

Another Royal Suggestion GRIDDLE CAKES and WAFFLES

From the NEW ROYAL COOK BOOK

THERE is an art in making flapjack pancakes, griddle cakes or waffles, call them what you will. But it is an art very easily and quickly acquired if you follow the right recipes.

Here are some recipes for a variety of breakfast cakes that will make grandmother envious. The secret, of course, is Royal Baking Powder.

Royal Hot Griddle Cakes
2 cups flour
1/2 teaspoon salt
4 teaspoons Royal Baking Powder
1 1/2 cups milk
2 tablespoons shortening
Mix and sift dry ingredients; add milk and melted shortening; beat well. Bake on slightly greased hot griddle.

Griddle Cakes with Eggs
1 1/2 cups flour
1/2 teaspoon salt
2 teaspoons Royal Baking Powder
2 eggs
1 1/2 cups milk
1 tablespoon shortening
Mix and sift dry ingredients; add beaten eggs, milk and melted shortening; mix well. Bake immediately on hot griddle.

ROYAL BAKING POWDER

Absolutely Pure

"Bake with Royal and be Sure"

Buckwheat Cakes
2 cups buckwheat flour
1 cup flour
6 teaspoons Royal Baking Powder
1/2 cup milk
1/2 cup molasses
1 tablespoon shortening
Sift together flours, baking powder and salt; add liquid, molasses and melted shortening; beat three minutes. Bake on hot greased griddle.

Waffles
2 cups flour
4 teaspoons Royal Baking Powder
1/2 cup milk
1/2 cup molasses
1 tablespoon shortening
Sift flour, baking powder and salt together; add milk to yolks of eggs; mix thoroughly and add to dry ingredients; add melted shortening and mix in beaten whites of eggs. Bake in well greased hot waffle iron until brown. Serve hot with maple syrup. It should take about 1 1/2 minutes to bake each waffle.

FREE

New Royal Cook Book containing these and scores of other delightful recipes. Write for it today. ROYAL BAKING POWDER CO. 115 Fulton Street New York City

DOINGS IN SOCIETY

Club Calendar

Wednesday
"500" Club—Mrs. William Keller.
Historical Club—Mrs. S. E. Hite.
Shakespeare Club—Mrs. D. D. Heller.

Thursday
Christian Ladies' Aid—Mrs. J. E. Anderson.
Mt. Pleasant Mite Society—Mrs. S. P. Sheets.
Presbyterian Ladies' Aid—Mrs. W. E. Smith.
U. B. Aid Society—Mrs. Nettie Rupp, North Eleventh Street.
Le-Nicks—Miss Dreda Parent.

Friday
Minnehaha Needle Club—After Lodge.
Class No. 6 of the U. B. Church—Ben Hoagland, Eighth Street.

Saturday
Christian Ladies' Rummage Sale—Library, all day.

The Le-Nick club will meet Thursday evening at the home of Miss Dreda Parent on Mercer avenue. All members are requested to be present.

Between twenty-five and thirty members attended the business and social meeting of the Y. P. A. at the home of Mr. and Mrs. Bob Garard last evening. Plans were made for the advancement of the society and other business of importance attended to. A social hour was enjoyed after which the hostess served delicious refreshments.

Members of the Phoebe Bible class of the Reformed church held the regular monthly meeting at the home of Mrs. L. W. Stolte Tuesday evening. The class decided to give a two-cent supper at the K. of P. home on Saturday evening, November 20, the menu for the supper to be announced later. The young ladies also presented Mrs. Stolte with a silver cream and sugar set, as a token of the esteem in which they hold this estimable lady. The Stoltes will move soon to Dayton, Ohio, where Rev. Stolte has accepted the pastorate of one of the Reformed churches.

The Delta Theta Tau sorority held their regular meeting last evening at the home of Mrs. Florence Bowers. The installation of new officers for the ensuing year together with a business and social period was held. The new officers of the sorority are: President, Marcella Kuebler; secretary, Jessie Holthouse; treasurer, Margaret Smith; sergeant-at-arms, Lois Connell; historian, Genevieve Bremerkamp; press correspondent, Florence Holthouse.

