

Feel All Used Up?

Does your back ache constantly? Do you have sharp twinges when stooping or lifting? Do you feel all used up—as if you could just go no further? Kidney weakness brings great discomfort. What with backache, headache, dizziness and urinary disturbances it is no wonder one feels all used up.

Doan's Kidney Pills have cured thousands of just such cases. It's the best recommended special kidney remedy. A Virginia Case Mrs. M. A. Eanes, 385 Park St., Lynchburg, Va., says: "I suffered constantly from kidney complaint and rheumatic pain for years. My hands were swollen and I had sharp pains through my back. I endured more misery than I can describe. Finally I used Doan's Kidney Pills and they restored me to good health. I have never had any kidney trouble since."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

WHY NOT TRY POPHAM'S ASTHMA MEDICINE

Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c. WILLIAMS MFG. CO., Props. Cleveland, O.

"ROUGH ON RATS"

Abyssinia is an important cattle breeding country. Canada in 1915 mined \$18,936,971 worth of gold.

Sties, Granulated Eyelids, Sore and Inflamed Eyes healed promptly by the use of ROMAN EYE BALMSAM—Adv.

Ne Need to Learn.

"Do you think now that women are in politics it will take long for a woman to learn how to become a boss?" "Friend, you're not married, are you?"

Fragile Distinction.

"How does Bliggins get the reputation of being such a clever man? He's always getting into some new kind of trouble." "Yes. Where he shows his cleverness is by getting out again."

Approval.

"Do you approve of the study of the classics in these practical times?" "Yes. Those old stories of the Trojan battles are good things to have around. They enable you to talk about war without danger of starting a serious argument."

Mildly Hinting.

Jimson—Hullo, Smith, where are you hurrying off to? Smith—O, just to the post office to complain of the beastly rotten delivery service. Jimson—Why, what's the matter now? Smith—That check you promised to send me ten days ago has not reached me yet, so I'm afraid it's gone astray.—Stray Stories.

His Caution.

"Tuther morning," related Mr. Gap Johnson of Rumpus Ridge, "while I was in bed, wrapped in the arms of Morpus, and wife cooking breakfast, she suddenly hollered for me to get up quick, b'ez Rowdy, the baby, had swallowed a quarter. "No, I reckon not, just yet," says I. "While I admire to see a child develop a saving disposition this early in the game, I don't want to flatter the little cuss by paying too much attention to him."—Kansas City Star.

Two Fellows

are trying to get ahead. It's easy to see who'll win. If you have any doubt about coffee holding some people back—in fact many—leave the hesitating class, stop coffee ten days, and use

POSTUM

This delicious pure food-drink, made of wheat, roasted with a bit of wholesome molasses, has a delightful, snappy flavor. It is free from the drugs in coffee and all harmful ingredients. Postum is good for old and young, and makes for health and efficiency.

"There's a Reason"

IN JELLY SEASON

METHODS OF PUTTING UP VARIOUS KINDS OF FRUIT.

Tartaric or Citric Acid Added to the Juice Will Be Found to Effect an Improvement—Must Not Be Used Always.

It is just about as easy to make jelly from apples, quinces, peaches, or pears as from any other kind of fruit, if you know how, according to Miss Addie D. Root of the Missouri College of Agriculture. All that is necessary is to add enough tartaric or citric acid to the juice to make it taste about as sour as a good sour apple. This usually means about a level teaspoonful to a quart of juice. It destroys the delicate flavor of peach and pear juice somewhat but improves the flavor of sweet apple and quince juice.

Blackberries, blueberries, raspberries, partially ripe grapes, crab apples, sour apples, and plums usually make good jelly because they have enough acid already and also contain a substance called pectin which must be present and must be brought out with the juice by heating if jelly is to be made. That is why jelly-makers do not simply press out the juice from cold fruit. All apples and similar fruits have enough pectin for jelly-making purposes.

