WOMEN REED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

If women a secondary effect prove to be nothing else but kidney trouble. If the kidneys are not at a healthy standard of activity, they cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't make an experiment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Start treatment at once or have slow kidney disease. However, if you wish first to test this great preparation and know for sure, Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. You will receive by return mail booklet telling all about it. Mention the paper. Advertisement.

In All Humility.

"How do you think the financial embarrassment of the world ought to be adjusted?"

"I can't for me to say," replied Farmer Cornstalk. "I can't even get the mortgage paid off o' a Saturday fern."

THE KITCHEN CABINET

(© 1921, Western Newspaper Union.)

Red cottage pie are
An ardent days darling,
Cut from the
Love third cuisine alone.

For arts, lustrous line
Is a possession displays.
And only breathes the pine
Is a possession.
—William Bowen.

THANKSGIVING DISHES

Of course there will be turkey wherever it can be procured, deposit

or no deposit, and cranberry sauce and the rest, unless you're mixed in our ears even farm folk think, whereas some, must pork, and baked ham or any fowl will be acceptable, and may make a thankful repast, regarding entirely upon those "to-be-chosen" round the festive board.

Candied Sweet Potatoes.—Wash and

rock sweet potatoes in their skins until tender. Drain, cool and peel. Put into a saucepan one-half cupful of sugar, three tablespoonfuls of shortening, one-half teaspoonful of nutmeg, one-half tablespoonful of water, grated rind of a teaspoonful of cinnamon. Boil, stirring, about five minutes. Puree the potatoes in a baking dish and pour over the syrup. Bake a big over for 15 minutes, basting two or three times and serve from the baking dish.

Chestnut Stuffing.—Take one pint of

shelled chestnuts, one-fourth of a cupful of butter, one teaspoonful of salt, one pint of finely chopped cracker dust, one small onion grated, one teaspoonful of sweet thyme, one teaspoonful of chopped parsley, one teaspoonful of celery salt, pepper and milk to moisten. Mix even and mix with softened butter.

Red Apple Sauce.—Select firm red

apples and carefully remove the centers from the stem end. Stuff the holes with sweet jelly and set in the oven. Chop the apple which came from the centers and add one or two of chopped pineapple, a little celery also chopped, a few shredded blanched almonds, all mixed with a tablespoonful or two of good mayonnaise dressing. Fill cupful of crisped cress. Add a bit of salt and mayo, fill the apple rings and serve them on pretty plates for the salad course. Pineapple may be omitted if preferred, and the apples may be left whole and cored. For this through a view and mold.

Shadows in duty on the Bristols.

Breathe the fragrance on the air.
But the goldenrod warns in his pride
That the summer is passing away.
We are wise summons of May.
That note is the purple leaf.
And the sun shadows rise in the wood.
For summer is gliding away.
—Helen Hunt Jackson.

DAINTY DISHES FOR OCCASIONS

A tasty little dish for a beginning to the meal or for a light supper is

Oyster Canape. Brown some oysters in butter, spread in a little butter, season with parsley and grate over a little bit of chopped onion. Have ready the

plate as usual, and serve with cream sauce, seasoned with salt, pepper and a bit of lemon juice for a dressing. Have a bed of lettuce on each plate of bacon, frizzle with a toothpick and put on the lettuce. Garnish the dish in ring, then the center will be filled with the oysters. Garnish around the edge a stalk of crisped celery at one side of the plate and a sprig of parsley. Put a spray of parsley through through each end of the bacon. Have the fish platter garnished with lemon and parsley. Arrange the fish in the center of stuffed celery and a fancy open salad. Serve with mayonnaise.

Fillet of Sole With Caper Sauce.—

Squeeze the juice of a lemon on them, season with salt and pepper and let stand for one hour. Drain the fish with three slices of bacon and fry in a little butter. Arrange on a hot platter, garnish with parsley and serve with caper sauce.

Caper Sauce.—Put the yolks and

brown of