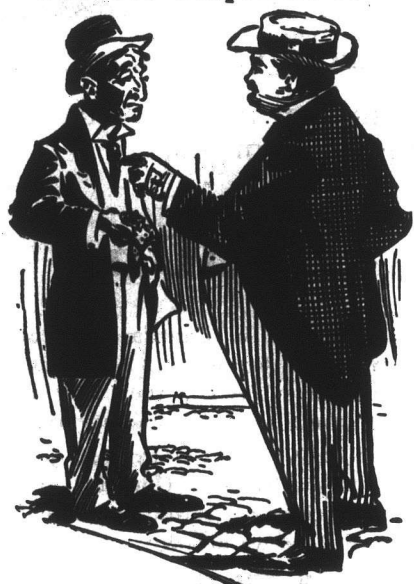


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Doctor—Young man you have a
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loss of thinking and reasoning power, kills am-
bition and energy, often causes loss of appetite,
indigestion, dyspepsia, raw throat and reaches
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attention at once. Cure it with Gauss' Catarrh
Cure. It is a quick, radical, permanent cure
because it rids the system of the poison germs
that cause catarrh.

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this dangerous and loathsome disease that
Gauss' Catarrh Cure will actually cure any case
of catarrh quickly, no matter how long standing
or how bad, I will send a trial package by mail
free of all cost. Send us your name and address
to-day and the treatment will be sent you by
return mail. Try it! It will positively cure so
that you will be welcomed instead of shunned
by your friends. C. E. GAUSS, 8044 Main St.,
Marshall, Mich. Fill out coupon below.

FREE

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C. E. GAUSS, 8044, Main Street,
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Hints for the Housewife.

When the Turkey Does a Stunt.

When you try to carve the turkey
And the turkey does a stunt—
Have you ever been there, brother?
Don't it make a fellow grunt?
First you get the knife and fork, and
Set your teeth down hard and then
You go at it with a vengeance
And the strength of twenty men;
And the turkey, did you ever
See a bird do such a skate
As that stuffed and brown old gobbler
There upon the fancy plate?
O, my brothers, heed my warning.
Place an apron o'er your front—
For that innocent old gobbler's
Bound to do a wiry stunt.

When you try to carve the turkey,
And the turkey does a stunt—
Talk about your trying times when
For a house you have to hunt.
Talk about your Maytime moving
When you're using all your grit
In the task of mating stovepipes
That were never made to fit;
Why, it's pastime, merely play, when
You compare it to the work
That's involved when you start out to
Try to separate that turk.
It's a task I'd rather sidestep—
One I think you all would shunt,
When you try to carve the turkey,
And the turkey does a stunt.

When you try to carve the turkey,
And the turkey does a stunt,
And a piece of juicy stuffing
Strikes your polished, snowy front,
When each eye around the table
Watches keen your every play,
And your face gets red and sweaty,
Till you feel like giving way
To the thoughts that come a-surfing
As you labor o'er the thing—
As you try to get a tackle
On a drumstick or a wing;
Ain't it fierce, my carving brothers?
Don't you want to swear and grunt,
When you try to carve the turkey,
And the turkey does a stunt?

Things Worth Knowing.

The cut side of a lemon, rubbed
over a dish upon which fish has been
served, promptly removes the dis-
agreeable odor.

An old zinc-lined refrigerator may
be rendered sanitary and sweet by
painting inside and out with two
coats of white paint and then with
the white enamel used for bath tubs.
Let dry thoroughly before using.

A bag of the white oilcloth used
for shelves, with a drawstring at the
top, is a highly prized possession
when one travels. The soiled cloth-
ing is snugly and securely packed in
it and the contents of the trunk are
not affected by it.

Keep a dozen or more sheets of
newspaper on the kitchen table.
Wrap the refuse up in the top paper
and put it in the garbage pail. In
no other way is the kitchen table so
easily cleaned.

A few drops of oil of cedar will
restore the woody odor to a pine
pillow when the original fragrance
has evaporated.

A quick cake frosting is made of
powdered sugar, flavored with grated
lemon peel, and mixed to the proper
consistency with cold water. A bit
of lemon juice improves it. This
icing dries quickly and is perfectly
smooth.

To Remove Ink.

