KIDNEY CHILLS AND BACKACHE.

If, when you get wet or take cold, it "settles on the kidneys" and there is a shivery, chilly sensation in the back, it shows kidney weakness which is often the beginning of serious disease. Doan's Kidney Pills should be used persistently until the backache and other symptoms disappear.

C. D. Kessler, 408 E. 5th St., Mendota, Ill., says: "Kidney trouble came on me about 20 years ago and became so bad I was unable to work for weeks. I was thin, worn out and nervous; the doctors admitted they could not help me and my friends expected me to die. As a last hope I began taking Doan's Kidney Pills and shortly after passed a gravel stone. Later on several more stones passed and from then on I improved until cured."

Remember the name—Doan's.

For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

GETTING A HIGH STANDARD

Child's Idea of Goodness Set Forth in Perfect Faith, Without Irreverence.

All things are relative, and to the child, gazing at life and its wonders with eyes as yet undimmed by sophistication or sorrow, nothing is impossible, nothing unspeakable, nothing too sacred to be discussed or too difficult to be attempted. Not irreverence nor impertinence, but innocence prompts such speeches as that recorded of the child of a popular journalist by his devoted paternal grandmother.

"Grandma," said the little boy, delightedly addressing her, "do you know what's going to happen? Papa says that if we're real, real good, he'll take us to the circus!"

"That's nice," smiled the young hearted adult between whom and the eager youngling no hint of age separation mars perfect comradeship. "How good do we have to be?"

The embryo man, after a moment of silent consideration: "Oh, as good as God, I guess!"

ECZEMA BROKE OUT ON BABY

"When my baby was two months old, she had eczema and rash very badly. I noticed that her face and body broke out very suddenly, thick, and red as a coal of fire. I did not know what to do. The doctor ordered castile soap and powders, but they did no good. She would scratch, as it itched, and she cried, and did not sleep for more than a week. One day I saw in the paper the advertisement of the Cuticura Soap and Cuticura Ointment, so I got them and tried them at once. My baby's face was as a cake of sores.

"When I first used the Cuticura Soap and Cuticura Ointment, I could see a difference. In color it was redder. I continued with them. My baby was in a terrible condition. I used the Cuticura Remedies (Soap and Ointment) four times a day, and in two weeks she was quite well. The Cuticura Remedies healed her skin perfectly, and her skin is now pretty and fine through using them. I also use the Cuticura Soap today, and will continue to, for it makes a lovely skin. Every mother should use the Cuticura Remedies. They are good for all sores, and the Cuticura Soap is also good for shampooing the hair, for I have tried it. I tell all my friends how the Cuticura Soap and Ointment cured my baby of eczema and rash." (Signed) Mrs. Drew, 210 W. 18th St., New York city, Aug. 26, 1910.

Cuticura Remedies are sold throughout the world. Send to Potter Drug & Chem. Corp., Boston, Mass., for free booklet on the skin.

Quite Often.

Figg—Two negatives make an affirmative, you know.

Fogg—With a woman it takes only one.

Many a man who swears at a big monopoly is nourishing a little one.

WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound.

Natick, Mass.—"I cannot express what I went through during the change of life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold. I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a well woman. My neighbors and friends declare it had worked a miracle for me. Lydia E. Pinkham's Vegetable Compound is worth its weight in gold for women during this period of life. If it will help others you may publish my letter."—Mrs. Nathan B. Greaton, 51 N. Main Street, Natick, Mass.

The Change of Life is the most critical period of a woman's existence. 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.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

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 one bower 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 wisteria 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 we do 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 bride-elect'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 bon-bons 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 unhulled strawberries rested on a doily 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.

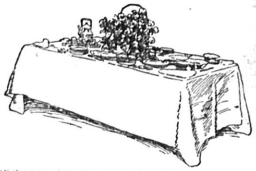
Instead of having viands typical of countries, a Ladies' Aid Society gave a variation of this idea by announcing a supper the food to be typical of certain cities. Those represented were: Baltimore by oysters; Boston by baked beans and brown bread; Philadelphia by scrapple; Chicago by cold ham; Savannah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

MADAME MERRI.

