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TOPICS INTERESTING TO WOMEN

Treatment for Sunstroke.

Raise the head and shoulders. Dash cold water in the face, put ice on the head if available. Aromatic spirits of ammonia (which should be in every household medicine case). Is better than whiskey as a stimulant. Give a sip of iced water, iced tea or coffee. Rest in bed for hours.

In the pale variety, when temperature is below normal, hot bottles and blankets are indicated. If the body is very hot, with convulsions, use cold pack, or cold bath with vigorous friction with the bare hand or a woolen mitten. Give an enemia of ice water. Keep the patient quiet in a darkened room. Keep ice in the head till the blue look gives place to a rosy tint. If there is no ice at hand dash cold water in the face, or pour it from a pitcher. Feed by rectum, only enough to keep the heart under control in the cold. The effects of a sunstroke frequently last for years the slightest exposure to the sun's rays causing headache and exhaustion.

Fainting Fit—The patient sinks quietly down, becomes pale, cold, white, and body cold. Lay her flat on the floor. Do not let the bystanders crowd around to keep the air away. Loosen the clothing. Bathe the face with cold water. Place ammonia salts or smelling salts to the nostrils. When able to swallow give 15 drops of aromatic spirits of ammonia. Be careful not to get any stimulant in the eyes. Let the patient rest quietly after the attack.

Apoplectic Fit—Patient is red in the face with stertorous, or snorting breathing. Apply cold cloths to the head, or ice. Give plenty of air. Keep the head high. Poultices to the calves of the legs. Do not give stimulants or nothing more till the doctor comes.

Epileptic Fit—Sudden fall with violent convulsions, with frothing at the mouth; and biting of the tongue. Prevent injury to the tongue by putting a clothspin or a stick between the teeth. Convulsions in children sometimes a very serious matter. Restrain patient from tossing legs and arms about, and wait for fit to be over. The after headache is very severe. Let the patient sleep it off. Do not give anything with a cold drink as an antidote.

Hysteric Fits—Similar to the epileptic trouble, but the patient is conscious. A sudden shock is good treatment, and a fine point for diagnosis, for unconsciousness is often feigned. For injuries to the eyes, bathe the eyes in a weak lotion of boric acid, and make her sit up and take notice. Sprinkle the face with cold water. The helped must act quickly and not lose his head.

Venomous Bites.

Bites from Dogs and Cats Suspected of Being Rabid—Wash out the wound freely, if it will, then wash it out, and bandage loosely. Many advocate cauterizing the wound, either with strong carbolic acid, or the actual heated iron. Some recommend a poultice of the urine of the victim as near as possible, on the idea that while many hydrophobia bites only a few have rabies. If near a Pasteur Institute send the patient there.

Snake Bites from Poisonous Snakes—Cut a cross cut in the wound and use suction remedy to suck the wound. If the mucous membrane of the mouth is uninjured, the poison will not be absorbed. Put a bandage above the wound, constantly. German Surgeries recommend cutting out the wound, cut by pressing a piece of hot iron upon the wound, changing the sugar and continuing for several minutes. Wash out the wound with ammonia salt or vinegar and water.

In Case of Drowning.

If there be a little surface warmth when the body is drawn out of the water, or the faintest flutter over the heart, the muscles may be stimulated into action and life be saved.

Place the patient face down and lift him up by the legs so that the water may run out of the mouth and air passages. Cleanse the mouth and nostrils from sea-weed and sand; loosen any clothing which confines the chest or abdomen. Cause sneezing, coughing, and breathing by tickling the nostrils to the nose, bathing face with alcohol, tickling the back of the tongue with a feather, thus starting the circulation.

Failing this, try artificial respiration, Place the face of the patient, breathing into the patient's mouth regularly, followed by quick compression on the sides of the chest. Alternate these efforts regularly for 15 minutes.

Put patient on his back, with head slightly over the end of the table. Stand at the head, grasp the arms above the elbow, draw them up till they lie at full length at the side of the head. Keep them there for two seconds, then bring down and hold lungs. Draw the arms down, pressing them gently and firmly against the sides of the chest, holding them there for two seconds, thus pressing the air out of the chest. Continue for a quarter of an hour or until an effort to breathe is noticed when warmth should be applied to induce circulation.

