

**Anxious Moment.**  
Lucille (earnestly)—Karl, I want to ask you one question.  
Karl (also earnestly)—What is it, sweetheart?  
Lucille (more in earnest than ever)—Karl, if you had never met me, would you have loved me just the same?—Life.

**ACHY FEELINGS, PAIN IN LIMBS**  
and all malarial indications removed by Elixir Babek, that well known remedy for all such diseases.  
"I have taken up the three bottles of your Elixir Babek and have not felt so well and entirely free from pain in limbs for five years."—Mrs. E. Higgins, Jacksonville, Fla.  
Elixir Babek 50 cents, all druggists or by Parcel Post prepaid from Klooswe-ask & Co., Washington, D. C.

**Language Not Likely to Last.**  
Mistral, the great Provencal poet, whose death was announced lately, has been likened to Robert Burns for the work he did. But Burns' task was child's play compared with Mistral's. The Scottish poet found his language fully grown and completely alive; Mistral had to create his means of expression. Provencal had lost every resemblance to a literary tongue, and the new poet-patriot had to mold it afresh, to recreate and to build up on the ruins left by the vineyard and the farm. "Our Provencal," said Mistral, "was a country lass ragged and wild." She is now a wonderfully beautiful creature; but it is doubtful whether all the genius of Mistral can keep her alive. The educational reformer in France does not like such irregular beauty.

#### RINGWORM ITCHED TERRIBLY

1545 Alsquith St., Baltimore, Md.—"My children were afflicted with what they called ringworm of the scalp contracted from a house-cat they were playing with. The ringworm formed on their scalps about the size of a silver dollar and their hair fell out, leaving a round scale or crust on their scalps. There was terrible itching, and they scratched till the blood came. They were very fretful and could not sleep at night, and they were very cross."

"They were treated for several months with no improvement whatsoever. I was told they would never have any hair and would always be bald. Then I began using Cuticura Soap in connection with Cuticura Ointment and the first week I could see the wonderful remedies were doing all they were claimed to do and in six weeks' time they were entirely cured. They all have a beautiful growth of hair." (Signed) Mrs. Sadie Pollock, Jan. 1, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

**Justice Is the Word.**  
Church—I see the New York Legal Aid bureau for a fee of ten cents furnishes a lawyer to assist immigrants and poor persons in obtaining justice. Gotham—Now, just look at that! And I know men who have spent thousands of dollars to get justice—and they're still out of jail.

**Queer Fact.**  
"Truth lies at the bottom of a well, they say."  
"What of it?"  
"Yet you can't raise it by any hot-air system."

#### Good Cause for Alarm

Deaths from kidney diseases have increased 73% in twenty years. People overdo nowadays in so many ways that the constant filtering of poisoned blood weakens the kidneys.  
Beware of fatal Bright's disease. When backache or urinary ills suggest weak kidneys, use Doan's Kidney Pills, drink water freely and reduce the diet. Avoid coffee, tea and liquor.  
Doan's Kidney Pills command confidence, for no other remedy is so widely used or so generally successful.

**A North Carolina Case**  
"I was badly run down from kidney complaint," says J. G. Cochran, of 36 N. Main St., Asheville, N. C. "My back was terribly lame and sore and I couldn't work. I knew two people who had used Doan's Kidney Pills and I finally tried them. My health picked up at once and kidney disease was quickly driven from my system. That happened two years ago; since then I have been well."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

#### Warning to Women

Do not neglect Nature's Warning Signals.

If you suffer from headache, nervousness, sick stomach, constipation, palpitation, hysterics, or a dull heavy feeling in the head, TAKE HEED for nature is saying to you as plainly as if the words were spoken, "I NEED HELP."

The tissues, muscles and membranes supporting your womanly organs need strengthening—need a tonic, need FOOD.

STELLA-VITAE will supply what is needed, will supply it in the form that being quickest and most lasting results.

STELLA-VITAE, tested and approved by specialists, has been PROVEN TO BE nature's Great Restorer of strength to the womanly organs. For THIRTY YEARS it has been helping suffering women.

No matter how many remedies you have tried, no matter how many doctors have failed to help you—you owe IT TO YOURSELF to try this great medicine for the ailments of women.

THE TRIAL WILL COST YOU NOTHING unless you are benefited.