Renewing Tailored Shirtwaists.

An ingenious girl took half a dozen tailored shirtwaists of white and color, worn about the collar band and cuffs, and cut the necks 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 undercloth 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 affords 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.

FANCIES OF FASHION.

The aeroplane hat is seen everywhere.

All vivid colorings are used for evening.

Pongee is worn again this season, as always. New colors and new weaves are to be had in the shops.

It is a great ribbon season. It is used for trimming, and in shades of rose and cerise is much used.

Bright blue combined with cerise is used on a smart crepe de chine blouse decorated with eyelet embroidery.

Figured crepes, trimmed with plaited ruffles, are quaintly pretty for afternoon wear, as well as for the blouse.

In all the coiffures there is the same tendency to cover the ears. Sometimes just a deep wave in the hair fills this mission, again, a little curl or puff is employed.

The silhouette in the new gowns remains much the same, the skirts are narrow and the kimono sleeve is still 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 nothing 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, fan 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 bouquets, 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.

"All Run Down"

Describes the condition of thousands of men and women who need only to purify and enrich their blood. They feel tired all the time. Every task, every responsibility, has become hard to them, because they have not strength to do nor power to endure.

If you are one of these all-run-down people or are at all debilitated take

Hood's Sarsaparilla

It purifies and enriches the blood, and builds up the whole system.

Get it today in usual liquid form or chocolated tablets called **Sarsatabs.**

FEATHERS Largest dealers in the South. If your home furniture dealer doesn't handle our superior grades of feathers put up in bags, ... LOUISVILLE PILLOW COMPANY, INCORPORATED, ... Street, Louisville, Ky.

GREATLY ATTACHED TO IT

Husband Who Had "Married Money" Acknowledged the Truth to His Friend's Query.

Apropos 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.

Woman's Yellow Peril.

Housewives wonder why the underwear, table linen, bedding and all other washable fabrics wear out—fall to pieces so quickly. It's the strong, yellow soap which eats through the fiber and weakens it to the tearing point. A pure, wholesome soap need be no more costly than these destructive compounds. Hewitt's Easy Task soap will prove this to be true.

It is a clean, white soap without the impurities of the crude, strong, yellow soaps, and will do the work with half the labor. Five cents a cake. Try it.

Had His Troubles.

"Michael Dolan—an' is it yourself?"

"Yes, sure it is."

"Well, ye know thot bletherin' spalpeen, Widdy Costigan's second husband?"

"That I do."

"He bet me a bob to a pint of whisky I couldn't swally an egg without breakin' the shell uv it."

"An' ye did it?"

"I did."

"Then phwats ailin' ye?"

"It's doon there," laying his hand on the lower part of his waist coat. "If I jump about I'll break it and cut me stomach wid the shell, an' if I kape quiet it'll hatch and I'll have a Shanghai rooster scratchin' me inside."

To the Point.

Over in Hoboken in a shop frequented by Germans, hangs a sign framed in mournful black, reading thus:

"We regret to inform our honored customers that our good and generous friend, Mr. Credit, expired today. He was a noble soul, always willing and helpful, but has been failing for some time. May he rest in peace. PAY CASH!"

Ambiguous.

Obliging Shopman (to lady who has 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.

If you want a thing well done, do it yourself.—Wellington.

THE BEST WAY.

He doesn't care for money,
But his purse is far from slim;
It's big enough, they say, to make
His money care for him.

IN THE GOOD OLD SUMMER TIME.

Many a time this summer you're going to be just about done out by the heat—hot, and so thirsty it just seems nothing could quench it. When such moments arrive or when you just want a delicious, palate tickling drink step into the first place you can find where they sell COCA-COLA. It's delicious, refreshing and completely thirst-quenching. At soda fountains or carbonated in bottles—5c everywhere. Send to the COCA-COLA CO., Atlanta, Ga., for their free booklet "The Truth About COCA-COLA." Tells what COCA-COLA is and why it is so delicious, cooling and wholesome.

