

and wept. "There's more at stake than your reputation with Eldridge and his wife," rejoined Robert Anthony, with energy. "You obey the doctor's or-ders and you'll come out of this with your health unimpaired. If you don't do as he said and stay in bed another week-well, you know what may happen. Got everything you want? I wish I could get a nurse or a cook or something. But they're not to be persuaded to come out here to this halfdesert because of those enormous wages they get in Rocky Hill. Well, I hate to leave you. But I've got to. I don't believe they'll get here before tomorrow at the earliest, his Nibs and Nibbess. They'll just have to put up with old Ben's cooking, I guess. Salt pork and hominy three times a day'll

do 'em good!" Portia let out one small pink ear to receive his parting salute and then descended into the unfathomable

depths of her woe. She was a good housekeeper. A graduate in domestic science with honors, she did not know what she was doing. Out here eighteen miles from any town her house had an "air." Awnings she had bought with her littls pigs' money. Candles about in groups after dark—not horrible, smoky kerosene lamps—cast their glamorous light over the low, wide house, open to the loveliness of the plains night after being closed all day to the heat and glare of the Texas sun. It took brains-brains and muscle to achieve them. And now when Bob's "backer," the great Eldridge, was comg for his first visit from Philadelphia with his society wife—to be compelled by a silly fall from a kitchen stool to stay in bed for two weeks was a good deal for an ambitious husband-adoring

young woman to stand. She did not hear a car come gently to a stop beside the east porch. Miserable and disappointed, self-pitying and apathetic she lay and endured hours. Perhaps she slept. "Your lunch is served."

Startled and incredulous Portia lifted her tear-stained face. Was she dreaming? She tossed brown curls from over her eyes and stared.

"Lunch?" she questioned stupidly.
"Yes, ma'am," answered a thick-set woman with a wide kind face, a fresh rosy skin and twinkling blue eyes. Portia Taunton glanced at the tray in the strong hands of the aproned figure beside her bed. Croquettes, golden and crinkly; biscuit, marmalade and tea invited. She raised her eyes to the kind face above this perfect lunch. Tears of happiness blind-

"Oh, who are you?" she gasped. "I am Elsie," the sturdy creature

"Oh, why-" Portion gulped-"Bob must have found you at last. I am so glad. Could you stay a week, do you suppose? I have some terribly stylish and important company due any minute," she said tremulous with for instance, before it reaches the hope, incredulity and desire, "and blood vessels of the lungs to be exthey have simply got to be impressed, pelled by the breath. you see, for Bob's sake. I thought I was going to show-" she was once more her impulsive, frank self-"show that swell eastern society queen we're the right kind, that I'm a help to Bob, you know, and he's worth

backing-and how-" "Yes, na'am," the guttural voice sympathized. "Just don't worry. I stay von veek, maybe t'ree veek. cook to blease de so stylish frau! And now you will blease eat."

After lunch-she had been subsisting on Old Ben's and Robert's culinary atrocities for a week now-she essayed a few orders with regard to her beloved menage.

"Please have the house entirely gone over by tomorrow, early, Elsie,' she said. "I'll make out the menus. Mr. Taunton will send a truck in to town for what we need. You do realize, do you not, Elsie, how important it is that everything should be perfect?"

"But, yes, ma'am."

Portia had a little bell and she used it not by any means infrequently. She told herself she was going to get her money's worth out of this strapping strong creature. She'd impress that society queen in one way or another. But his Nibs and Nibbess did not appear the next day. Nor the next

"You'd think," Portia complained with frankness to her maid, "You'd think even rich people could be considerate, wouldn't you? But of course a frivolous delicate society queen wouldn't realize what a visit from her to a poor woman would mean. Did you close the doors, Elsie, and pull the awnings away down? Go and pick up that thread. It's annoyed me long enough. Elsie, wouldn't you hate to live the life of a social butterfly?" "Oh, but, yes ma'am, I say I hate

it! Me-I like vork!" "And she'll be supercilious and disagreeable or else silly and vain and helpless. Well-I wish she'd hurry and come and get it over with. Did you polish the silver, Elsie?"

"Yes, ma'am." "Elsie?"

"Yes, ma'am." "Yes, ma'am."

"If these people are impressed and or kill valuable homing pigeons. In we get this water control plan across recent homing races a number of we get this water control plan across recent homing races a number of purchasing a part of the home demonstration. and get awfully rich here in this half- | birds were killed.

desert will you come and work for us; I'm going to have ten children, you know. I am Rooseveltian." "I tink I like do dat thing, ma'am.