Strip off the wet clothing, dry the body, using friction with the hand; warm blankets, hot bricks or bottles, to the feet and body, covered in the corn silk and cover with blankets and heart, all but the face, very warm to protect the patient from burns.

Give sips of hot milk, tea or coffee, and let the patient sleep. Claim has been made that after several hours unconscious, if the patient shows signs of coming the patient has a chance, a method worth trial as a final measure.

Timely Recipes.

Summer Squash—Wash, cut in small pieces and either cook in boiling water or steam. Mash fine and season with salt, pepper and butter. Allow one egg to each pint of squash. Thin with milk if too thick. This method gives a delicate flavor, but a watery dish.

Summer squash is delicious cut in slices and fried.

Very small, small squashes may be cooked whole.

More—Mature squash should be seeded and peeled, cut in small pieces and put in a stew pan with boiling water enough to cover. Drain, wash and season with salt, pepper and butter.

Green Corn on the Cob—Remove silks and husks and put the corn into a large amount of rapidly boiling water. If a large quantity of corn is cooked, put a few ears at a time into dishes to put only a few ears at corn in at once.

Long, slow cooking turns green corn dark and sticky.

Green Peas with Mint—Drop fresh young peas into boiling water with a sprig of mint. Cook rapidly till tender, uncovered or until tender. Add onehalf teaspoonful of powdered sugar, butter and salt to taste, and cream if desired.

Menu for Saturday.

BREAKFAST.
Fruit
Cereal Sugar and Cream
Omelet
Hashed Brown Potatoes
Puffs Coffee.

LUNCH.
Stuffed Cucumbers Sliced Tomatoes
Cake Iced Cocoa.

DINNER.
Carrot Soup
Veal Stew Mashed Potatoes
Squash
Chicory French Dressing
Wafers Cheese
Fruit Tapioca Custard
Coffee

Stuffed Cucumbers—Pare four good sized cucumbers, cut each in half and remove the seeds with an apple corer. Put one-quarter of a capful of milk and two tablespoonfuls of stale bread crumbs in each cucumber and let slowly until the milk is absorbed. Mash smooth and add one-half of a cupful of finely chopped cold veal or chicken, one-half to a teaspoonful of salt, a dash of cayenne, 15 drops of tabasco sauce, one tablespoonful of melted butter and one egg. Fill and refill the cucumbers with this mixture, packing it in as compactly as possible. Arrange them in a steepan, seeds up, pour over them three cupfuls of boiling water, cover with a close cover and simmer for 45 minutes. Pour off the stock into another saucepan, thicken it, add one teaspoonful of lemon juice and more seasoning if needed, and pour over the cucumbers at least, reserve the sauce, over and around them.

Iced Cocoa—For each cupful allow one teaspoonful of cocoa and one teaspoonful of sugar, mix and reduce to a paste with a little boiling water or milk, stir into the remainder of the milk, otherwise take equal quantities of milk and water. Stir the hot, liquid gradually into the paste, strain into a saucepan and bring to the boiling point, stirring constantly. Pour into a bottle and set aside to chill for several hours before serving. If desired add put it in a can and surround with pounded ice and salt, stirring occasionally until it is as thick as mush, serve in small cups with or without a little whipped cream.

Favors Bid of L. A. Hickey.

The board of public safety has recommended that the board of works accept the bid of L. A. Hickey for the erection of a new boiler and heater in Leeper park. Mr. Hickey asks $750 for the work. These other bids were before the board at its meeting yesterday:

Buys Old Farm Back.

Regretting he had sold his 160-acre Penn township farm a year ago, George E. Stahl has repurchased it from John M. Kline, giving an additional $1,000 for the land. The original price was $14,000 or $118.75 an acre.

SEPARATE BLOUSE.

