

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels...

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night...

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress...

On the ocean the swell makes people sick and some of the swells encountered on land have a similar effect.

Dr. Pierce's Peppermint Cure is best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic—Adv.

Serious. "She's only flirting with him." "It's more serious than that. I saw her looking up his rating."

To Drive Out Malaria And Build Up The System Take the Old Standard GROVE'S TASTELESS chill TONIC. You know what you are taking...

Mother Knew. A Voice—Mary! what are you doing out there? Mary—I'm looking at the moon, mother.

Voice—Well! tell the moon to go home and come in off that porch. It's half-past eleven!

More Nature Faking. "In your speech you talked about the dove of peace as if it were a war-like bird."

All Dry. The leader of one of the "dry" delegations from out in the state which came to the state capitol the day before...

Yes, sir, he declared, we have 'dry' lawyers with us, and 'dry' doctors, and 'dry' grocery keepers, and a 'dry' jeweler. Everything, in fact, except a 'dry' saloonkeeper."

Husband's Soft Answer. She was waiting for him. Gathering her brows like gathering storm, nursing her wrath to keep it warm...

This is a nice time of night—"I—er—know I'm late," he hastily interrupted, "but I couldn't help it, my dear. Club had—er—big discussion on female beauty."

Steady Those Nerves! If it's caffeine—the drug in coffee—that's causing shaky nerves, the remedy is perfectly plain—Quit coffee, and for a pleasant, healthful table beverage, use—POSTUM Postum is a delicious cereal drink, pure and nourishing and absolutely free from any harmful ingredient.

Picturesque Ancient Customs of Holy Week

Where monarchs bathe the feet of beggars and why hot cross buns are eaten on Good Friday at breakfast :: Impressive church services

CHRIST'S moment of triumphant entry into Jerusalem, when the people took palms and went to meet him, has been commemorated in the church on the Sunday before Easter, which day, therefore, has been called "Palm Sunday."

As this is the beginning of Holy week, it is a happy interlude between the devotional rigors of the former part of Lent and the last and the most impressive of the religious exercises and personal sacrifices are redoubled until the coming in of the great feast of Easter.

Palm Sunday seems also to foreshadow the coming of the spring, at least from a merely mundane point of view, because of the great throngs of worshippers who pour into the streets from Roman Catholic and Protestant Episcopal churches, wearing or carrying the bits of palm, green branches or willow slips which have been distributed by the priests.

in this country palm is almost always used for this purpose, but in some countries, where this leaf is not available, its place is taken by bits of native green. Box and yew also have been used from time to time as a symbol of Palm Sunday.

Generally the greater part of the palm is distributed in the form of little crosses, this being so especially in the case of the men worshippers. The women receive crosses or large or small branches, according to the fashion of different parishes.

Rome in Holy Week. In the years before the war the Holy week services at Rome drew thousands of persons from all parts of the world to that city. These ceremonies begin with the beautiful Palm Sunday procession at St. Peter's.

In the very early church this ceremony is not known to have existed, but from the fourth century it became yearly more popular. Finally the rite came to be performed by the pope, all Catholic sovereigns, prelates, priests and nobles.

Emperor and Beggar. On this occasion, history records, the feet of the honored beggars were first washed by the yeoman of the laundry. Afterward the subaltern washed them and then the queen herself, kneeling, after washing each foot, made the sign of the cross upon it and kissed it.

In continental countries this practice is still kept up. The late emperor of Austria never failed to carry out the rite.

The devotees of the Greek church also use this ceremony at Moscow, Petrograd and Constantinople. The day of the Passion, Good Friday in English, supposedly from "God's Friday," is the most solemn day of the year in the church. From the beginning to the end of the three hours' service which commemorates Christ's agony upon the cross there is no lifting of the deep gloom characteristic of the occasion.

Churches Filled to Limit. More persons flock to the churches on Good Friday than on any other day of the year except Easter. In some of the churches in New York it is necessary to issue cards for the services on both these days, as there is no other way of controlling the great number of worshippers who seek admission.

The most popular of the secular customs connected with this day is the serving of hot cross buns. The genuine hot cross bun is rather a small one, spicier than ordinary buns, and has a brown, sugary surface marked with a cross.

Japanese make a waterproof leather with many uses from the hides of seal lions. The anthracite mines of Pennsylvania contain more than 7,000 miles of tunnels.

Sweet butter is preserved without a particle of salt inside a gourdlike container made of cheese. The whole remains fresh and edible for years. Argentina and Paraguay have concluded a new commercial treaty which provides for practically free trade between the two countries.

After many failures Italian army engineers have bored the first successful artesian well in Tripoli. France now leads the world in the manufacture of tinsel fabrics, Lyons being the center of the industry.