Foolish.

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

"How dreadfully old fashioned you are."

"In what way?"

"Don't ask him; tell him."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

A Question of Change.

A story is going the rounds of a couple of young people who attended church recently. When the collection was being taken up the young man commenced fishing in his pocket for a dime. His face expressed his embarrassment as he hoarsely whispered; "I guess I haven't a cent, I changed my pants." The young lady, who had been examining the unknown regions of woman's dress for her purse, turned a pink color and said: "I'm in the same fix."

A Poetic Prosecutor.

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

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

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

Local Color.

"I understand that sixteen different women have brought suit for breach of promise against Riter. What's his defense?"

"Oh, he claims that he was simply getting material for his annual output of summer love stories."—Puck.

Too Much Like Work.

"The boss's son is kicking."

"Why?"

"Say's 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."

Consistent.

Doctor—You are considerably under weight, sir. What have you been doing?

Patient—Nothing. But I'm a retired grocer, doc.—Puck.

The expectation of being pleased which prevails so much in young persons is one great source of their enjoyments.—Bowdler.

Not Particular.

She—I heard Freddy Fickle has decided to marry and settle down to a particular girl.

He—Huh! She can't be.

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

BETTER FOR MEN, WOMEN AND CHILDREN THAN CASTOR OIL, SALTS, OR PILLS, AS IT SWEETENS AND CLEANSES THE SYSTEM MORE EFFICIENTLY AND IS FAR MORE PLEASANT TO TAKE.

SYRUP of FIGS and ELIXIR of SENNA

IS THE IDEAL FAMILY LAXATIVE, AS IT GIVES SATISFACTION TO ALL, IS ALWAYS BENEFICIAL IN ITS EFFECTS AND PERFECTLY SAFE AT ALL TIMES.

NOTE THE NAME

CALIFORNIA FIG SYRUP CO. in the Circle, on every Package of the Genuine.

ALL RELIABLE DRUGGISTS SELL THE ORIGINAL AND GENUINE WHEN CALLED FOR, ALTHOUGH THEY COULD MAKE A LARGER PROFIT BY SELLING INFERIOR PREPARATIONS, YET THEY PREFER TO SELL THE GENUINE, BECAUSE IT IS RIGHT TO DO SO AND FOR THE GOOD OF THEIR CUSTOMERS. WHEN IN NEED OF MEDICINES, SUCH DRUGGISTS ARE THE ONES TO DEAL WITH, AS YOUR LIFE OR HEALTH MAY AT SOME TIME DEPEND UPON THEIR SKILL AND RELIABILITY.

WHEN BUYING

Note the Full Name of the Company

CALIFORNIA FIG SYRUP CO.

PRINTED STRAIGHT ACROSS, NEAR THE BOTTOM, AND IN THE CIRCLE, NEAR THE TOP OF EVERY PACKAGE, OF THE GENUINE. ONE SIZE ONLY, FOR SALE BY ALL LEADING DRUGGISTS. REGULAR PRICE 50¢ PER BOTTLE.

SYRUP OF FIGS AND ELIXIR OF SENNA IS THE ONLY PERFECT FAMILY LAXATIVE, BECAUSE IT IS THE ONE REMEDY WHICH ACTS IN A NATURAL, STRENGTHENING WAY AND CLEANSES THE SYSTEM, WITHOUT UNPLEASANT AFTER-EFFECTS AND WITHOUT IRRITATING, DEBILITATING OR GRIPING, AND THEREFORE DOES NOT INTERFERE IN ANY WAY WITH BUSINESS OR PLEASURE. IT IS RECOMMENDED BY MILLIONS OF WELL INFORMED FAMILIES, WHO KNOW OF ITS VALUE FROM PERSONAL USE. TO GET ITS BENEFICIAL EFFECTS ALWAYS BUY THE GENUINE; MANUFACTURED BY THE

CALIFORNIA FIG SYRUP CO.

Age of Oysters.

