

Both contain less heat producing operties than heavy meats. Try them for summer luncheons

and picnic tidhits. Libby, McNeill & Libby

Chicago



HE REW HOME SEWING MACHINE CO., ORANGE, MASS. SUPPLY OF SEALS ASSURED

Action by United States, It Is Be lieved, Has Done Away With All Danger of Their Extinction. For the first time in the history of

he United States this country is hanallag its own sealskins, a condition that should have been brought about to trade secrets connected with the tressing and dyeing of the furs, which see possessed exclusively in Eng-Seal furs are used more extensively

a America than in any other country m the globe and the United States rement has done more to prevent sals from becoming extinct than all the other nations put together. It is de entirely to our initiative that there is now a growing supply or gais from which to draw,

The total number in the Alaskan herd now is estimated at 300,000, and n is believed that 100,000 will be ded this summer, after which, unmoderate regulation, there will he little danger of extinction, such us fixed the fur-bearing seals only a few

HAD GRAND DAY'S SHOOTING

Amateur Sportsman Thoroughly En-Joyed Himself Until Unfortunately His Supplies Gave Out.

"Awfoliy sorry, old chap," said the ss, greeting his guest, who had arfired for a week-end with the guns, "but I shan't be able to come out tody! However, a sportsman like you'll beable to get on by yourself. 'Ere's agon, and 'ere's a bag o' ferrets. Keep rell in the wood, and you ought to 'we plenty of sport."

So away went the cockney sportsman gloriously arrayed in glaring legfings, deer-stniker and Norfolk jacket. At about umpty-um p. m. the mighty hunter returned.

"Well, ow'd you get on, ole chap?"

asked his bost. *0h, grand! Capital sport! Got

more?" "Any more what?"

"Why, any more of those squirrel things you gave me in that bug. I've that that lot !"-London Tit-Bits.

Farm Lands Increase in Value.

The value of farm lands of the Unitel States is estimated at \$45.55 per acre, as compared with \$10.85 a year 4go, \$40.31 two years ago, \$38.10 three years ago and \$36.23 four years ago. The census reported the value of farm lands in 1910 as \$32.40, and in 1500 as \$15.57 per acre.

In recent years the value of farm lands has been increasing at the rate of about 5 per cent a year, or approximately \$2 per nere per year. The exteptional increase of the past year may be explained partly by the reaction in the southern cotton states following a temporary depression last Per, and partly by the stimulus given by the war to prices, particularly of



Gets Attention—

First, because of its wonderfully delicious flavor-

Then again, because it is ready to eat-fresh and crisp from the package.

But the big "get attention" quality is its abundance of wellbalanced, easily digestible nourishment.

For sound health, every table should have its daily ration of Grape-Nuts -

"There's a Reason"

IS THERE AN APOSTASY IN MORALS?

By REV. J. H. RALSTON, D.D. retary of Correspondence Department Moody Bible Institute, Chicago

TEXT-And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind to do hose things which are not convenient.— Pom. 1:23.

In scripture the perfect man is de cribed as the man of clean hands and

a pure heart, that is of correct life and pure motives. Every law of na ture and ethics proves that to n pure linve stream there must he a pure foun tain, however pure the course of the stream may be It is no wender then, that every good man prays Create in me clean heart, O

God, renew a right

spirit within me ciennse me from secret faults," For some years many of the greatest cuchers of the word of God have to isted that the race of mankind is now in the apostasy referred to in l'aul's second letter to the Thessalonians in the use of the term "a time of falling away." With very many observers this falling away has been along the line of impurity in religious teaching. Time was, and not very long ing ago, but was not, largely owing ago either, when in practically all evangelical pulpits there was never any question as to the deity of Jesus Christ, the inspiration and supreme authority of the Holy Scriptures, etc., but such is not the case now.

But it is not to any such apostasy hat we now wish to refer, and we ask very earnestly, is there a present apostusy in morals? We are not going to doguntize and insist that there is, but we wish to think of a few things with reference to the present state of morals. These thoughts are suggested by the remarks made by a very prominent Christian leader of America a few days ngo who used this expression; "I believe we are in a reign of lust" and the words were the expression of a heart howed down with a weight of conviction.

