

## A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it began to feel better and now I am well and able to do more than any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

### You Do More Work.

You are more ambitious and you get more enjoyment out of everything when your blood is in good condition. Impurities in the blood have a very depressing effect on the system, causing weakness, laziness, nervousness and sickness.

**GROVE'S TASTELESS CHILL TONIC** restores Energy and Vitality by Purifying and Enriching the Blood. When you feel its strengthening, invigorating effect, see how it brings color to the cheeks and how it improves the appetite, you will then appreciate its true tonic value.

**GROVE'S TASTELESS CHILL TONIC** is not a patent medicine, it is simply IRON and QUININE suspended in Syrup. So pleasant even children like it. The blood needs Quinine to Purify it and IRON to Enrich it. These reliable tonic properties never fail to drive out impurities in the blood.

The Strength-Creating Power of GROVE'S TASTELESS CHILL TONIC has made it the favorite tonic in thousands of homes. More than thirty-five years ago, folks would ride a long distance to get GROVE'S TASTELESS CHILL TONIC when a member of their family had Malaria or needed a body-building, strength-giving tonic. The formula is just the same today, and you can get it from any drug store. 60c per bottle.

### Don't Suffer With Piles

Horton's Pile-Ointment, which contains Eucalyptol, gives immediate relief from itching, burning, bleeding or protruding piles. It soothes and heals the affected parts, relieves pain, and reduces inflammation. Sold by all druggists or write to United Pharmaceutical Products Co., Knox, Ind., for free sample.

**PARKER'S HAIR BALM** A sure protection of hair. Helps to eradicate dandruff. For restoring color and shine to gray and faded hair. 50c and \$1.00 at druggists. HINDERCOINS Removes Corns, Calluses, etc., stops all pain, causes no harm to the feet, makes walking easy. 25c. Write to Hindercoins Chemical Works, Patheburg, N. Y.

## HEAR BURN

Caused by

## Acid-Stomach

That bitter heartburn, belching, food-repeating, indigestion, bloating after eating—all are caused by acid-stomach. But they are only first symptoms—largely ignored or worn off by awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, that tired, listless feeling, lack of energy, diarrhea, insomnia, even cancer and ulcers of the intestine and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are very weaklings because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach troubles. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Brought them relief when everything else failed.

Our best testimonial is what EATONIC will do for you. So get a big 50c box of EATONIC today from your druggist. Use it five days—if you're not pleased, return it and get your money back.

**EATONIC**

FOR YOUR ACID-STOMACH

Horrible Faux Pas.

"My dear you have made a terrible mistake."

"What's the matter?"

"Don't you realize that this weather is much too cool for furs?"

Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do for all toilet purposes.—Adv.

The Other Way.

"There is no excuse for crime."

"Perhaps not, but there is generally a warrant for it."

**MURINE** Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy—If they Are Smart, Itchy, or Burn, or Sore, Irritated, Inflamed or Gravelled, use Murine often. Safe for Infant or Adult. At All Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.

## Indiana Brevities

Prosecuting attorneys of Indiana were called upon to act as a unit in battling the high cost of living in a letter written by Elie Stansbury, attorney general.

At a meeting of the Blackford county war mothers, arrangements for a memorial tablet for veterans of the conflict against Germany, were made. It is to have the names of all Blackford county soldiers as a future reference.

Giving as the reason the high cost of living Grant county physicians announced a 25 per cent increase in their fees for professional calls. The new charge is \$2 for the first mile and \$1 for each additional mile in both the city and country.

A staff of ten instructors and supervisors has been engaged for the new school of home economics which the state board of agriculture is organizing as an educational feature for the new women's building that is being erected on the state fair ground.

More than 200 delegates representing Madison, Hancock, Henry, Hamilton, Delaware, Randolph, Wayne and Grant counties, attended a meeting of farmers' organizations in the Sixth district of the Indiana Federation of Farmers' associations at Anderson.

A meeting of the board of trustees of Indiana university with a number of alumni of the institution is to be held on or about September 15 to crystallize plans for Indiana university's centennial year, according to an announcement from the university offices.

