



**To New York and Boston**

and to all Atlantic Coast, New England and other Eastern Points  
Take advantage of the

**BACK EAST**

Low Fare Summer Tourist Tickets

in sale daily throughout the summer via

**MICHIGAN CENTRAL**

"The Niagara Falls Route"

Stopover privileges at all points enroute

Five Splendid Trains Every Day From Chicago

An unsurpassed view from the train car of the

Wonderful Niagara Falls

Apply to your local agent for tickets and sleeping car reservations, or for complete information and regulations. For details, call on our salesmen or

DES MOINES OFFICE, 402 Century Building

A. C. Barnes, General Agent Passenger Department



"His Own Lawyer." Over and over again, the wisdom of the adage, "A man who is his own lawyer has a fool for a client," and the understanding that inspired the injunction, "Physician, heal thyself," are established in the courts. Every lawyer is familiar with many instances in which the wills of distinguished jurists have been set aside because they were improperly drawn, and it is a matter of pretty common knowledge that few doctors can diagnose their own ailments.

Another exemplification now appears in the conflict about the will of the late Dr. Austin Flint. He was, perhaps, more frequently employed as an expert witness as to testamentary capacity than any other alienist in the country. Question of mental fitness, of intent, of motive and of the other attributes of a "sound-disposing mind" were before him constantly. Yet he drew his own will so ambiguously, so obscurely, that his executors have been compelled to invoke the aid of the court to determine what the learned testator meant.—Richmond Times-Dispatch.

A woman's idea of wasted energy is telling a secret about a person no one is interested in.

Musical apparatus within the handle of a new fan plays as the fan is waved.

A railroad is projected to reach the top of Scotland's highest mountain, Ben Nevis.

Paradoxical as it may seem, it's when a man finds himself in hot water that he gets cold feet.

She Didn't Smile. The young woman had spent a busy day.

She had browbeaten 14 salespeople, bullied a floorwalker, argued victoriously with a milliner, laid down the law to a modiste, nipped in the bud a taxi chauffeur's attempt to overcharge her, made a street car conductor stop the car in the middle of a block for her, discharged her maid and engaged another, and otherwise refused to allow herself to be imposed upon.

Yet she did not smile that night when a young man begged:

"Let me be your protector through life!"—Philadelphia Public Ledger.

Thrashing Them Out.

Mrs. Boardman Harriman said at a mother's meeting in Brooklyn:

"I am opposed to parental cruelty. Childhood's spirit should not be crushed. But I am opposed to child spoiling, too."

"In short, I believe that, if a son begins to sow wild oats, his parents should begin thrashing."

Silver. Knicker—Expensive times, these, Bocker—Even the cost of cloud lining has gone up.

The Lord hasn't much use for the man who contributes to foreign missions the money he owes his washerwoman.

A French inventor is making gas pipes from paper, compressed, dried and varnished.

Many a man is so public spirited that he tries to mind everybody's business except his own.



**The Delight of Children**

The self-developed, inner-flavour of New Post Toasties bear a unique attraction for the kiddies—they even like them dry from the package for their lunches. A box of Toasties provides "eats" that will delight the children.

New Post Toasties are usually served with cream and sugar, in which form the flavour is more pronounced and the flakes more delicious. These New Toasties do not "chaff" or crumble in the package and they don't mush down in cream—both common defects of old-fashioned "corn flakes."

Then, too, notice the tiny bubbles on the flakes, produced by the quick, intense heat of a new patented process of making which imparts delightful crispness and a substantial body to the flakes.

New Post Toasties are a vast improvement over any old-style "corn flakes."

For tomorrow's breakfast—

**New Post Toasties**

Sold by Grocers everywhere.

**HANDICRAFT FOR BOYS AND GIRLS**

By A. NEELY HALL and DOROTHY BERKINS

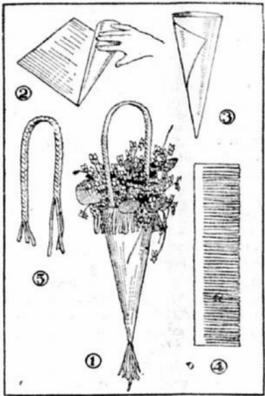
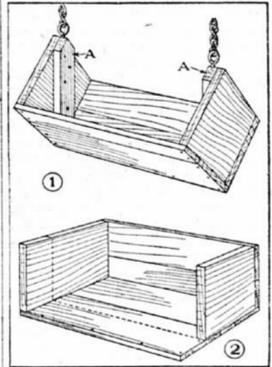
(Copyright, by A. Neely Hall)

