

CATARRH
IS
STAGNATION

You Can Avoid This By Using **PE-RU-NA**

44 YEARS LEADERSHIP

Catarrh means inflammation, which is stagnation—the gorging of the circulation with impure blood.

Correct all catarrhal conditions, wherever located, by the use of **PERUNA**, obtainable in either liquid or tablet form at all druggists or the **Peruna Company** Columbus, Ohio

Misunderstood.
"Are you a plain cook?"
"I suppose I could be purtier, mum."

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

A woman may have a poor memory, but she never forgets a compliment.

Makes Work a Burden

A bad back makes hard work harder. All day the dull throb and the sharp, darting pains make you miserable, and there's no rest at night. Maybe it's your daily work that hurts the kidneys, for jarring, jolting, lifting, reaching, dampness and many other strains do weaken them. Cure the kidneys. Use Doan's Kidney Pills. They have helped thousands and should do as well for you. Thousands recommend them.

An Idaho Case

James Peacock, Blackfoot, Idaho, says: "For five years I had attacks of backache caused by heavy work. Some of the spells were so severe that it was hard for me to walk or lift. When suffering severely, I used Doan's Kidney Pills and they rid me of these troubles. I am now in good health and feel that I am permanently cured."

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

Facing the Decorating Problem



The decorating problem is the woman's problem. Alabastine will solve this problem for thousands of women this spring.

Alabastine

The superior wall finish

The ease with which Alabastine can be mixed and applied, the range of wonderful decorative effects that can be obtained by intermixing Alabastine with tinted wall paper and all other forms of finishing walls.

The best decorators advise the use of stencils to produce distinctive wall and ceiling borders. Ordinarily, stencils cost from 25 cents to \$1.00 each; but if you will write for the free "Alabastine Packet" containing hand-colored proofs of 12 of the very latest stencil effects, we will send you one and 500 others at practically no expense. Write today for this absolutely free decorating service.

Alabastine in 5 lb. packages in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere.

Alabastine Co.
264 Grandville Rd. Grand Rapids, Mich.



THE SANDMAN'S STORY

THE CAVE WITCH.

In a cave, on an island, lived an old witch. She had a black cat with yellow eyes, which shone like fire in the night. This old witch had two daughters. One looked like her, with long, bony fingers and a sharp nose and pointed chin. The other daughter was good to look upon. When the wind blew and the storms came, this old witch would build a fire under a kettle which hung on three crossed sticks in front of the cave. Then she would call the witch daughter and her cat, and stirring the contents of the kettle with a stick, she would repeat in a sing-song tone:

Once around to stir the sea,
Twice around good luck to me,
Thrice around the ships go down.

Then the witch daughter would sing:

Witch cat, witch cat, black as night,
Three times around, then scratch and bite.

And the cat would whirl around three times and claw the air and snarl in the most terrible way. Sometimes they would make the other daughter stir the kettle, and the old witch and the girl and the cat would whirl around the kettle, singing their weird songs, until the poor girl at the kettle would almost faint from fright. Then the old witch would laugh in a cackling voice and call her a poor, afraid mortal.

One night when the lightning flashed and the thunder rolled they called the quiet daughter to the kettle, and when the old witch was singing



Stirring the Contents With a Stick.

"Thrice around the ships go down," the lightning flashed very brightly, the girl saw a ship sinking, and she dropped the stick she was stirring with and ran into the cave.

The old witch ran after her and dragged her back, telling her to stir the kettle or she would set the cat after her. "I will never stir it again," she said. "You are making the ships go down and drowning the people on board." But the old witch pulled her to the kettle and put the stick into her hand. Then a happy thought came to the girl. She would stir in the opposite direction when the old witch sang "Thrice around, the ships go down," and as she stirred the storm ceased, but the old witch and the witch daughter were whirling around so fast they did not notice it.

Suddenly the girl heard a great splash, and looking in the direction from which it came, she saw a chariot, drawn by two horses with golden manes, and driving them was a man with a white beard, and in his hand he carried a golden rod, on the end of which were three prongs. The girl dropped the stick and the old witch and the daughter dropped upon the ground on their faces. "So I have found you at last," said the man in the chariot. "You have been causing all this trouble at sea."

The cat had crept up to him and was ready to spring at him when the good daughter screamed for him to look out. "Oh! she cannot hurt me," he said, "but I will get her out of the way at once." And he touched the cat with his rod, and she became a stone.

The old witch and her witch child began to beg for mercy when they saw what had happened to the cat, and promised never to stir up the sea again if he would spare them. The man did not answer them, but turned to the good girl and said: "You are to come with me; the old witch stole you when you were riding on a wave one day. You were a mermaid, and she changed you into a mortal. She intended to change you into a witch; she did not know that she could not make a witch out of a mermaid. What shall we do with them?" he asked. "Shall we turn them into a heap of stones and let the waves wash over them, or shall we change them to sand and let the waves wash them out to sea?"

"Could you make them good wom-

en?" asked the girl. "That would do some good in the world."

"Very well," said the old man. "You get into my chariot," and as she looked back she saw a house where the cave had been and a pleasant old lady and a girl waving good-by to her.

FIST IS TURNED INTO FACE

Amateur Ventriloquist Can Have Much Amusement With This Stunt—Illusion Is Funny.