In making apple jelly cover the fruit with water before cooking and boil 20 or 30 minutes. After boiling has continued 10 or 15 minutes, add three-quarters of a cupful of sugar for every cupful of juice. The sugar that will be required should have been measured into a pan and warmed in the oven for a while before it is added. It should be carefully stirred in to prevent burning.

As soon as the glasses are filled with the hot jelly they should be set in a cool place while jellifying takes place. They should be sealed from the air, but if the jelly has been slightly overcooked it may be covered with panes of glass and allowed to harden in the sun. When it is well set pour hot paraffin over the top and put clean tin covers on the glasses. Store them away in a dry, cool place where the jelly cannot mold.

HOUSEHOLD HINTS

A hot iron will soften old putty so that it can be easily removed.

Never use water from a stone reservoir for cooking purposes.

Never allow fresh meat to remain in paper; it absorbs the juice.

Lemons will keep fresh if stored in dry sand separately.

Salt will remove the stain from silver caused by egg, when applied dry with a soft cloth.

To polish a black marble clock rub over with olive oil and finish with a clean chamol leather.

Never keep vinegar or yeast in stone crocks or jugs; their acid attacks the glazing, which is said to be poisonous.

Put a silvered spoon into the most delicate glass and boiling hot liquids can be poured into it without breaking it.

Health Hints for Hot Weather.

Be sure the leftover food is not contaminated by flies. Be sure the icebox is immaculate. Remember that germs cannot resist boiling, and if there is any sick child or person in the household the safest way is to use enameled ware in the sick room and boil it thoroughly before it is used again or by another member of the family. Fly screens are useful in keeping out flies, but do not save one from the necessity of killing the flies that are already inside the house. All fruit and vegetables should be very carefully washed, and, better still, peeled if they have had much handling. Take reasonable precautions of this kind and then don't worry. Many a child has been worried into an illness by an over-anxious mother.

Steamed Peach Roll.

Sift two cupfuls of flour with one scant teaspoonful of salt and three tablespoonfuls of baking powder, rub in one rounded tablespoonful of butter and moisten with enough milk to make a rather stiff dough. Place on a floured board, pat into rectangular shape, cover with sliced peaches, dust with flour and sugar, roll into a loose roll, pinch the edges together, wrap in a floured cloth and steam one hour. Serve with peach syrup, slightly thickened with arrowroot or cornstarch.

Darning Tip.

To make silk stockings wear longer than they were ever meant to do buy a small spool of mending floss just the same color and carefully darn the heels and toes both ways. This precautionary darning will not spoil the looks of the new hose and it considerably retards the time when they become threadbare.

Blueberry Dumplings.

Two-thirds cupful sweet milk, two cupfuls flour, two teaspoonfuls baking powder, a little salt. Have pint of boiled canned berries, drop by full teaspoonfuls into dumplings and boil until done, like any dumpling. Any berry will do. Eat cream and sugar on them if you like.

Clam Frappe.

Steam clean clams thoroughly until they open. Drain, let the water stand until clear, pour off the sediment and strain through fine linen and freeze loff in equal parts of ice and salt.

THE MARKETS

NEW YORK.—Wheat—Spot, easy; No. 1 Durum, \$1.60 1/4; No. 2 hard, \$1.66 1/4; No. 1 Northern Duluth, \$1.74 1/4; No. 1 Northern Manitoba, \$1.72 1/4 to b New York.

Corn—No. 2 yellow, 97 1/2 c 1 1/4 New York.

Oats—No. 3 white, 53 1/2 @ 54 1/2 c.

Butter—Creamery, extras (92 score), 32 1/2 c; creamery (higher scoring), 33 @ 33 1/2 c; firsts, 31 @ 32 c; seconds, 29 @ 30 1/2 c.

Eggs—Fresh-gathered, extra fine, 34 @ 35 c; extra firsts, 32 @ 33 c; firsts, 29 @ 31 c; nearby hennery, whites, fine to fancy, 38 @ 42 c; nearby hennery, browns, 36 @ 37 c.

Cheese—State, fresh, specials, 17 1/2 @ 17 3/4 c; do, average fancy, 17 @ 17 1/4 c.

