A trial package of Munyon's Paw Paw Pills will be sent free to anyone on re-quest. Address Professor Munyon, 53d & Jefferson Sts., Philadelphia, Pa. If you are in need of medical advice, do not fail to write Professor Munyon. Your communieation will be treated in strict confidence, and your case will be diagnosed as carefully as though you had a personal inter-

Manyon's Paw Paw Pills are unlike all other laxatives or cathartics, They goas the liver into activity by gentle methods. They do not scour, they do not gripe, they do not weaken, but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. In my opinion energipation is responsible for most ailments. There are 26 feet of human bowels, which is really a sewer pipe. When this pipe becomes clogged the whole system becomes poisoned, causing biliousness, indigestion and impure blood, which often produce rheumatism and kidney ailments. No woman who suffers with constipation or any liver ailment can expect to have a clear complexion or enjoy good health. If I had my way I would prohibit the sale of nine tenths of the cathartics that are now being sold for the reason that they goon destroy the lining of the stomach, setting up serious forms of indigestion, and so paralyze the bowels that they refuse to act unless forced by strong purgatives.

Munyon's Paw Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverish it; they enable the stomach to get all the nourishment from food that is put

These pills contain no calomel, no dope; they are soothing, healing and stimulating. They school the bowels to act without physic.

Regular size bottle, containing 45 pills, Munyon's Laboratory, 53d & Jefferson Sts., Philadelphia.

#### "JUST FERNINST THE HILL"

Little Pointer for Those Who Feel a Desire to Seek the State of Matrimony.

The state of Matrimony is one of the United States. It is bounded by kissing and hugging on one side and cradles and babies on the other. Its thief products are population, broomsticks and staying out at night. It was discovered by Adam and Eve while trying to find a Northwest passage out of Paradise. The climate is saltry until you pass the tropics of housekeeping, when squally weather commonly sets in with such power as to keep all hands as cool as cucumbers. For the principal roads leading to this interesting state, consult the first pair of blue eyes you see. -Exchange.

No Excuse at All. N C. Goodwin, the comedian, was condemning a new comedy at a dinner

In New York. "Its climax," he said, "is false and unsatisfactory-as false and unsatisfactory as Rowndar's excuse.

"On Rowndar's return at a very late bour his wife said reproachfully: You used to yow I was the sunshine of your life, but now you stay out night after night."

Well, my love, said Rowndar, T don't ask for sunshine after dark."

Absent-Minded Suffragette. One of the Suffragettes-I've lost me best hatpin, Lizzie,

Abother-Where did you leave it The First-Oh, I remember now! I left it sticking in that policeman!-

London Opinion.

Good breeding is benevolence in triffes, or the preference of others to ourselves in the little daily occurrences

of life.-Chatham. Full life exists in three dimensions.

art in two, and science in one; like a solid, a superficies, and a line.

### It Does The Heart Good

To see how the little folks enjoy

# Post **Toasties**

with cream Sweet, crisp bits of pearly white corn, rolled and toasted to an appetizing

"The Memory Lingers"

brown.

POSTUM CEREAL CO., Lid.,

#### **ANNUNCIATION**



Easter Easter One of the Oldest of Festivals 

STER, celebrated all

tre. She was the god-

over the world by the Christian churches as the anniversary of the resurrection of Christ, is one of the oldest festival days known. Ostra, Osterr, or Eas-

dess of the east, the revival of the new day and fresh activity, particularly of the coming of the spring and the revival of nature. As the Christian Easter signifies a new birth into life everlasting, the analogy between the revival of the natural life in the spring after the long winter of bright and the resur-

rection of the Savior is quite evident. The month of April was dedicated by the Saxons to this goddess and the name, Oster Monat, is still used by the Germans to denote it. The Latin races of the south of Europe and the Russians have derived the word Easter from the Aramanic word "pesash" (pass over) and Easter is called by the Spanish "pascus," while the Italians speak of it as "pasque," the French calling it "pasques" and the are connected with Easter day, the Russians "paskah."

Christian church was the practice of ing in the sky. This superstition is turning as many as possible of the traced back to the days of ancient pagan festivals into holy days and paganism when the people engaged giving them a religous significance.