It may be I vork for you den.' The days went happily by, Elsie working, Portia commanding—unstint-edly. Robert was rarely in the house. Never had he seemed so busy. When he came to the invalid's room his stay was brief, his face flushed, his eye asparkle.

And then the doctor came and pronounced her well. She was up and kitchen. Elsie was making biscuit. Oh, waiting on the pantry shelves.

"Elsie," she cried breathlessly after a glance out into the glaring hot day. "You may go. Right away. There's Ben with the truck just starting for town. Hurry." Elsie took off her apron, climbed

stolidly up into the truck. "Well, Elsie," called Portia, "I'm sure you know I am very grateful. You are rather an extravagant cook, but you've

done really well considering everything. Good-by!" "Good-by."

Well, that was over. Perhaps though, she had better count the silver spoons and the linen napkins. At about sunset-the spoons and napkins had answered a unanimous present at roll-call-she heard the soft sound of tires on sand, the purr of a motor. Ah! At last! The Easterners. She slipped into her prettiest house dress, ran a comb through her brown curls and was on the porch when a huge blue sedan drew up and stopped. Robert was on the front seat with a substantial man in a perfect motoring cap, his "backer," it was to be hoped. Robert alighted, followed by his guest who smilingly and in most friendly fashion shook Portia's extended hand. She turned eagerly interested, welcoming eyes upon the the door of which Robert was holding open. Mrs. Paul Eldridge was slow in descending. Portia advanced with both hands outstretched. But the smile died

at her side. Elsie!" she groaned and would have subsided in a heap on the porch floor

voice murmured: "It was such fun, dear child. Such fun! But can you ever, ever forgive me? If you only know how I have enjoyed it all, how I needed just the

"Oh, but I was so perfectly horrible!" moaned Portia.

And then everybody laughed, Mr. and Mrs. Paul Eldridge, Robert—and Portia Taunton, the last somewhat hysterically. And then came the gut-tural voice of "Elsie." "I like blace for mein man, too, von,

two, t'ree veek. He goodt vorker."

#### Death From Holding Breath Not Possible

In the brain there is a definite spot that is highly sensitive to the amount of carbon dioxide in the blood. A certain amount of this gas is always contained in the blood and often it travels a long path, from the great toe,

If this percentage of carbon dioxide exceeds a certain limit as, for example, when one holds his breath and therefore has not expelled the gas for some time, so that it accumulates in the blood, there is exerted upon this spot in the brain an incredibly strong stimulus which is immediately carried along the nerves to the muscles that control the breath, rapidly setting them in operation.

We immediately draw specially deep breaths in order to restore the carbon dioxide content of the blood to the proportion permitted by this spot in the brain, which is called the respira-

tion center Since this small but important area of the brain is infinitely sensitive to minute variations of the carbon dioxide content of the blood, we cannot voluntarily hold the breath long enough to cause death .- Illustrierte Zeitung, Leipzig.

# Out of His Jurisdiction

Nick and his baby brother were (Prepared by the United States Department of Agriculture.)

The farm woman is not only a proin the illustration are having their attention colled to such points as the both products of St. Vincent's hospital, while little Dorothy Ann, next ducer but also a consumer of many door, was born at the Methodist hoscommodities. While her pantry shelves pital. One day a little friend was admay be lined with many delicious jars miring the baby and wishing she had one. Nick, feeling he had pretty of home-canned fruits and vegetables. glasses of jelly or jam, crocks of much of a pull at the hospital, said pickles, and other evidences of her housewifely skill, it is also necessary he could get one for her, as all he had to do was ask sister and she for her to buy a certain amount of commercially canned foods. This is

would give him one.

As an afterthought, he said: "What do you want, a boy or a girl?" She replied, "A girl." He said, "I sorry, you haf to go to the Mefodis."-Indianapolis News.

# No Comparison at All

Mrs. Filmfan-That actor makes more money than the president of a railroad.

Her Husband-Sure! But then you by towns. She may not like the brands must remember this bird can do stunts they carry in stock, but unless she is on a moving train that'd make the acquainted to some extent with other president of any road dizzy.

# Protect Homing Pigeons

Wisconsin homing pigeon clubs are appealing to hunters to exercise as much care as possible not to wound get her money's worth.