There is a pretty little bodice shown in the drawing to-day which would be charming in a separate waist of silk or linen. It is a compact bodice. It would make up nicely in silk or voile or any of the soft silk or wool materials. The bodice of the material is cut with a deep yoke and the lower part is rather collar in a deeper tone than the bodice material or if the latter should be figured this would look well in a plain shade. The cuffs are made also of the plain silk and both collar and cuffs are covered with others of brin lace. There are tiny revers and a knotted tie of the plain silk. The hat is of lace and soutache silks to match.

PICNICS WILL TAKE MANY PEOPLE AWAY

FIVE ORGANIZATIONS TO HOLD ANNUAL OUTINGS.

Studebaker Club Plans Excursion to Culver—Three Societies Will Spend Afternoon at Hudson Lake.

Hundreds of South Bend people will have a holiday to-morrow, the occasion being the annual outings of five prominent local organizations. Three picnics will be held at Hudson lake, one will be at Lake Maxinkuckee while the fifth is scheduled for Diamond lake. The organizations to go to Hudson lake are Post K, Travelers' Protective association, South Bend court No. 41, Tribe of Ben Hur, and the Men's Brotherhood of the River Park M. E. church. The Studebaker club will run an excursion to Lake Maxinkuckee, while the blacksmiths will go to Diamond lake.

Members of the Studebaker club, which is composed of office men and department heads of the Studebaker companies, with their families and friends to the number of 4,500, will participate in the annual picnic of the society. A special train will be run to Culver for the club members, the company leaving South Bend at 1:15 o'clock. The officials of Culver Military academy have tendered the grounds of the school for the use of the club members. Dinner will be given by the cadets for the visitors.

A ball game between the Studebaker and a colony team is scheduled to be played on the athletic field. Tennis tournaments, various contests and a ball game between the club clerks and the office boys will constitute the sport. Aside from these events there will be no regular programme, the affair being a sociable informal affair. Returning to South Bend a special train will leave the Lake at 7 o'clock.

Seventy-five are expected to attend the picnic at Diamond lake which will be given under the auspices of the Mayer Horseshoers' association. The river park church will picnic with its friends and families. The party will leave over the Grand Trunk railroad at 7 o'clock to-morrow morning. No programme has been arranged for the event, but the day will be spent in fishing, boating and bathing. A tasty dinner will be served at noon. Prior to the picnic, all the blacksmith shops of the city will be closed all day.

Two special cars have been chartered to take the Ben Hurs to Lake Maxinkuckee. The party will be joined by at least 100 members of the order. The party will go to the resort over the South Shore lines, leaving the city at 1:30 o'clock.

An athletic programme will be a feature of the day. There will be a contest for the championship of the order, a tennis contest and a baseball game. Dancing in the pavilion at Lake park will be another event. Prizes have been offered the winners in the athletic contests.

The athletic events comprise the programme for the annual outing of Post K, Travelers' Protective association, which will be held at Stalb's resort, Hudson lake. The programme consists of the following: Boat race, 100-yard dash for girls over 15, throwing cocoa, peanut race for children under 10, 50-yard dash for women, 100-yard dash for boys over 15, 50-yard dash for girls over 15, 100-yard dash for men, 50-yard dash for members. The big feature will be a baseball game between teams representing the Travelers' Protective association and United Commercial Travelers. The women will have a free boxing indoor baseball game, a free-for-all race and a tug of war. No one will be allowed more than one prize. The party will leave South Bend at 7 o'clock over the South Shore lines and will return late in the evening.

A special car chartered from Park to Hudson lake over the Northern Indiana railway will carry members of the Brotherhood of the River Park M. E. church to the resort. The party will leave Mishawaka avenue and Lincoln way at 7:30 o'clock. A picnic supper will be served at the lake. A varied programme will be carried out.

Officers Are Elected.

The Young Men's Hebrew association elected officers at the last meeting held Wednesday evening. The new officers are as follows: President, Simon Turner; vice-president, John Kline; secretary, Jacob Kline; treasurer, Samuel Lazy. Arrangements were made for a picnic at Island park, Aug. 27.

When your maid quits use a Tribune ad and get another.

