

How often do you eat this food? A short time ago there appeared in the columns of one of the prominent magazines an article on building brain and muscle by the proper selection of the foods you eat.

A good many people were surprised to find oatmeal placed at the top of the list of foods recommended; but if the article had appeared in an English or Scotch paper every reader would have expected to see first place given to good oatmeal.

As a matter of fact Great Britain and Europe come to us for tremendous quantities of Quaker Oats because it represents to them perfect food, being the richest in flavor and best in cleanliness and purity, of all oatmeals.

Americans should eat more Quaker Oats; the results would soon show themselves in improved conditions of health and strength. 55

She Had Noticed It.

Mrs. Knicker—They say the purchasing power of a dollar has diminished.

Mrs. Bocker—Yes, it used to buy a bargain worth \$1.98, and now it only gets something worth \$1.49.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing this disease. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

The Graveled Geometer.

Euclid was boasting of his abilities. "But," cried his wife, "can you find why our gas bills are just as big as when they charged a dollar a thousand cubic feet?"

With a moan he sped into the night.

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 *Wm. C. Little*.

In Use For Over 30 Years.

The Kind You Have Always Bought.

When common sense takes a vacation it is time to stand in under.

TO CURE A COLD IN ONE DAY Take LAXATIVE BROWN Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

No man can pass into eternity, for he is already in it.—Farrar.

ALLEN'S LUNG BALMS is the old reliable cough remedy. Found in every drug store and in practically every home. For sale by all druggists, 25c, 50c and \$1.00 bottles.

The family tree of a bunko man must be a slippery elm.

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

It is easy to offend people who have no use for you.

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative.

When a doctor gets sick he knocks his own game.

FAMOUS DOCTOR'S PRESCRIPTION.



PE-RU-NA FOR DYSPEPSIA (CATARRH OF STOMACH)

Headache

"My father has been a sufferer from sick headache for the last twenty-five years and never found any relief until he began taking your Cascarets. Since he has begun taking Cascarets he has never had the headache. They have entirely cured him. Cascarets do what you recommend them to do. I will give you the privilege of using his name."—E. M. Dickson, 1120 Resiner St., W. Indianapolis, Ind.

Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weakens or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C. C. C. Guaranteed to cure or your money back. 95

SHEAR YOUR SHEEP

with the Goes Famous Shearing Machine. Get from 1/4 to 1 1/2 lbs. more wool per sheep. Pays for itself the first year in wool saved. Shearers using the Goes Famous Clipper earn from \$5.00 to \$15.00 a day shearing. Any body can learn in a few hours. Address

OSCAR GOES & CO., 121 N. Canal St., Chicago

AMERICANS AID INSURGENTS

Perform Brave Deeds and Are of Material Assistance in Defeating Nicaraguan Government Troops.

Bluefields.—Americans took an active part in the battle between the insurgents and the Madriz forces at St. Vincente and at least one was badly hurt. They were under Captain Victor Gordon, with General Mena, the contingent being known as the "American scouts."

The wounded man is William Wilkins, who joined the provisionals from Panama. A steel bullet struck the cartridge slip swung across his shoulder, near the heart, and deflected, penetrating the arm and leg.

Another scout, G. T. Bushby, was bruised when a stone from behind which he was firing was shattered by a cannon ball. Bushby was thrown twenty feet, but he went back to the fight.

In a dispatch that he has sent hither, Captain Gordon says that the battle began on the 15th. The insurgents reached Chinaco on the 18th, when, after ten hours of desperate attacks and counter-attacks, the enemy, under General Vasquez, retired to a secondary position, from where, next morning, they opened a desultory artillery fire that ceased at 10 o'clock.

General Mena is loud in his praise of the bravery of the Americans.

WILL BE SATISFIED WITH FOUR.

This Is the Number of Administration Measures That Must Be Passed.

Washington.—The announcement from the White House that President Taft had, by his own motion, cut down to four the number of administration measures he would demand at the present session of congress is received by Republican leaders with un-mixed feelings of relief. The administration program was so formidable that members warmly supporting the Taft policies hardly knew where to begin.

A schedule including only the bills to amend the interstate commerce laws, to regulate the issuance of injunctions, to start Arizona and New Mexico on the road to statehood and to validate the withdrawals of public lands for conservation purposes, is regarded as quite possible of attainment. These are the measures the president insists must be passed.

SHOT BY STUDENT.

Egyptian Premier Has a Close Call, Being Seriously Wounded.

Calro, Egypt.—Boutros Pacha Chail, Egyptian premier and minister of foreign affairs, was shot and seriously wounded Sunday by a student, who was arrested. The student fired five shots, three bullets lodging in the premier's body. Two of them, however, inflicted only superficial wounds. The bullets were extracted and it is thought that the premier will recover.