#### WATERPROOF SHOE FOR WINTER USE

# Case of Active Boys.

(Prepared by the United States Department Shoes that are to be worn in winter weather, in slush or snow, should be waterproofed to make them last, and dressed almost before he had mounted especially desirable in the case of and ridden away. She hurried to the active boys, who so often disdain to panied by rice or rice patties, or greater premium is paid. When feed is wear rubbers at all, or who find themthe house did look perfect. And there was everything imaginable cooked and giving much thought to their welfare united States Department of Agricultons and the selling several simple waterproofing formulas given by the United States Department of Agriculture, which believes that these formulas infringe on no exsting patents or pending applications for patents, although it assumes no responsibility in the matter.

Formula 1-8 ounces natural wool grease, 4 ounces dark petrolatum, 4 ounces paraffin wax.

Formula 3-8 ounces petrolatum, 4

ounces beeswax.



Petroleum and Beeswax Will Make Shoe Waterproof.

carefully and stirring thoroughly. Apon her lips, her hand fell and stiffened ply the grease when it is warm, but never hotter than the hand can bear. Grease thoroughly the edge of the sole and the welt as this is where but that the silk-clad arms of Mrs. shoes leak most, and completely sat-Paul Eldridge went about her. A hand urate the sole with grease. This can patted her shaking shoulders. A kind be done most conveniently by letting the shoes stand for about fifteen min utes in a shallow pan containing enough of the melted waterproofing material to cover the sole entirely. Ir summer the quantity of grease used sort of vacation it was! My father should not exceed the quantity that and mother were Kansas pioneers and the leather will take up without leav-I have been homesick for the old life ing a greasy surface. An excess does for months. I am so grateful to no harm in winter. Rubber heels you!" cause it softens them.

# Surprise Sandwiches

Take orange marmalade, peanuts, and cream cheese in equal portions; slices of buttered bread.

MAKING STUDY OF MERCHANDISING PLANS

Talking Over the Selection of Canned Goods With Home Demonstration

Agent.

especially true in some parts of the

country where the variety in what it

is possible to can at home is extreme-

The farm woman sometimes has

little opportunity to "shop around"

among several stores and thus form

her ideas of what constitutes good

value. Often all her purchases must

be from one or two merchants in near-

brands, she can make no helpful sug-

gestions, but must take what is of-

fered. It becomes important for her

to know how to buy with discrimina-

tion, how to know quality, and how to

ly limited.

# **COOKING SAVORY** CREAMED CHICKEN

#### Especially Desirable in the Fowl Culled Out of Regular Flock May Be Used.

(Prepared by the United States Department of Agriculture.) Here's a delicious way of cooking a chicken that is past its first youth. Some of the fowls that are culled out to protect the feet. This precaution is of the poultry flock may appear in placed on rounds of tender biscuits. or to that of their shoes. Here are ture gives the following ingredients and directions:

1 chicken, about 3½ lbs., or 3 cups ½ cup flour cooked chicken. 1 cup chopped celery and leaves 1 qt. chicken broth ½ cup chopped onlon ½ to 1 cup cream ½ cup flour ½ to 1 cup cream ½ cup flour 1½ cup flour 1½ to 1 cup cream ½ to 1 cup cream ½ to 1 cup flour flour

Place the chicken in a kettle on a rack and half cover with boiling water. Formula 2-1 pound petrolatum, 2 Cover the kettle tightly and simmer the chicken until it is tender, adding one-half teaspoonful of the salt toounces paraffin wax, 4 ounces wool crease, 2 ounces crude turpentine gum the chicken to stand in the broth rease, 2 ounces crude turpentine gum the chicken to stand in the broth rease, 2 ounces crude turpentine gum the chicken to stand in the broth rease. overnight in a cold place. Remove the Formula 4—12 ounces tallow, 4 chicken meat from the bones and cut it into uniform pieces. Return the characteristic boards placed away from the nests. bones to the broth and simmer for a short while so as to get off any small pieces of chicken that cling to the bones. Brown the celery, onion, and green penner in four telegrants should be cleaned every day as well as the running board in front of the nests. Good, clean litter should be provided and this should be changed as often as is necessary. Hens green pepper in four tablespoonfuls of fat removed from the chicken stock. living in dirty houses and laying eggs in dirty nests will soil every egg in fat removed from the chicken stock. In dirty nests will soil every egg in Measure the drained broth. For each the nest. According to Mr. Parrish. cupful of broth add two tablespoonfuls this automatically cuts one-quarter of of flour to the cream, and mix until a cent from the price received for each mooth. Add this cream and flour mix- egg. ture to the chicken broth with the seaonings. Stir until thickened and then add the chicken. Mix until well ful of their hands. Sweaty hands blended and serve (over the rice pat- gather a certain amount of dust which