WOMEN MAY AVOID OPERATIONS

By taking Lydia E. Pinkham's Vegetable Compound

The following letter from Mrs. Orville Rock will prove how unwise it is for women to submit to the dangers of a surgical operation when there is a remedy like Lydia E. Pinkham's Vegetable Compound. She was four weeks in the hospital and came home suffering worse than before.

Here is her own statement.

Paw Paw, Mich.—"Two years ago I suffered very severely with a displacement. I could not be on my feet for a long time. My physician's remedy for seven months was a pessary, which at last sent me to Ann Arbor for an operation. I was there four weeks and came home suffering worse than before. My mother advised me to try Lydia E. Pinkham's Vegetable Compound and I did. Today I am well and strong and do all my own housework. I owe my health to Lydia E. Pinkham's Vegetable Compound and advise my friends who are afflicted with female troubles to try it."—Mrs. Orville Rock, R. R. No. 4, Paw Paw, Michigan.

If you are ill do not drag along until an operation is necessary, but at once write Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for women's ills, and has positively restored the health of thousands of women. Why don't you try it?

Wicked Germs

Steal Nourishment From Hair Roots and Cause Filthy Dandruff, Falling and Faded Hair.

Kill the germs; that's the only way to get rid of dandruff.

You don't have vigorous or beautiful hair as long as the little dandruff germs steal from the hair root the foods that nature intends the hair to have.

That's all there is to this "hair trouble."

Let us say it again, until the germs and your hair worries will be over.

Go to Weitlick's Original Cut Rate Medicine Store to-day and get a 25 cent bottle of PARISIAN SAGE, use it tonight and the next; see the dandruff disappear, notice the lustre that begins to show in the hair and wonders why you ever thought of the scalp has vanished.

Use PARISIAN SAGE as the exciting rub, it is guaranteed to destroy dandruff germs, stop falling hair and give the hair a beautiful lustre.

It gives back to every faded, lifeless lustre into faded hair and is the most delightful and refreshing hair dressing in the world. Sold by Weitlick's Original Cut Rate Medicine Store and druggists everywhere.

WHERE the GERMS DIG at the Hair Root

11 DAYS MORE OF THE FAMOUS

Raus-Mit-Em Sale

As a settled business policy to clean out every dollars worth of summer clothes — cutting prices for a legitimate purpose — to keep this live store clean and fresh, we have this sale and to show our appreciation to our customers, we are going to have

Free Day

All you buy on free day costs you nothing.

To-morrow may be

Free Day

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EXCURSION
Via
Michigan Central
Each Sunday in August
(Returning same day)
TO
St. Joseph 75c

Train leaves 9:16 a. m.
Tickets accepted in coaches only.
Baggage will not be checked on these tickets.

CHICAGO, INDIANA & SOUTHERN RY.
EXCURSION
SUNDAY, AUG. 20

$1.50	DANVILLE	$1.50
$1.00	KANKAKEE	$1.00
$1.50	STREATOR	$1.50

Special train will leave the Lake Shore station at 7:00 a. m. making stops at principal intermediate points, arrive Danville 11:25 a. m., Kankakee 10:00 a. m., Streator 11:45 a. m. Returning leave Danville at 5:25 p. m., Streator 3:15 p. m., Kankakee 6:45 p. m. Arrive South Bend 9:50 p. m. Correspondingly low rates to intermediate points.

LAKE SHORE RY.
EXCURSIONS
Every Sunday
Round Trip Fares
Chicago . . . $1.75

Trains leave South Bend 8:56, 7:12 and 9:23 a. m. Correspondingly low fares to intermediate stations where trains stop.

Grand Rapids . . $1.50

Train leaves South Bend 6:07 a. m. Also Saturdays to Three Rivers $1 Sturgis, Kalamazoo $1.25, Kalamazoo $1.25, Otsego and Allegan $1.50. Correspondingly low fares to other points on Grand Rapids Division.