Oysters grow only during the summer and especially during the long, warm summers at that, and are scarcely big enough for the mouth before the third year. It is easy after looking over a bunch of shells to tell how old an oyster is. A summer hump 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 sinks between the humps it is hard to tell anything more about Miss Oyster's age. Oysters live to be twenty years old.

Remember This: Nothing Known to Medical Science

Will so quickly relieve and completely stop the burning pain of itching and Inflamed Piles as Resinol Ointment. Resinol is used and recommended by Medical Men, Dentists and Nurses throughout the world for the relief and cure of all irritations of the skin and sores and fissures of nose, mouth and rectum. It is the recognized standard remedy for Eczema and other itching skin troubles, and the best application that can be made for Burns and Scalds. It is sold at all drug stores.

Difficult to Answer.

Explaining the happenings of the sixth day of the creation, Miss Frances Harts read to her Sabbath school class: "And the Lord God formed man out of the dust of the ground."

"Well," spoke up one kid, "that's nothin' new. Did he put him in the sun to dry, the way we do our mud pies?"

Miss Harts discreetly slurred the answer and proceeded with her lesson.—Cleveland Leader.

Fine Scheme.

Wife—Please match this piece of silk for me before you come home.

Husband—At the counter where the sweet little blonde works? The one with the soulful eyes and—

Wife—No. You're too tired to shop for me when your day's work is done, dear. On second thought, I won't bother you.

Very Much Attached.

Swenson—Why do you always hear a ship referred to as "she"?

Benson—I guess it is because she sometimes "becomes very much attached to a buoy.

The Riddle.

The Sphinx propounded a puzzle
"Why does it always rain the day you move?" she asked.
Herewith the ancients gave it up.

A Strong Preference.

"She is literary, isn't she?"

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

Even a wise man can't tell when a woman's hat is on straight.

LOST FAITH IN WHITE MAN

Eskimo Tested Efficacy of Telephone Scheme, and Realized He Had Been Deceived.

An interesting story is told regarding the efforts of an Eskimo to construct a telephone line. The Eskimo came into possession of a piece of wire of considerable length and never having seen wire before he asked Professor McMillan of the Peary north pole expedition what it was and what it was used for. He was told that the white man strung it on poles stuck in the ground and a voice talking to an instrument at one end could be heard at the other end. After some search the next morning the Eskimo was found to be engaged in telephone construction work of his own. He stuck some sticks in the ground and hung his wire on them. He held one end of the wire to his mouth and talked to it at the top of his voice. Then he ran as fast as he could to the other end and held the wire to his ear with the expectation of hearing his own words repeated.

When he failed to hear any sounds the expression on his face revealed his opinion of his white friend.

Society Launched.

In his native town Jimmy had always been most popular with young and old, but when he was sent away to boarding school, he was for a time too homesick to make friends. His first letter was little more than a wail.

"I'm way behind the other boys in everything," he wrote, dolefully. "Tisn't only studies, but it's gymnasium and banjos and everything. I don't believe they'll ever have much use for me."

But the second letter, written after a week in the new school, was quite different in tone.

"I'm all right," he wrote to his mother. "The boys say they'll teach me all they know, for they're proud to have me here. I can stretch my mouth half an inch wider than any other boy in school, and my feet are the longest by a full inch. So you needn't worry about me any more."—Youth's Companion.

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.

If You Have Money.

"That fellow Gotrox is a multimillionaire. He has more money than brains."

"Well, what does he want with brains?"

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 fag 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, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phosphoric 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 fag 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 Ptyalin, 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

"There's a Reason"

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

A FRIENDLY DIG.

Edith—There is a rumor that Daisy cheats awfully at bridge.

Ethel—Is that why you were so anxious to get her for a partner last night?

FREE

MUNYON'S PAW-PAW PILLS

A trial package of Munyon's Paw Paw Pills will be sent free to anyone on request. Address Professor Munyon, 53d & Jefferson Sts., Philadelphia, Pa. ...

Munyon's Paw Paw Pills are unlike all other laxatives or cathartics. ...

