IT'S HARD TO WORK

It's torture to work with a lame, aching back. Get rid of it. Attack the cause. Probably it's weak kidneys.

Heavy or confining work is hard on the kidneys, anyway, and once the kidneys become inflamed and congested, the trouble keeps getting worse.

The danger of running into gravel, dropsy or Bright's disease is serious. Use Doan's Kidney Pills, a fine remedy for backache or bad kidneys.

A New Jersey Case



Louis Henry, 626 Grove St., Jersey City, N. J., Says: "I suffered almost everything from broken down kidneys. My back was stiff and pained terribly. I was all run down. Doan's Kidney Pills gave my kidneys new life and a few boxes cured me completely."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., Buffalo, New York

FOR OLD AND YOUNG

Tutt's Liver Pills act as kindly on the child, the delicate female or infirm old age, as upon the vigorous man.

Tutt's Pills

give tone and strength to the weak stomach, bowels, kidneys and bladder.

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

QUITE EQUAL TO EMERGENCY

How Resourceful Young School Teacher Procured Eggs When the Outlook Seemed Dark Indeed.

And men relate a tale of a brave and resourceful little schoolteacher in one of our suburbs who supports her mother and three young sisters on her by no means munificent salary. Last week her mother called her up by telephone. Listen," wailed the old lady, "a whole bunch of relatives is coming to supper tomorrow evening. I'll have to make a cake, or something, and I haven't an egg in the house. And the grocer won't trust us any more, and there won't be any money until next week, and—"

"Never mind, mother—I'll fix it," answered the young teacher, cheerily. Then she turned again to her class.

"Now children," she said, "tomorrow we will have the beautiful story of Columbus, and how he made the egg stand on end. Each of you will please bring an egg to school tomorrow. The class is dismissed."—Cleveland Plain Dealer.

REFUSING A CROWN.



Manager—Say, I want a super to take the part of a king. You'll get 50 cents a performance.

Applicant—Sorry, boss, but I can't assume the affairs o' state for anything like that amount.

Unpicked Grapes Go to the Poor.

A curious old law, which dates from 1779, has been used to sentence the owner of a vineyard at Capestang, near Beziers, France, to a fine and costs for picking her own grapes. She was picking the grapes which had been left on the vines in her vineyard after the fall gathering, when the policeman told her that she was committing an offense against the law, as all grapes left on the vines after the harvest were the property of the poor. The court at Beziers confirmed the policeman's opinion, and the woman was convicted.

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM

Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effectual form. For grown people and children, 50 cents.

Reprisal.

Jack—I give my seat only to pretty girls.

Bella—Then we'll only take them from handsome men.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugarcoated, tiny granules. Easy to take as candy. Adv.

Robbery is robbery, no matter whether it is done by the sandbag, or a trick in trade.

The sin that is spared because it pays is the one that kills.

CONSTIPATION



Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.
25 CTS. FOR COUGHS AND COLDS 25 CTS.

Social Forms and Entertainments



Picture Gallery for Church Bazaar.

Will you kindly give me suggestions for a picture gallery to have a church bazaar; also a list of subjects, as Bonaparte crossing the Rhine, etc.? M. O.

I think you can compile a very interesting gallery from the suggestions below; the refreshment limit may also aid you:

"The Foreigner"—A little Japanese doll.

"Pick-Wick Papers"—A toothpick, a lamp wick and some paper, wrapped up in a shoe box.

"Along the Line"—Two clothes pins in a candy box.

"When Knighthood Was in Flower"—A nightcap wrapped in a flowered napkin.

"A Pleasant Reflection"—A small looking glass in a pill box.

"A Place for Reflection"—A small mirror.

"Darkest Africa"—A negro doll.

"Sweet Sixteen"—Sixteen bon bons.

"In Silk Attire"—A small doll dressed in silk.

"Nothing But Leaves"—A tablet of writing paper.

"Lovers"—Two spoons.

