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Not a beverage, mind you, but an absolutely pure distillation of thoroughly malted select grain. In fact, a predigested food in liquid form—such as Duffy's Pure Malt Whiskey. During 56 years, it has been a recognized standard tonic and stimulant for the sick and ailing, the weak and run down; recommended by both physicians and the laity as a wonderful promoter of health.

**Duffy's Pure Malt Whiskey**

taken in tablespoonful doses before meals and on retiring, stimulates the mucous surfaces and little glands of the stomach to healthy action, thereby assisting digestion and assimilation. In this manner the body is made strong and fit for exercise and work. Don't say you're "Not feeling well," for many human ailments yield to the judicious use of Duffy's Pure Malt Whiskey where drugs and other medicines fail. Just as thousands of others do, you'll feel fit and fine if you.

"Get Duffy's and Keep Well." At most druggists, grocers and dealers. If they can't supply you, write us. Send for useful household booklet free.

The Duffy Malt Whiskey Co., Rochester, N. Y.

**LIFE ON A U. S. NAVAL TRAINING STATION**

The average recruit enlisting in the Navy has no finished trade, therefore he enlists as an Apprentice Seaman, and is sent to one of the many training stations throughout the country. When he arrives there he begins a series of most efficient drills and studies that a well conducted and long practiced system can produce, which covers a period of six months and cannot fail to be of material assistance to him both mentally and physically.

A certain amount of time is devoted to each study or drill as the case may be. He undergoes infantry, artillery, signal, boats under oars, and sailing drills. Instructions in knots and splices, gunnery, Swedish exercises, which are second to none of the many known exercises, swimming. No doubt many people are of the opinion that the boy is thrown into the water and it's a case of either swim or be drowned. Far from it; the instructions are most carefully carried on, in a large indoor pool constructed just for that purpose. I have never heard of anyone drowning while undergoing instructions in swimming on one of the many Naval Training Stations in existence. That is a record to be proud of, when one considers that thousands of recruits are instructed each year.

Every recruit is compelled to devote a certain amount of time to the recently organized schooling system, which amount to about ten hours a week. The instructors are young commissioned officers, recently graduated from the Naval Academy. Therefore their minds naturally are fresh with the required information. The studies consist of the following: Geography, History, English Grammar, and Elementary arithmetic. Besides the above, an ambitious youth may take up any special course of studies desired, and he will always find able and willing assistance at hand. All stations are equipped with a complete and well picked library, which is at the disposal of every man on the station.

About once a week the entire trained force takes part in a sham battle. Equally divided, they oppose one another in the harmless battle, and it's only a matter of time before every man feels an uncontrollable interest in the above mentioned drill and anxiously awaits the day set for it.

Every station has a fully equipped gymnasium, and every recruit is encouraged to interest himself in some athletic pastime, such as boxing, fencing, running, jumping, baseball, football, basketball, or any other known pastime.

Toward the end of the training period each man receives a certain amount of actual experience on the rifle range, with both the rifle and pistol. Before he goes to the range he must thoroughly understand the rifle and pistol, care and preservation of them, and all safety precautions pertaining to their use. Because of the efficient and thorough instructions, accidents are indeed rare on a range conducted by the military forces of the United States.

Many of the young men entering the service never have been called upon to rely solely upon their own resources and abilities, consequently they are lacking in the art of self preservation. The most essential part of a recruit's training therefore is, in cleanliness and personal efficiency, which consists of taking a bath regularly, inspection of clothing worn every day at roll call and a regular inspection of his entire wardrobe which consists of an ample supply of clothing furnished to him when he first enlists, the clothes are valued at sixty dollars (\$60.00) wholesale. Wee be to the boy that fails to keep his clothing properly made up and clean. His own mates usually take him out and give him what they term a public scrubbing, which is far from being pleasant. Consequently if the victim has any manhood about him, which most frequently is the case, he will soon be on an equal footing with the rest pertaining to cleanliness.

The most efficient company of recruits usually is granted some little privilege that the others are deprived of, such as a little extra shore liberty, thereby making everything competitive, which is the foundation of interest and efficiency, everyone soon finds himself striving to get on top, and help make his company the most efficient one in camp. Besides, there is in existence a medal, known as the Bailey medal, and is awarded to the most efficient recruit unit for minority graduating from one of the training stations during the current year. To determine the winner, a competitive examination is held.

After reading the above, surely none will say the life of a Naval Training Station is monotonous and uninteresting. The numerous different kinds of drills and instructions that a recruit undergoes tends to keep his mind well occupied, and if a person has any red blood in their veins, I can't conceive how they can undergo the training and not derive how they can undergo the training and not derive any benefit from it.

While undergoing all this beneficial training, the recruit is paid a very reasonable salary, getting free medical attention, and three, not fancy, but well cooked and substantial meals a day. At the end of the six months interesting training, he is granted about two weeks furlough to go home on a visit, for which time of course he receives payment. He is then advanced to the rating of an Ordinary Seaman, which advancement increases his salary 15-24 per cent not so bad for attending school for six months.

The young and ambitious men reading this article will do well to give it their prompt and serious attention, and consider the many opportunities offered to them in the United States Navy in regards to study, travel, learning a trade and numerous other advantages.

**\$100 Reward, \$100**

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Catarrh being greatly influenced by constitutional conditions requires a constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous surfaces of the system thereby destroying the foundation of the disease, driving the poison from the system and curing it. It is sold in bottles of 50¢ and \$1.00. It is a powerful and safe remedy for all cases of catarrh. It is sold by all druggists. Write for list of testimonials. Address: F. J. CHERRY & CO., Toledo, Ohio. Sold by all Druggists, etc.

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" Dec. 31st, 1907	201,963.16
" Nov. 27th, 1908	226,286.03
" Sept. 1st, 1909	279,279.00
" Sept. 1st, 1910	321,625.74
" Dec. 5th, 1911	421,612.64
" Nov. 26th, 1912	569,599.52
" Aug. 9th, 1913	576,741.96
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**Dr. Miles' Nervine** is invaluable for Nervous troubles, and for the Heart  
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**Sewing can be either — Work or Play**

It all depends on the light. Sewing by the glimmer of the ordinary flickering, smoky, smelly lamp is work, difficult work. Hard on the eyes, oftentimes the real cause of throbbing, nervous headaches.

But it's a real pleasure to pick out the finest stitches by the radiant, soft, white light of a Rayo Lamp burning.

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A Rayo Lamp makes a heap of difference—the difference between work and play. And it's beautiful—actually improves the appearance of a room. Your dealer can show you special designs, specially made for your very parlor, sitting room or kitchen, and inexpensive, too—from \$1.50 up. Cleans easily and lasts for all time.

Gives the best light when filled with Atlantic Rayolight Oil—the kerosene that burns without smoke or smell, that does not char wicks, but that does yield a marvelous white, soft light and unusually intense and economical heat.

And thousands and thousands of knowing housewives say money can't buy anything as good as Atlantic Rayolight Oil for whitening clothes (one-half cup to the boiler), and for cleaning stoves, hair brushes and combs, for dusting, brightening faded carpets, polishing furniture, etc.

Buy it by name—Atlantic Rayolight Oil—from any dealer who displays this sign:



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**"Nervous exhaustion—blinding headache"**

Striving to satisfy the demands of everyone is apt to affect the nerves, and continual standing may weaken the Heart.

**Dr. Miles' Nervine** is invaluable for Nervous troubles, and for the Heart  
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