The crime was entirely of a political nature, the would-be assassin being a National. He declared that his motive was the desire to avenge various acts of the government, which the Nationalists attribute personally to Boutros Pacha.

Strikers Burn Street Car.

Philadelphia.—With this city bound in the throes of a street car strike which has completely tied up traffic and stagnated business, rioting broke out Saturday night in three different sections of the city, in which several persons were hurt by flying sticks and stones. One car was seized by a band of strikers and the passengers ordered out. Then the car was set on fire and practically consumed. The strike was precipitated by the discharge of several hundred employes Saturday morning.

Financial Confidence Improved.

New York.—Financial confidence improved last week, as reflected in the movement towards recovery in the stock market. There was a momentary interruption to the recovery, which had set in the week before, when the week opened, because of false reports of what President Taft was going to say in his New York speech on the Saturday preceding. Professional operators who had bought stocks because rumor had said that the president would say that the government's attitude toward corporations would be moderated, sold hastily after reading the speech.

United States Will Intervene.

Washington.—It is believed the time has come for the United States to intervene in Nicaragua. The move has already been made by the state department. An March 15, John Barrett, an American diplomat, now at the head of the bureau of American republics, and a commission representing the United States will go to Nicaragua to investigate conditions. The report will determine the future of the government of Nicaragua. Mr. Barrett is now in New Orleans.

KNEW HER STYLE.



Sultor—But you haven't asked me whether or not I can make a living for your daughter.

Father—Never mind, Henry; if you marry her she'll see to that.

KEEP BABY'S SKIN CLEAR

Few parents realize how many estimable lives have been embittered and social and business success prevented by serious skin affections which so often result from the neglect of minor eruptions in infancy and childhood. With but a little care and the use of the proper emollients, baby's skin and hair may be preserved, purified and beautified, minor eruptions prevented from becoming chronic and torturing, disfiguring rashes, itchings, irritations and chafings dispelled.

To this end, nothing is so pure, so sweet, so speedily effective as the constant use of Cuticura Soap, assisted, when necessary, by Cuticura Ointment. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, for their free 32-page Cuticura Book telling all about the care and treatment of the skin.

Unexpected Recommendation.

One day, when Lord Thurlow was very busy at his home in Ormond street, a poor curate applied to him for a living then vacant.

"Don't trouble me," said the chancellor, turning upon him with a frowning brow. "Don't you see I am busy and can't listen to you?—what duke or lord recommended you?"

The poor curate lifted up his eyes and, with dejection, said he had no lord to recommend him but the Lord of Hosts.

"The Lord of Hosts!" replied the chancellor, "the Lord of Hosts!—I believe I have had recommendations from most lords, but do not recollect one from him before; so, do you hear, young man, you shall have the living."

Why He Was Lonesome.

Tommy, whose varying points of view are illustrated by the Farm Journal, had not yet learned the Golden Rule. Neither have a good many of his elders.

"I should like, Tommy," said his father, "that you might find some boy to play with you. Now what's the matter with Johnny Jenkins and the little Dobbs boy?"

"Pooh! Why, they're a whole year younger than I am," said Tommy, contemptuously. "I couldn't play with them."

"Well there's Jack Spear and Willie Harlow. Won't they do?"

"Yes, but they're a year old than I am," said Tommy, wistfully, "so the mean things won't play with me."

SHE QUIT But It Was a Hard Pull.

It is hard to believe that coffee will put a person in such a condition as it did an Ohio woman. She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not, and could not quit drinking it, but I was a miserable sufferer from heart trouble and nervous prostration for four years.

"I was scarcely able to be around, had no energy and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it. For months I never went to bed excepting to get up in the morning. I felt as though I was liable to die any time.

"Frequently I had nervous chills and the least excitement would drive sleep away, and any little noise would upset me terribly. I was gradually getting worse until finally one time it came over me and I asked myself what's the use of being sick all the time and buying medicine so that I could indulge myself in coffee?"

"So I thought I would see if I could quit drinking coffee and get some Postum to help me quit. I made it strictly according to directions and I want to tell you, that change was the greatest step in my life. It was easy to quit coffee because I had the Postum which I now like better than the old coffee.

"One by one the old troubles left, until now I am in splendid health, nerves steady, heart all right and the pain all gone. Never have any more nervous chills, don't take any medicine, can do all my housework, and have done a great deal beside."

Read "The Road to Wellville," in pkgs. "There's a Reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Distemper

In all its forms, among all ages of horses and dogs, cured and others in the same stable prevented from having the disease with Spohn's Distemper Cure. Every bottle guaranteed. Over 300,000 bottles sold last year. \$2.50 and \$1.00. Good druggists, or send to manufacturers. Agents wanted. Write for free book. Spohn Med. Co., Spec. Contagious Diseases, Goshen, Ind.