Easter, the spring festival of the Osterr. pagans, the resurrecting of the natural life, was therefore seized eager- tion, it is said that the sun turns ly upon and made a day of rejoicing around in the sky three times on signifying the resurrection of Christ Easter morning like a wheel and then and the hope of new spiritual life. gives three great leaps through space,

observance of Easter the people went people still get up early on Easter to the church clothed in special dress morning to see this phenomenon. and the priests recited humorous po- Many country people still believe in ems and told funny stories. This odd that ancient superstition that to see observance was so abused by the peo a lamb when first looking out of the ple, however, and so much license window on Easter morning will bring was taken that a few years later the great good luck, especially if its bead

rejoicing and true worship.

faith of the new life to come.

As Easter typifies new birth it is also easy to trace the old pagan idea that the egg was the beginning of life and understand how it came to be accepted in the Christian mind as the symbol of the life eternal. This idea goes back to the ancient Egyptians, who worshiped the beetle because that insect was thought to have the power of burying itself and rising again. When its eggs were discovered the symbolism was transferred to them.

The first colored eggs were a vivid red, typifying the blood of Christ, and as early as 1589 these eggs were the be learned, but the treasured exchanges among all classname is said to have been derived from that of the goddess of the heathen Saxons, called es. In the expense book of Edward the First of England there is a record of Easter eggs, one item calling for 450 eggs stained with gold.

> The Easter bunny is said to have been the bird which at one time drew the chariot of the Goddess of Spring and was turned into a hare. Every year however, at the coming of spring the hare remembers, and in commemoration of its original bird nature lays eggs as an offering to Spring and Youth it symbolizes. This may be the reason that on Easter eve German families place a nest full of sugar eggs and real eggs somewhere in the garden that the children may bunt for them on Easter morning.

> Another connection between Easter and the hare is the latter's relation to the moon. Easter is really a lunar holiday and in ancient times the hare was a symbol for the moon.

Numerous superstitions and legends eldest and most widespread of which is that which makes the sun partici-One of the first policies of the early pute in the general rejoicing by dancin fantastic dances at the festival of

In Scotland, that land of supersti-In the first days of the religious and so general is the belief that many day was changed into one of silent be turned toward the house.

**HOME** 

Bachelor of Science, Graduate Nurse, Physician and Surgeon, Formerly Superintendent of Jefferson Park and South Chicago Hospitals and Training Schools for Norses, Author of Confidences — A Book for Young Girls."

BED MAKING.

One of the most escential items in the care of a patient is proper prep-

ed, both for the sake of cleanliness and blanket are then replaced as beand for economy. Unless the patient fore. In changing the upper sheet has involuntary urinations or bowel the clean one is spread over the top movements, a soft pad will be suf- of the bed and held in place while the ficient. Over this the lower sheet solled sheet and other clothing are reshould be drawn smoothly and pinned moved. In this way we avoid expoto the under side of the mattress at sing and chilling the patient.

draw sheet should be used. After the fully. patient's back. The sheet should be the process. securely tucked in at the sides.

blanket is left over the patient; the bottom and sides; one side is then vent bed-sores. folded along its entire length, lengththe resurrection and filled with the bed from which the soiled one has be very "set" in her ways.

to the other side of the bed, turns the patient carefully on his side facing the nurse. She then tucks the folded sheets close up to him, smoothing the clean sheet carefully. She then turns aration and care of the bed. One of the patient over onto his other side the first requirements of a good nurse in so doing he passes the folded is her ability in this line, and yet how sheets, so that they are now at his seldom do we find anyone except a back and he is lying on the clean trained nurse who understands this sheet. The soiled sheet can now be matter so essential to the patient's removed and the other half of the clean one smoothed out and the sides First, the mattress must be protect- and ends tucked in. The upper sheet

the corners. The upper sheet and When the patient cannot be turned blanket come next. These should be on his side the sheet must be changed well tucked in at the foot of the bed, from top to bottom. The soiled sheet but not so tightly as to be uncom- being loosened at the top and pushed fortable for the patient. The upper well down under the pillow, the clean edge of the blanket must be protected sheet is then started at the top and by turning the end of the sheet back pushed down under the pillow also. In changing the sheet in this manner When the patient is very ill, or if two persons are required, one standthe nature of the illness is such that ing at each side of the bed and workthe lower sheet becomes soiled. a lng the sheets down slowly and care-

lower sheet has been fastened in in making a bed care must be taken piace, a sheet of rubber cloth, about that a seam of the sheet does not a yard square, is placed across the come under the patient's back. Sevmiddle of the bed, allowing the upper eral times a day the under sheet must edge to meet the pillow. This is be smoothed free from wrinkles. All pinned in place by one safety pin at bed linen should be thoroughly each corner. Over this is placed a warmed and aired before commencing sheet that has been folded crosswise. the making of the bed, and everything The hems should come at the bottom should he placed in a convenient so as not to form a ridge under the place so there will be no delay during