A department of New Jersey agricultural experiment station has recently succeeded in producing purple carnations. Shipments of manganese ore from the Russian ports of Poti and Batum decreased from 788,214 tons in 1914 to 8,750 tons in 1915.



the cross was placed on the bun to exorcise its pagan spirit. For two dozen buns scald one cupful of milk, add to it a tablespoonful of butter, quarter of a cupful of sugar and a spoonful of salt.

Those who complain that it is difficult to remember the date of Easter should glance over the records of the troubles of the early Christians in this regard. It was many, many years before it was possible to settle upon the method whereby the date of Easter should be determined, and so violent were the disputes over the matter that different schools of Christians arose, some following one decree as to the Easter celebration and others obedient to entirely opposite pronouncements.

Discrepancies in Dates. There was such difference in calculations as to the time of the feast that Bede records that in a certain year Queen Eanflada, who had received her instruction from a Kentish priest of the Roman obedience, was fasting and keeping Palm Sunday while her husband, Oswy, king of Northumbria, following the rule of the British church, was celebrating the Easter festival.

Why New Clothes Are Worn. The idea of new clothes on Easter, thought by some to be a mere vanity, is in fact as truly symbolic of the festival as the Easter egg and the Easter flower. To burst afresh upon the world in festival attire is an instinctive demonstration of genuine Easter feeling.

APPROPRIATE DISHES FOR EASTER WEEK

Eggs, ham, chicken and salads figure conspicuously in the Easter menus, the eggs and chicken because of the Easter symbolism; ham, since it is connected with eggs from a gastronomic standpoint, and salads because when Easter comes fresh green viands are particularly enticing.

Here is a good recipe for smothered chicken, which may well be the principal item of an Easter luncheon or dinner. Split the chicken down the back, season with salt and pepper, and dredge well with flour on both sides. Put into a bake pan a small cupful of stock and a quarter of a pound of butter.

To make chicken a la Baltimore, prepare the chicken as for boiling; then cut into joints, wipe dry, season well with salt and pepper and dip into beaten eggs; then roll in fine bread crumbs. Place in a well buttered pan, pour olive oil or melted butter over them and bake in a steady oven for twenty-five minutes.

A savory egg dish for an Easter luncheon or supper includes eggs and artichokes. To make this dish steam or cook in highly salted water as many artichoke buttons as there are guests to serve. Brown delicately in butter as many rounds of thin bread, each piece a little larger in diameter than are artichoke buttons.

To make the Hollandaise sauce rub to a cream a half cupful of butter; then add the yolks of two eggs, one at a time, beating well after each addition. Put in the juice of a half a lemon, a spoonful of salt, a dash of paprika or cayenne and a half cupful of boiling water.

Women cabdrivers are stated to be a success in Glasgow, Scotland. One firm has about 40 women driving cabs. Freshly caught sea fish are said to be the principal ingredient of an artificial rubber of Dutch invention.

The German mauler can fire faster than any other rifle used in the war. The magazine holds five cartridges, packed in chambers. The Island of Ceylon is to be connected to the mainland of India by building a roadway on a rocky reef, a distance of 22 miles.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

BOOZER MUST GO. Employers' liability laws in the different states have been an important factor in bringing about the present attitude of the business world toward liquor.

In line with this comes the Michigan Workmen's Compensation Mutual of Detroit, which, we learn from the Western Underwriter, an insurance journal, has sent its members a circular letter on the booze question. We quote: "The careful consideration of all moral hazards involved under the compensation law reveals the fact that booze is the biggest."

"Booze is so insidious in its workings that even though an employee may not be actually under the influence of liquor at the time of an injury, a very large percentage of all injuries are either directly or indirectly due to the drinking of liquor."

"Therefore, we are earnestly recommending to all of our members that the service of the booze fighter, whether he drink much or little, be dispensed with as promptly as possible, providing he cannot be made to see the error of his ways and become an abstainer."

LIQUOR BUSINESS AND LABOR. "The average workmanman fears being out of a job more than he does going to hell, and the liquor interests have capitalized on this fear," said Rev. Charles Stelzle before the Federal Council of Churches. And he pointed out that: "If the money now invested in the liquor business were invested in the average American industry it would give employment to four times as many workmen, who collectively would receive four times as much in the form of wages, and four times as much raw material would be required than is now the case in the liquor business."

Mr. Stelzle said that the number of workmen employed in the liquor business has been greatly exaggerated. The liquor interests purchase annually only about an average of \$10 worth of produce from each farmer in the United States.