"An Absorbing Subject"—A blotter.

"The Home of Burns"—A toy flatiron.

"Common Sense"—A few pennies.

"A Woman's Weapon"—A toy broom.

"Things That End in Smoke"—Cigars.

This way of serving refreshments will cause much merriment. Have a paper bag for each one which contains two sandwiches, a cookey, a sugared doughnut done up in waxed paper, and a banana; coffee to be passed on a tray in tin cups.

Entertainment for Bachelor Girls.

I am to be married in April and must pay the penalty by giving some sort of a party to ten girls who belong to our "Single Blessedness" club. Tell me what to do. I have received already many wedding gifts and am in the house "we" are to occupy. SUE.

I should conduct the affair with the idea that your former club fellows were "green" with envy and consumed with jealously; therefore, keep the color scheme yellow and green. Decorate the table with steel knitting needles stacked like bayonets, tied with green and yellow baby ribbon. If you can get black cat candy boxes use them for favors with the name card tied around the neck. Appropriate lamp shades may be made of transparent paper with cats cut out and pasted on. For the table centerpiece have a pretty brass teakettle filled with flowers. Offer your guests a cup of tea for consolation as soon as they arrive. Then serve the nicest supper you are capable of, with all your dainty wedding gifts. I am sure your company will really be inclined to let the little demons, "envy" and "jealousy," creep in just a wee bit, for in her heart of hearts I think every woman loves a home and the protection of a good man's name.

To Celebrate a March Birthday.

Mother's natal day comes the last of March; please give me ideas for entertainment, flowers (for the month), table decorations, etc.—Daughter.

Violets are appropriate to this month, and it would be lovely to have a bunch for each guest. Then for other decorations use any of the spring blossoms in pots or arranged in flower holders; all of the bulb flowers are especially effective used in this way.

Ask the guests to bring their work and also ask them to tell stories of their grandchildren, taking it for granted that most of them may claim these wonderful adjuncts to eternal youth, for what grandmother does not live over her own and her children's lives in the wee mortals who again bring back the bygone days with so much sweetness? Most women play cards, and if your guests are among the number I would arrange for several rubbers with perhaps favors for all and no prizes.

If you like, use this appropriate verse on the place cards, or you could have it on the invitations:

In March the earliest bluebird came
And caroled from the orchard tree
His little tremulous songs to me,
And called upon the summer's name,
And made old summers in my heart
All sweet with flowers and sun again.
—William Dean Howells.

An Entertaining Problem.

I have several young men friends whom I would like to ask to dinner. Do you think it would be wise to ask them all at the same time, and invite other girls for the different fellows, or would you ask them at different times? It would save much time and trouble to have them all together. Please give me your advice. What would be the proper hour? Do you think Sunday evening would be as suitable as any other? Many, many thanks.—Vexed.

Personally, I think it is a fine thing to ask young men to a Sunday evening meal, especially if they are not fortunate enough to be in homes of their families, and I am sure it would add interest to ask the girls. How would you like asking two couples for Sunday nights until you have them all invited? Sunday evening teas or suppers may be very informal and enjoyable.

Rose's Queries.

Please tell me the name of a good book of etiquette. I'm placed in an awkward position and will greatly appreciate your help. I met a young lady this summer who afterwards called on me. I returned the call, then reived an invitation to her wedding. Of course, I will send a present, but shall I call again before this takes place? Rose.

In answer to your first question, I must sak you to send me a self-addressed stamped envelope, as I cannot give names or addresses in the department. You need make no call until after the wedding, when a call will be due her mother or whoever issued the invitation, and a call upon the bride on her at-home day.

MADAME MERRI.

Evening Gown of Embroidered Ivory Satin Richly Adorned



A gown of embroidered ivory satin with chiffon corsage and tunic of royal blue velvet. The girdle is laced with broad velvet ribbon ending in tassels.

Plenty of Veiling Used.