How can we check up on morals? Christians might start with the law of the Christian life-the law of grace -which in itself is the law that produces the best results; or the Sermon on the Mount might be in view, which is below that of the Christian law, and above that of the decalogue. The moment we begin to estimate a man from the Sermon on the Mount we are overwhelmed, for obedience to that law has very scanty illustration with the race of mankind as a whole, and all are guilty with respect to the supreme love to God demanded. But we descend at once to the ten commandments which are not abrogated as far as a general standard of morals is

concerned. The first tv with the worship of God. Are not the words of the text true that men do not like to "retain God in their knowledge?" Do they not worship practically everything else but God? The third commandment deals with profanity, and while we cannot check up comparatively, we know that today the name of God is most profanely used by men, and quite sad to say by large numbers of women. The idea of a day set apart for the worship of the holy God, and separation from the world, is now ridleuled, and such a day is practically gone.

Coming to the sixth commandment. which says "Thou shalt not kill," let us pause. Popularly speaking murder is put at the head of the list of human crimes, and that is usually described as the taking of the life of another unlawfully. Three years ago it was a common saying that the brotherhood of man was so far advanced, that the federation of the world was so nearly realized, that anything like bodies of men making war on each other was utterly unthinkable. What is the situation today? A dozen nations are in the most bloody grip of war that the race has ever known; the soil of Europe, Asia and Africa is stained with the blood of thousands and tens of thousands of men, and while some of the forms of barbarism which characterized ancient times are absent, other things have taken their

places, their object being to destroy foes by death or maim for life. It was with reference to the breach of the seventh commundment that the expression of "the reign of lust" was made. Evidences of low morals as to this commandment are somewhat difficult to obtain with accuracy, but the annals of the divorce courts; the large portions of various cities set apart for the sutisfaction of lust; the steady demand of the habitues of the theaters for plays that accentuate marital infidelity and the exposure of the persons of women; the advertisements of theaters; and other advertisements in many popular pictorial publications, furnish some evidence and, probably at the present time as never before, the style of dress of a very large number of women concerning which delicacy forbids further re-

mark, reaches a climax. If the breach of the eighth, ninth and tenth commandments are not comparatively as consplcuous as those of the sixth and seventh, yet dishonesty, lying and covetousness still carry down their victims and no man es-

capes their touch. Reformatory movements of various kinds; good laws on morals well enforced; the rise of public sentiment against impurity and murderous cruelty of the day, will do much to relieve the situation, but the only adequate and lasting method of public reform is the power of God given in the new birth.

Our duty is to take opportunities and work them out.

INTERNATIONAL SUNDAYSCHOOL **LESSON**

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.) (Copyright, 1916, Western Newspaper Union.

LESSON FOR SEPTEMBER 17

PRISONER IN THE CASTLE.

LESSON TEXT-Acts 22.
GOLDEN TEXT-He is my refuge and my fortress.-Ps. 91 2.

Paul was rescued from the mob by the prompt action of Lysias, and was saved from scourging by revealing his Roman citizenship (21:27-22:29). Every true life, real social service, patriotism and national righteousness rest upon the value of conversion to Christ. The fundamental message of the Christian church must always be regeneration. With this message Billy Sunday is gripping the large cities, and Dr. John R. Mott is reaching the student life of the world.

I. Paul's Account of His Early Life (v. 1-5). By his use of the Greek tongue he obtained permission to deliver this address, and by his wise use of the Jewish language he gained the attention of the excited crowd. Paul asserted his Jewish origin. (Acts 21-30). Tarsus, where he was born, had a university which rivaled those of Athens and Alexandria, and Paul had probably heard its great philosophers. Paul was an educated man; he was brought up in Jerusalem from his early boyhood at the feet of Gamallel its greatest teacher. Thus his religious training was according to the law of the fathers, and as "touching the righteousness which is of the law," he was blan cless (Phil, 2:6). He was zealous for God, doing what he thought he would have him do even when "persecuted this way," the way of forgiveness, salvation and righteousness. Jesus said, "I am the way." Paul was at this time an instrument in the hands of the rulers, carrying out their plans, but he exceeded them in his zeal for "the traditions of our fathers (Gal. 1:14). He was not at all like those Pharlsees whom Christ condemned as 'white sepulchers." He was not what we would term today, "a bad man," He could not have done his work or occupied his position if he had been. He was sincere in a bad cause; he was zenlous in a mistaken religion; he was honestly on the wrong side. Politically and religiously prominent and active. he was in error still.

