

HEALTHY KIDNEYS ESSENTIAL TO PERFECT HEALTH.

When healthy, the kidneys remove about 500 grains of impure matter from the blood daily...



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OH, JOY!



"Say, 'Ras, Eddie Jones sez he's got a real bloodhound and we want to hire you to run ahead of him for about eight miles to see if he's any good."

The Most Beautiful Thing. A newspaper recently invited its readers to state in a few words what they considered the most beautiful thing in the world.

Now What Did She Mean? At a recent wedding a baby had shrieked without intermission to the great annoyance of the guests, etc.

The Ballot Box. The ballot box seems sacred to me, and I never voted without removing my hat.

A Monopoly. Urbanite—What did you come to the city for? Country Boy—To earn an honest living.

Indolence strangles talent; genius in a slothful man resembles a beautiful ornament at the top of a very high spire—Madame de Puyssieux.

FOOD IN SERMONS. Feed the Dominic Right and the Sermons Are Brilliant.

A conscientious, hard-working and successful clergyman writes: "I am glad to hear testimony to the pleasure and increased measure of efficiency and health that have come to me from adopting Grape-Nuts food as one of my articles of diet."

"For several years I was much distressed during the early part of each day by indigestion. My breakfast seemed to turn sour and failed to digest. After dinner the headache and other symptoms following the breakfast would wear away, only to return, however, next morning."

"Having heard of Grape-Nuts food, I finally concluded to give it a trial. I made my breakfasts of Grape-Nuts with cream, toast and Postum. The result was surprising in improved health and total absence of the distress that had, for so long a time, followed the morning meal."

"My digestion became once more satisfactory, the headaches ceased, and the old feeling of energy returned. Since that time I have always had Grape-Nuts food on my breakfast table."

"I was delighted to find also, that whereas before I began to use Grape-Nuts food I was quite nervous and became easily worried in the work of preparing sermons and in study, a marked improvement in this respect resulted from the change in my diet."

"I am convinced that Grape-Nuts food produced this result and helped me to a sturdy condition of mental and physical strength."

"I have known of several persons who were formerly troubled as I was, and who have been helped as I have been, by the use of Grape-Nuts food, on my recommendation." Name given by Postum Company, Battle Creek, Mich.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

"Ever read of the above letter? A new one appears from time to time. They are genuine, true, and full of human interest."

FROM THE STATE CAPITAL

Information and Gossip at Harrisburg.

DOINGS OF THE LEGISLATURE.

Brief Mention of Matters as They Occur at the State Capital Official and Otherwise.

The surprise of the week in the lower branch of the Legislature was the defeat of a measure carrying Administration endorsement and urged for passage by not only Organization leaders, but by Representative Dearden, the official mouthpiece of the Independent forces.

It was an open fight on the floor between the mutual and standard companies. The chief point of contention between the opposing factions was that the standard companies were conducting their business for a profit, while the mutual companies confined themselves to local risks and gained no profit from their business.

The mutual forces, however, were better organized and stood by their guns regardless of the assurance that the measure had administration support. The bill fell by a vote of 95 to 79.

Close Vote On Referendum. When the bill providing for a Councilmanic body to nine members in Pittsburg and Scranton came up on second reading, an attempt was made to insert the initiative, referendum and recall in the measure but the efforts were defeated.

Seek Simpler Recording System. Senator Vane introduced in the Senate a concurrent resolution directing the Legislative Reference Bureau to inquire into the system of recording mortgages and deeds in other States.

Toll Bridge Bill Passes House. The bill for a commission to investigate cost of freeing all toll bridges passed in the House finally by 129 to 16.

Among bills reported from committees were: Permitting employment of criminals on public works; Senate bill regulating life insurance companies doing business in Pennsylvania and authorizing boroughs to condemn land for wharves.

Senate bill to make terms of third class city officials conform to the constitutional amendments; the workmen's compensation act; Senate bills enabling Councils to fix wages for municipal employees; authorizing Councils to regulate coal mining under their territories; Judges' retirement bill; requiring insurance and reorganizing State Treasury force.

The bill to establish a State bureau of standards of weights and measures in the Department of Internal Affairs passed.

The main highway bill was recommended to the Appropriation Committee by the House. It is to be amended by reducing the appropriation for main highways from \$4,000,000 to \$3,000,000 and probably that for State aid roads from \$2,600,000 to \$1,500,000.

Bills Passed by the House. The following bills were passed finally by the House: Repealing portion of fish laws authorizing Department of Fisheries to declare what are trout streams.

Senate bill making applicable to counties having between 200,000 and 1,200,000 population, act of May 1, 1909, requiring maintenance of schools for male children under jurisdiction of juvenile courts.

Regulating registration of foreign corporations to do business in Pennsylvania.

Senate bill validating charters for electric light companies issued for districts comprising two or more municipalities.

Enabling boroughs to validate ordinances not published according to law or where proof of publication cannot be made.

Authorizing State Railroad Commission to require physical connection of telephone lines when complaint is made that messages are not interchanged.