Instead of Liquid Antiseptics or Peroxide

100,000 people last year used

Paxtine Toilet Antiseptic

... THE PAXTON TOILET CO., Boston, Mass.

The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS ...

SMALL PILL, SMALL DOSE, SMALL PRICE

Genuine must bear Signature *Brent Good*

PLANTEN'S C & C or BLACK CAPSULES

BRAZILIAN BALM

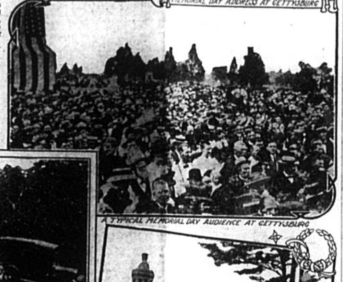
Pettit's Eye Salve

MEMORIAL DAY AT GETTYSBURG BATTLEFIELD

There is perhaps no other spot in the country where the observance of Memorial day is characterized by the significance of Gettysburg. No visitor can traverse, at any season of the year, the scene of the greatest struggle in the most momentuous civil war of all history and not gain a new conception of the titanic forces which here enacted the climax of a five-year war drama, but at Memorial day the lessons and the significance of this immense battlefield seems to take on a yet deeper meaning.

And yet to see it clothed in the fresh green of a twentieth century spring one would never suspect, save for the reminders of the hundreds of memorials in marble and granite bronze, that this placid landscape was a scant half century ago the locale of one of the fifteen decisive battles in the world's history. It seems today as though it might have merely been chosen as a site for Memorial day services because of its natural beauty. Similarly would the thousands of patriotic pilgrims who wend their way thither every Decoration day be well justified in the journey were there no historic attractions whatever to draw them, for one might travel for days in this

PRESIDENT TAFT DELIVERING A MEMORIAL DAY ADDRESS AT GETTYSBURG



A TYPICAL MEMORIAL DAY AUDIENCE AT GETTYSBURG

GETTYSBURG BATTLEFIELD — NEAR THE DEVILS' DEN

VIEWING GETTYSBURG BATTLEFIELD FROM THE SUMMIT OF ROUND TOP

THE ROSTRUM WHERE MEMORIAL DAY EXERCISES ARE HELD

country or abroad without finding a more picturesque or more richly verdant rolling country than is embraced in the wonderful panorama which spreads out at the feet of the sightseer as he gazes from the summit of Little Round Top—the commanding position of this whole great battlefield.

But for all its natural beauty it is the sentiment of its historic background that serves as the magnet which draws a great throng thither from all sections of the country on Memorial day. They come by train—although Gettysburg is not the most accessible of historic spots; they come by carriage and wagon from a wide radius of the rich Pennsylvania farming region that surrounds the battlefield; and finally they come by automobile, for, so it is explained, Gettysburg has become of late years a most popular objective with motor tourists who find in the great park or reservation which now perpetuates the battlefield a network of the finest roads in America—highways which it is a sheer delight to motor over even with no thought (if one could dismiss the subject) of the historic objects and localities to be viewed by the wayside.

The Memorial day pilgrims who journey to the average Civil war battlefield or national cemetery for the annual strewing of flowers are one-day visitors who arrive after dawn and depart before sunset. But this is not wholly the case at Gettysburg, although many heavy laden excursion trains do arrive during the Memorial day. In addition to this throng, however, there is one almost as numerous made up of persons who spend from two days to a week at Gettysburg and who have come at the Memorial day session because there is an added touch of realism to the scenes at that time when veterans in blue are tramping over the roads where countless thousands of their fellows advanced and retreated during the memorable days of battle. These visitors overflow the hotels, of which Gettysburg has an unusual number for so small a town, and occupy all the available rooms in the private houses of the little city. The situation would swamp the liverymen did the conditions of a decade ago still prevail, but happily the advent of the automobile has helped matters in this respect. Many of the visitors ride over the battlefield in their own touring cars, whereas the cars for hire relieve the strain upon the four-horse and six-horse coaches which continue as of yore the regulation mode of touring the battlefield.