In cases of fractured limbs one per-The changing of the linen should be son must gently lift the injured limb managed with as little fatigue and dis- while another changes the sheet uncomfort to the patient as possible, der it. In these cases a wide board This can be done easily by one per (table leaf or ironing board) should December until nearly the beginning son, unless the patient is very ill or be placed across the bed under the of March with severe skin eraptions helpless. Only the upper sheet or mattress to prevent it from sagging, on my face and scalp. At first I

The old-fashioned feat'r bed has ing cream, etc., I found no relief whatwise as flatly as possible close up to no place in a sick room. Where one ever. After that I diagnosed my case It was not until A. D. 340 that the the patient. The fresh sheet should is in use the nurse must use a great as eczema, because of its dry, scaly first real Easter hymn was written, then be folded lengthwise, alternately deal of ingenuity to be able to dis-

St. Ambrose was the author of this backward and forward, for half its pense with it, for in this age anyone of my scalp became so intense that I and it was typical of the spring and width, and placed on the side of the who uses a feather bed is liable to thought I should go mad, having not

been removed. The nurse then goes (Copyright, 1910, by W. G. Chapman.)

Two Good Suggestions

Useful Coat.-For cravenette, serge | foot laid over the upper part in a

or covert coating, this is a most prac- wrapped seam; buttons in a closely

tical pattern. The panel back, also set row trim each side of upper front.

fronts, are laid over sides in wrapped | The right front of the smart little

seams, stitched about a third of an jacket buttons quite over to the left

The lining, which is of shot silk, ex- ing continued to edge of right side

Serge Costume.-Very dark navy inches wide, 4 yards skirt lining, 41/2 serge is used here; the skirt has a yards silk for lining jacket, 1/4 yard

wide front and a deep added piece at white cloth, about 7 dozen buttons.

# **Spring Debility**

Felt by so many upon the return of warm weather is due to the impure, impoverished, devitalized condition of the blood which causes that tired feeling and loss of appetite as well as the pimples, boils and other eruptions so common at this season. It is cured by the great constitutional remedy

# Hood's Sarsaparilla

which effects its wonderful cures, not simply because it contains sarsaparilla, but because it combines the utmost remedial values of more than twenty different ingredients. There is no real substitute for Hood's Sarsaparilla. If urged to buy any preparation said to be "just as good," you may be sure it is inferior, costs less to make, and yields the dealer a larger profit.

MADE HIS ESUAPE IN TIME

Metaphors of Millionaire Found No Response in the Breast of the Farmer.

The millionaire accepted the farmmuch scrambling gained a seat on top

"My good man," said the millionaire patronizingly, this awaying rolling. For HEADACHE-Micks' CAPIDINE sweet-scented divan is a couch upon N which I could win slumber and be irresistible to the arms of Morpheus stores. whenever I courted sweet sleep."

The farmer stiffened. "I'll hear no more of your talk; I'm a respectable married man, an' I'll ask you where ou're goin' so I can avoid the place." Dreamily the millionaire smiled. 'I'm getting back to Mother Nature. who has been outraged and abused by me for years; I am a broken man, and she will forgive me and bring me sack to health.

he brace socket-but his passenger de Rochefaucauld. was gone. Success Magazine.

#### ITCHED SO COULD NOT SLEEP

"I suffered from the early part of

Water beds and air beds are used treated it as a trivial matter. But lower sheet is then loosened at top, in cases of prolonged illness to pre- after having used castile soap, medicated washrags, cold cream, vanishappearance. The itching and burning slept regularly for months past, only at intervals, waking up now and then because of the burning and itching of my skin. Having read different testimonials of cures by the Cuticura Remedies, I decided to purchase a box of Cuticura Ointment and a cake of Cuticura Soap. After using them for a few days I recognized a marked change in my condition. I bought about two boxes of Cuticura Ointment and five cakes of Cuticura Soap in all, and after a few days I was entirely free from the itching and burning. My eczema was entirely cured, all due to using Cutleura Soap and Ointment daily. Hereafter I will never be without a cake of Cuticura Soap on my washatand. I highly recommend the Cuticura Remedies to anyone suffering from similar skin eruptions and Don't Cuffor From hope you will publish my letter so that others may learn of Cuticura FARRAM'S FILE REMEDY is a wonderful Remedies and be cured." (Signed) David M. Shaw, care Paymaster, Pier 55, N. R., New York City, June 2, 1910.

