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

Get a 10-cent box now.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish howels -you always get the desired results

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children-their little insides need a cleansing, too. Adv.

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

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

"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, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Mother Knew.

A Voice-Mary! what are you doing out there?

Mary-I'm looking at the moon,

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

More Nature Faking.

"In your speech you talked about the dove of peace as if it were a war-like

"That's the modern idea," replied the orator. "The time has come when the dove of peace must be supplied with such defensive armament as sharp claws and a falcon's beak."

The leader of one of the "dry" delegations from out in the state which came to the state capitol the day before the passage of the prohibition mensure was explaining what a representative crowd of people he was di-

"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."

"You bet," chimed in another booster, "we've even got a dry cleaner along."-Indianapolis News.

Husband's Soft Answer. She was waiting for him.

Gathering her brows like gathering storm, nursing her wrath to keep it warm, and when he entered the room she began:

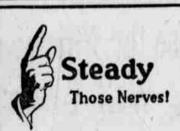
"This is a nice time of night-" "I-er-know I'm late," he hastily interrupted, "but I couldn't help it, my dear. Club had-er-big discussion on female beauty."

"And what had you to do with that?" demanded the fretful wife. "More'n anyone else. I was the one

er-who had the most beautiful wife, an'-er-course, the best authority on female beauty, an'-"

"Why don't you take off your overcoat, Henry? Let me get your slippers for you. It's awful cold outside; I think you must be half frozen."

Half a minute later Henry was safely ensconced in his easy chair with his wife at his feet putting his slippers on."-Philadelphia Inquirer.



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.

There's a big army of Postum users who are enjoying better health and comfort since joining the

"There's a Reason"

"CASCARETS" FOR Pictures que Ancient LIVER, BOWELS 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 serbices

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

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 ! six days, in which all 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 worshipers who pour into the streets from Roman Catholic and Protestant Episcopal churches, wearing or carrying the bits of pales, 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 worshipers. 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 all Roman Catholic churches everywhere the Palm Sunday procession, in which palms are carried in imitation of the first Palm Sunday procession, is a stately and picturesque spectacle. In the churches under the care of the religious orders, such as the Society of Jesus, the services of Holy week, including those of Palm Sunday, are usually very beautiful and elaborate. "Maundy Thursday," the good old English name for Holy Thursday, was so called from the French "mande," from the Latin "mandatum" -in allusion to Christ's words spoken at the Last Supper, "A new commandment I give unto you, that ye love one another." In commemoration of Christ's act of humanity in washing the feet of his disciples on the occasion of the Last Supper one of the most important ceremonies of the day, since the early middle ages, has been the washing of the feet of 12 or more poor persons by some one of higher worldly standing than themselves.

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. At Durham cathedral until the sixteenth century every charity boy had a monk to wash his feet. When Queen Elizabeth was thirty-nine years old she performed this ceremony for 39 poor men and women at her palace of Greenwich, it being then the custom for the sovereign to wash the feet of as many persons as she was years old.

Emperor and Beggar.

On this occasion, history recites, the feet of the honored beggars were first washed by the yeoman of the laundry. Afterward the subalmoner 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 Constantinoble.

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. Altars and celebrants are draped in black in the Roman Catholic churches. In the Lutheran churches also the altar and pulpit are draped in black. The three hours' service is used in the Episcopal church, and in this church, as in the Roman Catholic, the history of the Passion according to St. John is part of the Good Friday ritual.

This is followed in the Roman Catholic church by the adoration of the cross, an ancient ceremony, and the mass of the presanctified, so called because the elements have been consecrated the day before. In the Greek church also the Good Friday fast is extremely strict and the mass very

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 worshipers who seek admission. Despite the length and solemnity of the Good Friday service the desire to attend is so great that it is no uncommon thing to see devout men and women standing in long lines in front of the offices where the cards are distributed, fearful that they may even then be too late to gain 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. It is said that the hot cross bun is of pagan origin and can be traced back to an ancient custom of worshiping the Queen of Heaven by the eating of sacred cakes. But the buns that existed previous to the Christian era were not in reality those of today, because they bore no cross. In very early times

AROUND THE WORLD

More than two-thirds of the world's

There are telephones enough in the

The streets of one English city are

watered entirely by electric sprink-

The mining industry in the Blue-

United States for every ten persons

supply of tin is mined in the Malay

peninsula.

to have one.

ling wagons.

rapidly developed.