Incidentally it may be added that the introduction of the motor car has greatly facilitated things for the tourist who is desirous of seeing Gettysburg battlefield in the limited time for which Americans are famous in their sightseeing. Indeed by keeping continually on the road from morning until night, with only a brief stop for lunch, a motorist may obtain an excellent idea of Gettysburg battlefield in a single day. Of course on such a schedule he can not really study the geography with relation to the complex movements of the opposing forces and there will be some sections of secondary importance which he will have to omit from his itinerary, but on the whole he will have obtained a mental moving picture of the various important localities marked by monuments and cannon. To do the battlefield as thoroughly in a horse-drawn vehicle would require at least three or four days and a pedestrian might spend weeks on the battlefield without ever traversing the same road twice except in going to the field and returning to his hotel.

As has been hinted above, it is the battlefield and not the Memorial day exercises which throng Gettysburg at the end of May each year. Some years the program incident to Decoration day is of a very simple character and there are not as many graves to be decorated as might be supposed by the person not conversant with the comparatively small number of marked graves on Gettysburg battlefield. Yet there are other occasions when the exercises at Gettysburg focus the eyes of the entire country. This is the case when the president of the United States delivers the address of the day at Gettysburg, as President Taft did a couple of years ago, as President Roosevelt did before him, and as almost all of our presidents have done in their day since that memorable occasion when President Lincoln dedicated the Gettysburg battlefield cemetery with an address which has gone down into history as the most eloquent, the most impressive and the most enduring of the many tributes pronounced by the martyr president.

The audience which faces a president or other public man at Gettysburg invariably impresses the distinguished orator. It is an assemblage obviously made up largely of the farming class and it is apt to be less demonstrative than the applauding crowds that are encountered in factory towns, but it is a body of men and women who pay such close attention to the address of which they are auditors and who so manifestly represent the sober, solid, intelligent sentiment of our national community as to inspire the best efforts of the speakers. It is in the character of these Gettysburg audiences as well as in the inspiration of the historic surroundings that we may find the incentive to the significant utterances affecting the general policy of the nation which have from time to time been given expression by our chief magistrates in Memorial day addresses at Gettysburg.

Gettysburg ranks as the most elaborately and accurately marked battlefield in the world, having more monuments and memorials than all other battlefields combined. The position of every body of troops in the union army and of most of those comprising the confederate forces have been clearly outlined by distinctive landmarks and the maneuvers of the wonderful battle may be traced by all who desire to study this masterpiece of strategy and military science. The work of preserving the battlefield was inaugurated by an association incorporated by the legislature of Pennsylvania and this patriotic organization had expended more than $100,000, had acquired 600 acres of land and erected more than three hundred monuments when in 1895 the congress of the United States provided for the establishment of Gettysburg National park and placed it under the direction of the secretary of war.

A magnificent park has now been constructed which encloses the widest limits of the battlefield and the erection of memorials and markers still goes on. In the soldiers' cemetery alone more than four hundred memorial shafts and tablets and more than one thousand markers have been set up at a cost aggregating several million dollars. When the present scheme of roadways is completed there will be between 100 and 150 miles of fine macadamized highway extending to every part of the battlefield, while five iron observation towers on various parts of the field enable sightseers to enjoy the birds-eye views which are so helpful in enabling one to understand the movements of the opposing forces that made up the far-flung battle line.

The cemetery, in dedicating which Abraham Lincoln delivered the immortal address familiar to every American, originally contained the bodies of 3,555 soldiers removed from all parts of the field, where they had been hastily buried. The number of graves has been greatly increased since that date and there is yet ample space for the veterans who may desire to rest at the scene of the supreme struggle between the Union and the Confederacy. One of the features of the national cemetery is the ivy-clad rostrum—a memorial shrine for the dead who sleep around it and which is used for the exercises held each Memorial day.