Plenty of face veiling is necessary to make a smartly adjusted veil. Anything like a skimpy effect, with the back of the veil strained at the edges by a veil pin, is inimical to the distinguished and correct effect of the headgear. Wide veiling and plenty of it must be used with even a small hat, and after the top of the veil has been pinned to the hatbrim at front and back, the excess of material is drawn softly under the chin in folds and the loose edges at the back are caught down under the barette. The draped folds of veiling under the chin suggests a stock-collar, and with the throat thus covered, one may wear an open-necked bodice which would otherwise look very badly under the coat opening.

In Alcohol.

"How old is Bobby Van Lush?"

"Bobby's about thirty-five."

"Deuced well preserved, Bobby is. He doesn't look a day over fifty!"—Puck.

BANANA A FOOD FRUIT

ITS NUTRITIVE VALUE IS NOT SUFFICIENTLY APPRECIATED.

Either by Itself or Mingled With Other Comestibles It Gives Variety to the Domestic Menu—Some Hints Worth Heeding.

The banana is certainly a food fruit, and contains, in an agreeable form, all the essential elements of nutrition. It gives, moreover, a variety to the domestic menu and mingles well with other comestibles. It is excellent eaten raw, but must be quite ripe, and that is only when every trace of green has disappeared.

By way of variety, a few recipes are appended. These are all delicious and are bound to be appreciated:

Banana Custard.—Peel six bananas and pass through a sieve; add two tablespoonfuls of sugar, four well-beaten eggs, two cupfuls of milk and one teaspoonful of lemon extract; pour into a buttered fireproof dish and bake till set in a moderate oven. When cold ornament with cherries cut in halves.

Banana Salad.—Select large ripe bananas, one for each person; peel and place on a lettuce leaf. Cover with a good mayonnaise sauce and sprinkle with chopped English walnut meats, and serve at once.

Another method is to add one tablespoonful of olive oil by degrees to an equal quantity of vinegar, mixing carefully; then add one teaspoonful of sugar. Peel three ripe bananas, and slice them across in equal slices of medium thickness; place in the salad bowl and pour the dressing over. Dust with white pepper and salt.

Banana Charlotte.—Line the bottom of a plain mold with a layer of lemon jelly and decorate with strips of neatly cut angelica and candied cherries. Trim the required number of lady fingers and line the sides of the mold so that they fit closely. Beat up three eggs in a basin and stir in two cupfuls of boiling milk, sweetened with three tablespoonfuls of sugar. Return this to the saucepan, add one heaping tablespoonful of powdered gelatin which has been dissolved in half a cupful of boiling water, one teaspoonful of vanilla extract, and stir over the fire with a wooden spoon until it thickens. Remove from the fire, add the pulp of four ripe bananas and when cool fold in one cupful of whipped cream. Just before the mixture sets pour it into the prepared mold and place it on ice to firm. Unmold the shape carefully on to a cold dish and serve.

Banana Tartlets.—Soak eight tablespoonfuls of chopped cocoanut in sufficient milk to cover, beat up till smooth and the thickness of batter, then add three tablespoonfuls of melted butter, four beaten yolks of eggs, half a cupful of whipped cream, one teaspoonful of vanilla extract and the stiffly beaten whites of two eggs. Peel 12 bananas and rub them through a sieve, then add them to mixture. Line gem pans with pastry and fill with the mixture; bake in a hot oven for ten minutes. Beat up the whites of two eggs until stiff, then add half a pound of confectioners' sugar and one tablespoonful of cornstarch, and mix well together. Put a thin layer over the tartlets and put them in the oven to dry.

Fruit Whip.

Separate the yolk and white of one egg. Beat the yolk till thick, add half a cupful of milk, one tablespoonful of sugar and a speck of salt. Cook till creamy. Flavor and set aside to get cold. Beat the white of the egg till stiff. Fold in carefully from two to four tablespoonfuls of fruit pulp, a few drops of lemon juice and two tablespoonfuls of sugar. Fresh or canned fruit will do, but it must be pressed through a sieve. Apricots or prunes are especially good. The whip should be made just before serving. Put some of the custard around the whip.

