

A quick relief for coughs, colds and hoarseness is

Hale's Honey

Of Horehound and Tar

Contains no opium nor anything injurious

Try Pike's Toothache Drops

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DAISY FLY KILLER

Plants and flowers, vines and shrubs, all kinds of fruit trees, etc., are all safe from the fly. It is a perfect fly killer. It is a perfect fly killer. It is a perfect fly killer.

A COUNTRY GIRL'S EXPERIENCE

In the Mountains. (Illustrations true to life. Describes a girl leaving for the big city. Her first experience with a New York gambler. A picture that will appeal to everyone. It will give you all those wonderful pictures. Read ready to issue. Wanted the best in every town. Corlies Publishing Co., 30 East 14th Street, New York.

100 YEARS OLD

Petite's Eye Salve

A Strong Preference.

"She is literary, isn't she?"

"Yes, indeed; she'd rather read than do housework any day."

Dr. Pierce's Pellets, small, sugar-coated, say to take as candy, regulate and invigorate stomach, liver and bowels. Do not gripe.

Not Particular.

She—I heard Freddy Pickle has decided to marry and settle down to a virtuous girl.

He—Huh! She can't be.

For COLDS and GRIP

Hicks' CAPSULES is the best remedy—relieves the aching and feverishness—cures the cold and restores normal conditions. It's liquid—effects immediately. 10c, 25c, and 50c. At drug stores.

Made It Necessary.

"Horace Greeley invented the typewriter."

"Where did you get that idea?"

"Well, that isn't exactly what I mean, but his handwriting was probably more responsible for it than any other one thing."

Age of Oysters.

Oysters grow especially during the summer and especially during the long, warm summers at that, and are scarce long enough for the month before the third year. It is easy after looking over a bunch of shells to tell how old an oyster is. A summer lump and the winter sink come across the shell every year, but after the seventh or tenth year full growth comes; then, by looking at the sink between the bumps it is hard to tell anything more about Miss Oyster's age. Oysters live to be 20 years old.

To the Childish Mind.

Dorothy Ullman of E. Eighth-fourth street, is a very literary young person. To her mother's definition of the All-Seeing Eye she returned a question as to the size of the eye.

"Can God see everything?" she continued.

"Yes, dear, he can see everything, at all times."

That afternoon Dorothy escorted her mother down town. Before an optician's display she stopped. Then, "Mother," she asked, pointing to the big winking eye in the window "is God's eye as big as this?"—Cleveland Leader.

FEED YOUNG GIRLS

Must Have Right Food While Growing.

Great care should be taken at the critical period when the young girl is just entering into womanhood that the diet shall contain that which is up-building and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness will follow; on the other hand unhealthy cells may be built in and a sick condition slowly supervene which, if not checked, may ripen into a chronic condition and cause life-long suffering.

A young lady says:

"Coffee began to have such an effect on my stomach a few years ago that I finally quit using it. It brought on headaches, pains in my muscles, and nervousness."

"I tried to use tea in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk at my meals, but at last it failed me. A friend came to the rescue with the suggestion that I try Postum."

"I did so, only to find at first, that I didn't fancy it. But I had heard of so many persons who had been benefited by its use that I persevered, and when I had made it right—according to directions on the package—I found it delicious in flavour and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Postum!"

"In every respect it has worked a wonderful improvement—the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than for a long while before, and I am sure I owe it to the use of your Postum." Name given by Postum Company, Battle Creek, Mich.

"There's a reason."

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

For the Hostess

Fruit-Tree Blossom Luncheon.

This is the month, and the only one, in which these decorations are available. A hostess realizing this is planning to use branches of apple, pear and peach blossoms, making her house a bow of spring beauty. The wild pink crabapple blossoms she is going to use exclusively in the dining room. A very Japanese effect may be achieved with these blossoms and her idea for this affair is drawn largely from the celebration of the feast of cherry blossoms so lovingly observed by our little brown neighbors across the western sea. Brown wicker baskets will be used to hold single branches and the tint of the rooms is all soft grays and tans, the result will be truly artistic and pleasing. From these hints I am sure all our readers will want to give May luncheons, and what could be prettier than these decorations for a house or church wedding? The practice of using what is seasonable and at hand is becoming more and more popular and it does not need to force flowers not in season just because it costs a fortune to get them, but use the blossoms nature provides for each season as it rolls around.

Spoon Shower.