The twenty-eighth state conference of charities and correction will meet in Fort Wayne, Oct. 4-7. Dr. George S. Bliss of Fort Wayne is president and Eugene C. Foster, Indianapolis, secretary. The meeting will be held under the auspices of the board of state charities.

Mrs. Edward Franklin White, President of the legislative council of Indiana women, has just written the Marion county Tuberculosis association, urging the necessity for immediate action by authorities to insure the establishment in Marion county of an advanced-case tuberculosis hospital.

The state board of health and the state department of public instruction in letters to school teachers in Indiana have directed attention to the children's health crusade carried on under auspices of the national tuberculosis society. The state departments urge school teachers to give encouragement to the movement.

Assessments made on real estate and on improvements in Shelby county are satisfactory, according to a statement made by the state tax board to Frank W. Fagel, county auditor, at a conference. It was said that the valuation on personal property is low in this county, and that an increase may be ordered by the state board.

Word has been received at Logansport of the death of the Rev. J. F. Radcliffe, former pastor of the Market street M. E. church in that city. Death took place at his old home in England. After a two years' pastorate in Logansport, Mr. Radcliffe was placed on the supernumerary list at the spring session of the northern Indiana conference this year. He had been ill for some time.

Indiana counties as a whole slightly more than doubled their aggregate assessments under the new tax law, as compared with the assessments of last year under the old law. Although some of the counties failed to double their assessments over last year others showed 200 and 350 per cent increases. The 1918 total of the counties' assessments, as fixed by county tax officials, was \$2,015,165,975, and the 1919 total is \$4,188,730,715.

Richard Lieber, director of the department of conservation, announced that a collection of pioneer farming and household utensils has been presented to the division of lands and waters, which has supervision over the state parks, by E. M. Laird, a prominent citizen of Hillsboro, Ind. Mr. Lieber said the collection was taken to the state park at Turkey Run on a truck by Mr. Laird and that the articles have been placed in the log cabin there. He said that following the classification of the collection by representatives of the state it will be on exhibition.

Prof. Ralph B. Trueblood, of Purdue university, was seriously injured when he was run over by his own automobile. He was cranking his car in front of a service station when another automobile driven by Carl Snyder, recently returned from army service, crashed into the Trueblood machine from behind, shoving it ahead far enough to knock Mr. Trueblood down and beneath the wheels. He was picked up by spectators of the accident and taken to his home, where it was found he had been injured internally. Snyder says the brakes on his car failed to work.

Frank Levell, of Greensburg, has been appointed editor of the Indiana Daily Student for the first part of next year by Professor J. W. Piercy, head of the department of journalism of Indiana university. Mr. Levell has announced Dallas Newton, of Shelbyville, as managing editor and Miss Rowena Harvey, of Indianapolis, as city editor. Mr. Newton will become editor-in-chief for the spring term, according to present plans.

The state board of tax commissioners adopted a resolution extending the third session of the board for ten days. The session will end August 28.

L. N. Hines, state superintendent of public instruction, will call a special session of the state board of education to authorize the issuance of life licenses for a number of teachers who have met the requirements of the new certification law.

Mayor Robert W. Morris has invited farmers and produce growers to sell their supplies at the Market House at New Albany in direct competition with the stallkeepers, whom he alleges are profiteering.

The Indianapolis chapter of the American Red Cross is to have an exhibit at the state fair under the direction of Mrs. Herbert T. Wagner, who has been named chairman of an exhibit committee.

Two hundred thousand dollars of preferred stock has been issued by the West Baden and French Lick Water, Light, Heat and Power company, which supplies water and electricity to the towns of West Baden and French Lick. This brings the total capitalization up to \$300,000.

The Jasper Chamber of Commerce entertained the members of the state highway commission recently. The visitors were viewing the proposed state highway from Jasper to Winslow. Many persons from Pike county were also guests of the Chamber of Commerce.

Suit was filed in federal court at Indianapolis in the name of Walter D. Hines, director-general of the United States railway administration, operating the Chicago & Erie railroad, to enjoin state and county officials from collecting taxes on a valuation in excess of \$7,821,520 from the railroad.