II. Paul's Turning Point vv. 6-21). Paul seems to pick out three different crises in this rehearsal. (1) His interview with Christ, when he saw Jesus as he really was in his giory, a living risen Savier (Cor. 9:1; 15.8). He had positive proof of the resurrection from the dead. This proof convicted him of sin. He had heard Jesus call. He had asked Jesus what he would have him to do. He was ready to obey, and something was given him to do. The light which he met on that journey arrested him in his mad course. The voice gave him his directions. In obedience to the command, "Arise and go." he gained knowledge and skill. (2) He lights upon his interview with Ananias (v. 14) where he received personni help from an experienced Christian. In the darkness and conflict of those three days of loneliness the questions must have been: Could he leave rank, honor, friends? Could be enter the service of the despised one and suffer reproach. danger and death? During this conflict he must have had before him the vision of what God would have him do. and the work for which he chose him (vv. 16-18). His vision and commission constituted a strong motive for right decision. During the vision he came into the light, and confessed his faith by his baptism. As a result of those three days and his interview with Ananias he came to know God's will more fully. The next step was of course (3) his public avowal (See Acts 2:38; Heb. 10:22; Rom. 10:13; 1 Cor. 6:11). The purpose of Paul's whole life and mission was changed. For each of us, in our own degree, conversion brings similar changes of life. Have we experienced this great transforms-

tion? III. Paul's Dangerous Position (vv. 20-30). The mob gave him audience until his words about the Gentiles. His declaration that God had commanded him to go upon a mission to the Gentiles was an offense to the Jews, and his words fell like a "spark upon an inflammable mass of fanaticism." They broke out into a frenzy of excitement, and made preparations to stone him. An Oriental mob is lideous beyond de gree, howling, yelling, cursing, gnashing their teeth, flinging their arms, casting off their garments (v. 23). throwing dust into the air to relieve their excitement and to express their execration. It was a manifestation of their uncontrollable rage. The opposition of a mob is no proof that the person it curses is wrong. The wrong was not in Paul but in the mob; the cause of the famine in Ahab's time was not in Ellinh: the commotion of our day is not with the reformers, but with those who uphold the evils which should be reformed. Paul used every power he had to aid his fortune-his Roman citizenship, his social position. his knowledge of law and his training and quick wit. The chief captain who spoke Latin and Greek would not understand what Paul was saying in Hebrew (Aramaic), but from the fury of the people he concluded that Paul must be some great criminal, and therefore ordered that Paul should be compelled by torture to confess his crime. While they were binding Paul he quietly asked the officer if it were lawful for them to scourge a Roman citizen, being uncondemned.

Immediately preparations stopped The commander was called, and, learning that Paul was a free-born Roman citizen, he had cause to be afraid that

be had gone too far. To assert Roman citizenship falsely was punishable with death.

The chief captain told Paul that with a great sum he had obtained his Roman citizenship, but Paul's reply was, "But I am Roman born."

SENTIMENT IN GERMANY.

Lest anyone should get away with the impression that the recent advancement in industry in Germany is evidence that beer does not interfere with progress, a few facts not circulated by the brewers' publicity machine should be more widely known, says the National Dally, Washington, D. C.

These facts are clearly set forth in a leastet by Dr. George Bonne on the part of industry in the battle against alcoholism.

He first makes clear the greater de mands present-day industry makes compared with the days of the hand loom, the horse cart and the sailing the electric or steam driven loom, the locomotive engineer, the chauffeur, the man at the wheel of the fast steamship or at the work bench in high power machine plants.

Then he names fourteen leading German industrial firms, among them the great Krupp iron works, that look most carefully after the matter of proper beverages for the men and provide lemonade, seltzer water, bottled milk, coffee, ten and other refreshing drinks to take the place of the old-time

It is not to be supposed that a nation will be entirely weaned from its drinking habits in a generation, but the weaning process is making headway in Germany. The evidence which the university professors furnish is reiterated through army and navy and industry, and insurance society.

PROTECT EMPLOYEES.