This affair was given by the girls of the bridal party at the home of the maid of honor. The table was round, covered with a lace cloth over green; as green and white were the bridal colors. White roses and ferns made the center piece, with white green banded china, glass candle sticks with lace shades over green. The place cards were cut out white roses tied with a bow of green and the bridegroom's chair was tied with a huge fluffy bow of green and white tulle. White and green horseshoe shaped candy boxes held the green and white bonbons and a green and white Jack Horner pie was passed with dessert, from which the guests drew pretty green and white snapping crackers. Each parcel had the donor's card on which was written an appropriate sentiment. The spoons were all the same pattern and as there were six it made a very nice set. The men of the wedding party, knowing about this gave a half dozen forks and the same number of tablespoons of the same pattern.

Dainty Centerpiece.

Last year a hostess living in a delightful country place had this unique centerpiece at a luncheon which she gave for some of her city friends. She had an enormous straw hat tied as a basket filled with roses. It was held by a big bow of gauze ribbon. At each place small baskets filled with unhusked strawberries rested on a dolly of grape leaves. To the handle was a bow of pink gauze ribbon, with the name card pinned to it with a dainty imitation coral stick pin; just one pink rose rested on the handle. It was all very simple, but the rustic effect was lovely.

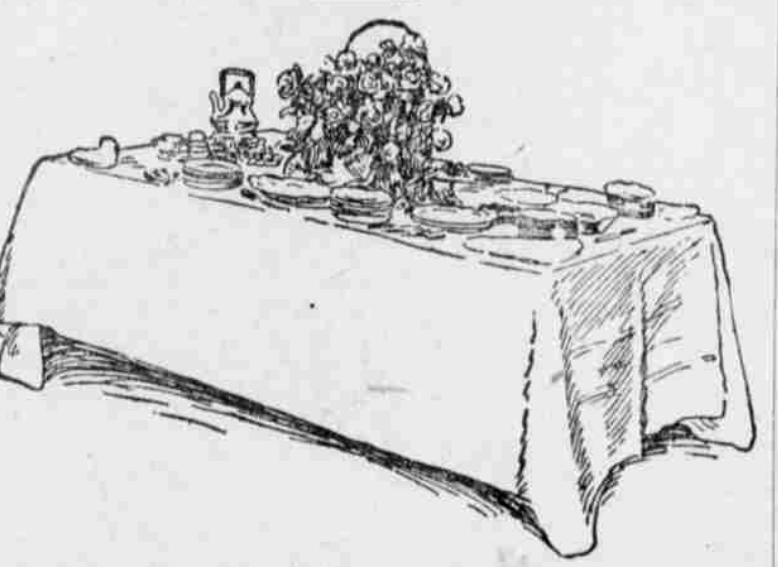
A City Supper.

Instead of having viands typical of countries, a Ladies' Aid Society gave a variation of this idea by announcing a supper the food to be typical of certain cities. Those represented were: Baltimore by oysters; Boston by baked beans and brown bread; Philadelphia by scrapple; Chicago by cold ham; Savannah by corn pone and bean biscuit; Atlanta by fried chicken; New Orleans by chicken pilou (chicken stew with rice); and San Francisco by oranges or Chinese dishes.

Renewing Tailored Shirtwaists.

An ingenious girl took half a dozen tailored shirtwaists of white and cork, worn about the collar band and cuffs, and cut the neck square and the sleeves just below the elbows, stitched on bias bands of heavy white material she had at hand. She has now enough morning waists to last some time, and with them she wears belts of the same white material.—Woman's Home Companion.

Reception or Tea



In almost every home there comes an occasion when refreshments must be provided for many guests; and the mistress of the household, with one or at most two to help, is appalled at the thought of catering to so unusual a number. She should remember that to attempt too much is far worse than to err on the side of great simplicity.

No up-to-date housekeeper spreads upon her table a cloth laundered with many folds; she prefers to have it folded but once lengthwise and then rolled over a board made just the width of the folded linen. No matter how heavy or lustrous the cloth, it should be laid over a padding or unglazed on the table and should be large enough to reach nearly to the floor on all sides.

The table illustrated is set for a home reception or tea and the single basket of roses is more artistic than the effect of flowers scattered over the table or trailing vines in festoons at the sides of the cloth, for these become disarranged easily and are not effective in average-sized rooms. A low arrangement of flowers is appropriate at dinner or luncheon, as it does not awkwardly obstruct the view across from guest to guest, but a taller effect is in good taste for a reception table. A lace centerpiece under the roses, even if it be laid over color, is better than linen embroidered with flowers, as the natural and embroidered flowers both lose something of their best effect when brought together in this way.