One day when my back was turned,
little Buster climbed on a chair,
opened the desk, and when a sudden
sense of stillness warned me to look
at him, there he stood with ink all
over his pretty new blue gingham
dress! I could have cried with vexa-
tion. Instead, I took off his dress
quickly, before it had time to soak
through into the undershirt, rinsed it
three times in clear water, then
soaped the inky places with naphtha
soap and let it soak while I cleaned
up the boy. The ink, having had no
time to dry, washed off as easily as
dirt, and I was very much relieved
to find that the dress looked just as
good as ever after it was rinsed,
dried and ironed. I beg my success
to the "brush" with which the ink
was washed out.

How I Gather and Shirr.

I want to tell busy mothers how I
gather and shirr on the sewing
machine. I make the stitch as long
as possible and the top tension as
tight as possible. Then just sew. It
will ruffle most any goods just right
for a ruffle. If it is a skirt, I
gather it around the top, then pin
the centre of front to middle of belt
and by taking hold of the end of the
top thread, slip the gathers along to
suit the length of the belt. I gather
the top of the sleeve and the bottom,
if it is to be gathered into a cuff. I
make a whole garment without using
a needle except for buttons and but-
tonholes. Instead of basting, I use
lots of pins; it is easier and saves
lots of time. And time is money to
mothers with several girls to sew
for.

Diet For Children.

An excellent little magazine on
"How to Live" gives a list of foods
that should never be given to a child
under three years of age. Among
these foods that are considered in-
jurious to the young child are the
following:

Ham, sausage, pork in all forms,
salt fish, corned beef, dried beef,
goose, duck, game, kidney, liver and
bacon, and meat stews.

Cabbage, raw or fried onions, raw
celery, radishes, cucumbers, toma-
toes (raw or cooked), beetroots,
carrots.

All hot bread and all sweet cakes,
particularly those containing dried
fruits and those that are heavily
frosted.

Tea, coffee, cocoa, wine, beer and
cider. All fruits unripe and out of
season; all stale fruits, particularly
in towns during the summer. Grapes
are objectionable only by reason of
their seeds. With most of the other
fruits it is an excess of quantity
that make them injurious.

The above list of foods are the
ones considered injurious to the
child. Below we will give a list of
foods that are considered healthful
and nutritious or a child under three
years of age.

Stale bread soaked in new milk,
beef tea, lightly boiled egg, mashed
baked potato moistened with beef
tea, bread and butter, mutton or
chicken broth.

After a child has cut its milk teeth,
underdone roast beef or mutton, roast
chicken or turkey, minced as fine as
possible, and milk toast.

Potatoes should not be given until
after the second year. Fruits are
very wholesome for the young child
from three to four years, but they
should be properly selected and not
given in excess. Fruits keep the
blood in good condition, favor di-
gestion and prevent constipation.

After fifteen months two teaspoon-
fuls of orange juice may be given,
and a little later the soft pulp of
two or three stewed prunes, or a
half-baked or stewed apple. Cherries
and bananas should be forbidden.

Rice, oatmeal and other cereal
foods should also enter largely into
the dietary of healthy children, if
they are able to digest them.

Onion Pickles.

Wipe three quarts of small unripe
cucumbers, and cut in slices. Re-
move the skins from one pint of
small onions, and cut in thin slices.
To the cucumbers and onions add
one cupful of salt; mix thoroughly,
cover, and let stand for six hours.
Drain, and add one quart of vinegar
and one pint of olive oil. Pack in
a crock or stone jar.

Another Good Worm Extermina-
tor has been found for destroying
worms in children and adults. See
the "brush" with which the ink
was washed out.

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of the natural digestive fluids,
promptly relieves indigestion,
and by toning and strengthen-
ing your stomach, liver and
bowels, ensures their perfect
action for the future. It is
thus not only the supreme
digestive preparation of the
world, but a tonic of the high-
est value. For the stomach and
digestive system it positively

IS LIFE

"I was laid up with disease
which I don't understand. I
could not sleep or eat, my
bones got stiff, my flesh seem-
ed to waste away and my skin
got dry. I was unable to turn
in bed and my husband had to
feed me with a spoon for three
weeks. But one bottle of
Mother (Seigel's) Syrup made
an improvement in my con-
dition and seven bottles com-
pletely cured me. I would
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Syrup for a fortune as I believe
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