Snow Pudding.

Snow is an excellent substitute for eggs either in puddings or pancakes. Two large spoonfuls will supply the place of one egg, and the article it is used in will be equally good. This is useful, as snow often falls at the season when eggs are the highest in price. The snow may be taken up from any clean spot before it is wanted, and will not lose its virtue, though the sooner it is used the better. The yolks and whites of eggs beaten long and separately make the article they are put into much lighter.

Beef Roll.

Pass two pounds lean beef through meat chopper, add one tablespoon finely chopped parsley, one teaspoon salt, one teaspoon onion juice, one-fourth teaspoon mace, one-fourth teaspoon pepper, one egg well beaten and one-third cup soft bread crumbs soaked in cold water and wrung dry. Mix thoroughly and shape into a roll. Place on pieces of salt pork in a baking pan, bake about thirty minutes in hot oven, basting often.

Roast Duck.

Prepare your duck for roasting the same as any poultry and stuff with this kind of stuffing: Two good-sized chopped onions, two cups mashed potatoes, one cup bread crumbs, salt, pepper and powdered sage to taste. Sometimes I add an egg, but you can omit it if you wish. Another way is to stuff entirely with small onions (nothing else). Bake about an hour for an ordinary-sized duck.

Twin Mountain Muffins.

Here is an excellent recipe for breakfast muffins: One-fourth cup sugar, one egg well beaten, three-fourths cup milk, two cups flour, two teaspoons of baking powder. Cream the butter, add gradually the sugar, then the eggs. Sift the flour and baking powder thoroughly and add to the first mixture alternately with the milk. Bake in hot buttered gem pans twenty-five minutes.

Grease the Saucepan.

Grease with butter the saucepan in which rice is cooked and the rice will not stick to the sides and bottom.

SANDWICHES CALL FOR CARE

Hostess Should Make Every Attempt to Master Art, for the Satisfaction It Will Give.

The hostess who has mastered the art of making good sandwiches has gone far toward mastering the art of entertaining, for any social gathering where refreshments are served lacks distinction unless it offers at least one kind of sandwich a little better than any other sandwich served at a similar entertainment.

Sandwiches should be good to look at and good to taste. Both requisites demand that all materials used in making them should be fresh, carefully prepared and of the best quality. Cress, lettuce and any other sort of green for sandwich filling should be carefully cleaned and crisped on ice for several hours before using. Meat should be freshly cooked and freed from all fat, gristle and grease. Bread should be fresh, but firm, and thinly cut. Butter should be of just the cre my consistency to make it spread easily, not so hard as to be lumpy nor so soft as to be oily.

Cutters in various fancy shapes should be a part of every sandwich maker's outfit. Hearts and triangles, circles and diamonds are among the most effective shapes. When fancy cutters are not used the sandwich should be pressed firmly together, the crusts nicely trimmed, and the square cut either in long, thin strips or diagonally across to make two triangle shaped sandwiches.

Cream butters of various sorts help give sandwiches the distinctive tastes which whet the appetite and make every one wonder what the sandwich is made of. To make these butters cream ordinary butter and mix with it either finely chopped olives, watercress or parsley, finely grated horseradish or cheese, or a bit of anchovy or other fish paste. Combine these various butters with fillings which blend with them in flavor and the result is always satisfactory.



To smooth an iron plunge it while hot into cold water with a little soap in it.

Use very little bluing in washing laces, for the lace absorbs a great deal of blue.

Okra can be put away as other vegetables, by preparing the tender young pods, packing in jars and setting in water to cook as you would other vegetables.

Elastic stockings may be cleaned by rubbing them with thoroughly dried flour and then brushing them with a soft brush. Mix a little boracic acid in the last lot of flour used.