As handsome china as the house of

fords should be used. Small white china cups and saucers with a narrow gold band are not expensive and make a pretty addition to the handsome plates and salad dishes with which every china closet is ordinarily stocked. Arrange the coffee service at one end of the table, the cups at either side in rows meeting in a point in front of the urn. A bowl of whipped cream and spoon and another of loaf sugar should be placed at the side. Place the tea service at the other end of the table with cups, sugar and cream. There should be piles of plates and if salads are served small fringed or hemstitched napkins. Small and large spoons and forks should be arranged in orderly diagonal rows upon the cloth and never bunched together. Place here and there small cut-glass or silver dishes for bonbons.

For an afternoon reception, such as one might give in honor of some special guest, or a wedding reception given by the bride's parents, chicken salad, thin bread and butter sandwiches, ice cream, fancy cakes and chocolate would be sufficient for refreshments. Another more simple menu would include sandwiches of white bread with a variety of fillings, and of Graham or brown bread spread with cream cheese; cakes, chocolate and tea. In either case bonbons are included. If sandwiches are cut in diamonds, bars or rounds, there is less waste than if cut in more fanciful shapes. To serve fifty people provide five quarts of chicken salad, ten quarts of ice cream, 12 dozen sandwiches and a variety of fancy cakes and macaroons.

much in evidence. The waist line is slightly raised in the gowns as well as in the newest French tailor made suits, and in these things is more noticeable than the short, jaunty length of the coat.

The Egyptian motifs show such designs as the beetle or scarab, the rising sun, the cobra, the lotus, palm, papyrus buds and reeds, animals, human shaped ornaments, the ram, human figures and so on. The colors show such combination as black, yellow and red; red, blue and white; green and black; dark red, medium yellow and blue.

Strawberry Corsage Bouquets.

Fruit is being mingled with flowers to produce the newest corsage bouquet, says the London Mail. Among other devices are the little blossoms and leaves of the strawberry plant, with the fruit also, a delightful harmony of red, white and green. Cherry blossoms and the exquisite globes of the fruit are seen, and the wild plum the apricot and the vine are treated in like manner.

FREE

MUNYON'S PAW-PAW PILLS

YEAH MARK

A trial package of Munyon's Paw Paw Pills will be sent free to anyone on request. Address Professor Munyon, 534 & Jefferson Sts., Philadelphia, Pa. If you are in need of medical advice, do not fail to write Professor Munyon. Your communication will be treated in strict confidence, and your case will be diagnosed as carefully as though you had a personal interview.

Munyon's Paw Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods. They do not scower, they do not gripe, they do not weaken, but they do start 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 constipation is responsible for most ailments there are 26 feet of human bowels, which is really a severe 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 soon 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 into it.

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, 25 cents. Munyon's Laboratory, 534 & Jefferson Sts., Philadelphia.

Too Much Like Work.

"The boss's son is kicking."

"Why?"

"Says he's overworked. All he used to do was tear the pages off the office calendars once a month. Now he has to wind the eight-day clock, too."

A Poetic Prosecutor.

John Burns, city prosecutor of St. Paul, was trying to show Judge Finehour why some young men ought to be fined for tearing pickets off the fence of Mrs. Joe Gossick. Mr. Burns said:

"I know Mike Chicklet tore off that picket, and the lady took offence."

"No lady is charged with taking a fence," replied Judge Finehour, "and, besides, this is no place for poetry."

His Wurst.

The German proprietor of a Brooklyn delicatessen store has got far enough along to pun in English. A writer in the New York Sun reports the fact.

Hanging in the window of the little shop is this advertisement:

"The Best You Can Do Is Buy Our Wurst."—Youth's Companion.

Some parents are a long while in finding out that money in a boy's pocket will do him little good, unless he also has brains in his head.

When a girl yawns it's up to the young man to get in the home stretch.

KIDNEY TROUBLE CAUSES LUMBAGO

Remarkable Story About Great Remedy

I cannot refrain from writing to say that your Swamp-Root has benefited me greatly. Last year I had a severe attack of lumbago. Was bad for a long time, and on seeing your advertisement, I determined to give it a trial. I did so and in two weeks was cured. I gave a bottle to a poor woman who could scarcely walk. She came to me in four days to tell me she was all right and most thankful. I had another attack last November and was so bad that I could not rise from my chair without assistance and could hardly face up my boots. I at once sent for your Swamp-Root and after taking two bottles, I am more than glad that I am well again. My age being seventy-three, I am the more convinced of the excellence of Dr. Kilmer's Swamp-Root.