pagan spirit. add to it a tablespoonful of butter, quarter of a cupful of sugar and a saltspoonful of salt. When

For two dozen buns scald one cupful of milk, lukewarm add half a compressed yeast cake, softened in a little warm water, and a pint of flour. This should be mixed early in the evening. Beat+well and let the batter rise until foaming and double its original bulk. Then add a half cupful of sugar, quarter of a teaspoonful of mixed cinnamon, nutmeg and mace, a half cupful of currants, a tablespoonful of shredded candied lemon peel and enough flour to make a dough that can be kneaded. Knead well and set in a warm place overnight. In the morning turn out on a well-floured board and divide into pieces weighing about three ounces each. Pat them out round, let them stand for a few minutes, then roll into oblong shapes and lay in a greased dripping pan far enough apart for expansion.

Anglo-Saxon myth and Jewish pascha are supposed both to have played a part in the construction of the Christian Easter. Whether Easter was named from the Anglo-Saxon Eostre, goddess of spring, or from another root which signified "the rising," the meaning seems much the same, and today the universal use of flowers as the most appropriate Easter token testifies to the general recognition of their appropriateness as symbolizing a rising from the dead.

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 symbolical of the festival as the Easter egg or the Easter flower. To burst afresh upon the world in festival attire is an instinctive demonstration of years the spring hat no longer plays a leading part as an Easter symbol, for, as it insists on appearing with the New Year and won't stay in its shell until Easter time, it can no longer make an Easter entrance with any dramatic effect.

genuine Easter feeling. Unfortunately, of late

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 pronuncia-

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 Eanfleda, 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. In 325, at the council summoned by Constantine, it was decided that Easter day was to be on Sunday and that it was to be calculated at Alexandria, the home of astronomical science. From this arose the present method of calculating Easter, which sets the day as the first Sunday after the first full moon after the vernal equinox, provided that full moon does not fall on Sunday. Should it do so, then Easter is the following Sunday.-New York Herald.

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, senson 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. Arrange the giblets on the bottom and on them lay the chicken, breast down. Cover the pan closely and baste every ten or twelve minutes. Allow about fifteen minutes to the pound in roasting. When tender take out the chicken and lay on a hot plate. Wash the giblets, add a cup of rich cream and serve with biscuit. These should be buttermilk or beaten bis-

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. When tender remove to a hot dish. Make a good cream gravy to pour over the chicken and serve with corn fritters and thin, crisp slices of bacon.

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. Place the artichokes on the rounds of bread, and then over each one drop a poached egg, trimmed to the exact size of the bread foundation. Pour over the egg a small quantity of sauce Hollandaise. Add a dash of paprika and serve hot.

To make the Hollandaise sauce rub to a cream a half cupful of butter; then add the yokes of two eggs, one at a time, beating well after each

a particle of salt inside a gourdlike cultural experiment station has re-

carnations.

9,750 tons in 1910.

cessful artesian well in Tripoli.

being the center of the industry.

manufacture of tinsel fabrics, Lyons

A department of New Jersey agri-

Shipments of manganese ore from

the Russian ports of Potl and Batum

Japanese make a waterproof leather

The anthracite mines of Pennsyl-

vania contain more than 7,000 miles

Sweet butter is preserved without

Argentina and Paraguay have con-

cluded a new commercial treaty which

remains fresh and edible for years.

tween the two countries.

of tunnels.

addition. Put in the juice of a half a lemon, a saltspoonful of salt, a dash of paprika or cayenne and a half cupful of boiling water. Set the bowl containing the mixture in a saucepan of boiling water and stir rapidly and constantly until it thickens like boiled custard. Tarragon vinegar may be used in place of the lemon juice, with the addition of a few tarragon leaves blanched and cut up very small,

Scrambled eggs with green peppers make a very good Easter dish. For four or five persons at least six eggs should be used. Tonst slices of bread for each person and lay in a dish to keep hot. Put a tablespoonful of butter in the frying pan, and while heating break the eggs into a bowl. Allow a tablespoonful of cream or water to each egg. Milk is not good for omelettes or scrambled eggs. As soon as the butter is melted and begins to bubble, turn the eggs in, and as the whites begin to set lift and stir with a silver fork, Have ready two finely chopped sweet green peppers from which the seeds have been removed, and after the eggs begin to cook stir the peppers through the mixture. Cook a half moment, dish on the hot toast, garnish with a little watercress or parsley and serve at once.