Regulating storage and sale of linseed oil.

For the Hostess

A Unique Flower Luncheon. The hostess asked ten guests to come to a luncheon, each wearing a flower (either real or artificial) to represent a country.

An Announcement Party. There was nothing unusual about the invitations to this party, which was an affair for about thirty young people who were in the same social set.

A Baseball Luncheon. A mother who had two sons in a local baseball nine gave this original luncheon, inviting the "nine" as her special guests.

Butterfly Dinner. Have butterfly candle shades, butterfly place cards and, if possible, a lovely overhead decoration with a number of delicately made paper butterflies fluttering from the ceiling.

Consomme With Peas. Oyster Croquettes. Cucumbers. Braised Sweet Breads. Asparagus Tips. Veal Fillet With Irish Fritters. Pineapple and Celery Salad. Pistachio and Vanilla Ice Cream in Meringue Shells. Black Coffee.

Lovely nut holders may be made (or ordered from a firm making a specialty of novelties) by having small butterflies poised on the rims of the cups which hold the nuts. This is a beautiful decorative scheme especially fitting at this season.

The countries represented are: United States, goldrod; England, rose; Ireland, shamrock; France, fleur de lis; Japan, chrysanthemum; Canada, maple leaf; Holland, tulip; Scotland, thistle; Germany, cornflower; Switzerland, edelweiss; etc.

One of the many flower guessing contests was used as a pastime, the prizes being a copy of "Elizabeth and Her German Garden," and set of flower-decorated place cards. The center of the table represented a formal miniature garden, the tiny flowers and trees being found in the toy and favor department of a large city store.

The center of the table was laid out for a game with miniature figures on a "diamond" made from green paper; a wire mask held flowers and the place souvenirs all represented names of famous baseball lines.

The "Cubs," little stuffed "Red Socks," the "Pirates," represented by skull and crossbones, the "Tigers," "Giants" and "Indians." There were also miniature bats and balls and the "nine's" mascot, a dog, was not forgotten.

A hearty meal of beefsteak, spaghetti with tomato sauce, scalloped potatoes, olives, brown and white bread, salted nuts, fruit salad with hot cheese sandwiches, individual apple pies and generous cups of cocoa delighted the youthful guests. Molasses candy and peppermint sticks were the sweets.

MADAME MERILL

TEMPERANCE NOTES

ALCOHOL LEADS TO DISEASE

Most Potent Factor in Propagation of Tuberculosis, Declares Prof. P. Brouardel of Paris.

It has long been known that the use of alcohol induced in man a condition which makes his system liable to disease of various kinds, and also made the cure of disease even more difficult.

At a recent medical congress of tuberculosis in London, a number of declarations were made concerning the effect of alcohol drinking in producing the disease, which were practically ignored by the general press, and received very scant treatment in scientific papers.

At that gathering of medical scientists Prof. P. Brouardel, dean of the Faculty of Medicine of Paris, read a paper on tuberculosis in which he stated that, in some countries, it was "accountable for a sixth, a fifth, and sometimes a fourth of the total mortality from all causes."

Tuberculosis is one of the most deadly of all the physical diseases which scour humanity, and we have it on very high authority that most of it is due to drink. It is a startling statement, and ought to have received wide publicity.

The following is the salient portion of Professor Brouardel's important declaration: "In fact, alcoholism is the most potent factor in propagating tuberculosis."

"The strongest man, who has once taken to drink, is powerless against it. Time is too short for me now to draw comparisons between the laws in force in different countries, those which are proposed, private efforts, associated efforts, and temperance societies. But I can say, that a universal act of despair rises from the whole universe at the sight of the disaster caused by alcoholism."

"Any measures, state or individual, tending to limit the ravages of alcoholism, will be our most precious auxiliaries in the crusade against tuberculosis, but the question is too large a one to deal with here. Still, I should like to draw attention to a mistake made too easily in the different countries by ministers who have charge of the financial department of the State. They like to calculate the sum the state gets from the duty on alcohol, but they should deduct from it the cost to the community of the family of the ruined drunkard, his degenerates, infirm, scrofulous and epileptic children, who must have shelter."

"This invasion of alcoholism ought to be regarded by every one as a public danger, and the principle, the truth which is incontestable, should be inculcated into the masses, that the future of the world will be in the hands of temperance."

The dean of the Faculty of Medicine in Paris was not alone in his contention. At the same congress Dr. A. T. Kelynnack of Manchester, in the course of a paper on the same subject, said: "Alcoholism and tuberculosis stand foremost amongst the conditions hampering human progress and limiting man's happiness. Through them the evolution of the race has long been impeded, and, unfortunately, in spite of numerous restraining and restricting efforts, their baneful influence is still accountable for a high degree of mortality and an immense amount of sickness and suffering."

"With two such morbid influences barring human advance, it was but natural that eager minds studying the one should have been compelled to recognize the presence and action of the other."