Yours very truly,

HENRY SEARLE,
1410 Arch Street, Little Rock, Ark.

Prove What Swamp-Root Will Do For You

Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty cents and one-dollar.

For HEADACHE—MIGRAINE—CAPSULES

Whether from Colds, Heat, Stomach or Nervous Troubles, Capsules will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c. 25c. and 50c. at drug stores.

Many a girl would promise to marry a man if she thought he wouldn't be so silly as to expect her to live up to her promise.

TO DRIVE OFF MALARIA AND HELLED UP THE SYSTEM

Take the old standard GIBBER'S CAPSULES. They are a liquid—pleasant to take—acts immediately. Try it. 10c. 25c. and 50c. at drug stores for 30 days. Price 10c.

The Riddle.

The Sphinx proposed a puzzle.

"Why does it always rain the day you move?" she asked.

Herewith the ancients gave it up.

USE ALLEN'S FOOT-EASE.

The antiseptic powder to be shaken into the shoe. It will rest and comfort for tired, aching, swollen, sweating feet, use Allen's Foot-Ease. Relieves corns and blisters, cures itching, and prevents blisters, sore and chafed spots. Always use it to Break in New Shoes. Sold everywhere, 25c. Don't accept any substitute. For FRESH trial package, address Allen & Unwin, Ltd., New York, N. Y.

W. L. DOUGLAS

ESTAB. 1876

\$2.50 \$3 \$3.50 & 4 SHOES FOR MEN

W. L. Douglas shoes cost more to make than ordinary shoes, because higher grade leathers are used and selected with greater care. These are the reasons why W. L. Douglas shoes are guaranteed to hold their shape, look and fit better and wear longer than any other shoes you can buy.

BEWARE OF SUBSTITUTES.

The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferior shoes.

REFUSE SUBSTITUTES CLAIMED TO BE "JUST AS GOOD"

If your dealer cannot supply you with the genuine W. L. Douglas shoes, write for Mail Order Catalog. Shoes sent direct from factory to wearers, all charges prepaid. W. L. Douglas, 145 Spring St., Brockton, Mass. \$2.00, \$2.50 & \$3.00

Hubbard Who Had "Married Money"

Acknowledged the Truth to His Friend's Query.

Aprones of a beautiful young wife, worth \$40,000,000 who had just divorced her penniless husband in order to marry again, Henry E. Dixey, the comedian, said at a dinner in New York:

"The young man who marries for money has none too easy a time of it. His rich wife is likely to tire of him and throw him out in a few years, or else she is likely to limit his allowance to 25 or 50 cents a day."

"I married money," a man once said to me.

"Wasn't there a woman attached to it?" I asked.

"Yes, you bet there was," he exploded. "So much attached to it that she never parted with a penny."

"Kicking the Bucket."

When we speak facetiously of some one for whom we have no reverence as having "kicked the bucket," we employ a phrase that would seem to be a piece of latter-day slang, but as a matter of fact, it dates back to old England, when, about the year 1725, one Bolsover hung himself to a beam while standing on the bottom of a bucket, and then kicked the bucket away. Although at first used only in cases of suicide, it has been applied in the course of years to any death, without distinction.

It sometimes happens that a street fight reminds a married man that there are other places like home.

Myrilla—He proposed, but I didn't say yes. I want to keep him on the rack for awhile.

Miranda—Be careful, or you may find yourself on the shelf.

Ambiguous.

Obliging Shopman (to lady who had purchased a pound of butter)—Shall I send it for you, madam?

Lady—No, thank you. It won't be too heavy for me.

Obliging Shopman—Oh, no, madam, I'll make it as light as I possibly can.—Punch.

Footish.

"I am going to ask your father tonight for your hand in marriage."

"How dreadfully old-fashioned you are."

"Don't ask him; tell him."

Can't Get Away From It

Is it possible to nourish, strengthen and Rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fog and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure.

Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

Likewise if we would feed in a skillful manner to insure getting what the brain requires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than one) that contain these elements.

Analysis of brain by an unquestionable authority, Geohagan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.51 per cent of the total, 5.33 of all mineral salts.

This is over one-half.

Beaunis, another authority, shows "Phos-

phoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for "brain-building."

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Pyralin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in Grape-Nuts.

Grape-Nuts

"There's a Reason"

Postum Cereal Company, Ltd., Battle Creek, Mich.