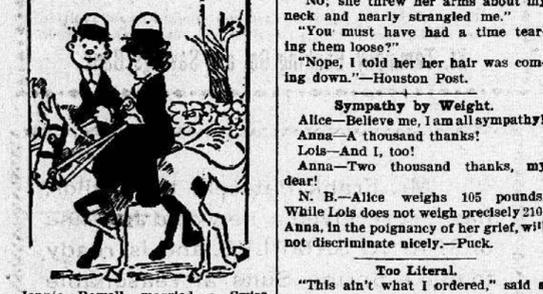


Personal Reasons. "Why do you never put ashes on your sidewalk when it gets slippery?" asked the man who has the instinct of supervision.

Secure. Sometimes it's so dry, very. The grip germ's stout and merry. Whichever way it goes.

APPROPRIATELY NAMED. Jennie-Rowell married a Swiss, didn't he?



They Went Together. I had a friend, I had, as well. A little cash to lend.

Still Hangs On. "Ever notice it?" queried the man who asks questions on the installment plan.

One Girl's Reason. He-I wonder why Miss Howells always has to be coaxed before she will sing?

Gold Point. Jenks-Did I see you speaking to Bluffers today?

His Farm. "You think you ought to be pensioned for services to your country?"

Competent. "Do you consider him careful enough and possessed of enough executive ability to be the president of a life insurance company?"

What Pa Thought. Miss Iner-Entz-I don't know what pa will say about our engagement.

Longer Around. Thin men with the fat in life. Perhaps have even pleasure.

EUCRE IN THE JUNGLE. Jocko-I shouldn't have played that one.

Horrid Creature. "Mr. Waymore, I congratulate you on the little darlings. They are just as pretty as they can be."

His Presence of Mind. "Yes, I got her out before the walls fell."

Sympathy by Weight. Alice-Believe me, I am all sympathy!

Too Literal. "This ain't what I ordered," said a countryman at a London restaurant.

Liability to Keep Him Awake. The Lady-Is it a fact, Bridget, that you were feeding that policeman last night on the angel cake I made with my own hands?

Farewell to Romance. Ere they were wed he said her breath was like the jasmine's sweet perfume.

STRANGERS NOW. Tom-What made the breach between you and the tailor?

Nothing Like Regularity. He-I must go and see the people at the gas office.

Entirely Out of Place. "Do you think that sheer dishonesty wins in the long run for a politician?"

For a Change. They were waiting in the bathroom. She-Sir, you should introduce a little change in your style of dancing.

Consolation. "That firmly constructed public building is a scandal!" exclaimed the patriot.

EXCELLENT RICE RECIPES.

At This Time of Year Rice is a Welcome Addition to the Table -How to Prepare.

The spring months are usually the most trying ones in the calendar for the housekeeper on a farm to provide a change in the daily bill of fare.

The left-over of plain boiled rice can be utilized in numerous ways. It may be made into excellent griddle cakes.

Rice Croquettes-To one teacupful of boiled rice add one tablespoonful of butter, a beaten egg, a seasoning of salt and pepper, and mix well together.

Rice Muffins-One pint of milk, one pint of rice, two eggs, two tablespoonfuls of sugar, one tablespoonful of butter, one teaspoonful each of salt and baking powder.

Rice Soup-Place one-half a cupful of rice in two quarts of water, with one small onion sliced finely, two or three sticks of celery, and a small bunch of summer savory.

Rabbit Soup-Cut a young rabbit in small pieces and soak in water for an hour; place in the soup pot and cook until the meat separates from the bones.

When Washing Black Cotton. For washing black cotton goods, make a starch with one cupful of flour to one pint of cold water, beating until smooth.

Lemon Pie. Six eggs, one-half cup butter, one cup sugar, rub butter and sugar together until they cream; beat the yolks and whites separately.

Sugar Cookies. One egg, two cups sugar, one cup lard, one cup sweet milk, two teaspoonfuls baking powder, one teaspoonful soda.

Pie Crust. One cup of lard, one teaspoonful of salt, one quart of flour. Mix thoroughly flour and lard and salt, and add just enough ice water to knead nicely.

