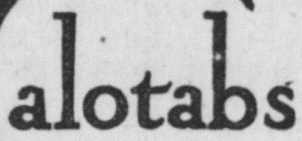


No More Constipation or Blotchy Skin

Want a clear, healthy complexion, regular bowels, and a perfect working liver? All easy to obtain if you take **CARTER'S Little Liver Pills**, the sure safe and easy acting remedy. For headache, dizziness, upset stomach and constipation, they have no equal. Purely vegetable. **Small Pill—Small Dose—Small Price**

The next time you buy calomel ask for



The purified and refined calomel tablets that are nauseous, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

DRIVE MALARIA OUT OF THE SYSTEM



A GOOD TONIC AND APPETIZER

FRECKLES OR PIMPLES. Try Dr. Campbell's cure. If satisfied send \$2. Stoll Co., 1425 Center Street, Milwaukee, Wisconsin.

Harvest 20 to 45 Bushel to Acre Wheat in Western Canada

Think what that means to you in good hard dollars with the great demand for wheat at high prices. Many farmers in Western Canada have paid for their land from a single crop. The same success may still be yours, for you can buy on easy terms.

Farm Land at \$15 to \$30 an Acre

located near thriving towns, good markets, railways—land of a kind which grows 20 to 45 bushels of wheat to the acre. Good grazing lands at low prices convenient to your grain farm enable you to reap the profits from stock raising and dairying.

Learn the Facts About Western Canada

—low taxation (none on improvements), healthful climate, good schools, churches, pleasant social relationships, a prosperous and industrious people.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or F. A. HARRISON, 210 N. Third St., Harrisburg, Pa. Canadian Government Agent.

PICTURE GIVEN FREE, postpaid, no work, no expense. For particulars write St. John Stephenson Co., 2113 M St., Richmond, Va.

All He Did. "How did you spend your vacation?" "Going for ice and cleaning fish mostly."

If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine.

A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Next to the kindly act is the appreciation thereof.

Use **MURINE** Night Morning Keep Your Eyes Clean—Clear and Healthy

The SANDMAN STORY

A BARNYARD MEETING

THE Turkeys in the barnyard called all the other fowl one morning to a meeting they were to hold behind the barn. "We are called together," said Mr. Gobbler, "to discuss a serious situation—namely, that of getting rid of Mr. Fox."



"He has bothered all of us lately very much, but my family in particular have suffered great loss, and now I want to talk over a plan for getting rid of him and I shall be glad of your help in the matter." "I second the motion," quacked Mr. Drake, "and I suggest that we tar and feather him."

"Oh! I think that far too good for him," said Mr. Gobbler. "I propose that we catch him and pull off his fur, one hair at a time, and then turn him loose. He will be sure to freeze, and that, I am sure, will be a punishment he would not choose."

"Let us try to think of some way not so distasteful to refined minds," said Mr. Rooster. "I want him punished as much as any of you, but can it not be done with more dignity?" "What do you all say if we catch him and duck him in the pond, then pull him out by the tail and drag him around the barnyard for all to see. I am sure he will be quite upset by being brought so low and will never come around here again."

"Siss!" hissed Mr. Gander. "A dignified punishment, indeed. But what will he be doing all this time, may I ask you, Mr. Rooster?" "Mr. Fox will jump up and eat you or whoever is dragging him about. No, I think the only thing to do is catch him and shut him up in a cage, feed him on stones—nothing but stones—"

But plenty people ask me wot's matter I no lerna how dat game ees play. Some frien come taka me one more game other day and he say he gonna explaina everyting. When one guy whosa play weeth other town come up weeth greath beega stiek my frien say he gonna try knocka ball backa Lome. But ae missa everyting so mooch I getta idee he no leeve ver far. For way he swengna da club I tink he hava hard time heet hees mouth weeth a spoon when eat soup.