PHILADELPHIA.—Wheat—Car lots, in export, No. 2 red, spot, \$1.53 @ 1.57 1/2; No. 2 Northern red, \$1.62 @ 1.63; do do, steamer, \$1.51 @ 1.53; do do, No. 3, \$1.51 @ 1.53; rejected A, \$1.47 1/2 @ 1.50 1/2; rejected B, \$1.46 1/2 @ 1.48 1/2.

Corn—No. 2 yellow, 98 @ 98 1/2 c; do do, steamer yellow, 97 1/2 @ 98 c; do do, No. 3 yellow, 95 1/2 @ 96 1/2 c; do do, No. 4 yellow, 92 1/2 @ 93 1/2 c.

Oats—No. 2 white, 54 @ 54 1/2 c; standard white, 53 1/2 @ 54 c; No. 3 white, 53 @ 54 c; No. 4 white, 50 1/2 @ 51 1/2 c; sample, 46 1/2 @ 47 1/2 c; purified oats, 52 @ 52 1/2 c.

Butter—Western, solid-packed creamery, fancy, specials, 35 c; do do, extras, 33 @ 34 c; extra firsts, 32 @ 32 1/2 c; firsts, 31 1/2 c; seconds, 29 1/2 @ 29 3/4 c; nearby prints, fancy, 36 c; do do, average extras, 34 @ 35 c; do do, firsts, 32 @ 33 c; do do, seconds, 30 @ 31 c; jobbing sales of fancy prints, 39 @ 42 c.

Eggs—Nearby extras, 32 c per dozen; nearby firsts, per standard case, \$8.70 @ 9; current receipt, \$7.80 @ 8.40; Western extras, 32 c per dozen; do do, extra firsts, \$8.70 @ 9.30 per case; do do, firsts, \$8.10 @ 8.40; fancy selected candied, jobbing at 36 @ 37 c per dozen.

Live Poultry—Fowls, 17 1/2 @ 18 1/2 c; roosters, 14 @ 15 c; spring chickens, according to quality, weighing 1 1/2 @ 2 lbs and over apiece, 22 @ 24 c; do do, smaller sizes, 19 @ 21 c; do do, white leghorns, according to quality, 18 @ 20 c; ducks, 14 @ 16 c; pigeons, old, per pair, 25 @ 28 c; do do, young, per pair, 18 @ 22 c.

Cheese—New York, full cream, fancy, 18 1/4 @ 18 1/2 c; do do, fair to good, 17 1/2 @ 18 c; do do, part skims, 10 @ 11 c.

BALTIMORE.—Wheat—No. 2 red spot and August, 152 1/2 c; September and October, 152 1/2 c; No. 2 red Western spot, 153 1/4 c.

Corn—Spot mixed corn, 92 1/2 c; August, 92 1/2 c.

Oats—No. 2 white, 51 1/2 @ 52 c; standard white, 50 @ 50 1/2 c; No. 3 white, 49 1/2 sales. Old oats: Standard white, 51 1/2 @ 52 c; No. 3 white, 50; No. 4 white, 48 asked.

Rye—No. 2 Western, export, \$1.27 @ 1.28; bag lots, as to quality and condition, 90c @ \$1.07.

Hay—No. 7 timothy, \$19; No. 2 do, \$16.50 @ 17; No. 3 do, \$12 @ 15; light clover mixed, \$16 @ 16.50; No. 1 do, \$15 @ 15.50; No. 2 do, \$10 @ 12; No. 1 clover, \$10 @ 11.50; No. 2 do, \$10 @ 10.50; No. 3 do, \$8 @ 9.

Straw—No. 1 straight rye, \$14; No. 2 do, \$12 @ 13; No. 1 tangled do, \$10.50 @ 11; No. 2 do, \$9.50 @ 10; No. 1 wheat, \$8 @ 8.50; No. 2 do, \$7.50 @ 8; No. 1 oat, \$9 @ 9.50; No. 2 do, \$8 @ 8.50.