**PORCH AND WINDOW FLOWER BOXES.**

The hanging box in Fig. 1 must be made of a box of equal width and depth; if you cannot get one of these proportions, take a wide box and saw off enough to make the width and depth the same, as indicated in Fig. 2. Re-enforce the nailing of all boards by driving in additional nails; then cut the hanger uprights A (Fig. 1) and

**FLOWER BASKETS.**

The cornucopia basket in Fig. 1 is a dainty holder for wood violets and other small flowers, and its depth makes it a desirable shape for long-stem flowers also. Fig. 2 shows how to roll up a sheet of heavy writing paper into a cornucopia. Lap and paste

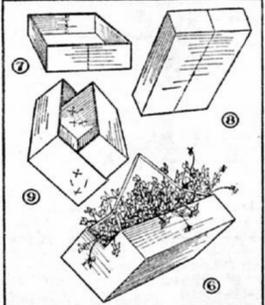
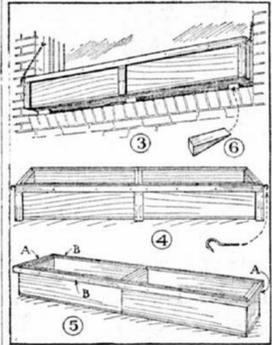


nail them diagonally across the ends. The tops of these strips must be trimmed off even with the corners of the box ends. Screw a screw-eye into each upright and connect a 30-inch piece of iron jack-chain to it by which to hang up the box.

Figures 3 and 4 show how to join two grocery boxes end to end to make a long window box. These may be cut down in length so the combined boxes will exactly fit the window opening. Nail the boxes end to end. Then cut strips A and B (Fig. 5) 1 1/2 inches wide—strips A a trifle longer than the boxes

the edge of the paper as in Fig. 3, then cover the outside with colored tissue paper, gathering this into small plaits at the bottom, and slitting it to form fringe. Cut a strip of paper 2 inches wide, slash it as shown in Fig. 4 to form fringe, and paste it around the top, allowing the fringe to hang down. The basket handle is made of strips of tissue paper 2 inches wide, rolled lengthwise into slender tubes, then braided together (Fig. 5). Stitch the ends to the top edge of the cornucopia.

Fig. 6 shows a unique form of basket made from a writing-paper box. The dotted lines in Fig. 7 indicate how to cut the box ends at their centers, and the dotted line in Fig. 8 shows how to score the box bottom with a



are wide, and strips B several inches longer than the combined length. Nail strips A to the box ends, even with the top edge, and with a saw trim off their ends even with the box sides. Nail strips B to the sides of the boxes and saw off their ends even with the surfaces of strips A. The vertical strips shown in Figs. 3 and 4 are of the same widths as strips A and B. They finish off the corners and conceal the joint between the boxes.

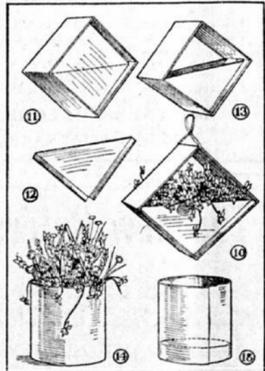
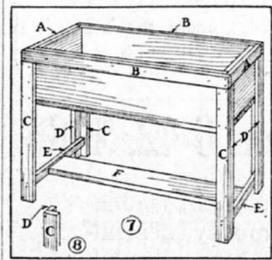
If the window sill is wide, the flower box will not require fastening, but if narrow it will be necessary to support the box by chains fastened to screw-hooks screwed into both the window frame and the box ends (Figs. 3 and 4). Wedge-shaped blocks will relieve the supporting chains of a considerable portion of the weight of the filled boxes (Figs. 3 and 6).

The plant stand in Fig. 7 is made similar to the window box in Fig. 4, with the corner strips extended for legs, and a shelf fastened between to brace them.

Nail strips A and B in place first, then cut and nail together each pair of corner strips C and D (Fig. 8), cutting D enough narrower than C to al-

knife, along the center, to provide for telescoping one half into the other as shown in Fig. 9. Stitch the telescoped ends together, then cover the outside of the box with tissue paper, and attach a ribbon to the corners for a handle.