Club members have expressed the desire that a lecture be given on the subject of dropsy. The demand has at last become so preeminent that I herewith give the subject attention.

When this used-up material is thrown off in large quantities the vital process is continuing strongly; but when it is removed only in small quantities that process is correspondingly diminished.

There is a great deal of moisture eliminated from the system by exhalation. Waste or used-up material is naturally of this character as can be proved by breathing on the cold surface of a window pane.

It is probably best to first take up cases in which the amount breathed in is very small. Substance requiring to be removed, in such cases, is allowed to accumulate, which cannot be if health is to be maintained.

It stands to reason that the first thing which should be done in the case where watery waste accumulates in the body is to increase the action of the lungs so they will perform the natural amount of work.



DRDPSY.

Many club members have expressed the desire that a lecture be given on the subject of dropsy. The demand has at last become so preeminent that I herewith give the subject attention.

In considering those things which may rightly be classed under this title it must be remembered that there is waste continually occurring in the human system.

When the feet have swollen first and the vapor waste has risen farther and farther upward, the skin is the first thing demanding attention.

The first thing is to be sure the lungs are stimulated to perform their part, then attend to the skin and secure its co-operation in eliminating the waste matter.

It often occurs in cases of dropsy that the heart action is impaired. The blood is accordingly not supplied rapidly enough, and waste matter accumulates on this account.

When women are troubled with irregular, suppressed or painful periods, weakness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, are beset with such symptoms as dizziness, faintness, lassitude, excitation, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues and hopelessness, they should remember there is one tried and true remedy.

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When a man has nothing else to boast of he boasts of his ancestors. When a shiftless man dies his wife's responsibilities decrease accordingly.

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"Six months ago I would have laughed at the idea that there could be anything better for a table beverage than coffee," writes an Ohio woman-"now I laugh to know there is."

"Since childhood I drank coffee as freely as any other member of the family. The result was a puny, sickly girl, and as I grew into womanhood I did not gain in health, but was afflicted with heart trouble, a weak and disordered stomach, wrecked nerves and a general breaking down, till last winter at the age of 38 I seemed to be on the verge of consumption. My friends greeted me with 'How bad you look! What a terrible color!' and this was not very comforting."

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But the lungs are really first if a hope of a cure is to be entertained. In foregoing lectures, how to increase the activity of the lungs and skin by simple home methods have already been given.

What is commonly termed suffusion on the lungs is merely this watery waste which has accumulated, it being the condensed vapor that should have been breathed away. This is dropsy of the lungs, frequently called "water on the chest, or pleurisy."

Another form of what is called dropsy is a watery swelling over the stomach and bowels-that is, the condensed vapor that should have passed off by exhalation and perspiration collects, in such cases, over the abdomen.

As was the case with "water in the chest" action of the lungs should first be stimulated by the above methods, the action of the skin quickened by sponging with strong, white vinegar, then rubbing, first with lather, and next with fresh olive oil, thereby, if such a thing be possible, securing a natural, healthy condition of the skin.

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A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse from the Blockley Training School, at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience for besides her professional education and what she has to say may be absolutely relied upon.



Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down, frequent dizziness, and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would blot after eating, and frequently become nauseated. I had pains down through my limbs so I could hardly walk. It was as bad as a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within a few months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered an unusual remedy to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this-merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine.

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TARTARIC TRUTHS.

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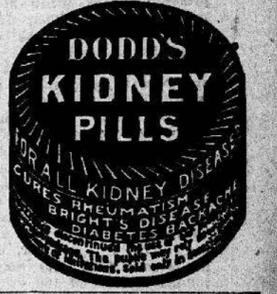
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This lean M. D. is Dr. Brown, who fares but ill in Spotted Town. The town is so filthy and so clean. It is no wonder he is lean. He's lost all patients now you know Because they use SAPOLIO.

When you buy WET WEATHER CLOTHING you want complete protection and low service. These and many other good points are combined in TOWER'S OILED CLOTHING. You can't afford to buy any other.

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