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Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas. - "After my little girl was born two years ago I began suffering with female trouble and could hardly do my work. I was very nervous ut just kept dragging on until last mer when I got where I could not do my work. I would have a chill every

ay and hot flashes

nd dizzy spells and by head would almost burst. I got where I was almost a walking skeleton and life was a burden ng for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I con-tinued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do white of an egg and add a tableand I will always praise it wherever I spoonful of iced water. Dip the red go."-Mrs. G. O. Lowery, 419 W. Mon- raspberries into this mixture and

terey Street, Denison, Texas.

If you are suffering from any form of on a sieve for two or three hours, range segments of orange, with the a cost of five or six cents. All Pinkham's Vegetable Compound, and berries are a very pretty garnish for commence the treatment without delay. can also be used most attractively mix mayonnaise and whipped cream, the meat of the whole wheat.

Made in Canada

THE CONFESSIONS OF ROXANE

By Frances Walter.

The time is rapidly approaching when Roxane will be compelled by fate to readjust her views on matrimony. Watch and see how nearly the ideas which she evolves coincide with your own. Despite a somewhat quixotic beginning, she is very human and very womanly and perhaps she will act in a crisis very much as you would act.

DOUBTS AND FEARS AND ANOTHER MAN'S WIFE

(Copyright, 1916, by the McClure Newspaper Syndicate)

When we are seriously aroused our method of thinking undergoes a change. - There seems to be only one channel for thought and our mind sees nothing to the right or left of that channel. I have often thought that injustice was the result of what might be called "one channel thought"-the sort that is aroused by an appeal to spirit rather than to reason. My thought that morning was decidedly in one channel.

But surely I may be forgiven for my attitude toward Mr. Tanner. She was certainly to blame. I believed that she had consciously made herself enticing to Arthur and I knew there could be nothing spiritual about the attraction. She was just an alluring animal. Her mind, though vivacious and keen, was surely not big enough to interest Arthur She did not interest me, and there were no two persons on earth who were more nearly alike than Arthur

Perhaps on that morning I did not I did not strive for logic or clarity- | inanimate.

to the exclusion of everything.

of rescuing my love.

I do not remember how long I short! I sat in a chair in the waiting room, ed, but neither of us would ever urged. haze and the boyish voice of the page acted as a spur. It seemed to bring I must wait here." sounded at intervals. There was me back to myself. I sat up again,

Menu for Wednesday

BREAKFAST

Sugared Fresh Currents Ceneal of Choice Bacon Curis With Eggs

Tonat or Rolls Fruit Butter Coffee or Cocon

LUNCHEON OR SUPPER

Escalloped Bananas with Boiled Rice

Lettuce and Egg Salad Plain Sponge Cake Milk or Tea

Rosst Leg of Lamb with Mint

Browned New Potatoes

Lettuce and Scullion Salad Iced Caramel Custard

Raspberries and Bananas

juice, instead of vinegar.

A raspberry salad is made by slic-



think these things. I know I have noise, I know, but to me it seemed and, as I looked into the corridor, I ried out by the different diamond since thought them. That morning faint. The sounds, like the colors, saw him. He was looking to the companies in South West Africa, I was insane. I was in a fever and, seemed to be gray and monotonous. right and left, and as he came to- prior to the outbreak of the war, but although my thoughts came quickly, Every mental process must have ward me he forced a smile. I re- no important diamondiferous dethey were jumbled and disconnected. ceased, and I sat there immovable, member his face was haggard and he posits were discovered. With regard

must be removed. She was between came a voice that was familiar. I I had been experiencing. My sym- as the Pomona area is concerned the me and Arthur's love. I had begun started, a-tremble and expectant. My pathy for him made me want to cry richest and most accessible areas of to live for nothing but his love. I eyes drilled into the corridor. There for the first time that morning. I gravel have been worked out. The must have it and there must be no she was! I first saw her hat. It rose as he came toward me. one to share it. It must be all mine. was red, low crowned and wide- He held out his hand and I grasp- menal richness, are shallow and of I dressed eagerly, determined only brimmed, and had a great, tall feath- | ed it eagerly. er in it. Arthur's whisper on the "You are waiting for your hus- ready in great part been exhausted. When I was finished I looked evening of her visit to our house band?" he asked. "They came on Vast resources in the form of lowagain into the mirror. My eyes were came to me: "She's all got up re- ahead. I thought they were here." | grade material still remain, and as wide and red and my lips were swoll- gardless of expense.' She was Subconsciously I determined to lie improved methods for recovering the en. I had not cried. I was uncon- laughing gayly and looking into Ar- to him. I had not mapped out a very small stones are introduced a scious of everything except my de- thur's eyes. Mr. Tanner was not course and I felt that I was not equal considerable quantity of stones is termination. The things in the room with them. They walked through to the occasion. did not exist. I did not exist. My the corridor as if they were accus- "Perhaps they have already come