A berry box furnishes the material for the pretty little hooded basket in Fig. 10. The first thing to do is to cut the bottom of the box in half, diagonally, from corner to corner, as indicated by the dotted line in Fig. 11, and remove one half (Fig. 13). Then prepare a triangular piece of cardboard like that shown in Fig. 12 of the same size as the remaining half of the box bottom, with flaps along the two short edges, and glue the piece between the box sides opposite the bottom half (Fig. 13). Instead of cardboard, the triangular piece may be cut out of berry-box wood. Cover



low for the thickness of C when nailed to it. Twenty-six inches is a good length to make these legs. When you have nailed them to the box corners, fasten the cross-strips E between, and cut and fasten the shelf board F between cross-strips E.

If the plant box is to be used indoors it must have a metal liner so water will not drain on to the floor. A smith will make a sheetiron box between 50 and 75 cents, according to size.

Paint your flower boxes with at least two coats of paint. After the first coat has dried putty all cracks, joints and nail holes.

Surprising the Master.

In his "Recollections" Bishop Weldon tells an amusing story of an Eton boy. It was during a science class, and the master was showing his class the effect of heat upon two fluids in two tubes, when a voice at the back of the room audibly exclaimed, "Three to one on the red." The master, taking out of his pocket a notebook, was proceeding to enter it an imposition of two or three hundred lines against the name of the boy whom he supposed to have marred the effect of his

the box with tissue paper, or else stain the wood green or brown. The ribbon to the box corner for a handle. The cover from a tin can, with a band of heavy paper or lightweight cardboard wrapped about it, provides the foundation for the cylindrical receptacle shown in Fig. 14. The dotted lines in Fig. 15 show the position of the cover. Paste tissue paper over the outside, and attach a ribbon handle.

Keep your wild flowers in water until you are ready to use them, so they will remain fresh.

experiment by this sporting offer, when the same voice from the back of the room was heard to cry, "He has booked the bet."

Noncommittal.

"Are you a presidential candidate?" "I refuse to answer," replied Senator Sorghum. "If I say 'yes' it might be taken as a joke and if I say 'no' it might be taken seriously."

France was the first country to use an ambulance.

**THOUSANDS RECOMMEND THIS RELIABLE KIDNEY MEDICINE**

I wish to state that in the seven years that I have sold Dr. Kilmer's Swamp-Root I have never known of a single customer who did not feel satisfied with the results obtained from its use and speak very favorably regarding Swamp-Root. They always come back and ask for it and that in itself is a sufficient guarantee of the value of the preparation in the troubles for which it is intended. It is a splendid kidney medicine and I take happiness in handling and selling same.

Very truly yours,  
LIENHART PHARMACY,  
C. J. Lienhart, Prop.,  
Normal, Neb.  
Dec. 24th, 1915.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Dickens' Poor Taste in Dress. When Charles Dickens was to make his first appearance in America as a reader an immense crowd awaited him at a public hall in Boston. The enthusiasm of the people had risen to fever heat. One of his most ardent admirers afterward told this little incident of the evening:

"With a few gentlemen, who wished to welcome him and to show him attention, I was in the little room back of the platform when Dickens entered it. He was a rather stout man, with a somewhat red face, and I saw, to my surprise, that he was dressed in an exaggerated severity to the extreme of fashion. More than that, he wore a buttonhole in each buttonhole, and two watches, the chains of which were strung aggressively across his chest. There was a gaudy bad taste in his appearance which his friends regretted, knowing how distasteful it would be to his admirers, who appreciated his genius and enjoyed his writings."

**TORTURING SKIN TROUBLES**

That Itch, Burn and Disfigure Healed by Cuticura. Trial Free.

Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. This stops itching instantly, clears away pimples, removes dandruff and scalp irritations, and heals red, rough, sore hands.

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

Water power electricity is gradually replacing and saving coal.

It's a good thing to avoid people who consider you a good thing.

FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly. Fifty years of uninterrupted health by Dr. Williams' Pink Pills. Write for free literature. Address: Dr. Williams' Pink Pills, 100 N. 3rd St., New York, N. Y.—Adv.

Her Reply. "We started housekeeping on fifteen dollars a week."

"If you were to try that now, ma, you and pa would starve to death before your honeymoon was over."

Looks Like a Frame-up. Edith—Did you let Jack kiss you before you were engaged?

Ethel—Yes; that's how we happen to be engaged—papa came along.

Remarkable Fact. "Did you see in an account of the war in France that Pomeranians were making an attack at one point?"

"Yes, I noticed it."

"But, John, what could little dogs like that do against all those soldiers?"