### Apple Chutney Pleasing Relish With Luncheon

Make some of this delicious relish o serve with luncheon dishes during the winter. The bureau of home eco nomics vouches for the combination of

#### Apple Chutney.

3 lemons
3 qts, chopped apples
1 qt. brown sugar
1 qt. dates, stoned and chopped
2 this, ground ginger
1 tsp. paprika
2 chili peppers
1 pt. tarragon vinegar
2 small cloves

Wash, pare and core the apples. mix thoroughly and spread on thin sionally with a fork. Bottle the chut- commodations for. ney while hot and seal.

ention called to such points as the

importance of reading labels carefully.

and the necessity for making compari-

cans are opened. It is advisable to

compare the product put up by dif-

ferent companies in respect to the flavor, the color of the fruit, the size,

shape, and number of pieces, and the

kind of sirup it is canned in. One

brand may be better for one purpose

and another for a different use. For

sold for less than peaches in large

various desserts or for crushing for

ice cream; the latter would be better

whipped cream, or for broiled peaches.

It is wise to know the cost of the

costs only once and a half as much.

example, sliced peaches are sometimes itary than a dirt floor. Above all

them.

odated several hundred small chicks last spring are not sufficient many times in size within the past three to four months. Crowding causes night sweating and the pullets therefore get chilled when they leave the house in the early morning in search of feed. This means congested Chop them with the lemons, as the acld will help to keep the apples from tually develop into colds and roup. turning dark. Remove the seeds from It would be better to send one-half the chili peppers. Mix all the ingre- the flock to market and adequately dients. Boil gently until the apples care for the remainder than to atare soft and stir the mixture occa- tempt to keep more than one has ac-

# Dry Poultry House Is

of Great Importance

able but with dry quarters there is little danger. To secure these conditions the floor should be elevated and so constructed that dampness cannot arise beneath. It is customary to put are to. I shall always praise Milks Emulsion." Yours truly, MRS. ED. s allowed to become thoroughly before putting in the chickens there will be no danger from that source. Some prefer a board floor, which gives

# Poultry Notes

\*\*\*\*\* Pullets develop large, wide and deep bodies more readily when fed min-

Trying to get eggs out of a scrub hen is like trying to get music out of a cornstalk fiddle.

There is a market every day for poultry, but the best market is the

co-operative market.

A cull pullet is simply a pullet that does not exhibit the characteristics of well-bred and well-developed bird of her variety and age.

Neither blood nor management will take the place of an abundance of the right sort of feed. sons between different brands when Where birds of different ages are

running together, more care must be taken not to mistake lack of development for lack of size and vigor. . . . The henhouse floor should be dry. A concrete or board floor is more san-

things, old dirt and litter should be halves. The former are very nice for replaced with fresh material. Are your cockerels using up valufor peaches filled with ice cream or able ground and feed and otherwise crowding your pullets? Get rid of

same brand of fruit, also, in different sizes. It may pay to buy the larger Remember that the hens which lay size, which may hold twice the amount in the smaller, although it duce them when they bring the highest prices.

Part of the demonstration consists The adult turkey is affected very in talks by the store clerks and in the sampling of various brands. Suggeslittle by the gapeworm, but acts as a tions on ways of using canned goods | carrier of the parasite by infecting Illinois bave made food selection and would also be appropriate in the the premises with worm eggs which are picked up by the chickens.



#### CLEAN EGGS ARE MOST PROFITABLE

Clean, spotless eggs bring an average of three cents per dozen more greater premium is paid. When feed is high and eggs plentiful this premium United States Department of Agriculture gives the following ingredients cost of production and the selling price. Proper housing of the flock and careful handling of the eggs are necessary in order to secure clean eggs. "Shape, size and color of eggs as well as texture of shell are determined by breeding and feeding; but, to have clean eggs, one must have a clean house and the eggs must be carefully handled after they are laid,' says C. F. Parrish, extension poultry man at the North Carolina State col lege. "The eggs should be gathered once a day at least and more often if possible. One soiled egg will soil

ern construction with the dropping

Mr. Parrish also states that persons handling the eggs should be careadheres to the eggs, causing them to have a mottled, dirty appearance. If the hens have a clean house and the eggs are handled carefully, every poultry raiser in the state should get the added premium for his eggs, he states.