We have authorized YOUR dealer to sell you ONE bottle on our positive, binding GUARANTEE of "money back if NOT HELPED." AFTER YOU are satisfied he will sell you six bottles for \$5.00.

Go or send this very day, this very hour, and get that ONE bottle and be convinced that you have at last set your feet firmly on the road to perfect health and strength.

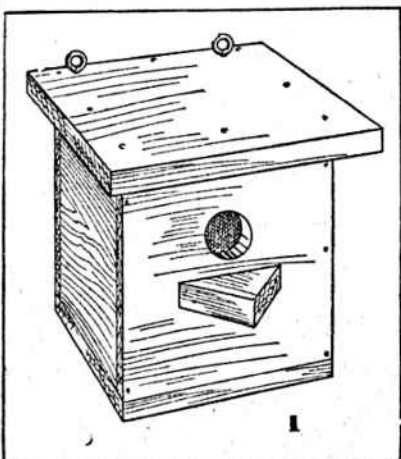
Thacher Medicine Company  
Chattanooga, Tenn.

## For Handy Boys and Girls to Make and Do

(Copyright by A. Neely Hall)

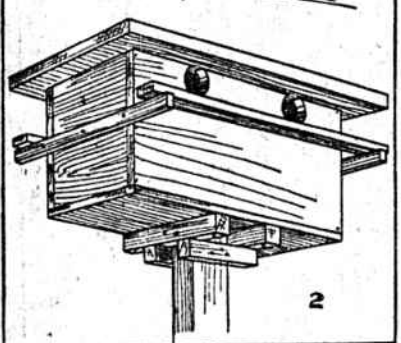
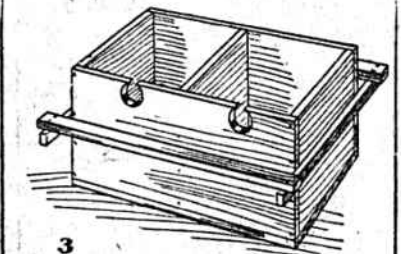
#### HOME-MADE BIRD HOUSES.

By A. NEELY HALL.  
A bird house need not be elaborate or constructed.  
The cube-shaped house in Fig. 1 may be hung upon a wall. That is why a pair of screw-eyes are screwed into the top (see illustration). A box measuring eight inches in width,



depth and length is plenty large enough. Cut a hole one inch in diameter in one side of the box near the top for a doorway. If you haven't a bit-and-bitstock with which to bore the hole, you can make a small hole with a nail or screw-eye, and then enlarge it to the right size with a sharp knife or small compass saw. Make the perch below the opening triangular in shape, and fasten it to the box with short nails. For the roof cut a piece of board of the right measurements to make a projection of about an inch over the front and sides of the box, and nail it to the top edges.

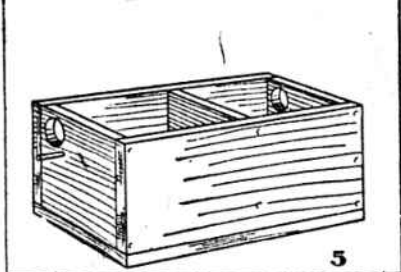
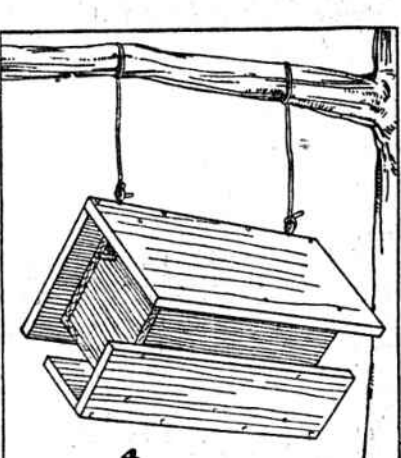
The two-compartment house in Fig. 2 is made of a box about 12 inches long, 8 inches wide and 6 inches deep.



The box is divided in the center of its length by a partition, and a doorway is cut through one side of the box into each of the two compartments thus formed (Fig. 3).

Fasten a stick parallel with both long sides of the box, for perches, supporting the ends upon a pair of sticks nailed to the ends of the box in the manner shown in Fig. 3.