Butter—Creamery, fancy, 32 @ 32 1/2 c; do, choice, 30 @ 31; do, good, 28 @ 29; do, prints, 32 1/2 @ 33 1/2 c; do, blocks, 32 @ 32 1/2 c; Maryland and Pennsylvania rolls, 23 @ 24; Ohio rolls, 23; West Virginia rolls, 23; storepacked, 23; Maryland, Virginia and Pennsylvania dairy prints, 23 @ 24.

Eggs—Maryland, Pennsylvania and nearby firsts, 28c; Western firsts, 28; West Virginia firsts, 28; Southern firsts, 27.

Live Poultry—Chickens—Old hens, 4 lbs and over, 19c; do, do, small to medium, 18; old roosters, 11; springers, large, 23; do, small to medium, 21 @ 22; do, do, white leghorns, 21.

Ducks—Young Pekings, 3 1/2 lbs and over, 16; do, puddle, do, do, 15; do, Muscovy, do, do, 15; do, do, smaller, 13 @ 14. Pigeons—Young, per pair, 25c; old, do, 25.

Live Stock

CHICAGO.—Hogs—Bulk, \$10.40 @ 10.90; light, \$10.40 @ 11.06; mixed, \$10.10 @ 11; heavy, \$10 @ 10.95; roughs, \$10 @ 10.20; pigs, \$7.40 @ 9.50.

Cattle—Lower: native beef cattle, \$6.50 @ 10.85; Western steers, \$6.25 @ 8.50; stockers and feeders, \$4.75 @ 7.50; cows and heifers, \$3.25 @ 9.25; calves, \$8.50 @ 11.75.

Sheep—Wethers, \$6.25 @ 7.70; ewes, \$3 @ 7.20; lambs, \$6.65 @ 10.75.

KANSAS CITY, MO.—Hogs—Close steady, Bulk, \$10.20 @ 16.75; heavy, \$10 @ 10.35; packers and butchers, \$10.20 @ 10.75; light, \$10.25 @ 10.65; pigs, \$8 @ 10.00.

Cattle—Prime fed steers, \$9.50 @ 10.75; dressed beef steers, \$7.50 @ 9.25; Southern steers, \$5.50 @ 8; cows, \$4.50 @ 7.25; heifers, \$6 @ 10.25; stockers and feeders, \$5.50 @ 8; bulls, \$5.25 @ 6.75; calves, \$6.50 @ 11.

Sheep—Lambs, \$9.85 @ 10.40; yearlings, \$7.25 @ 8.25; wethers, \$7.25 @ 7.75; ewes, \$6.50 @ 7.25.

LOOK TO FOURTH GENERATION

Writer Sees Little to Praise in the First Three Generations of Modern Americans.

The North American child is too often merely the by-product of marriage. It serves as an outlet for that pride which its parents cannot always reasonably take in themselves. It is petted, spoiled, pampered, over-dressed and under-disciplined, till there is evolved a strange pigny for whom the world soon grows hard, who is destitute of the pettiary appeal of childhood and who surveys an already anticipated and thoroughly analyzed future with the cold eyes of unnatural knowledge. Alan Sullivan writes in Harper's Magazine for August. The world is its football! It is smart; the forced garden of its life no sheltered bed where may bloom the flowers of graciousness or peace. Of such will be the new aristocracy, and its traditions will be of grandfathers who, by virtue of that fine native American longheadedness, delivered the goods of their period and were promptly and suitably rewarded. But there will be few traditions of courtliness, scant reminders that noblesse oblige, and but scattered memories of inherited responsibilities. The sempiternal dollar will still dominate. One generation was too busy collecting and the other will be too busy spending. The second generation offers no promise and the third but little. The fourth will probably open a new and finer cycle.

FOR HAIR AND SKIN HEALTH

Cuticura Soap and Cuticura Ointment Are Supreme. Trial Free.

These fragrant, super-creamy emollients keep the skin fresh and clear, the scalp free from dandruff, crusts, scales and the hands soft and white. They are splendid for nursery and toilet purposes and are most economical because most effective.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Was His Humor Conscious?