Harvey Lawson, of Indianapolis, who escaped jail at Muncie, several weeks ago with George Anderson, a negro, murderer of Clyde Bednau, a Muncie druggist, was killed at Louisville when he jumped from a bridge to elude a motorcycle policeman, who was chasing him for stealing an automobile.

Joseph Saladin, age sixty-five, was killed by a fall of slate in the Martin coal mine, near Hicknell. Mr. Saladin was a Frenchman and had been employed in various coal mines since he was nine years old, spending the greater part of his life in the mines in northern France.

Richard Lieber, head of the Indiana department of conservation, expects the governors of Ohio and Illinois to attend the tri-state forestry conference, which will be held in Indianapolis October 1, 2 and 3. He has received word that Colonel H. S. Graves, of the United States forestry service, will attend the conference.

John G. Lewis, mayor of Elwood, who has been in correspondence with the government agencies at Jeffersonville and Chicago, will buy two carloads of surplus army food to be distributed to the people of the community. The mayor has already sold about ten carloads of West Virginia coal to consumers at considerably less than the market price.

Acting under instructions from A. Mitchell Palmer, attorney-general of the United States, H. E. Barnard, federal food administrator for Indiana, began working out details to put into operation all the machinery of the wartime food administration in Indiana and more to effect a normal and reasonable price level for not only foodstuffs, but rents, clothing, shoes, coal, ice and the like.

Governor Goodrich has assigned as his reason for postponing the special session of the legislature, Attorney General Stansbury's opinion that the funds for next year may now be used for the state institutions. Women all over the state are clamoring for a special session to ratify the Federal amendment, in order that Indiana may not bring up in the rear in this important matter, and also because of the effect which early ratification in Indiana will have upon other states.

The governor has issued a parole to Louis Clark, of Vanderburg county, and to Paul Heetsmansperger, of Wabash county. Clark has served his time and he was paroled to avoid laying out his fine on the condition that he pay off the fine at the rate of \$10 a month. Heetsmansperger was paroled, the papers say, because he has a highly infectious eye trouble beyond the control of the reformatory physician. He was paroled to Rabbi Joseph Rauch, of Louisville, Ky.

Nine petitions for bond issues were approved and four petitions denied by the state board of tax commissioners. The petitions approved are: Marshall county, Union township, school, \$30,175.75 (township taking over indebtedness of Culver school); Carroll county, Madison township, lay road, \$9,000; Indianapolis park board, \$512,000; Marshall county, Center township Snyder road, \$16,000; Carroll county, Washington township, school, \$18,750; Noblesville, school city, \$40,100; Albany, Delaware county, civil, \$2,000; Pike county, Jefferson township, Abbott road, \$14,400, and Scott county, Johnson township, school, \$3,900.

Mitchell Bonhomme, age eleven, son of Mr. and Mrs. Jess Bonhomme of Vincennes is dead of lockjaw as a result of stepping on a rusty nail.

Announcement was made that Professor Henry Thew Stephenson has been elected head of the English department of Indiana university to take the place of Dr. W. D. Howe, who has resigned to engage in the book publishing business in New York. Professor Stephenson has been a member of the English department here the last twenty-five years. He is the author of a number of books and is recognized authority in the United States on Shakespeare. There are six vacancies in the English department to be filled before the opening of the fall semester.

## The KITCHEN CABINET

It has been said that a man is known by absorption, meaning that we can tell the quality and type of any one's life by the things he allows to absorb him.

DISHES FROM CORN AND EDIBLE GRAINS.

The coarser foods are quite necessary in our diet and should be used freely at all times of the year.

**Hominy Gems.**—Pour one cupful of scalded milk over half a cupful of cornmeal, add one-fourth of a cupful of cooked hominy, a tablespoonful of sugar, the same of shortening; mix well, cool and add yolk beaten thick and the white stiff. Sift in one and one-half teaspoonfuls of baking powder and a little salt; beat well and bake in hot buttered gem pans.

**Hominy and Pecan Croquettes.**—Boil a half cupful of hominy with a half-teaspoonful of salt in two cupfuls of water five minutes, then put into a double boiler and cook two hours or over night in a double boiler. Add two tablespoonfuls of shortening, half a cupful of chopped pecans and a teaspoonful of scraped onion. Cool and shape in cylinders. Beat one egg lightly, add two tablespoonfuls of cold water, roll croquettes in crumbs and egg, then in crumbs again and fry in deep fat. This makes one dozen croquettes.