Figure 2 shows how the box may be fastened to the top of a post support. Nail a pair of cross pieces to the bottom of the box at a distance apart equal to the width of the post, and drive nails through the sides of the cross pieces into the post. Then as a



brace to these cross pieces nail another pair of cross pieces to the opposite sides of the post so their ends will come directly under the ends of the first pair.

The bird ark in Fig. 4 is made of a box divided through the center in the same way as the house just described was divided, but instead of cutting the doorways through the side, make one through each end near the corner (Fig. 5). When the box is turned on edge in the position shown in Fig. 4, the openings will come directly below the peak of the roof. Fasten a short peg into a hole below each doorway for perches.

Make the roof boards large enough to form two-inch projections over the sides and ends of the box.

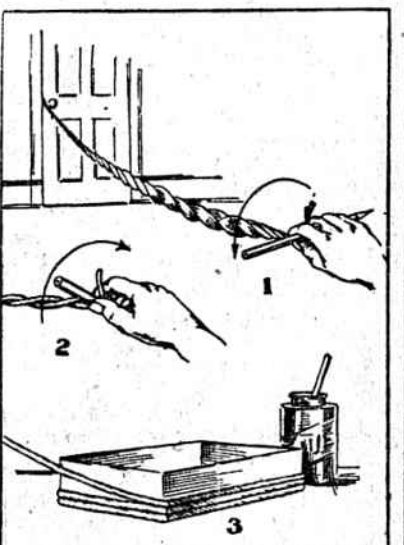
The base or hull of the ark is made of two boards of the length of the roof pieces and one-half as wide. Nail an edge of one to an edge of the other; then nail to the box.

Screw a pair of screw-eyes into the peak of the roof, and suspend the ark with ropes from the limb of a tree, or from a bracket fastened to the side of a wall.

#### THINGS TO MAKE WITH PAPER ROPE.

By DOROTHY PERKINS.  
There is a brand new idea for making pretty baskets, trays and boxes, and I am going to tell you all about it because the work is very easy to do and you will find it a great deal of fun. All that you need are some cardboard boxes for the foundations of the articles, crepe paper out of which to twist rope strands for covering material, glue and some light wire for handles. You can buy the crepe paper at almost any stationery store. In fact strands of paper rope are sold ready twisted, but you can twist them just as well yourself and have the fun of doing it, saving money besides. Buy a roll of crepe paper of any color you may select. A chocolate brown is pretty for the articles here described.

Open the roll of crepe paper and cut the entire length into eight strips of equal width. That will make strips about two and a half inches wide. To



prepare the rope strands, first take a single strip, pinch one end in a door jamb and make a loop in the opposite end through which to slip a pencil. Then twist the pencil from right to left as indicated in Fig. 1, pulling firmly as you twist to make the twists even and tight. When the strip has been tightly twisted from end to end, remove it from the door, and twist a second strip in a like manner. Then placing an end of each of the two twisted strips together, pinch them in the door jamb, slip a pencil in loops made in the opposite ends, and twist the two strands together, twist-

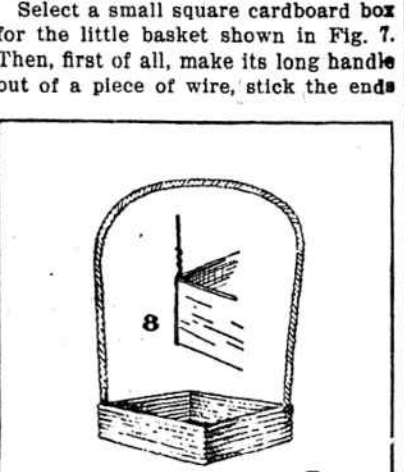
ing from left to right as indicated in Fig. 2.

The cover to a large sized cardboard box—one having a narrow rim—is needed for the serving tray shown in Fig. 4. It requires a pair of handles, and these are made of pieces of light wire bent into loops, with the ends pierced through the ends of the rim of the box cover, bent over and twisted as shown in Fig. 5. With the handles in place, wrap them with a piece of crepe paper and then with the paper rope.

Lap and paste a strip of crepe paper over the edge of the box to conceal it. Then coat the outside surface of the rim with glue, and starting at the bottom wrap a strand of the paper rope around and around the box, pushing each row of the rope close against the preceding row (Fig. 3). When the top of the rim has been reached, coat the inside surface of the rim with glue, run the rope over the rim and wind it around the bottom; then coat the inside of the bottom with glue and wind the strand of rope around and around, working in from the outside rim until the center is reached. Cover the outside of the bottom in the same way, and the tray will be finished.