Why Not? "Why did you strike this man?"

asked the judge sternly.

"He called me a liar, your honor," replied the accused.

"Is that true?" asked the judge, turning to the man with the muzzed-up face.

"Sure it's true," said the accused. "I called him a liar because he is one, and I can prove it."

"What have you to say to that?"

"It's got nothing to do with the case, your honor," was the unexpected reply. "Even if I am a liar I guess I've got a right to be sensitive about it, ain't I?"

**RAVES ABOUT OUR GARDENS**

Writer Says They Are So Ravishing, So Sunlit, Abounding in Freshness and Beauty.

"I can't say enough in praise of the American gardens! I think I should rave about them if I ever let myself go," exclaimed Miss Carlisle. "They are ravishing—so sunlit, abounding in freshness and beauty! Do you realize that they are so brilliant that I can never show paintings of America's gardens in the same room with English gardens, because they make them look quite dreary? Their one fault is that there is often too much statuary in them, and too much of it irrelevant. Frequently, too, they are not rambly enough, and seem a little self-conscious. In English gardens small stones mellow with years are used, and the furnishings add that warmth which breeds intimacy. It is the informal garden that attracts the artist. In England these abound, with their winding paths passing through uneven hedges of many varieties of flowers. That uneven hedge, flashing forth vivid colors, one seldom sees in America, probably because of the fluctuating climate and the vogue of a more formal arrangement."—Ethel R. Peyer, in Country's Magazine.

Offended Her Taste. Apropos of the amusing comments on academic costume that so often reveal popular ignorance of the symbolism of hoods and gowns is the following story, told by a contemporary:

"A friend of mine," says the narrator, "is a curate in a local suburban parish. Some little time back he went up to Oxford to take his master of arts degree, and the following Sunday appeared in the pulpit respondent in his new master of arts hood. A few nights later he was dining in the house of a prominent parishioner, and was amazed to hear his hostess pleasantly remark:

"Mr. X., that new hood of yours doesn't suit you at all. I can't imagine why you, with your complexion, chose red of all colors in the world. A myrtle green or an old gold would have suited you much better, and would have been far more effective. You men never know how to dress yourselves."

IF YOU OR ANY FRIEND suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure. Most wonderful book ever written. It's absolutely FREE. Joseph A. Case, Dept. C. W., Brockton, Mass.—Adv.

Probably a sympathetic tear comes as near being a panacea for all human troubles as anything on the market.

North Carolina has led the states in the production of meat for several years.

KEEP YOUNG. As well be young at 70 as old at 50.

Many elderly people suffer lame, bent, aching backs, and distressing urinary disorders, when a little help for the kidneys would fix it all up. Don't wait for gravel, or Bright's disease. Use Doan's Kidney Pills. They have helped thousands, young and old, and are recommended by thousands.

A South Dakota Case. Mrs. T. K. Sjarling, 20 S. 10th Ave. S. W., Aberdeen, S. D., says:

"My back gave me a lot of trouble, aching all the time. After stopping, I could hardly straighten and this was soon followed by headache and dizzy spells. The kidney secretions passed too freely and I was so miserable and tired that I could hardly do my work. Doan's Kidney Pills fixed me up in good shape, and since then I have had little trouble from my back or kidneys."

Get Doan's at Any Store, 50c a Box. Beware of cheap imitations. KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

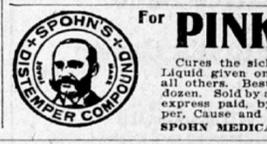
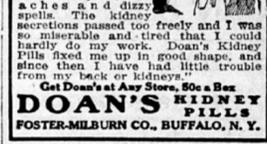
For PINK EYE. DISTEMPER CATERPILLAR FEVER AND ALL NOSE AND THROAT DISEASES.

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle. 45 dozen. Sold by all druggists and turf goods houses, or sent express paid, by the manufacturers. Booklet, "Distemper, Cause and Cure," free. SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

Every Woman Wants Partine ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleaning and germicidal power. Sample Free. 50c a bottle. Sold by all druggists. The Patent Toilet Company, Boston, Mass.

W N. U., SIOUX CITY, MO. 25-1916.

Children Cry For



**Children Cry For Fletcher's CASTORIA**

**What is CASTORIA**  
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
*Charles H. Fletcher*  
In Use For Over 30 Years  
The Kind You Have Always Bought  
THE CENTRAL COMPANY, NEW YORK CITY.