I do not remember leaving the leaned forward. I wanted to rise that you were to be with them." room. I do not remember walking to and fly at her, but I could not move. "Aren't you going to be with us?" 24 Hours the Navarre. I cannot at this time A feeling of nausea came over me think of anything that passed and I sank back. I was unable to one. I seemed to be, propelled, animated weakened me. I would wait a mo- that you are here?"

Escalloped Bananas with Boiled

bananas, 2 tablespoons tart jelly, 1

drippings, 1 level teaspoon salt, 1

halves; put in casserole cut side

down. Dust with salt, and sprinkle

with sugar. Cover and place in mod-

erately hot oven 1 hour. They

should be a rich brown. Cover with

the jelly and serve warm with cold

meats or with hot or cold boiled rice,

or the bananas can be put in ice

cream glasses, cooled and served

This quantity mayes eight help-

in a thick white icing on a cake,

Raspberry Shortcake

berry and peach shortcake, can be

made in two different ways-with a

sweetened, between the layers, and

pile crushed ones on top, too. Then

serve with a hot sauce made of

Raspberry shortcake, like straw-

and, too, they can be used in a fruit

Utensils-Casserole, teaspoon, ta-

"Low Cost of Living" Menu

cup sugar.

with ice cream.

ing bananas and covering them with cake or with a biscuit foundation.

lemon juice, then arranging them For the cake foundation, crush the

neatly, with slices overlapping, on berries between the layers, pile the

lettuce leaves, and garnishing plenti- top layer with fresh berries and serve

with a dressing of oil and lemon the biscuit kind, crush berries, well

For iced raspberries, beat the crushed berries heated with sugar.

fully with ripe raspberries. Serve with sweetened whipped cream, For

blespoon, cup, knife.

resolve to save Arthur enveloped me tomed to it. She had Arthur's arm. and you have missed them," I said. I grasped the arms of my chair and "I knew they were to dine here and

through my mind on that morning. stir. The stress of the morning had "But why don't you join us now called up on the outbreak of the and possessed only by the thought ment. Let them go into the dining- He seemed quite eager to have me saw the periscope of a submarine ap-

stayed in the hotel that morning or Surely Arthur had not lied to me. "It will equalize the party—make fire, and for this act of disobedience

half and half, and serve with the fruit salad, very cold.

Raspberry Pie

Fill a baked pie crust with ripe fresh berries. Mash some other berries, sweeten well and press through this sweetened juice over the pie just before serving, and pile it high with Materials-One dozen very ripe whipped cream.

Raspberry Mousse

teaspoon of butter, oil or bacon Raspberry mousse made in this way is a delight. Whip a pint of cream and add two cups of raspberries, which have stood with sugar Directions-Brush casserole with and the juice of half a lemon and a butter or oil. Skin and scrape the' few gratings of nutmeg, for half an bananas. Cut in half, then split the , hour. Pack in ice and salt in a mold for three or four hours.

> Many a wife would be glad to exchange her husband for a bunch of

"Meat Takes Another

Shredded Wheat Biscuits,

heated in the oven, covered

with berries or other fruits

and served with milk or

Raspherry salad is not at all usual, satisfying, nourishing meal at

Jump"—a familiar headline in your daily newspaper. A Maori Kaiser. But why worry about the cost of something you don't and his armed followers, in the need? The most expensive the Prophet, and in the fight killed foods are generally the least Four policemen were wounded, two nutritious. In Summer health and strength come for illicit sale of liquor. from a meatless diet. Two

Coal Owner Loses Two Sons. Lord Joicey, who has lost a second son in the war, is probably the greatest coal-owner in the United Kingdom. His father worked in the pits, and that fact lends an added appropriateness to the family coat of arms, in which two miners' picks and cream, make a complete, inently.