Select a small square cardboard box for the little basket shown in Fig. 7. Then, first of all, make its long handle out of a piece of wire, stick the ends

of the wire loop through the bottom of the box, in opposite corners, bend up over the outside of the box, and twist as shown in Fig. 8. Wrap the wire with a piece of crepe paper, then with the paper rope, and when the handle has been completely covered the tray inside and out with the rope, winding it around the surfaces in the manner described for covering the serving tray.



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## PALMETTO TROOPS ENCAMP IN STATE

CANNOT PARTICIPATE IN THE AUGUSTA MOBILIZATION ORDERED.

#### DISPATCHES FROM COLUMBIA

Doings and Happenings That Mark the Progress of South Carolina People, Gathered Around the State Capitol.

#### Columbia.

Companies of the National Guard of South Carolina will not participate in the instruction camp of the Ninth division at Augusta, according to a telegram received by Adj. Gen. Moore from Adj. Gen. Simpson, U. S. A., Governor's Island, N. Y. The companies will attend a state encampment, under the terms of the order issued. The camp will probably be held at Camp Willie Jones, near Styx, in Lexington county. A movement was launched in Charleston to secure the camp for the Isle of Palms. The companies of the National Guard from Georgia, North Carolina and Florida will encamp at Augusta.

According to the order, a company of United States troops will encamp with the South Carolina companies.

It is presumed that the order of the war department was issued following the statement by the governor that he would at a later date decide about the trip to Augusta. The commanding officers of the three regiments have been called to meet in Columbia, Saturday, when the situation will be discussed.

Adj. Gen. Moore received the following telegram:

"Troops your state can not participate joint encampment, Augusta, Ga. Discontinue efforts this direction. Select site for camp within your state. Notify this office soon as possible of location and most convenient period for camp any and state troops that will participate. Regular troops will encamp ten days, commencing July 1, successively North Carolina, South Carolina, Georgia and Florida."

The telegram was referred by Adj. Gen. Moore to the governor for action. No announcement has been made by the governor as to where the camp will be held in South Carolina. Several days ago the governor raised an objection to the South Carolina troops attending the camp at Augusta.

#### State's Picture Lease Is Out.

The National Association for the Study and Prevention of Tuberculosis has been employing many methods for awakening the public conscience to the danger of the disease and for training the public to prevent its spread. The Associated Charities of Columbia was fortunate in procuring the loan of two motion picture films, "Hope" and "The Price of Human Life," which were shown in the Columbia theatres a few weeks ago.

The office planned a careful itinerary for showing these pictures in some of the larger towns of the state, and they were shown in several of these towns to large and enthusiastic audiences. It is regretted by the Associated Charities of Columbia, however, that, through several delays, the time of loan has expired before some of the towns had an opportunity to see them. Nevertheless, there is little doubt that these two attractive films have awakened several towns to active interest in the fight, and less doubt that the whole state is awakening to a keen interest in the problem.

#### Carolinian Awards Prizes.

The editors of The Carolinian, the monthly magazine published by the literary societies of the University of South Carolina have announced that the honors for the best poem, short story and essay appearing in the magazine during this session have been decided as follows: Poem, "Dawn," by J. McE. Dabbs, '16; short story, "For the Sake of the Priesthood," by Johnson, '15; essay, "The Philosophy of Poetry," by L. C. Johnson, '17. The winners of the essay and short story contests are brothers from Aiken.

#### Club Enrollment Books Ready.

R. Beverley Sloan, chairman of the Richland County Democratic executive committee, said recently that the enrollment books to be used by the enrollment committees recently appointed for each club would be in his office this morning for distribution. He urges that the secretary of each club come to his office to receive information as they desire. As the books must be opened by today week Mr. Sloan requests that the secretaries call at his office for them.

#### Tate at Columbia College.

The final exercises of Columbia College commencement were held recently with the literary address by W. K. Tate of Nashville and the awarding of medals and the conferring of degrees. Mr. Tate, upon being introduced, said that he desired to leave off the terms "literary" and "address," and make a heart to heart talk to the young women of the graduating class. He proceeded to do this in his own inimitable way. His subject was the opportunities opening up to an educated Christian young woman.

