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Neglect it and ills soon creep in, and the look of old age, sometimes quickly, sometimes gradually follows. That backache, so common among women, brings with it the sunken chest, the headache, tired muscles, crow's-feet, and soon the youthful body is no more youthful in appearance—and all because of lack of attention.

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MRS. WILSON'S RECIPES.

A Few of the President Elect's Favorite Disnes.

Mrs. Woodrow Wilson, wife of the next president of the United States, is, like most southern women, a good cook. The following recipes are used by Mrs. Wilson when she is ambitious of setting before her famous husband

some of his culinary favorites: Georgia Indian Pudding.—Place four cupfuls of sweet rich milk into a dou-ble boiler. Moisten in a little of the milk four rounded tablespoonfuls of yellow Indian meal and add to the milk when hot, stirring it well. Then add half a cupful of molasses, a little salt, a tablespoonful of ground ginger and a teaspoonful of cinnamon. Stir well and add four rounded tablespoon-fuls of butter. Mix well and then pour into a baking dish with a pint of cold milk added and well stirred in. Bake in a slow oven three hours. Some times raisins are added. Serve with

Waffles.-Into four cupfuls of well sifted flour rub a heaping tablespoonful of butter and salt well. Break three eggs, placing the yolks in one bowl and the whites in another. Beat each stiffly. Add three cupfuls of sweet milk to the yolks and then to the mixture add the buttered flour. beating briskly. Continue to beat for five minutes. Into the center of this batter then place two rounded tea-spoonfuls of baking powder and then beat again vigorously. Lastly, beat in the stiffly beaten whites of the eggs and bake immediately in waffle irons To be served with butter and hot ma-

ple sirup.

Hominy Fritters.—To two cupfuls of cold boiled hominy add a cupfut of rich cream and beat. Add two well beaten eggs and two tablespoonfuls of cornstarch with a teaspoonful of baking powder. Beat to a smooth batter, and then drop in large tablespoonfuls into very hot fat and fry brown on both sides.

THE PARCEL POST.

Advantages Given to the Housewife by Uncle Sam's New Service.

The new parcel post is a great convenience to the housekeeper in town as well as making a market without the aid of the middleman for the farmer. People living in towns and cities by this means may order foods fresh from the farm and thereby save time money and trouble.

As an example of the various good points of the parcel post delivery take the shipment of eggs, which a house keeper can get fresh from the farm every morning-eggs that were laid the

previous day.

Take, for instance, a family of two. Allowing that they would consume six eggs a day, says Mrs. Kate Howe in a recent article, they could order a four day supply for a little more than they cost and receive them in perfect condition. In most cases the farmer pays the postage, but he probably adds that amount to the price of

Lingerie Frocks. The lingerie dress of 1913 is simple in effect, though of a rather costly simplicity, as one very soon finds out when



IN LACE AND MULL.

he starts to make or purchase one of hese smart and useful costumes.

The model illustrated is one of the best types carried out in white mull and cluny lace. Black velvet protects the edge of the skirt and forms a high waistband, with a pump bow at the LAID THE SPECTER.

The Story of a Ghost With a Troubled

The following well authenticated ghostly happening is recorded in Jessie Adelaide Middleton's "The Grey Ghost

A lady had taken a furnished house in Suffolk, England, from a widow who had lately lost her son. One day she was sitting in the drawing room when the figure of a boy of about thirteen walked across the room, halted oppo-site a table on which was some china and began to weep bitterly. When she got up and hastened toward the boy to comfort him he at once vanished. As the same thing occurred repeatedly, the lady wrote to the owner of the house, seeking for some explanation. This

was her answer: "Will you kindly search the table with the china ornaments on it, and if you find sixpence in any of them put it into the poor bag in church? I gave him sixpence to put in the bag the last Sunday he went to church, and instead of putting it in he kept it to spend. He told me about it before he died, but I

did not know where he had hidden it."
The tenant searched and found the sixpence in a little china jug. She put it into the poor bag-and was never again visited by the apparition.

"Paying Through the Nose."
"Paying through the nose" is to be indirectly swindled in a transaction or to pay an exorbitant price for a thing in consideration of long credit. A variant is "to be bored through the nose," "bored" here having the meaning of cheated, deceived:

At this instant he bores me with some trick. "Henry VIII.," I. 1, 122.

One that hath guiled you, that hath bored you, sir.—"Life of T. Cromwell," 1602, II, II, 103.

And Howell in his "Instruction For Forren Travell" (1650), page 59, "had known divers Dutch gentlemen grosly guld by this cheat (the selling of forged manuscripts to young travelers in Italy), and som English bor'd also through the nose this way by paying excessive prices for them."-London Notes and Queries.

Coughing In Lieu of Oratory. A singular fashion which prevailed among the preachers of Cromwell's time was that of coughing or hemming

in the middle of a sentence in order to attract the attention of the congregation. The necessity of continuals attracting the attention of the listeners could not have argued well for the brilliance of the sermons. Some authorities say that the preachers coughed merely as an ornament to speech.
At any rate, when the sermons were printed, as many of them were, the coughs and hems were always indicated on the margin of the page. - St. Louis Republic.

Strange Bequests.

In his will Stephen Swain of the parish of St. Olave, Southwark, gave sixpence each "to buy for each of them a halter for fear the sheriffs should not be provided," and John Aylett Stow left the sum of 5 guineas for the purchase of the picture of a viper bit-ing the hand of his rescuer to be presented to an eminent K. C. as a reminder of "his ingratitude and insolence."-London Mail.

Altogether Different.
"After all, life is a good deal like Wall street."

"In what way?"

"It is all a gamble, you know."
"But that doesn't make it like Wall street. In life almost every one has a chance."-Chicago Record-Herald.

Two Phases.
"I detest that Mrs. Jones. She always tells what all her clothes cost."
"Well, I detest Mrs. Brown. She never will tell what she pays for anything."-Detroit Free Press.

An epigram from Sir Arthur Pinero: "Indian clubs are good for the liver. London clubs are not."-London Stand-

The father's virtue is the child's best inheritance.-Chinese Proverb.

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are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

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Chicago Express, 5 ... 9 27 p.m.
GOING EAST
Ontario Limited, 46 ... 7 46 a.m
Accommodation, 28 ... 12 93 p.m.
New York Express, 2 ... 3 00 p.m.
Accommodation, 30 ... 5 16 p.m. C. VAIL, Agent Watford

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WATFORD AND WARWICK STAGE LEAVES Warwick Village every morning except Sanday, reaching Watford at 11.30 a, m., Returning leaves Watford at 3.6 p. m. Passengers and freight conveyed on reasonable terms, C. BARNES, Pro

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