To keep potatoes sprinkle air slaked lime over the barrels or bins—a large handful to a barrel. The lime will absorb the moisture and the potatoes will remain firm and mealy all winter.

A pretty way to serve a salad is in tomato shells. They can be either skinned or not and all the center should be scooped out. Put the "shells" in the refrigerator so they will be quite firm when needed.

Now is the time when housewives should be thinking about a stock of herbs for winter use. The best way is to dry the cut herbs in the sun, the plants being laid on sheets of paper or on trays. When this is not possible they may be dried in front of the fire or in the oven.

Steamed Apples.

Pare good cooking apples, cut in thick slices and place in even tiers in a granite dish. For each apple count one tablespoonful each of sugar and water, strew the sugar over and scatter a few sultana raisins over all. Now cover and let simmer over slow fire for ten minutes, then uncover. If not tender cover and steam a little longer. When done the apples must be quite dry and unbroken; slide carefully onto flat dish and serve either hot or cold. May also be served with whipped cream.

Cottage Cheese.

For cottage cheese dish, either buy a ball of cheese or make it of clabbered milk. Moisten with thin cream. Add five tablespoonfuls of ground walnut meats and a little salt. Serve on individual salad plates, having first a large lettuce leaf, on this a pat of the cheese shaped with a teaspoon into petal-like curves. In the center make a depression, which fill with a little salad dressing—the ordinary boiled kind, made rather stiff.

Cakes Bettered.

When baking a loaf cake, try cutting a cross in the center of it just as it goes to the oven. This will prevent it from humping up in the middle as it bakes.

The next time you bake a fruit cake set the pan in another pan partly filled with water. This makes a moist cake, not likely to burn, but it takes a little longer to bake.—Mother's Magazine.

Snow Fritters.

Mix a half pint of milk with a liberal pint of flour; when a thick batter is obtained add a half teaspoonful of salt and finally a cupful of snow, which must be light and dry. Fry the fritters in a kettle of hot fat as soon as possible, keeping the batter cold between each frying. This dish can be varied by adding a finely chopped apple and egg, making snow pancakes.

Preparing Cocoanut.

When desiring to use fresh cocoanuts for a cake or dessert of any kind, instead of grating it in the old way, use the meat chopper.

This may be done more quickly and the cocoanut is light and fluffy. This is well worth trying, especially if you are pressed for time. Fingers are often bruised through using the grater.

Cheese Biscuit.

Make a biscuit dough, roll out half an inch thick. Sprinkle with grated cheese, season with salt and pepper and bits of butter; roll up jelly cake fashion, cut slices from end and bake in quick oven. Serve hot.

MOTTO FOR CHRISTIAN HOME

Ideals Which Consistently Lived Up to, Cannot Fail to Make for Happiness in Life.

This home is dedicated to good will. It grew out of love. The two heads of the household were called together by a power higher than they. To its decree they are obedient. Every tone of the voice, every thought of their being, is subdued to that service. They desire to be worthy of their high calling, as ministers of that grace. They know their peace will go unbroken only for a little time. And often they suspect that the time will be more short even than their anxious hope. They cannot permit so much as one hour of that brief unity to be touched by scorn or malice. The world's judgments have lost their sting inside this door. Those who come seeking to continue the harmony which these two have won are ever welcome. The rich are welcome, so they come simply. The poor are welcome, for they have already learned friendliness through buffeting. Youth is welcome, for it brings the joy which these two would learn. Age is welcome, for it will teach them tenderness.—Collier's Weekly.

SO IT WOULD SEEM.



"What is a 'figure of speech,' pa?"

"Well, if talk is cheap, it must be a pretty small figure."

Ceylon Tea.