#### Experts Advise Cattle Experts.

As a result of the appropriation by the general assembly, the fight on the cattle tick in South Carolina is to begin at an early date. During the seven area of 198,802 square miles has been ment of agriculture has been campaigning against the tick fever, which annually kills more cattle in the South than all other diseases combined, an area of 198,802 square miles has been freed from the tick. Details of this work against a disease that is estimated to cost the American farmers \$40,000,000 a year are printed in a new circular of the department of agriculture entitled, "Effects of Tick Eradication on the Cattle Industry of the South."

Now comes the question, What plan is best for farmers in these redeemed areas to improve their stock? The following are some of the department's suggestions in brief:

1. Get Bermuda or carpet grass started on all pastures. Improve the pastures further by sowing some lespedeza and bur clover on the uplands and some alsike clover, white clover and paspalum dilatatum on the bottom lands.
2. Grow more hay and other forage on which to winter the stock; or, if a farmer has as many as 50 or 75 cattle, erect a silo.
3. Bring in good bulls of the beef breeds to use for grading up the native cattle. Do not try to raise pure breeds to begin with.
4. If not able to buy a bull for individual use, form a bull club and let each member buy stock in the bull and place him on some central farm; or let one man buy the bull and the others obligate themselves to breed their cows to that bull.
5. Form a community club or a county live stock association so that members may exchange bulls every two years in order to get the maximum service from a bull without breeding him to his offspring. The members of a club should agree on what breed they want to use and all get bulls of the same breed in order that the community may develop a trade and make a reputation as growers of this breed.
6. If the bull is young, do not let him run with the cows, but keep him in a separate pasture and give him some feed each day so as to keep him growing.
7. Do not let a young bull serve a cow but once. One service is often better than a half dozen.
8. Heifers of the beef breeds should not drop calves until they are at least 30 months of age and should be bred accordingly.
9. Breed the cows so as to calve during February, March and April.

#### Likes System Used By Watson.

Enforcement of the pure food and drug laws in South Carolina is attracting attention. Commissioner Watson has received the following letter from Carl L. Alsberg, chief of the bureau of chemistry, United States department of agriculture: "Mr. Abbott has returned and has given a very enthusiastic report of your organization and your work. As soon as he shall have finished his present visit to a few other states he plans to take up the co-operative work with you directly and in detail. Please accept my very hearty congratulations for your strong organization."

**Some New Enterprises Chartered.**  
A municipal commission has been granted by the secretary of state to Cayce in Lexington county, just across the Congaree river from Columbia.

The Perpetual Building and Loan association of Columbia has been chartered, with an ultimate capital of \$3,000,000. The officers are: L. L. Hardin, president; B. F. Taylor, vice president; W. Anderson Clarkson, secretary and treasurer.

The Palmetto Construction company of Florence has been chartered, with a capital stock of \$50,000. The officers are: M. D. Lucas, president; Sanborn Chase, vice president; S. K. Lucas, secretary and treasurer.

The Edgewood Cemetery association of Greenwood has been commissioned, with a capital of \$5,000. The petitioners are: E. R. Goodwyn, W. C. Owens, J. S. Aiken and W. G. Calhoun.

#### Experts Begin Malaria Fight.

The work of freeing certain sections in South Carolina of Malaria will be taken up at once by H. R. Carter, M. D., United States public health service, for six years director of hospitals in the canal zone, and George LePrince, who was chief sanitary engineer in the canal zone in charge of the "mosquito brigade." These men will probably start their work in Greenville county, and will work along with James A. Hayne, M. D., state health officer, who was connected with Dr. Carter in canal zone.

The character of the work will be thoroughly practical. They will visit a community and personally investigate the sources of malaria or the breeding places of the mosquito. They will estimate the cost for a community to be mosquito free, and will hold public meetings where the people of the various localities may obtain first hand scientific information in regard to the malaria and general health conditions in their immediate neighborhood. Should a community desire to undertake the work of mosquito elimination, its sole expense will be the actual cost of the work,

## INTERNATIONAL SUNDAY SCHOOL LESSON

(By O. E. SELLERS, Director of Evening Department The Moody Bible Institute of Chicago.)