A beautiful-looking salad to serve at Easter is the water lily salad, which is as delicious to the taste as its appearance suggests. To make this salad cut the whites of hard-boiled eggs into pointed, petal-like strips. Keep out a couple of yolks, but mush the rest. Mix with mayonnaise and fill the calyx of the arranged petals with the mixture. Put the remainder over the petals to give the appearance of pollen. Cut lettuce leaves in fine points to simulate the outer leaves. Served on a low glass dish this salad appears at its best. It is better served on individual glass dishes than

on a larger platter. Green pepper, lettuce and tomato salad. Crisp the lettuce leaves by laying in cold water for half an hour. Then shake dry and lay on the ice. Take the sweet green or red peppers and with a pair of scissors cut the peppers in lengthwise ribbons. Slice the tomatoes. Arrange the tomatoes on the lettuce leaves and sprinkle the pepper ribbons over all. Dress with mayonnaise or French dressing.-New York Herald.

Women cabdrivers are stated to be After many failures Italian army success in Glasgow, Scotland. One with many uses from the hides of sea engineers have bored the first sucfirm has about 40 women driving cabs. Freshly caught sea fish are said to France now leads the world in the

be the principal ingredient of an artificial rubber of Dutch invention. The German mauser can fire faster than any other rifle used in the war. The magazine holds five cartridges,

container made of cheese. The whole cently succeeded in producing purple packed in chargers. The Island of Ceylon is to be connected to the mainland of India by fields district of Nicaragua is being provides for practically free trade be- decreased from 788,214 tons in 1914 to building a roadway on a rocky reef, a distance of 22 miles.

Christian Temperance Union.)

BOOZER MUST GO.

Employers' liability laws in the difeferent states have been an important factor in bringing about the present attiude of the business world toward liquor. Corporation managers, investigating the causes of accidents in mill and factory, on railroad and waterway, found a large proportion directly due to the drink habit. Hence the reason for the famous "rule G" of the American Rullroad association and the total abstinence requirements of big business generally.

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 workingman 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 workingmen, 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 busi-

Mr. Stelzle said that the number of workingmen 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 Unit 'ed 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 vicjudge 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 360,079,952.00 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 pros-

SCIENTIST FEARS ALCOHOL.

I fear alcohol' as I fear the bacillus found associated, probably casually, with anesthetic 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 heartly 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 balWhy That Lame Bad Morning lameness, sharp to when bending, or an all-dayl

ache; each is cause enough pect kidney trouble. Get after cause. Help the kidneys. Americans go it too hard overdo, overeat and neglect sleep and exercise and so we fast becoming a nation of he sufferers. 72% more deaths in 1890 is the 1910 census of Use Doan's Kidney Pills. sands recommend them.

A Pennsylvania Car

D. R. Pringle, 913
Oak St., Indiana, Pa.
Says: T suffered
acutely from pains
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 Pilis
rid me of the backache and regulated the
action of my kidneys.
The cure has lasted
and my kidneys are
shape."

Get Doan's at Any Store, 50ca DOAN'S RID FOSTER-MILBURN CO., BUFFAL

A Hard N to Crack When a cold hits you in the hear

throat, it's hard to get rid of Don't experiment. Break it with Hale's Honey of Horeba and Tar. Prompt and effect All druggists, 25cts. a bottle,

Try Pike's Toothache Drops

Don't think because a girl is from the bottom of her h there isn't plenty of room at the SKIN-TORTURED BASE

Sleep, Mothers Rest After To With Cuticura-Trial for Send today for free sample

cura Soap and Ointment and is quickly they relieve itching skin troubles, and point to spe ment of baby rashes, eczemi ings. Having cleared baby's It clear by using Cuticura a Free sample each by mail w Address postcard, Cutleum,

Boston. Sold everywhere,-An onion or a potato is m

with every purchase by a

The Wretched

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable
—act surely and gently on the liver. Cure

Dizziness, and Indigestion. They do Genuine must bear Sign

> Have you RHEUMAT

Lumbago or God

Take RHEUMACIDE to remote and drive the potion from 200 PUTS RHEURATION OF THE At All Druggists Jas. Baily & Son, Wholesale B. Baltimore, Md.

STOCK LICK IT-STOCK



Dosing. D for Blackin BLACKMAN STOCK REMED! CHATTANOOGA, TEN

Relieves and Rem CONSTIPAT Take a tip-take a T



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Invest In Land! For Sale Bull Dog and to cach. Gentle bank to bushed. In a bushed.

W. N. U., BALTIMORE,