**Scotch Oat Crackers.**—Put two cupfuls of rolled oats through the meat grinder, add one-fourth of a cupful each of milk and molasses, one and a half tablespoonfuls of fat, one-fourth of a teaspoonful of soda, one teaspoonful of salt and one-fourth of a cupful of raisins or nuts cut in bits. Mix well, roll very thin and cut in fancy shapes. Bake 20 minutes in a moderate oven.

**Oatmeal Tomato Soup.**—Take half a can of tomatoes, one-third of a cupful of oatmeal, two cupfuls of water, one tablespoonful of sugar, half a small onion, pepper and salt to taste, a bit of bayleaf and two tablespoonfuls of peanut butter. Cook one hour; rub through a strainer, add seasoning, if needed, and serve hot.

**Corn Flour Griddle Cakes.**—Take one and one-half cupfuls of sour milk, the same of corn flour, three-fourths of a teaspoonful of soda, one teaspoonful of salt and one well-beaten egg. Beat well with a wire whisk and bake on a hot griddle.

It would be narrowness to suppose that an artist can only care for the impressions of those who know the methods of art as well as its effects. Art works for all whom it can touch.—Elliot.

### BALANCING THE MEAL.

We hear much about well-balanced meals these days and it is the desire of every home keeper to have her meals well balanced, appetizing as well as attractive. When we speak of balancing a meal we mean giving all the food principals in their proper proportion in each menu, or getting the amounts in during the day; if lacking in one meal, make it up in the next, so that the day's meals will give the proper balance.

The amount of food to be taken by individuals differs so greatly that there is no fixed rule that one may follow. Age, climate, physical condition as well as occupation are important factors in determining the amount to serve, but it is safe to say that in the average dietary we may cut out one-third of the food we daily consume, masticate the two-thirds twice as long as is the habit and great benefit will be noted in one's health. This advice is only given to the well padded individual; those who are thin are so because even if good enters, the food is not assimilated.

When serving a heavy main dish with the accompanying vegetable or two, the dessert should be light, one easy digestion and with little bulk. If the main part of the meal is light, not preceded by a cream soup, let the dessert be a richer one.

The generous use of milk in desserts will give a better balance to the dinner in which only a small amount of meat is served, while at meatless meals more milk may be used as well as fish, cheese, beans and peas in order that there may be no lack of protein (the tissue building body) in the diet.

**Coffee Custard.**—Scald two cupfuls of milk with two tablespoonfuls of finely ground coffee, and strain. Beat three eggs lightly, add one-quarter cupful of sugar, one-eighth teaspoonful of salt and one-quarter teaspoonful of vanilla. Strain into buttered molds and bake in a pan of hot water. Unmold and serve well chilled with whipped cream.

**Grape Juice Cream.**—Take one cupful of grape juice, one tablespoonful of lemon juice, sugar to sweeten and a pint of thin cream. Freeze by stirring in the ice cream freezer. When this is carefully made it is the most beautiful watermelon pink and tastes as good as it looks.

*Nellie Maxwell*



Look for the name: **WRIGLEYS** All in sealed packages.

Helps appetite and digestion. Three flavors.

IT'S not enough to make **WRIGLEYS** good, we must **KEEP** it good until you get it.

Hence the sealed package—impurity-proof—guarding, preserving the delicious contents—the beneficial goody.

**The Flavor Lasts**

SEALED TIGHT KEPT RIGHT

Envy.

Nineteen-year-old Henry has just come home from his first year in an Eastern college. His sixteen-year-old brother Bill looks on many changes in him with scorn, one which is responsible for the most of this scorn being Henry's bit of mustache. The other day Henry went into the bathroom to trim the edges of that imitation of a mustache and Bill happened in while the operation was in progress. For a few minutes he watched his brother in silence, and then he called to his mother:

"Oh, mother, be sure to have Jennie sweep up the bathroom immediately. Henry is trimming his beard and I don't want the little kids to get their feet all cut up!"—Indianapolis News.