#### LESSON FOR JUNE 14

#### THE FRIEND OF SINNERS.

LESSON TEXT—Luke 18:14; 19:1-10. GOLDEN TEXT—"I came not to call the righteous but sinners." Mark 2:17.

The first section of our lesson is the beginning of a new parable (see R. V.) and contains one of the Master's best-known parables. Immediately preceding this is the parable of the unjust judge and the importunate widow. We are plainly told (v. 9) why the Master spoke this parable. It is easy to say that those who trusted in their own righteousness and "set all others at naught" (R. V.) were the Pharisees, but such is not the case; and this parable is a warning to us, lest we also trust our own righteousness (Isa. 64:6). Using this particular class as a background, Jesus paints, in words of simple grandeur, a picture quite familiar throughout the ages. In it he reveals the falseness of human standards and declares the judgment of heaven. The contrast is vivid. Let us look at (1) the Pharisee. The illuminating phrase is in the words "he prayed with himself" (v. 11). Ostentatiously the Pharisees separated themselves from their fellow men and this separation seems to have extended even into his prayer life, and he is withdrawn from God also. This is an appalling picture of the man who trusts only himself. Examine his prayer and we see the supposed prayer is really a paean of self-exaltation. It is true he begins by ascribing it to the Deity, but he ascribes no praise to God, no thankfulness for blessings received; indeed, he ignores God throughout after the introduction. On the other hand, his only recognition of other men is that of contempt for them. He is concerned altogether with his own excellencies and with the delinquencies of others. "I am not as the rest of men" (v. 11 R. V.). He extols proper virtues of morality, religiousness, orthodoxy and generosity, but went away unsaved.

#### Humility of Heart.

(2) The Publican regarded himself as "the sinner" (v. 13 R. V. marg.). He knew he was a great, an irreverent offender against law and grace. He had sacrificed everything to acquire money. He comes with no outward show except an abundant evidence of the shame and humility of his heart. He also was excluded from men but not from God. Burdened with the sense of his sin, he casts himself upon the mercy of God. He is absolutely devoid of any trust in himself, any contempt for others, and makes a straight, earnest, passionate abandonment of himself and his need to God. He goes away "justified" (judged right). Why? Because he had taken the right place, a sinner's place before God, and found pardon. No one who claims a place before God because he is a righteous man will be justified in his sight. The true way to God is the one of the Publican, not that of the Pharisee.

II. The Second Section is a story and deals with an individual case, Zaccheus, who was a "chief Publican." Jesus sought him (see Golden Text), whereas Zaccheus was animated by curiosity, and the writer informs us he was small of stature, hence the necessity of climbing the sycamore tree. He went up the tree because of curiosity, he came down because of conviction. He wanted to see this man in the center of the crowd and was amazed to hear Jesus call him by name and with the authority of a king commands his friendship and hospitality.

#### Must Yield Wealth.

Zaccheus was rich, dishonest, dissatisfied, but desperately in earnest, and a man of prompt decision. The estimation of his fellow-citizens is indicated by v. 7. Notwithstanding all of this Zaccheus was not so wedded to his money as to let it keep him out of the kingdom. In chapter 13 we read of the rich man who "lacked one thing." He was lost—"went away" because he would not yield his wealth (see also 18:26, 27). What took place within the house of Zaccheus we are not told, but for the Master to enter was looked upon either as amazing ignorance of Zaccheus' character or else extreme carelessness concerning the maintenance of his own character. Jesus was dealing with one man, not the multitude, hence he leaves them to their amazement. While this is true, yet we can surmise something of that interview by the result (v. 8) for Zaccheus seems to have made a public avowal of his ethical and moral change of heart. Note the steps:

- (1) He "sought to see Jesus," John 3:14, 15; Isa. 45:22.
- (2) He was very much in earnest, "climbed a sycamore tree," Luke 13:24.
- (3) He made no delay, "make haste" Isa. 55:6. The result was that of great blessing to the people and joy in the heart of Zaccheus.
- (4) He was obedient, joyously and promptly. The genuineness of his transformation was evidenced by the way it affected his pocketbook. He made abundant restitution and gave bountifully to the poor. The love of God shed abroad in the heart of a miserly, selfish man or church will promote honesty both to God and man, and make men large-hearted, self-forgetting, ministering saints. Prov. 11:24; Rom. 12:13; II Cor. 8:5. It was as "Son of Man" that Jesus went to the house of Zaccheus. God's pattern, God's man. He made no reference to race, nor to caste. His purpose was to reach a "LOST" man and 'twas for such he came into the world to "Save the lost."