A young woman in Pittsburgh was recently looking at material in one of that city's leading dry goods stores in an attempt to select what would make an attractive skirt for the season. The clerk rather strenuously suggested the availability of several patterns.

"But," said the young woman, "they are rather loud, don't you think?" Without a glimmer of a smile, and in a perfectly correct tone for a salesman to assume, he replied:

"Too loud for awnings—just right for skirts."

The Difference.

"Politician, isn't he?" "Oh, no, he's a statesman."

"Well, what's the difference?" "A statesman, my dear chap, is one who is in politics because he has money. A politician is one who has money because he is in politics."

They're Scarce.

"What a beautiful girl Miss Stone is! Strange she has never married."

"Well, you know there are very few men who can afford to provide a proper setting for such a beautiful Stone."

His Characteristic.

"That Villa person seems determined to make all the mischief he can."

"Yes, he's just dying to make trouble."

A Difference.

"Have you had your vacation?" "Yes. Just finished it. Now I'm going home and get some rest."

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

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Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas \$3.00 \$2.50 & \$2.00 W. L. Douglas Shoe Co., Brockton, Mass.

Possibility of Combustion.

The danger of fire from oil-soaked rags such as many housekeepers keep on hand for wiping up varnished floors was demonstrated at a fire-risk exhibit given in a New York window recently. A quantity of oil-soaked rags were placed in the window with a placard stating that they were liable to take fire at any time from instantaneous combustion due to the action of the atmosphere upon the rags. A number of small blazes were started by rags in this window. In one instance combustion took place within seven hours after the rags were placed in position.

Menial Labor.

Father was trying diplomatically to get Johnny interested in arithmetic. "Surely you want to learn percentage," he said. "That teaches you how to figure the averages of the baseball teams and players."

"What do I care?" retorted Johnny. "The fellows that play the game don't have to do that. They hire some cheap skate to do it for 'em."

Always at it.

"Do you know how the world goes round?" "By the sun's attraction."

"Not quite. It is kept going because every crank in it has a turn."

Twelve field parties will continue this year the government survey of the mineral resources of Alaska.

Wright's Indian Vegetable Pills have stood the test of time. Test them yourself now. Send for sample to 272 Pearl street, N. Y.—Adv.

Are long pictures will give way to politics.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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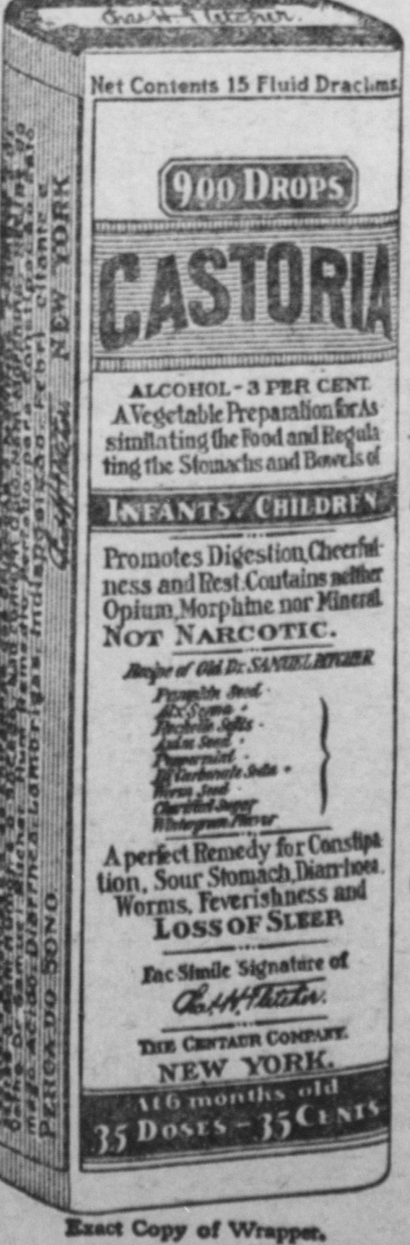
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