I dunno, but seema lika everyting ees talka backward een dat game. One guy knocka ball over da fence and my frien say he maha home run. But he jusa run een da rink lika no can finda hees place. And when he come back he eet down and no go home at all. One other guy run like devil and fall down and my frien say he stenia base. I say dat feller run too fast for stenia somating. I sure lika square deal, so I tella my frien I betta seexa bits eef searsha dat guy he no gotta somating wot no belonga weeth heen. Preeety soon I getta mad and go home too moecha foola da publeec. One feller I know seence was leetle cuss smasha da ball, and everybody sny was goodsa seengle. And for fiva, seexa years I know dat ees married weeth beega family. I gotta deesgust weeth idee man can be seengle and hava half dozen keeds sama time. Wot you tink?"

What the Sphinx Says.

By NEWTON NEWKIRK. "If you want a thing done to suit you please have the goodness to explain it in detail to a subordinate—then do it yourself."

and nothing to drink until he cannot hold out any more, and then let him go to the pond for a drink of water and push him in. That will be the end of him, as you all can see, for he will sink at once."

"I wish you would let some of us talk a minute," said old Madam Duck. "I think we should catch him and tie his legs. That would be the best plan. Then we who have suffered most from his visits here can poke him with a brier until he begs for mercy."

"Mercy! Would you be merciful to that wretch?" screamed Madam Turkey, who had lost nearly all her family.

"No; I would not. But I should like him to beg for it, just the same," said Madam Duck.

"The plans are all very good—very good, indeed," said Mr. Gobbler. "There remains only one thing to do, and that is to choose which one it shall be."

"Yes, there is another question which you have not seemed to think of, Mr. Gobbler," said little Brown Hen, who had listened quietly all the time, "and that is, Who is to catch Mr. Fox and how will it be done?"

Everyone stood quite still, and then they all suddenly remembered that it was time to eat, and off they all ran to the barnyard as fast as they could go. (Copyright.)

Louise Du Pre



Successfully serving as an understudy to Mary Pickford, Louise Du Pre has entered stardom in the "movie" world. Miss Du Pre is a little Southern girl from Atlanta, Ga. Her real name is Lottie Lou Eady, and on her mother's side she is a descendant from the Du Pre family, pioneers of that state. She is recognized as the first understudy to a screen star in the history of motion pictures.

BEAUTY CHATS

by Edna Kent Forbes

MEAL BATHS

WILL you kindly print directions for bran or oatmeal baths, or other baths for improving the texture of the skin?" writes a correspondent. In the same mail came a request for baths to help a rheumatic old lady.

So, since our space is brief, I think I will make a list of the various



Oatmeal Baths Are Good for the Skin; They Make it Soft and White.

beauty and medicinal baths, with short directions for taking each kind. There is, first, the oatmeal bath—essentially a bath for beauty. It whitens the skin, makes it wonderfully soft, and acts as a mild bleach. Take about four cupfuls of uncooked oatmeal, put in a muslin bag, and put the bag in the bath water, if possible letting the water from the faucets run over the bag. Squeeze it before getting into the bath, so the water becomes milky looking. One bagful can be used four or five times. Bran baths are taken the same way.

FINNIGIN FILOSOFY. Advice is usually given t' th' young, be some owld coot that th' same advice was give to whin he was a bye, an' that he has carefulely saved be niver usin' at 'msif.

Old Mottos Remedied While You Wait. Spartacus—I see the waistline has moved again. Smartness—Sure! The motto of the fashion-setters is: "Hew to the style, let the hips fall where they may."

In Merric New England. Young Man—Fine morning. Old Man—(Silence). Y. M.—I say it's a fine morning. O. M.—(Ditto). Y. M.—I say, sir, it's a fine morning! O. M.—Well, he ye wantin' t' git into a argument about it?

Maybe So, Maybe So. "What causes the breaking of a man's powers?" "The bending of his energies."

INTELLIGENT SCHEME. Guest—Landlord, this hand-basin o' mine won't drain at all! Landlord—Put the plug in. The plug leaks.