MID-WEEK SERVICE

Rev. Saunders will lead the mid-week service at the Presbyterian church this evening, the subject being "A Trip Around the Homeland," being a study of the church in America. Mrs. Benvers and other assistants will have a part in the service, which promises to be one of the most interesting of the study. The meeting of the teachers and officers has been postponed until Friday evening.

A reversal of the usual procedure in military government tactics is reported from Cork. Soldiers doing police duty have been notified by Sinn Fein proclamation that they will be "severely dealt with" if found on the streets after nine p. m.

DEPENDENT UPON IT 20 YEARS

Lydia E. Pinkham's Vegetable Compound Has Been This Woman's Safeguard All That Time.

Omaha, Neb.—"I have used Lydia E. Pinkham's Vegetable Compound for over twenty years for female troubles and it has helped me very much. I have also used Lydia E. Pinkham's Sanative Wash with good results. I always have a bottle of Vegetable Compound in the house as it is a good remedy in time of need. You can publish my testimonial as every statement I have made is perfectly true."—Mrs. J. O. Eastquist, 2424 S. 20th Street, Omaha, Nebraska.

Women who suffer from those distressing ills peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health. To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For 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.

TO SERVE DINNER AND SUPPER

The Ladies' Aid of the Evangelical church will serve dinner and supper on Thursday, November 18th in the church basement. The menu for the dinner is as follows:

Chicken Noodles
Potatoes and Gravy
Creamed Peas and Carrots Cold Slaw
Bread Butter Jelly Pickles

Coffee Pie Cranberry Sauce Price 50c.

The supper will be served 2c style with the following menu:

Creamed Chicken Meat Loaf
Sweet Potatoes
Baked Beans Potato Salad
Escalloped Potatoes Cottage Cheese
Baked Apples
Pie Cake
Fruit Salad
10-16-17

WANT ADS EARN

OLIVE THOMAS AT MECCA

Olive Thomas gives a delightful performance as a vivacious Irish lassie in "Darling Mine," a Selznick Picture, which shows at the Mecca theatre tonight.

It may be said, in fact, that from every standpoint this is the best photoplay Olive Thomas has yet appeared in.

Leaving her native Irish shore in company with her pet goat, Nancy, Kitty McCarthy, portrayed by Miss Thomas, sheds her rancid through the slums of New York for a time, then is suddenly introduced into the

How To Get Rid Of Your Cold

The quick way is to use Dr. King's New Discovery

DON'T fool with a cold. Go to your drugist and get a bottle of Dr. King's New Discovery and start taking it. By the time you reach home you'll begin to feel better, and will have a restful sleep without throat-torturing coughing.

Dr. King's New Discovery, for over fifty years a standard remedy, has the medicinal qualities that relieve congestion, ease the cough and loosen the phlegm. Convincing, healing taste, too. Price 60 cents, \$1.20 a bottle.

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Constipated? Here's Relief
Cleanse the system and bring back your old time energy with Dr. King's Pills. They promote free bile flow, stir up the lazy liver and get at the root of the trouble. Price, 25 cents.

Prompt! Won't Grip Dr. King's Pills

theatrical world, where she acts as the deus ex machina in the love affairs of others and has a great romance herself, culminating, after many disappointments, in great happiness. Many wonderfully picturesque settings are included, and the theatrical costumes of Miss Thomas are a delight. A capable company of players including Walter McGrail as leading man supports Miss Thomas.

Sir Charles Renaud, a black fox for breeding purposes, is valued at \$18,000.