"Employers' Hability laws are the dendly foe of John Barleycorn," says Mrs. Lucia Additon, superintendent of the national W. C. T. U. department of temperance and labor. "Before the days of these liability acts," she points out, "when a workman received injury the employer was sorry, very sorry, but the injured man had no claim for aid. Now what has followed these laws, which have been enacted by 33 states? First, safety appliances have been installed, next the 'safety first' movement started with much momentum, then came notices in the industrial plants, Employees visiting saloons will be discharged.'

"Why, It is in order to ask, should the civilian employees of the United States government be longer denied similar protection? The present federal law covers only about one-quarter of the government employees. A new law, known as the Kern-McGillicuddy bill, combining all the best features of the wisest legislation on the subject and approved by the United States department of labor, has been before congress for two years. Let us urge Its enactment."

BE A THORN.

"Go home and be a thorn in the flesh of your health boards until they start anti-alcoholic educational campaigns," was the message of Dr. Haven Emerson, president of the New York city board of health, to the delegates at the National Conference of Charities and Correction. This was not the suggestion of a frenzied fanatic, but the calm, sane advice of a man of prominence in the medical profession who has discovered that his every effort to check the ravages of disease in the biggest city in the United States has been handleapped and hindered by alcoholism.

TRADES FAVOR PROHIBITION.

The Greater Boston Allied Building Trades council, representing more than 18,000 men, went on record during the recent wet and dry campaign as endorsing no-license. The resolutions condemned the liquor interests and pledged every effort to defeat license. The business agents of thirtyone unions belonging to the organization formed a club to more effectually carry on this work.

ALCOHOL IS POISON.

Professor Nothnagel of Vienna says: "It is a sin to give children wine or beer. It is criminal to teach that wine nourishes. The dreadful neurasthenia of our day is due just to this early use of alcohol. Those who say that alcohol is a poison are wholly right."

APPETITE FOR DRUGS.

Hired booze spielers and writers say prohibition makes men take to drugs. Possibly true in the case of confirmed drinkers. A business that puts its patrons on the bum, so that they must have liquor or drugs, is a business that ought to be abolished.-Uhrichsville (O.) Chronicle,

"In all civilized lands the word must go forth 'War on Beer,' " said Doctor Delbruck at the Bremen anti-alcoholic congress. "We must fight beer far more intently than we fight spirits," he udded, "because of its greater injuri-

KILLS EMBRYONIC CHICK.

If a fertile egg of a chicken is immersed in a 5 per cent solution of alcohol for about two hours, or subjected to the fumes of alcohol, the embryonic chicken will never become viable.

SIGN OF THE TIMES.

A workman for the Illinois Steel company in Chicago recently secured a better job in Pittsburgh, and before he left his fellow workmen gave him a banquet at a hotel with twenty-five foremen and clerical workers as guests. There was a cocktail at every plate. When the men left the table not a cocktail had been touched.

BEGINNING OF DRUNKARD. Every drunkard was once a moder

ROMANCE OF ROSES

PRETTY LOVE STORY THAT BE-GAN WITH THE FLOWERS.

It Was Sallie That Gave the Young Couple an Excuse for Calling, But in a Short Time They Needed No Excuse.

Betty, the secretary of our club, has had a pretty love story, relates the Chicago Tribune. It began in a rainstorm. When the rain was pelting down its liveliest Betty came into the street from an elevated road station. At the bottom of the steps stood a boy selling flowers. He had only two roses left, glorious, half-blown pink

"I'll have those roses, if you please," said Betty. And, "I'll have those roses, upon clear brains and steady muscles if you please," said another voice at the same time. The other voice belonged to a man. He was a young vessel. He shows that foremen and man; and when Betty looked up and managers are awake to the different he looked down, both smiled. Despite quality of brain activity demanded by the dampness of his clothes the boy smiled too.

"Well," he sald, "which of you is goin' to have 'em?" "You," said Betty, "You spoke

"No, you. I think you did," said the young mun.

The boy, being a diplomnt as well as a flower seller, suggested that they "divvy up." "Why not?" said the man. "I want

my roses for a friend who is ill, and she can't smell but one rose at a time, now, can she?" "I suppose not," said Betty. "I also want my roses for a friend who is ill,

and she can't smell but one rose at a time.' So they "divvied up." They left the station together, and since their ways ley in the same direction, they walked tegether for three blocks. Presently both turned into the same side street and both stopped at the same house in

the middle of the block and both rang the bell of the same flat. "Don't tell me it is Sallie Miller that you are bringing that rose to," said Betty incredulously.