### Henhouse and Roosts

Are Crowded Too Much The henhouse and roosts which ac-

A dry poultry house is important. Conditions outside may be unfavorable but with dry quarters there is little dry outside may be unfavorable but with dry quarters there is little dry outside may be unfavorable with dry quarters there is little dry outside may be unfavorable with the dr

in coarse gravel or broken stone, then on this a layer of cement, then heavy roofing paper, then a two-inch layer of cement troweled smooth. If this is allowed to become thoroughly dry

# Successful Failures

Many men have been successful in good results, but it means a harbor business but have failed at everything else. They find it difficult to keep good workmen because they never let \* them forget they are working for them.-American Magazine.

A woman's idea of making a name



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Rheumatism

#### Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid Wild Creatures Find

Colds

Pain

Little Time for Play There is no five-day week, no eight hour day, no Sunday even, in the wilderness, declares F. W. Schmoe, Mount Baker National park naturalist. "If you don't work you don't eat," is the slogan in the woods. Many birds fly 30 to 40 miles to collect one mean Cougars and lynx travel long distances

over the rough land and in the dense timber for every kill they make. A bear spends all day digging roots or eating berries. He works for every dessert, and if he takes a day off he

does not eat. "Some of the wild things, like few humans, work hard in summer and store up a surplus of food, then rest for a season, while a few animals hibernate in winter and do not eat. Others not in affluent condition and not given to hibernation work even hardest in winter, for there is less food to be found," added Mr. Schmoe.

#### for the birds which have increased Mother and Baby Gain Health, Strength and Flesh

"I am so grateful for what Milks ulsion has done for me that I am

Emulsion has done for me that I am writing you this letter.

"I had a terrible cough and for four months was so weak that I had to rest on the bed several times while dressing. In fact, after putting on one stocking I would have to lie down and rest before putting the other on. People thought I had tuberculosis but they thought I had tuberculosis, but they thought I had tuberculosis, but they don't think so now. I was so weak that I could not care for my baby, who was not getting sufficient nourishment to give him any strength. But after taking your Emulsion for a few months I

for herself is to marry well.

Scholary Sch FLORIDA

MEDITERRANEAN Cruise

Winter home sites or camp lots. On Dixle lighway, east coast. Mile of tide water rontage, fish and oysters on property, Orange and grape fruit soil. High and dry, ots 50x130, \$200 to \$235. All \$1 down 75c eveck. No interest or taxes for 2 years. Imediate possession. Send for map and price ist. Drive direct to property and camp this rinter. Agents wanted. N. P. DODGE, Dept. W, Hyde Park, Mass.

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# A Telltale Evidence

If a person is simple and fine within, his home cannot be anything else, regardless of its cost; if his aim is to impress the world or to lead it to believe him something that he is not, his house will bear the evidence of it, subtle evidence, perhaps, but it will

#### be there.-Woman's Home Companion, The Woman Pays

Mildred (icily)-And shill I return the engagement ring? Frank-Oh, no, don't bother; I'll just have the notice of the next installment sent to you.-Life.

It's only the brilliant sayings of the

first baby that go on record. Bees are not so wise; they almost



Daughter of Mrs. Catherine Lamuth Box 72, Mohawk, Michigan

feel rundown and weak and a it has done for my fourteenfeel rundown and weak and a friend asked me to get her your medicine. She took Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Herb Medicine. Her nerves are better, her appetite roward and sleeps her good she is in good spirite medicine. Lydia good specific medicine. Lydia good specific medicine. Lydia good specific medicine. Lydia continue to to their mothers."-Mrs. Cath- daughters with similar trou-

Daughter of Mrs. Eva Wood Howe 1006 South H. Street, Danville, Ill. "After my daughter grew "I praise Lydia E. Pinkham's to womanhood she began to Vegetable Compound for what bles."-Mrs. Eva Wood Howe.

Lydia E. Pinkham's Vegetable Compound



is good, she is in good spirits medicine. I will continue to and able to work every day. give it to her at regular in-We recommend the Vegetable tervals and will recommend it Compound to other girls and to other mothers who have

"After my daughter grew

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