FAIRNESS TO TAXPAYERS. A Muncie (Ind.) Judge the other day made the novel ruling that a man not only has a right to lie down in the saloon where he becomes intoxicated but that it is his duty to do so instead of going to some other place. The victim in the case had explained to the judge that after drinking at the bar he felt the drunken stupor coming on and so hurried to the jail, only a block away, and gave himself up, because he did not suppose the saloonkeeper would permit him to sleep off his intoxication on his premises. "So you thought you'd go to the jail and let the taxpayers take care of you?" queried the court. "The next time you get drunk I want you to lie down right there in the saloon and not become a public expense."

INCREASES VALUES. From report of state auditor of North Carolina. Value of real estate: 1908 \$287,459,602.00 1914 300,079,952.00 Value of personal property: 1908 \$174,926,792.00 1914 213,324,039.00 Taxes collected: 1908 \$ 2,616,439.62 1914 4,683,875.13

"North Carolina," says Governor Craig, "has never known in all her history a period of greater prosperity than that through which she has passed since prohibition was adopted. Real estate in all the cities and larger towns has greatly enhanced in value and every line of business has prospered."

SCIENTIST FEARS ALCOHOL. I fear alcohol as I fear the bacillus found associated, probably casually, with anaesthetic leprosy, because it does away with the danger signals with which we are provided through our senses—pain, irritability, hunger, fatigue. Each one of these may be rendered less insistent by the use of alcohol, but the real causes of these sensations are left unaffected or may even be increased by the use of the very agent that blunts the "senses" through which they are manifested.—Prof. G. Sims Woodhead of Cambridge University, England.

PROHIBITION GAINING. Twenty-five states and the territory of Alaska are now dry. Utah has the honor of coming in with the first half of our 48 United States. Indiana, only 20 hours behind, has the honor of leading the second section of the dry procession. Wyoming, New Mexico and Minnesota have submitted the question to the people, and prohibition campaigns are on in Missouri, Ohio, Texas, Wisconsin, Illinois, Florida, Pennsylvania, Nevada. Indeed, there is hardly a state not already dry which is not more or less stirred.

COMMENDS PROHIBITION. Rt. Rev. Henry Granjon, D. D., Catholic bishop of Arizona, opposed the prohibition amendment in that state in 1914 because it did not exempt wine for sacramental purposes. The amendment adopted last November makes this exemption and is heartily approved by the bishop. He says: "Prohibition, as enacted into law in this state, has proved beneficial, all things duly considered. It has done away with the saloon evil, and that alone weighs 75 per cent in the balance."

Why That Lame B...

Morning lameness, sharp pain when bending, or an all-day ache; each is cause enough to expect kidney trouble. Get the cause. Help the kidneys. Americans go it too hard, overdo, overeat and neglect sleep and exercise and so we are becoming a nation of sufferers. 72% more deaths in 1890 is the 1910 census. Use Doan's Kidney Pills. Thousands recommend them.

A Pennsylvania Case. D. R. Pringle, 913 Oak St., Indiana, Pa. a s y s: I suffered acutely from pain across the small of my back. The kidney secretions passed too frequently, especially at night and I felt miserable. Two boxes of Doan's Kidney Pills rid me of the back-ache and regulated the action of my kidneys. The cure has lasted and my kidneys are now in shape.

A Hard N to Crack

When a cold hits you in the throat, it's hard to get rid of. Don't experiment. Break it with Hale's Honey of Horseradish and Tar. Prompt and efficient. All druggists, 25c. a bottle.

SKIN-TORTURED BABIES

Sleep, Mothers Rest After Trial With Cuticura—Trial Free. Send today for free sample Cuticura Soap and Ointment and quickly they relieve itching skin troubles, and point to specimen of baby rashes, eczema, etc. Having cleared baby's skin it clear by using Cuticura.

-IF YOU CAN

Invest \$25 cash and a few dollars you can become associated with a business that should return big profits. Verify the truth of this statement when you write to us. This is not all, however. Your banker or lawyer can advise you. Address P. O. BOX 675, Baltimore, Md.

The Wretched of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Bileusness, Head-ache, Dizziness, and Indigestion. They do SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Rheumac

Have you RHEUMATISM Lumbago or Gout? The RHEUMACID is recommended and drive the poison from the system. "SUGAR-COATED" TABLETS. VERIFIED BY ANALYSIS. PREPARED BY W. L. BARKER, BALTIMORE, MD. At All Druggists. Jas. Baily & Son, Wholesale Drug Store, Baltimore, Md.

BLACKMAN STOCK REMEDY

Relieves and Removes CONSTITUTIONAL To a B—10 Tabs 10c— Take a tip—take a T

For Sale. Bull Dog and other long pod cars, 75c. per. H. W. N. U., BALTIMORE, MD.

POSTUM

POSTUM Postum is a delicious cereal drink, pure and nourishing and absolutely free from any harmful ingredient. There's a big army of Postum users who are enjoying better health and comfort since joining the ranks.

"There's a Reason"