CHILDREN'S COLDS

should not be "dosed" with them externally with VICKS VAPORUB
Over 17 Million Jars Used Yearly

Strive To Have Healthy Skin

Next time you are in a gathering of women note the different conditions apparent in complexion. You will see some filled with blackheads, some dry and rough, some smooth and greasy, some smeared with rouge, some streaked with heavy metallic powders and once in a while you will see one that is a demonstration of intelligence from every point of view. The color is rosy, the skin is clear and smooth, the pores are small and open, the powder does not show on the firm vigorous skin. Every woman can have a good complexion if she will only use a little discretion. If you would acquire real beauty, the beauty of perfect health, you must replenish your worn-out nerves with lecithin, Nature's own nerve restorer, and put into your blood the invigorating iron which Nature intended it to have for health. In most of the modern foods these and other vitalizing elements have been largely eliminated. Yet to be healthy and beautiful the system must have them. They are found in Bio-feren, not only in proper proportions to restore weakened vitality but in such form as the system can best assimilate them. A treatment of lecithin and iron peptonate as combined in Bio-feren increases the appetite, aids nutrition and invigorates the patient. And Bio-feren in its tablet form is easy and palatable to take—no liquid



iron discoloration of the teeth, no unpleasant taste. There is no secret or mystery about Bio-feren. Doctors prescribe it regularly because they know exactly what it contains as well as what it will do and they know they could not formulate a better up-building tonic. The action of Bio-feren on the system is so beneficial, we are sure of its giving you positive health and vigor, providing, of course, there is no serious, chronic ailment such as cancer, tuberculosis, etc., that we only sell it on the condition that you agree to return the empty package and accept a refund of your money unless you are entirely satisfied. There is no use waiting for health and beauty. It is better to do things today than tomorrow. Go to your drugist or direct if your drugist advises Bio-feren. Then start taking it at once as he advises or as directions on the package call for. The guarantee protects your money. Interesting booklet may be had for asking. Large package \$1.00 at all leading drugists or direct if your drugist can not supply you. The Serum Remedies Co. Inc., Cincinnati, Ohio.

Diamonds In Bewildering Array

DIAMONDS and Diamond Jewelry bought from Pumphrey's—"the house of perfect diamonds"—carry with them the supreme confidence of the purchaser, because of the certainty of the quality of the gems obtained.

We are displaying an extraordinary collection of diamonds and diamond pieces, newly created for Christmas Gifts. As gifts they not only appeal as the supreme gift but, also as a splendid investment. It is a well known fact that never in the world's history has diamonds depreciated in value. On the contrary diamonds of real worth such as found here, increase in value year after year.

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Pumphrey's Jewelry Store

Small Accounts

are given the same careful attention as large ones at this Bank. We can be of great help to you in all money affairs. We are here to serve you, to give you the benefit of our experience in financial matters. Feel free to come in and consult us at any time. We'll be glad to see you.

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Bank of Service.

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PRICES BACK TO PRE-WAR TIMES.

Best Overalls, Pair	\$1.59	Best Blouses, Each	\$1.59
Canvas Gloves, Pair	15c	BIG SPECIAL SALE ON GROCERIES	
Little Overalls, sizes 4 to 15	\$1.00	A Gal. Bucket	79c
Extra Heavy Work Shirts, Each	\$1.25	White Karo Syrup	20c
DRY GOODS DOWN 50%.		A Full Pound Can Pink Salmon	20c
42 in. Very Best Pillow Tubing	50c	A 3 Pound Can Grated Pineapple	20c
Yard Very Best Bleached Muslin	25c	A 2 Pound Can Plumbs (in syrup)	15c
Yard Very Best Unbleached Muslin	25c	Kelloggs Toasted Corn Flakes	12 1/2c
Yard Very Best Outing	30c	Fancy New Rolled Oats	7c
Yard Very Best Apron Gingham	25c	Pound Sweet Marie Toilet Soap	25c
Yard Very Best Dress Gingham	30c	6 cakes for Large Packages Folds Macaroni and Spaghetti, 3 for	25c
Yard Very Best Percale	30c	Fancy Red Beans, Pound	7c
(36 in. wide), yard	30c	Sleepy Eye Flour	\$14.25
Yard Very Best Bleached Toweling	20c	Barrel	
Yard Very Best Calico	20c	200 Empty Lard Cans, while they last, each	25c

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