Home Cooking Improves. "If a man goes to work from a breakfast of baker's bread and poor coffee," inquired a cooking teacher, recently, "how is he to resist the temptation of the 'free clam chowder' or the 'hot free lunch' so conspicuously displayed at the saloon?"

The same teacher knows several men who have been won from intemperate habits by an improvement in the home cooking. One of these men recently came to her door with a plate of corn muffins to show. On being assured that they were perfect, he said that he made them himself from the directions of his wife, who was ill in bed, but who had passed on to him her carefully learned lesson of the week before.

Drunkennes Among Women. Among the incurable drunkards of London, that is, among persons charged with the offense of drunkenness who have been convicted more than ten times, 8,900 are women and 4,300 are men. So there are more than twice as many incurable women drunkards in London as there are men. This sounds appalling. It is appalling. Add to this the fact that in the last twenty years the deaths of women from chronic alcoholism—or, in plain words, from drink—have increased 145 per cent, and there is all too evident a position of things that may well shock the English people, and cause them to look very seriously into the situation.

Ruined by Liquor. In a late issue of the Scientific Magazine, published in Leipzig, an article on alcohol states that the Germans in America are largely ruined mentally and physically, by liquor. On the foundation of long experience in the United States the author says that much more beer is consumed by the Germans in America than in the home country, and that this has greatly increased the mortality among them.

Beware Hasty Speech. We are master of the unspoken word; the spoken word is master of us.—Voltaire.

Health For Sick Women

We know of no other medicine which has been so successful in relieving the suffering of women, or secured so many genuine testimonials, as has Lydia E. Pinkham's Vegetable Compound.

In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound. Almost every woman you meet has either been benefited by it, or knows some one who has.

In the Pinkham Laboratory at Lynn, Mass., are files containing over one million one hundred thousand letters from women seeking health, in which many openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Vegetable Compound has saved many women from surgical operations. Lydia E. Pinkham's Vegetable Compound is made exclusively from roots and herbs, and is perfectly harmless.

The reason why it is so successful is because it contains ingredients which act directly upon the female organism, restoring it to healthy and normal activity. Thousands of unsolicited and genuine testimonials such as the following prove the efficiency of this simple remedy.

Coloma, Wisconsin.—"For three years I was troubled with female weakness, irregularities, backache and bearing down pains. I saw an advertisement of Lydia E. Pinkham's Vegetable Compound and decided to try it. After taking several bottles I found it was helping me, and I must say that I am perfectly well now and can not thank you enough for what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. John Wentland, R. F. D., No. 3, Box 60, Coloma, Wisconsin.

Women who are suffering from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

Better Days. He (with a little sigh)—This is the third winter hat you have had this year. She—Well, but dearest, summer will soon be here now. Humor is a great solvent against smotherliness and vulgarity.—Scamoa.

It is a good thing to know where you are going, and what you are going there for.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty.

Allen's Foot-Ease. Shake Into Your Shoes. Allen's Foot-Ease, the most perfect foot powder, cures itching, burning, smarting, sore, cracked feet, and restores the feet to their normal condition.

Allen's Foot-Ease, the most perfect foot powder, cures itching, burning, smarting, sore, cracked feet, and restores the feet to their normal condition.

FREE TRIAL PACKAGE. SUFFERERS FROM HEADACHE, DIZZINESS, AND INDIGESTION. Try Allen's Foot-Ease.

DAISY FLY KILLER. Kills all house flies, mosquitoes, and other annoying insects. It is safe for children and pets.

Do You Use Eye Salve? Apply only from Aseptic Tubes to Prevent Infection. Murine Eye Salve in Tubes—New Size 25c. Murine Eye Salve in Bottles—25c. Eye Salve in each Package.

Sincerely transforms all things. The greatest fault, if it is avoided in a loyal kiss, becomes a verity more beautiful than innocence.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny, granules, easy to take. Do not grip.

All the rules that glitter are not golden rules.

A READER CURES HIS CONSTIPATION—TRY IT FREE

Simple way for any family to retain the good health of all its members.

The editors of "Health Hints" and "Questions and Answers" have one question that is put to them more often than any other, and which, strangely enough, they find the most difficult to answer. That is "How can I cure my constipation?"

Dr. Caldwell, an eminent specialist in diseases of the stomach, liver and bowels has looked the whole field over, has practiced the specialty for forty years and is convinced that the ingredients contained in what is called Dr. Caldwell's Syrup Pepsin has the best claim to attention from constipated people.

Its success in the cure of stubborn constipation has done much to displace the use of salts, waters, strong cathartics and such things. Syrup Pepsin, by stimulating the stomach and bowels, naturally, and with its tonic ingredients strengthening the nerves, brings about a lasting cure. Among its strongest supporters are Dr. John Graveline of St. Louis, Mo.; Dr. J. M. Varnum of Chicago, Ill.; and thousands of others. It can be obtained in any drug store for 50 cents and one dollar a bottle, or it can be obtained by writing the doctor. For the free sample address Dr. J. C. Caldwell, 201 Caldwell Building, Chicago, Ill.