Storms of applause are apt to

A PRACTICAL DUCHESS.

While the Duke of Westminster has been performing deeds of hero-ism at the front—it will be remembered that he saved the life of his friend, Captain Francis Grenfell, of the 9th Lancers, while time after time he has carried despatches under the heaviest fire—his wife, the Duchess of Westminster, has been working indefatigably since the be-ginning of the war at La Touquet, where she has established the most

beauty and accomplishments. At the same time, she was never in any sense a society butterfly, for she has always displayed a strong sense of politics, and has brought about many reforms on her husband's J. C. MORRIS estates for the benefit of the poorer

The Duchess was married in 1901. She had known the Duke from his early boyhood, and they had always been devoted to one another. Indeed, as boy and girl they went through the graceful old-world ceremony of nursery betrothal. Essentially an outdoor woman, the Duchess prefers country to town life, and there is probably no more accomplished sportswoman in society today. Like her sister, Princess Pless, she has a splendid singing voice and a talent for amateur theatricals, which she has often displayed at performances organized for charitable

It might be mentioned that the Duke of Westminster is a soldier by profession. He was a lieutenant in the Royal Horse Guards, and served as A.D.C. to Lord Roberts in South Africa. As a child he received the name of Bend Or, after the late Duke's celebrated horse that won the Derby; and to his friends he is still known by that name. The Duke was a great favorite with the late King Edward, for his Grace, with no father of his own, was the first, outside his own immediate family, in whom His Majesty took an interest that was truly paternal.

Few Diamond Finds.

Much prospecting work was carseemed nervous. The poor man was to the main claim holdings, a recent I saw her only as an obstacle that At last, across my consciousness undergoing the same sort of torture report states that except in so far deposits at Pomona, while of phenolimited extent, and they have alexpected from this field

One Man's Adventures.

A remarkable story of how a gunner was first punished and then decorated was published recently in a "No. I have been waiting for some London newspaper. The gunner was one of the naval reservists who were war, and one day while on duty he room. Her happiness would be come into the dining-room. He in- pear. Without an instant's hesitation he turned to his gun and opened what the hour was when I entered. He was justified in doing as he pleas- an even number. Do come in," he he was placed under arrest. Subsequently the real facts came to light, but how I got there I do not remem- brook a falsehood. Had something "I am sorry," I said. I felt deeply and he was awarded the D.S.M. Unber. Faint shapes passed me, colors happened to Mr. Tanner? This occu- for the poor little man. "I have fortunately he lost his life when the appeared occasionally through the pied my thought for a moment. It something very important to do and Alcantara went down after her fight with the Grief.

The White Tower.

The White Tower, or Keep, of the Tower of London, said to be the oldest, largest, and most interesting part of the whole fortress, will, shortly be opened to the public to its uttermost depths. It was during the reign of William the Conqueror that a fine sieve, to strain out seeds. Pour the White Tower was built, though legend has erroneously connected its erection with Julius Caesar. Although it looks loftier, the tower is only about ninety feet high. It is very strongly built, its walls being from eleven feet to fifteen feet in thickness. It got its name through being so frequently whitewashed.

> To Boycott German Goods. A society was formed recently in various important towns in South Africa under the title of the British Patriotic Traders and Consumers' Alliance. The object of this alliance is to enlist members pledged not to buy German-made goods, to dissuade others from doing so, and to exert their influence to induce traders to support this movement, thereby encouraging trade within the Empire.

Fifty armed police recently attacked the Maori Prophet Rua, who proclaimed himself to be a Kalser, bush. They succeeded in capturing two Maoris, including Rua's son. of them seriously. The trouble originated in the conviction of Rua

wreck the amateur speaker's train of And some people imagine that they are funny when they are merely

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where she has established the most luxuriously-equipped private hospital for soldiers in France. And not only has her Grace devoted the whole of her time to this hospital, but she has herself spent some £35,000 upon it. A daughter of Colonel and Mrs. Cornwallis-West, and younger sister of Princess Pless, the Duchess has long been one of the most popular women in society, noted for her beauty and accomplishments. At the

34-38 Princess Street. Phone 177.

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