They Sure Ought. The other day we saw a sign that some fat young travelers we have met ought to carry on themselves. It was put up by a tourist association, and it said: Special Attention Given To Ladies Traveling Alone.

The Kitchen Cabinet

Ideals are like stars; you will not succeed in touching them with your hands. But, like the seafaring man on the deserts of water, you choose them as your guides, and following them you reach your destiny.—Schurz.

SEASONABLE GOOD THINGS.

Those who cannot eat meat, or are on a limited diet, will enjoy:

Nut Cutlets.—Take one cupful of bread crumbs, one-quarter of a cupful of finely chopped almonds or walnuts, a little onion or chives; season with salt and pepper. Put over the fire a cupful of milk with four tablespoonfuls of butter; when boiling add the bread crumbs and cook until thick. When cool add the nuts, a little parsley; shape into cutlets, roll in egg and crumbs and fry in deep fat. Serve with tomato sauce.

Hickory Nuts and Cheese.—Beat to a cream one tablespoonful of butter, then add six tablespoonfuls of cream cheese. Mix thoroughly, adding oil if liked, to make it creamy. Have ready a quarter of a pound of hickory nuts chopped fine, and blend with the cheese paste; season with salt, pepper and a little lemon juice; make in balls and serve as a salad on lettuce leaves.

Onions on Toast.—Chop six onions fine, then boil twenty minutes in one pint of boiling water to which a little salt has been added. Drain off the water, add one tablespoonful of butter and serve on rounds of buttered toast. Garnish with sprigs of parsley and crescents of hard-boiled eggs.

Cream Sponge Cake.—Beat two cupfuls of granulated sugar with half a cupful of water until it threads. Pour slowly over eight well-beaten yolks of eggs; beat until cold, add the juice and rind of an orange and two cupfuls of pastry flour; lastly fold in the stiffly beaten whites of eight eggs.

Sorbet.—Make a sirup of two cupfuls of water and two cupfuls of sugar; boil fifteen minutes, add one can of shredded pineapple, one and one-third cupfuls of orange juice, one-half cupful lemon juice; strain and add one quart of apollinaris water, freeze to a mush, using equal parts of ice and salt. Serve in frappe glasses.

Maple Custards.—Beat six eggs until foamy, add a pinch of salt and slowly half a cupful of thick maple sirup and three cupfuls of milk. Mix well and pour into custard cups; set these into hot water and bake until firm.

Who does his duty? Is a question too complex to be solved by me; but he, I venture the suggestion, Does part of his, that plants a tree. —Lowell.

EVERYDAY FOOD.

It is the ordinary everyday things which are the dishes most of us wish to know about; those we serve every day, but will give us variety.

Tomato Cream Toast.—Melt three tablespoonfuls of butter and blend it with four tablespoonfuls of flour. Pour in gradually one and one-half cupfuls of strained stewed tomatoes; add a speck of soda. Season with salt and pepper. Add three-fourths of a cupful of hot cream and pour over well-buttered toast. Serve promptly.

Sausage Baked With Apples.—Butter a deep granite dish and place in it four apples cut in halves with the skin side down. Place over the dish a wire rack or toaster and cover with sausages which have been well pricked. Cook from twenty to thirty minutes. Remove the sausages to a hot platter and surround with the apples.

Luncheon Potatoes.—Chop rather fine enough potatoes to make a quart. Melt three tablespoonfuls of butter or drippings in a saucepan and mix with the potatoes. Add two tablespoonfuls of flour and one cupful of milk. Stir well, cover and cook slowly for ten minutes. Add two chopped hard-cooked eggs. Season well and serve.

Chocolate Pudding.—Soak one pint of bread crumbs in one quart of hot milk for half an hour. Melt two squares of bitter chocolate and add to the milk two-thirds of a cupful of sugar, a little salt, vanilla and two slightly beaten eggs. Mix all with the bread and bake in a moderate oven three-fourths of an hour. Serve with:

Ginger Cookies.—Take two cupfuls of molasses, one cupful of lard, one cupful of sugar, two-thirds of a cupful of sour milk, one tablespoonful of ginger, one teaspoonful of soda dissolved in the milk and two teaspoonfuls put into the flour. Mix with a little flour as possible. Chill on ice before rolling. Bake in a moderate oven. If wanted quite lancy, frost with a boiled frosting or with confectioner's sugar mixed with milk.