"Sure it is," said Betty. So they climbed the stairs together. "Won't Sallie be surprised to see us coming together?" said Betty. Sallie

was surprised. "I didn't know that you two knew each other," she said.

"We don't-we didn't," said Betty Then they told the story of the roses. Sallle liked the roses, but, being a sympathetic soul, she liked the story better, "I am so glad," she said, "You must both come again on Wednesday

at this same time." They went away together. Their talk was mostly of Sallie. Each said how wonderful it was that the other knew Sallie. At the corner they separated.

"I go this way," said Betty. "And I that," said he. "I hope we will meet ngnin-at Saille's," he added.

"O, yes, at Sallie's," said Betty, Of course they met-at Sallie's, Their engagement is now six months old. They will be married soon.

Boggs and Stewart Paid.

Harry Boggs, an accountant for public service commission, recently was checking up the records of the Anderson municipal electric plant, at Anderson. A campaign was on in Anderson to raise money for a Y. M. C. A. build-

Boggs was approached by committees and asked to contribute. Finally he signed a paper promising to pay \$1, and opposite he placed the name of Charley Stewart, chief clerk of the commission, in whose office at the statehouse Boggs has a desk. Boggs came home and waited developments, Soon Stewart was notified that his contribution to the Anderson Y. M. C. A. was due. He didn't say much, but apparently did a lot of thinking.

The other day he caught Boggs in the offices as another "dun" came in. Stewart opened and read the "dun," which was more or less insistent in its

Then he walked over to Boggs. "Lend me a dollar, will you, Harry?" he asked.

And Boggs dived into his pocket and

produced the dollar. "Now I'll just pay this bill for you,"

sald Stewart.-Indianapolis News. Georgia Fish Go on Spree.

Walter Taylor, city clerk of Atlanta, Ga., declares that the fish in South river should have the attention of the Humane society. They are being grossly mistreated by the city, since the police began dumping "blind tiger"

liquor in the sewers, he states. He said after a trip to the river with Oscar Cochran, manager of the city parks, that he found the fish in u maudlin condition, due to excessive use of alcohol. Most of them were in a disgraceful state of intoxication, and the ones that were not were fighting to

get their share. He says the river is rapidly becoming stocked with fish from further down the stream, coming up to get a share of the liquid. And he adds that the inhabitants of the region are trying to find some way to extract the alcohol without having to eat the fish, recognizing that the two don't go well to-

Fertile Acre In City Limits.

John S. Ware, secretary and treasurer of the Cumberland Trust company and until recently deputy state treas urer, is an enthusiast in truck raising. and has a most productive acre of land connected with his residence directly in Bridgeton. This year Mr. Ware has taken from this single acre over \$1,000 worth of produce, and with the fall and winter crops expects to make the yield run up to \$1,500.

A quarter-acre has yielded \$200 worth of opions, one-third of an acre \$600 worth of lettuce, and from another quarter-acre \$150 worth of tomatoes have already been sold. Mr. Ware will easily pick \$500 worth of fall lettuce and celery. The land is irrigated from the city water plant.— Bridgeton Dispatch Philadelphia Rec-

FLIXIR BULER A GOOD TONIC
And Drives Malaria Out of the System.
"Your Babek lacia like magic I have given it to numerous scapic in my parish who were suffering with chills, malaria and fever. I recommend it to those who are sufferers and in need of a good boile."—Rev. S. Symanowski, St. Stephen's Church, Perth Amboy, N. J. Blixir Batek, So cents, all druggiats or by Parrels Post, prepaid, from Kloczewski & Go. Washington, D. C.

When Hogan Telephoned. Hogan, the elder, was doing useful work in the stables, since most of the younger men in the nearby little market town had enlisted.

One day he was sent by his employer to telephone to a dealer for various loads of hay, straw and oats. After many struggles with that terrible instrument which is supposed to save time, he got into communication with the dealers at last.

"I say, we're waitin' fer that last order fer hay, straw and oats. We want it at once. Hay, straw and onts."