A Thought Reader. "So you are studying telepathy?" "Yes," answered Senator Sorghum; "my object in life has been to find what people are thinking and then say it first. Any reliable system would simplify my labors immensely." —Exchange.

Free to Our Readers.

Write Murine Eye Remedy Co., Chicago, for 48-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pains, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

There is no beautifier of complexion, or form, or behavior, like the wish to scatter joy and not pain around us.—Ralph Waldo Emerson.

PILES CURED IN 6 TO 14 DAYS.

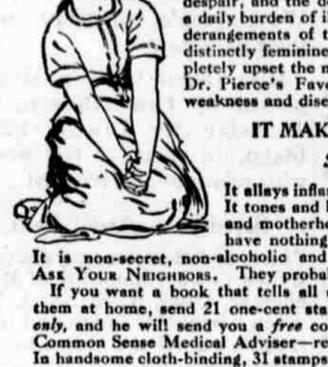
PAZO OINTMENT is guaranteed to cure any case of itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Landlords and tenants can never see through the same spectacles.

IMPOSSIBLE TO FIND ANYTHING better for sore throats, backaches or stitches than Perry Davis' Pain-Expeller. Get the large size. It is the cheapest. At all druggists, 25c, 50c and \$1.00 bottles.

A dog's bark isn't as bad as his bite, but it lasts longer.

Despair and Despondency



No one but a woman can tell the story of the suffering, the despair, and the despondency endured by women who carry a daily burden of ill-health and pain because of disorders and derangements of the delicate and important organs that are distinctly feminine. The tortures so bravely endured completely upset the nerves if long continued. Dr. Pierce's Favorite Prescription is a positive cure for weakness and disease of the feminine organism.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

It allays inflammation, heals ulceration and soothes pain. It tones and builds up the nerves. It fits for wifehood and motherhood. Honest medicine dealers sell it, and have nothing to urge upon you as "just as good."

It is non-secret, non-alcoholic and has a record of forty years of cures. Ask Your Neighbors. They probably know of some of its many cures.

If you want a book that tells all about woman's diseases, and how to cure them at home, send 21 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 31 stamps. Address Dr. R. V. Pierce, Buffalo, N. Y.

For Rheumatic Pains



As we get older the blood becomes sluggish, the muscles and joints stiffen and aches and pains take hold easier. Sloan's Liniment quickens the blood, limbers up the muscles and joints and stops any pain or ache with astonishing promptness.

Proof that it is Best for Rheumatism.

Mrs. DANIEL H. DIEHL, of Mann's Choice, R.F.D., No. 1, Pa., writes:—"Please send me a bottle of Sloan's Liniment for rheumatism and stiff joints. It is the best remedy I ever knew for I can't do without it."

Also for Stiff Joints.

Mr. MILTON WHEELER, 2100 Morris Ave., Birmingham, Ala., writes:—"I am glad to say that Sloan's Liniment has done me more good for stiff joints than anything I have ever tried."

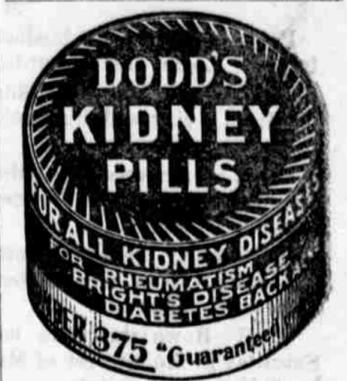
Sloan's Liniment

is the quickest and best remedy for Rheumatism, Sciatica, Toothache, Sprains, Bruises and Insect Stings.

Price 25c., 50c., and \$1.00 at All Dealers. Send for Sloan's Free Book on Horses. Address DR. EARL S. SLOAN, BOSTON, MASS.

No Space Goes to Waste. Dewitt—Does your wife follow the fashions closely? Jewitt—I should say so; she has one of those "standing room only" dresses. —Smart Set.

DODD'S KIDNEY PILLS



FOR ALL KIDNEY DISEASES OR RHEUMATISM BRIGHT'S DISEASE DIABETES BACKACHE 375 "Guaranteed"

DYOLA DYES

16 fast, beautiful colors. No per package at druggists. If not in stock, send us the staining color desired. ONE DYE FOR ALL GOODS. Color card and book of directions free by writing Dyola, Burlington, Vermont.

DYOLA DYES

RAW FURS HIDES AND PELTS Write for our complete price list and terms. Highest prices paid and satisfactory returns. LOTZ HIDE & WOOL CO. Denver, Colo. Crawford, Neb. Rapid City, S. D.

W. N. U., Salt Lake City, No. 9-1210

A CERTAIN CURE FOR SORE, WEAK & INFLAMED EYES.

MITCHELL'S SALVE



MAKES THE USE OF DRUGS UNNECESSARY. Price, 25 Cents Druggists.