Tea plantations in Ceylon have been in existence only 30 years, yet the annual exports of black tea amount to nearly $20,000,000 in value. Formerly coffee constituted Ceylon's main industry, but after a disease of the plant in 1880 its cultivation was discontinued. Many planters, however, recouped themselves by tea and rubber. Thanks chiefly to the former article, the island's old prosperity revived. Today Ceylon boasts 1,500 plantations.

Plant necessary to tea cultivation is costly but very labor-saving. The work itself is not hard; only the climate makes it irksome. What is wanted mainly of employes is to watch mancinery and feed it from the stock of tea leaves awaiting treatment. The workers are not Singhalese, but natives of southern India. A laborer's wages vary from eight to sixteen cents a day, while a foreman's salary averages $200 a month.—Harper's Weekly.

Poetry and Music.

If I had to live my life again I would have made a rule to read some poetry and listen to some music at least once every week; for perhaps the parts of my brain now atrophied would thus have been kept active through use. The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature.—Charles Darwin.

How He Found It.

The Waiter—How did you find that cheese, sir?

The Diner—By the smell.

The right way to brighten the world is to do a good deal of your shining at home.

HOW MRS. BROWN SUFFERED

During Change of Life—How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman.

Iola, Kansas.—"During the Change of Life I was sick for two years. Before I took your medicine I could not bear the weight of my clothes and was bloated very badly. I doctored with three doctors but they did me no good. They said nature must have its way. My sister advised me to take Lydia E. Pinkham's Vegetable Compound and I purchased a bottle. Before it was gone the bloating left me and I was not so sore. I continued taking it until I had taken twelve bottles. Now I am stronger than I have been for years and can do all my work, even the washing. Your medicine is worth its weight in gold. I cannot praise it enough. If more women would take your medicine there would be more healthy women. You may use this letter for the good of others."—Mrs. D. H. BROWN, 809 N. Walnut St., Iola, Kan.



Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

FACE COVERED WITH PIMPLES

Suffered Three Years. Used Resinol. Now Not A Pimple To Be Seen.

Philadelphia, Pa., Oct. 27, 1912.—"I had been troubled for the past three years with pimples which completely covered my face and neck. The pimples would come out, fester up and cause me to pick at them, feeling very uncomfortable. I tried most all kinds of facial creams, but with no effect. I tried a sample of Resinol Soap and Ointment and noticed instant relief. I bought Resinol Soap and Resinol Ointment, and began the treatment. After using two jars of Resinol Ointment and Resinol Soap, there was not a pimple to be seen, and now my face is as smooth as if there was never a pimple on it." (Signed) Albert Greenburg, 4167 Frankford Ave.

For eighteen years Resinol has been a favorite doctor's prescription and household remedy for itching troubles, skin eruptions, dandruff, chapped faces and hands, sores, piles, etc. Stops itching instantly. Sold by all druggists or by parcel post. Resinol Soap, 25c., Ointment, 50c. and $1.00, but you can try them without cost—just write for samples to Dept. 19-K, Resinol Chemical Co., Baltimore, Md.

There Is No Opium Nor anything injurious in

Hale's Honey

Of Horehound and Tar

There is nothing better for coughs, colds and sore throat. All Druggists.

Pike's Toothache Drops Cure in One Minute

THOMPSON'S EYE WATER Quickly relieves weak, inflamed eyes. Sold everywhere 25c. Booklet free. JOHN L. THOMPSON SONS & CO., Troy, N.Y.

W. N. U., BALTIMORE, NO. 8-1913.

Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



"Why Does Papa Walk The Floor?"

At night? Baby is restless and will not sleep. Too many fathers and mothers have sleepless nights because of baby's little nerves. He must be soothed—give your boy or girl baby a dose of

DR. FAHRNEY'S TEETHING SYRUP

The greatest infant remedy in the world. Prevents Cholera Infantum, cures Constipation and all bowel troubles. 25 cents at all druggists. Trial bottle free if you mention this paper. Made only by DRS. D. FAHRNEY & SON, HAGERSTOWN, MD.

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