The battle of Gettysburg is of such comparatively recent date that vivid reminders of it are to be found on all sides. The little dwellings, occupied as headquarters by Generals Meade and Lee respectively are yet standing in an excellent state of preservation; the earthworks on Cemetery hill are yet intact; Culp's hill still holds its bullet-scarred trees and the bullet-marked boulders are to be seen on every hand at the Devil's Den. Plans have also been made for the accurate restoration of those portions of the field such as the famous peach orchard which figured conspicuously in the battle, but were obliterated or lost much of their old-time semblance in the days following the war and before the launching of the project for perpetuating the battlefield as one of the most interesting object lessons of American history.

A boon enjoyed by present-day visitors to Gettysburg that will be sadly missed by those sightseers who come a generation hence is the presence on the battlefield as guides of veterans who participated in the thick of the fighting. To hear these men recount their personal experiences and point out by the aid of undimmed memory every locality that figured in the crucial battle of the war is to gain an impression more vivid and thrilling than can be hoped for by those who must depend for their knowledge of this military drama upon what they may have read in the histories.

CAUSE.

"Last night I dreamed I was dead."

"It was a dreadfully warm night, wasn't it?"

Camels Led By Donkeys

Follow Lead of Ass When Rider Is Smoking—Animals Fond of Tobacco Fumes.

Camels form a great feature in eastern life, and strangers are always interested in watching strings of them roped together, and led, as they invariably are, by a donkey. The ani... is in his place at the head of the procession. Some say that this is because the camels love the smell of the tobacco smoke wafted back to them from the lips of the rider of the donkey, and there may be something in this. A friend of mine was once chased by a camel. He thought the animal had gone mad, and ... able to interpose, and he blew a cloud of tobacco smoke toward the camel, which stopped short and snuffed it up with every appearance of satisfaction. The man explained to my friend that the camel had seen him smoking, and only wanted to share in his enjoyment.—Wide World Magazine.

The Logical View.

...

He—I should think you would get it for the dress' finish.

She—What do you mean?

He—It ought to be the end if it's all over.

He Wasn't Mobbed.

"There goes a man who wrote a ragtime song about goo-goo eyes."

"I am not surprised to observe that he is on crutches."

To the Childish Mind.

Dorothy Ullman of ... is a very literal young person. ...

"Can God see everything?" she continued.

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

... "Is God's eye as big as this?"—Cleveland Leader.

She Learned Something.

"This is a fine coffee," said the visitor to her hostess; "how do you make it?" ... common kitchen soap. I use Hewitt's Easy Task soap. ...

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."

For over fifty years Rheumatism and Neuralgia sufferers have found great relief in Hamlins Wizard Oil. ...

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

LADIES CAN WEAR SHOES one size smaller after using Allen's Foot-Ease ...

It sometimes happens that a street fight resembles a married man that there are other places in town.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

A man may avoid family cares by taking care of his family.

Why Rent a Farm

FARMS IN WESTERN CANADA FREE

Become Rich

DAISY FLY KILLER

A COUNTRY SCHOOL FOR GIRLS in New York City. ...

BALE YOUR HAY WITH A PRESS

It will bring you more money. Send for Catalog.

P. K. DEDERICK'S SONS, 100 Tivoli St., Albany, N. Y.

W. N. U., CINCINNATI, NO. 20-1913.

Do You Feel This Way?

Do you feel all tired out? Do you sometimes think you just can't work away at your profession or trade any longer? ... Dr. Pierce's Golden Medical Discovery ... World's Dispensary Medical Association, Buffalo, N. Y.

THE KUHN Enterprises.

CALIFORNIA The Land of Sunshine

Alfalfa and Dairying

... H. L. HOLLISTER & COMPANY ... PITTSBURGH, PA.

Here is the Car

Write us for special price

RAMBLER MODEL No. 34

Original price $2500.00

This solves the problem. A high class car at less than one third the original cost ...

THE THOMAS B. JEFFERY COMPANY, 1008 Michigan Boulevard, CHICAGO

W. L. DOUGLAS

$2.50 $3 $3.50 & $4 SHOES FOR MEN AND WOMEN

W. L. Douglas shoes cost more to make than ordinary shoes ... BEWARE OF SUBSTITUTES. ... W. L. Douglas, 145 Spark St., Brockton, Mass.