**Wrong Train of Thought.** She lived down near the Ann Arbor railroad yards. The window was open and the soft night air bathed his brow with all the ecstatic coolness of Maytime night. He looked down into her tenderly entrancing face and murmured softly:

"There's Egypt in your dreamy eyes."

A passing switch engine snorted and puffed.

The girl answered softly: "Quit yer kidding, Archie. It's only another of them darned clinders."—Michigan Gargoyle.

**Not to Be Thought Of.**

The late Lord Chief Justice Coleridge of England was a man of brilliant attainments and very caustic wit. Satire came naturally to him, as this anecdote shows:

A certain Mr. F.—a very rough diamond—was urging a perfectly untenable point at wearisome length, until Justice Coleridge, who had picked up the threads of an intricate case with his usual marvelous ability for assimilating facts, gently interposed with the remark:

"Unfortunately for you, Mr. F., the correspondence does not in any way bear out your assertion."

"I say it does!" rudely contradicted the learned counsel.

The lord chief justice gently allowed himself to sink back into his cushions as he murmured in silky tones:

"Oh, then, it wouldn't be polite of me to contradict you?"

**Pinned Down.**

Lawyer—And what was the defendant doing meanwhile?

Witness—He was telling me a funny story.

Lawyer—Remember, sir, that you are under oath.

Witness—Well, anyway, he was telling me a story.

**Age Has Its Faults.**

We must not take the faults of our youth into our old age; for old age brings with it its own defects.—Silver Threads.

At \$23 a hundredweight "on the hog" is a degree of opulence.

Experience and real estate booms are great teachers.

### TOASTS OF RUSTIC ENGLAND

As Might Be Expected, Many of Them Have to Do With Eating and Drinking.

A good rustic toast is likely to be concerned with beef and beer, like that comprehensive toast of Arcadian wilds, "The Nine B's," which is as much as to say: Baker's best bread, butcher's best beef and brewer's best beer. In another form it runs: "The inside of a loaf, the outside of a jull, a pound of beefsteak and a pot of good ale." The plow is toasted by an enigma: "Life before, dead in the middle and body and soul behind." The shy carter gives for a toast: "Scorched bread and well buttered," adding, "if that ain't toast, I'm bothered." Some toasts are a little unkind, as: "May 'im as wunt wurk in the 'eat go 'ungry when the frosts comes." To a farmer's wife it is polite to raise your glass with the words: "Ere's good 'ealth to 'ee, mum, an' may yer allus 'ave the strength ter push about same as yew does now, and set a pattern t' all the farmers' wives vial round."—London Morning Post.

**One of the Symptoms.**

"Is Professor Diggs a scientist?" "Yes. He knows more about Mars than any other living man."

"A savant, eh?"

"I guess you would call him that. He's so detached from mundane matters that he sometimes forgets the name of the street he lives on."—Birmingham Age-Herald.

**Wise Man.**

"My barber is bitter against bolshevism."

"Wise man. It would ruin his biz."

Every man thinks he could set the pace if he weren't handicapped.

"No one can do better than his best. Everyone can do as well as that."

### Don't Go From Bad to Worse!

Are you always weak, miserable and half-sick? Then it's time you found out what is wrong. Kidney weakness causes much suffering from backache, lameness, stiffness and rheumatic pains, and if neglected, brings danger of serious troubles—dropsy, gravel and Bright's disease. Don't delay. Use Doan's Kidney Pills. They have helped thousands and should help you. Ask your neighbor!

**An Indiana Case**

Mrs. Mary M. Stoy, 216 E. Elm St., New Albany, Ind., says: "My kidneys were weak and I had inflammation of the bladder. I was weak and tired easily. I couldn't turn in bed at times and I could hardly walk across the floor on account of backache. I tried different remedies with no good results. I suffered constantly until I used Doan's Kidney Pills. They benefited me from the first; the backache left and I am now able to do my work without the least trouble. I can't praise Doan's too highly."

Get Doan's at Any Store, 60c a Box

**DOAN'S KIDNEY PILLS**

FOSTER-MILBURN CO., BUFFALO, N. Y.