Culicura Remedies sold everywhere. Send to Potter Drug & Chem. Corp., Boston, for free book on skin and scalp troubles.

Truly Wonderful Cat.

A wonderful cat is that owned by Mr. A. J. Gorringe, a tradesman of Ditching, England, Mr. Gorringe has a bantam which lays her eggs in different parts of the yard, but his cat never falls to find them. She takes the egg between her teeth, places it on the step, and rattles the door handle with her paws until her mistress arrives to take in the egg. Not one of the eggs has yet been broken

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM Take the Oil Standard GROVE'S TASTRILESS CHILL TONIC. You know what you are taking The formula is plainly printed on every bottle, thoring it is simply fulfine and from in a take less form. The Quining drives use the malaris and the iron builds up the system. Sold by all goalers for 30 years. Price 50 Conts.

His Future. Knicker-Is he a has been? Bocker-No, a going to was.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma tion, allays pain, cures wind colic, 25c a bettle.

A woman who has a nose for news usually has a chin for telling it.

Take Garfield Tea to overcome constitution

tion, cleanse system and maintain health. Envy is punishing ourselves for be-Materials required for coat: 5 with oxidized galloon and gray ostrich ing inferior to our neighbor.

He Might Have Earned a vote. Little Johnnie stood gazing solemnly on the decrepit form of an old countryman. Noticing the boy's attention the old man asked; "Well, what is it, son?"

"Say," the inquisitive youngater sr's cordial invitation to ride, and with asked, "did the politicians kiss you when you was a buby?"-Success

"What is a co-worker?" "One who helps you work some body, of course."

Eye Salve in Aseptic Tubes Prevents infection—Murina Eye Salve In Tubes for all Eye Illa No Morphins. Ask Druggists for New Size 75c. Val-uable Eye Book in Each Package.

The pleasure of love is in loving. The farmer stopped the team and We are happier in the passion we feel pulled a three-tined pitchfork from than in that we inspire.-Francis Duc

> You are not treating yourself or your family fairly if you don't keep Hamlins Wirard Oil in the house. It's the best substitute for family doctor and a mighty good friend in case of emergency

> A pleasant smile and a sweet voice are great helps on life's journey.

> Take Garfield Tea in the spring to purify the blood and cleanse the system.

The better you behave the better you'll get along. Now, try it.

### Make the Liver Do its Duty

Nine times in ten when the liver is right the CARTER'S LITTLE LIVER PILLS

Headache, and Distress after Eating. Small Pill, Small Dose, Small Price

Dall I Salici Linii Liigs

PAIN STOPPED INSTANTLY Itching and all irritation ceases. FARRAM'S FILE REMEDY NEVER FAILS Send for it today and stop suffering. Price \$1.00 postpald THE FABRAM CO., 48 Broad Street, New York, N. Y.

## FARMERS



increase your crops by grading your seed grain with an Owent Famming Mill; and destroy the sentispiese by using the Owent South Machine. Have a Transplant Marchine, that sets plants autamatically. Large and Small Pea and Bean Threshers, also Corn Graders, Writes L. Owen Co., 111 Light St., Salidases, 24

in New York City. Best features of course try and city life Out-of-door sports or school park of 35 acres near the Hudson River. Academic Course Primary Classic Graduation. Upper class for Advanced Special Students. Music and Art. Write for catalogue and terms. Abs, Barge and Miss Whites, Rivergale Avenue, near 253rd St., West, N. 1