Tapioa Griddle Cakes.—Stir half a cupful of fine tapioa into a cupful of boiling water; add half a teaspoonful of salt and cook until the tapioa is transparent; then add one cupful of cold milk, a well beaten egg and a cupful of sifted flour, sifted with two spoonfuls of baking powder. Bake and serve at once.

Nellie Maxwell

That Nagging Backache

Are you tortured with a throbbing backache? Suffer sharp pains at every sudden move? Evening find you "all played out"? Perhaps you have been working too hard and getting too little rest. This may have weakened your kidneys, bringing on that tired feeling and dull, nagging backache. You may have headaches and dizziness, too, with annoying kidney irregularities. Don't wait! Help the weakened kidneys with Doan's Kidney Pills. They have helped thousands and should help you. Ask your neighbor!

A Virginia Case

J. W. Byers, salesman, Box 245, Suffolk, Va., says: "I had a weak back and whenever I stooped over I suffered from pains in straightening up. The kidney secretions were irregular in passage. Doan's Kidney Pills were recommended to me and after taking one box the pains left my back and my kidneys were regulated. Doan's bring me relief from such attacks."

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

DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Freud From Torture

Eaton's Cleared His Up-Set Stomach

"The people who have seen me suffer tortures from neuralgia brought on by an up-set stomach now see me perfectly sound and well—absolutely due to Eaton's," writes H. Long. Profited by Mr. Long's experience, keep your stomach in healthy condition, fresh and cool, and avoid the ailments that come from an acid condition. Eaton's brings relief by taking up and carrying out the excess acidity and gases—does it quickly. Take an Eaton's after eating and see how wonderfully it helps you. Big box costs only a trifle with your druggist's guarantee.

OLD SORES, PILES AND ECZEMA VANISH

Good, Old, Reliable Peterson's Ointment a Favorite Remedy.

"Had 51 ulcers on my legs. Doctors wanted to cut off my legs. Peterson's Ointment cured me."—Wm. J. Nichols, 49 Wilder Street, Rochester, N. Y. Get a large box for 25 cents at any druggist, says Peterson, of Buffalo, N. Y., and money back if it isn't the best you ever used. Always keep Peterson's Ointment in the house. Fine for burns, scalds, bruises, sunburn, and the surest remedy for itching eczema and piles the world has ever known.

GET HEALTH AND HAVE HAPPINESS

For your health's sake you should immediately correct any irregularity of the bowels by taking DR. TUTT'S LIVER PILLS. If your bowels are not working properly you cannot expect to keep fit. Take one or two at bedtime. Get right and keep right.

Dr. Tutt's Liver Pills

DO NOT SUFFER!

Why will you go about suffering with a Headache or Neuralgia? It is not necessary, nor is there any reason why you should.

WHITE CAPS

will give you relief in a very short while, with no bad effect. White Caps is a Headache and Neuralgia relief. It is a depend upon; contains none of the narcotic, habit forming or prohibitive drugs, yet gives prompt relief and can be relied upon. Mrs. Elizabeth Porter of Girard, Ohio, writes: "She cannot do without White Caps, she requests eight boxes to be sent for herself and neighbors, who say they do the work." Wm. H. Clayton of Piedmont, W. Va., writes: "Have used White Caps, and find them to be thoroughly reliable and very good medicine."

Try WHITE CAPS

when your head aches, or you have Neuralgia, or for relief from Rheumatic Pains. Dealers and Druggists sell them. Trial size 10c—Regular size 25c per box. Gilbert Bros. & Co., Props., Baltimore, Md.

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

GOLD MEDAL TABLET OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1895. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

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