## For the Hostess

Chat on Interesting Topics of Many Kinds, by


Pretty Blouses



BABY'S WATERY ECZEMA.
 -Disease seemed Incurable.





Ready Explanation

GENTLE REBUKE FROM PULPIT $\mid$
Yet one Somenow Cannot Help won.
dering Whether sermon Was
Worth Listening To.

The highest medical authority on foods,
Sir James Crichton Browne, LL. D.-F. R. S. gives the best reasons for eating more Quaker Oats

| In an article published in the Youth's Companion of September 23 rd, 1909, Dr. Browne, the great medical authority on foods, says, about brain and muscle building - <br> "There is one kind of food that seems to me of marked value as a food to the brain and to the whole body throughout childhood and adolescence (youth), and that is oatmeal. <br> "Oats are the most nutritious of all the cereals, being richer in fats, organic phosphorus and lecithins.' <br> He says oatmeal is gaining ground with the well-to-do of Great Britain. He speaks of it as the mainstay of the Scottish laborer's diet and says it pro- | duces a big-boned, well-developed, mentally energetic race. <br> His experiments prove that good oatmeal such as Quaker Oats not only furnishes the best food for the human being, but eating it strengthens and enlarges the thyroid gland -this gland is intimately connected with the nourishing processes of the body. <br> In conclusion he says"It seems probable therefore that the bulk and brawniness of the Northerners (meaning the Scotch) has been in some measure due to the stimulation of the thyroid gland by oatmeal porridge in childhood." <br> The Scotch eat Quaker Oats because it is the best of all |
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| Dorothy and the Stork. <br> When little Dorothy Walworth was introduced to her baby brother in the First Methodist Episcopal Parsonage in Yonkers, N. Y., she manifested intense interest, but was not astonished. <br> "I knew he was coming," she exclaimed; "I knew it." <br> Pressed for an explanation, the five-year-old said: "I was down to the Bronx zoo the other day and saw the stork in his cage. I recognized him by the black stripes on his wings that papa said were there. Well, when the stork was standing alone on one leg, I went close to him and whispered in his ear that I wanted him to bring say anything, but I knew he would do it, because he bent his head toward me and winked an eye." | $\begin{aligned} & \text { ind } \\ & \text { nce } \\ & \text { best } \\ & \text { your } \\ & \text { gets } \\ & \text { is to } \\ & \text { s the } \\ & \text { Such } \end{aligned}$ |
| indications of an eruption of some kind near the Fountain hotel in Yellowstone park, says a dispatch from Mammoth Hot Springs, Wyo. Now a new and magnificent geyser has broken out in full force about 100 feet north of the regular Fountain geyser near Fountain hotel. This new geyser, which does not appear to affect any of the others in that vicinity, played to a the others in that vicinity, played to a height of 150 to 200 feet, throwing off immense quantities of hot water, mud and steam. The new geyser does not play regularly as does Old Faithful, but at short intervals, the eruptions occurring five or six hours apart, and lasting about one hour. | DR.D.JAYNE'S <br> TONIC <br> VERMIFUGE <br> A "run down" condition is generally due to the failure of the digestive organs to properly digest the food. Dr. D. Jayne's Vermifuge tones up the dupply the body with proper nourishment, and in this way bring about last. ing health. Ordinary tonic simply supply food matested form, and consequently are only effective as |
| Is Poor Consolation. <br> "Yes, it must be a terrible thing to go through life without your limb. But you must remember it will be restored to you in the next world." <br> "I know it will, mum, but dat don't encourage me, for it was cut off when | long as the tonic is taken. <br> Sold by all Druggists two sizes, 50 c and 35 c . <br> Dr. D. Jayne's Expectorant has been relieving and curing Coughs, Colds, and similar ailments for nearly four generations. |

## Up-Set

Sick Feeling
oil, salts or calomel, is about the
worst you can eniure-Ugh- it worst you can eniure-Ugh-it gives one the creeps. You dont
have to have it-CASCARETS
move the bowels-tone up the liver-without these bad feelings,
Try them.





DrJ.D.KELLOGGS ASIIMAR REMEDY Asitin Reilifor

PUTNAM FADELESS DYES