A COUNTRY SCHOOL FOR GIRLS

CAP-DE-GRIP sample, effective has relieved many of SEVERE COLLES, GRIPPI and NEURALGIA Mrs. Lytic writes, "Cap-De-Grip is fine and all you calam it to be. Send me a 25 bel and some samples to give to my friends." 25 c a droggists, Pres Samples, PARR BROTHERS Govans-Baltimore, Maryland. ONE INTELLIGENT woman, each fown, de

ng article used in every home. Permanent push. Spiendid profits. NaRTLAND salks CO., Salthers PATENTS Watson E. Coleman, Wash togton, D.C. Books free High est references. Best results

If afficied with | Thompson's Eye Water

DEFIANCE STARCH to the iron W. N. U., BALTIMORE, NO. 15-1911

## Facts for Weak Women Nine-tenths of all the sickness of women is due to some derangement or dis-

ease of the organs distinctly feminine. Such sickness can be cured-is cured Dr. Pierce's Favorite Prescription

### It Makes Weak Women Strong,

Sick Women Well. It acts directly on the organs affected and is at the same time a general restora-

tive tonic for the whole system. It cures female complaint right in the privacy of home. It makes unnecessary the disagreeable questioning, examinations and local treatment so universally insisted upon by doctors, and so abhorrent to every modest woman. We shall not particularize here as to the symptoms of

those peculiar affections incident to women, but those wanting full information as to their symptoms and means of positive cure are referred to the People's Common Sense Medical Adviser-1008 pages, newly revised and up-to-date Edition, sent free on receipt of 31 onecent stumps to cover cost of wrapping and mailing only, in French cloth binding. Address: Dr. R. V. Pierce, No. 663 Main Street, Buffalo, N. Y.



#### WORK SHIRT Over 2 Million Men have proved out our claim REGULAR that the 50c Regular President Work Shirt is the best work shirt made. Now, we have gone ourselves "one better" in the manufacture of the Extra Special Pres Work Shirt at \$1. Each is a strong, clean-cut, attractive looking garment, made in a variety of neat, wear proof, washable fabrics and Guaranteed. EXTRA SPECIAL Your dealer can supply you; if not send us his name, your collar size with price in stamps for sample shirt and book of new patterns. The President Shirt Co., 110 W. Fayette Street, Baltimore, Md.

### LOVE TRIUMPHANT



HE tender leaves peep through the moist, brown earth-The flowers unfold their glory To tell the old sweet story Of fruitful Nature's yearly, vernal birth.

Thus fared I, haply, with my life and heart-Which knew no perfumed blooming While wintry cold and glooming Kept ever from my side dear Love apart.

As triumplis now young April's suns and show'rs So sped my tears and smiling: Full faith and sweet begulling Lured Love to me, when blossomed Easter flow'rs!

In happy mood I greet the Holy day-And hold as truth the surer That love is stronger, purer, When death in life has washed all dress away!



inch from the edge.

tends only to the hips.

in the best style.

for lining.

Stitched tweed hat of the same col-

yards 48 inches wide, 41/2 yards slik feathers.

or as the coat, trimmed with a wing, are of white cloth.

French knots are fashionable. Beaded effects continue in good style.

The long, seamless shoulder remains in excellent vogue. Chemisettes are now of colored chiffon, made perfectly plain. The lace trimmed hat brim is effec-

tive indeed, especially with a plumed cause if you let any of either liquid Scotch plaid is having a decided vogue for both children's and women's

dresses. Special attention is given this season to parasol handles snown in hand- the directions given are followed suc some woods.

Small white satin beads are much used on the frock of black chiffon or marquisette. Organdies are dainty and inexpensive and make delightful frocks for

summer wear. A quaint style suited to the slim fig nessee Housewife.

ure is a velvet bolero suit trimmed with plaited lace. Revers that end in a cape effect at the back are used on little dresses.

with closely set buttons; the holes be-

The deep turn-over collar and cuffs

Hat of stretched black satin trimmed

Materials required: 7 yards 46

and buttons on the left.

To Whiten Piano Keys. Piano keys that have become yellow with age may be whitened by touching

lightly with a clean rag dipped in

javelle water and wiping off with clear water afterward. Lift the key to be cleaned above the others with a finger and hold it firmly. Secondly, use only the very smallest amount of javelle water, be-

drop on to the wood it will cause the wood to swell. The process is, however, safe if a woman will be careful.

If one key is cleaned at a time and cess will come.

The Right Spirit.

While I gaze out on the forest and hills and the beautiful sunlight, I want God's love to shine into my heart, as the sun skines upon the earth .- Ten