From the combined parable and story we can read the lesson that Jesus is the friend of sinners and not of sin.

## FORCED TO EAT CRUSHED ICE

And Was Not Even Allowed Privilege of Sitting Up, but Finally Wins Out.

Kaplan, La.—Mrs. Casamear Barkhart, of this town, gives out following for publication: "I feel that I owe my life to Cardui, the woman's tonic. I was married last April, and was in fairly good health. Shortly after marriage my health began to fail, and for three long months I was threatened with serious sickness."

I passed most of my time in bed, with a nurse at my bedside. At last, I was told an operation was necessary. I was so weak I could retain nothing on my stomach but crushed ice, and was not even allowed to sit up in bed.

A friend of mine advised me to use Cardui, the woman's tonic, and they got a bottle for me, as a last resort.

After taking Cardui for one week, I was able to be up in my room. After continual use for two months, I was in perfect health, and could do all of my work without tiring.

I take an occasional dose of Cardui and Black-Draught now, to keep my system in good condition.

Several of my friends are using Cardui with good results. I am never without it in the house."

There's a bottle of Cardui waiting for you at your nearest druggists. Get it and begin taking today. You will never regret it.—Adv.

#### One Himself.

Gertrude Vanderbilt had been lunching with a friend at Murray's. As they left the restaurant a seedy-looking mendicant approached Miss Vanderbilt and held out his hand.

"Can't you give me a few pennies, lady?" he pleaded. "I'm hungry and a broken-down sport myself."

Miss Vanderbilt had coughed up a quarter before the full impact of his remark struck her, then she began to laugh.

"I suppose I should have given him a dollar," she observed. "At least the man was brave."

**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 *Dr. J. C. Fletcher*. In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

**Ravaged Eastern Coast.**  
One hundred years ago the British blockaders were committing many depredations along the New England coast. Their method was to land boat crews from the vessels at nightfall, surprise the inhabitants of one of the smaller towns, and after plundering the storehouses and burning the shipping at the wharves, retreat to their boats before the villagers fully comprehended the blow that had fallen upon them. Such occurrences took place at many of the coast towns and, in most cases, the militia proved powerless to check the enemy. All up and down the New England coast, from Maine to the mouth of the Connecticut river, the people were kept in a state bordering on panic during the greater part of the summer of 1814.

#### French Women Lawyers.

Mdlle. Verome, who with Mdlle. Grumbert is to assist in the defense of Mme. Caillaux, has the largest practice of any of the woman advocates admitted to the Paris bar, having been notably successful when in the defense of criminal cases. She has outstripped the senior "advocate," Mdlle. Chauvin, whose appearances in the courts are now few and far between. The latter won her doctorship of laws so far back as 1892 with a thesis on the subject, "Professions Accessible to Women." After five years as a professor, Mdlle. Chauvin determined to become a barrister. Her application was strongly contested, but the judges decided that the law was on her side and she was duly sworn in in 1897, being the first woman admitted to the bar in Europe.

#### HER MOTHER-IN-LAW Proved a Wise, Good Friend.

A young woman out in Ia. found a wise, good friend in her mother-in-law, jokes notwithstanding. She writes: "I was greatly troubled with my stomach, complexion was blotchy and yellow. After meals I often suffered sharp pains and would have to lie down. My mother often told me it was the coffee I drank at meals. But when I'd quit coffee I'd have a severe headache."

"While visiting my mother-in-law I remarked that she always made such good coffee, and asked her to tell me how. She laughed and told me it was easy to make good 'coffee' when you use Postum."

"I began to use Postum as soon as I got home, and now we have the same good 'coffee' (Postum) every day, and I have no more trouble. Indigestion is a thing of the past, and my complexion has cleared up beautifully."

"My grandmother suffered a great deal with her stomach. Her doctor told her to leave off coffee. She then took tea but that was just as bad. "She finally was induced to try Postum which she has used for over a year. She traveled during the winter over the greater part of Iowa, visiting, something she had not been able to do for years. She says she owes her present good health to Postum."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.

—sold by Grocers.