Dr. E. Spangle
OPTICAL SPECIALIST.
Of 25 years of practical experience of testing and adjusting of spectacles and eyeglasses, will be at Studebaker Jewelry Co., Elkhart, Ind., Friday, Aug. 18, and all of the first Friday in each month, Michigan City, Ind., Thursday, Aug. 17, and all of the third Thursday in each month. Call Monday or Tuesday before Friday or Thursday for appointment. Call Wednesday or Saturday for appointment. Terms, cash or long credit to suit the convenience of the patrons. Examination free. Glasses guaranteed to satisfy. All kinds of repairs to be had at the Studebaker Jewelry Co.

FOR SALE!
$100 worth of watchmaker's tools and materials of all kinds, including 18 gauge lathe, 3 jewel chuck, and bench, for $100. Address
J. T. Welton
242 Columbus Avenue,
Benton Harbor, Mich.

C. R. Rhinehart, D. C.
CHIROPRACTOR
416-419 JEFFERSON BUILDING
Hours: Morning, Afternoon, Evening
Sunday, 9 to 4, 7 to 7:30.

When you buy
MEAT
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JIMMIE'S MARKET
you know you can eat it all.
Special on Corned Beef.
Only strictly Sanitary Market in the state.
123 West Jefferson,
Opposite Postoffice.

BLANK TABLETS.
5 Cents per pound.
10 Pound Lots 6 Cents.
200 Pound Lots 5 Cents.
TRIBUNE OFFICE.

THE DOMESTIC
Vacuum Sweeper

THE MOST REMARKABLE INVENTION YET ACHIEVED IN THE LINE OF VACUUM CLEANERS. IT IS OPERATED BY ONE PERSON WITH THE SAME EASE AS THE ORDINARY CARPET SWEEPER, BUT WITH RESULTS EQUAL TO ANY ELECTRIC CLEANER.

IT IS A RENOVATOR, A SWEEPER AND A DUSTER COMBINED.

IT WILL LIGHTEN THE BURDENS OF HOUSEKEEPING.

PRICE $16.00.

Irving A. Sibley
Hardware Merchant.
128-130 S. Michigan St.
South Bend, Indiana
Store Open Thursday and Saturday Evenings.

Saturday the Big Day at the Vernon

YOUR CHOICE	$15.00 $16.50 $18.50 $20.00	FANCY SUIT	$10
YOUR CHOICE	$22.50 $25.00 $27.50 $30.00	FANCY SUIT	$15

Big Sale in Boy's Suits, 8 years to 17 years; your choice $4.00, $5.00 and $6.00 Suits

$2.45

VERNON
C. B. STEED, Mgr.
"The Home of Better Clothes"

GRAND TRUNK RAILWAY SYSTEM
EASTERN
Summer Excursions
Daily, June 1st, to Sept. 30th, 1911
ROUND-TRIP FARES
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Atlantic City, N. J.		$26.00
Boston, Mass.		25.60
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Tickets good via Niagara Falls. Liberal stopovers. 30 days return limit. Summer Tourist fares to all Tourist Resorts in New England, New York, New Jersey and Canada, including the Thousand Islands, Lake of Bays, Temagami, Muskoka Lakes, Georgian Bay, Lake Champlain, Adirondacks, White Mountains, Green Mountains, Islands of the St. Lawrence River included at slightly higher cost. For full particulars address

C. A. McNUTT, Passenger Agent.

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Another assortment put up in the same manner, and retailing at the same price, includes 25 views of points about the State. This "tour" takes you to Michigan City, Marion, Princeton, Longansport, Corydon, Crawfordsville, Richmond, Indianapolis, Vincennes, Lincoln City, Attica, Greenfield, Evansville and other points. Use the coupon and take advantage of this remarkable offer.

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COUPON
Clip this coupon bring or send it to THE TRIBUNE OFFICE with 10 cents and receive one set of 25 colored Post Cards of Views of South Bend. By mail, 4 cents extra for postage.

Indiana Post Card
COUPON
Clip this coupon bring or send it to THE TRIBUNE OFFICE with 10 cents and receive one set of 25 colored View Post Cards, Tour of Indiana. By mail 4 cents extra for postage.

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