Back came the answer: Very good. But who's it for?" "Arr. now. Would ye try to be funny with an ould man what's doing

his bit? It's fer the horses av coorse."-London Mail. Dr. Pecry's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults

or children. One dose is sufficient and no supplemental purge necessary .-- Adv. He Got It.

"Please, mother, can I have a piece of cake?"

"No. Freddle." "Just a teeny little plece?" "No. Freddle. You cannot have any

cake at all." "Can I have a cooky then?" "No."

"Aw, please. Just one little cooky." "No. Freddy. You have just had your luncheon, and you can't possibly be hungry so soon. Run away and play, and don't bother me any more." "Don't you like to have people appreclate your cooking, mother?"

BABY'S ITCHING SKIN

Quickly Soothed and Healed by Cuticura, Trial Free,

They are a boon to tired mothers.

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

Just Once. "Van Skinn is an awful tightwad. I

don't suppose he has ever been known to give a cent to charity." "Oh, yes, he has. He gave a plugged nickel to a blind man once, but

only after he had made perfectly sure that he couldn't pass it on unyone else." Field for Him.

your portraits." "Then you think I can't make a livng at art?" man to design kings, queens and knaves for playing cards,"-Louisville

"You don't get much expression into

Courier-Journal. Wright's Indian Vegetable Pills have sto-

Intimidated.

Aunt-Why didn't you scream when he kissed you?

Niece-He threatened me. Aunt-Threatened you? Niece-Yes; he said if I did he'd

never hiss me again.

A. M. HAMMAR 750 Reservoir St. Baltimore, Md.

\$30 Weekly Easily Made with new

INCREASE your monthly income Ed to ES mail-ing booking - no saryassing. Begin now, stamp brings samples. Boy Information Survey, Marchan, Marchan,

"RCUGH on RATS" Ends Rata, Mice, Rage

W. N. U., BALTIMORE, NO. 38-1916.

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:-



Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with be, ring down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. Margarer Grassman, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass .- "I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and have had them try it and they also have received good results from it."—Mrs. George A. Dunnan, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. Kissling, 931 East 24th St. Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.



A Virginia Case J. H. Brownie, 501
Lee St., Berkley, Va.,
s a y s: "My kidneys
gave out and I had to
stop work. I steadily
got worse and h a d
hemorrhages. My back
ached as though it was ached as though it was broken and my condi-tion got so bad that the doctor gave me up. When almost in da-spair, I used Douris Klaney Pills and they restored me to good health. I owe my life to them."

It's Foolish to Suffer

You may be brave enough b

stand backache, or hendache, or dizziness. But if, in addition, ur-ination is disordered, look out!

If you don't try to fix your sick

kidneys, you may fall into the

you know it. But if you live more

carefully and help your kidneys with Doan's Kidney Pills, you can

stop the pains you have and avoid

future danger as well,

Get Donn's at Any Store, 50c s Ben DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.

PREVENTION better than cure. Tutt's Pills if tak-n in time are not only a remedy for, but will prevent SICK HEADACHE,

billiousness, constipation and kindred dise

"Regimens! Regimens!" said Prot. Hilary McMasters before the Harvare

Medlenl school, "There are too many nonsensies? regimens, young gentlemen. I prefes the regimen of Mark Twain to all ruck

rubbish. "Mark bad a very strict regimes, you know. He never smoked but one eight at a time, and never smokes while sleeping.

"He never ate meat except with his meals, and he never drank except at meals and between meals,

"His father took a drug store for a bud debt in Mark's boyhood, and Bathe with hot water and Cuticura among the stores were nine burress of Soap. If there is any irritation anoist | cod liver oil. These lasted Mark seven gently with Cuticura Ointment on end | years. The rest of the family had to of finger. Refreshing slumber for rest- get along with the specae and aux less, fretful babies usually follows the vomica, Mark being the pet. He was use of these super-creamy emollients. in fact, the first oil trust. He got to

> Natural Surmies. "Dear me! What is that awful noise? Is it a new frenk auto hora? "No, I think it is Clarice Cushley's

new sport skirt." WHY NOT THY POPHAM'S

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

Take AGAR-AGAR "I don't say that. You'd be just the For Chronic Constipation No drugs. Send 50c for box to

A Woman's **Problem**