The fellow with a sense of humor may have a lot of fun by means of a few little patented forms by which the clenched fist may be transformed into a clever representation of the human face. As the clenched hand is held with the thumb up a tuft of hair is placed between the thumb and



Human Face in Fist.

forefinger. Then between the middle and forefinger is inserted a stiff cardboard shape representing a nose and a pair of eyes. A touch of pink between the third and fourth finger completes the counterfeit of the face, and when a piece of cloth is drawn around the hand the illusion is very marked and amusing. With a little practice the little finger may be moved and the effect is that of a person talking or singing. Even a very amateurish effort at ventriloquism is sufficient for one to get a lot of fun out of this little stunt. The necessary parts to make up this face have been recently patented, but there is no reason why anyone should not get one together for his own amusement, making use of a couple of shoe buttons on a string for the eyes and a tuft of cloth for hair.

WHAT MAKES GIRL POPULAR?

Young Lady Who Is Disrespectful to Her Parents Will Not Long Retain Respect of Others.

Every girl has the perfectly natural desire to be popular with the other sex, and every girl is interested in knowing the secret of such popularity. Some girls have the idea that the way to have a good time is to break away from the recognized rules of social life.

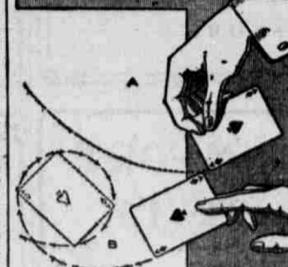
The free-and-easy, reckless type of girl may receive a good deal of attention of a certain kind, but it is safe to say that men do not really care for such a girl. Certainly they do not have any respect for her. They may enjoy a summer flirtation with her, but such a girl never enters seriously into their thoughts. The girl who is kind and thoughtful to her parents is the girl whom they admire.

The girl who is disrespectful to her parents will not long retain the respect of others. Men know very well that a girl who deceives her mother cannot be trusted. A good daughter has in her the making of a good wife, and a man remembers this when he begins to think seriously of matrimony.—Leslie's Weekly.

TOSSING A CARD ACCURATELY

Interesting Game Takes Place of Solitaire—Illustration Shows How Trick Is Performed.

There is an interesting old game that can be played instead of solitaire, writes James M. Kane of Doylestown, Pa., in Popular Mechanics. It consists in trying to toss the greatest



Tossing Cards Accurately.

number of cards into a small basket or an upturned stiff hat, set at a distance. If the cards are held as shown at A, and tossed as at B, they may be thrown with surprising accuracy.

His Notion of It.

The teachers of Sunday-school classes should always make sure that their scholars understand what they are taught, as the following dialogue which recently took place will show:

Teacher—What did Samson do to the Philistines?

Scholar—He arose and smote them hip and thigh!

Teacher—Quite right! Now what does that mean?

Scholar—Why, that he up and spanked them!

Finding Out.

Mother (to her small son, who is doing a jigsaw puzzle on the Sabbath)—Bobby, are you sure that's a Sunday puzzle you are doing?

Bobby—Well, you see, I can't tell until I've done it.

HORSES PIGS and CATTLE

SHEEP NEED LITTLE CAPITAL

No Other Way of Investing Money on Farm That Comes Back So Profitably or So Soon.

Very little capital—that is, money—invested in sheep is called for, and there is no other way of investing it on any farm that comes back so profitably or so soon. One year's use only is called for before the money is coming back into the owner's hands, with its double interest.



Making Use of Sheep in Cleaning Up Weeds in Cornfield After Cultivation Stops.

The land will easily pay all the costs of a flock for the year's feeding, and, in general, this service to the owner of a field from the year's feeding, and a field has been known to add so much to the next season's crop as to repay the whole amount of money cost of the sheep, but it is a mistake to start with too many.

Three sheep to the acre are sufficient for the land that can be appropriated for the feeding of them. Thus, if one has ten acres of land that can be used for a flock each year, 30 sheep only should be procured. It is an easy matter to add to the number if desired. But it is to be considered that the flock will grow very fast, doubling almost, under favorable conditions, every year, if well cared for, and the ewes are not more than three or four years old. It is a great mistake to make a start with a flock of old ewes, and is money and care wasted.

BEST TREATMENT FOR COLIC

Improper Feeding Is Most Common Cause of Trouble—Physic of Salts or Oil Is Favored.

(By L. L. LEWIS, Oklahoma Experiment Station.)

Colic in horses and cattle is from various causes, but is more particularly due to sudden changes in feed or to eating more feed than can be easily digested by the animal at that time. The amount of feed that an animal may digest at one time under certain conditions may be entirely too much under other conditions. Since colic may be caused by so many different things, no one remedy will prove effective in all cases.

As a general rule, most of the colics that are seen in farm stock are due to improper feeding. In those cases the best general treatment that might be used would be to give as early as possible a physic of salts or oil. To relieve the pain seen particularly in spasmodic colic, the safest general treatment that can be used is to give from one to one and one-half ounce of chloral hydrate, dissolved in a pint of water, to which has been added one teaspoonful of ground ginger.

Do not give laudanum in such cases, as it only tends to produce constipation, and on this account is one of the poorest remedies that you can use.

TREATMENT FOR HOG WORMS

Best Preventive Is to Give Animals Clean Troughs—Keep Away From Stagnant Water Pools.

To keep hogs free from worms they should at all times have a drink from clean troughs, feed from a clean floor and keep away from yards, wallows, manure piles, pastures and stagnant waters.

For worms, give eight grains of santonine and five grains of calomel for every 100 pounds of body weight.

Give the medicines in a little slop after starving the pigs for 18 hours. Repeat in two weeks if thought necessary.

Measuring Productivity.

The productivity of live stock is measured by the value of the returns to the farmer.

LONG A PLAGUE TO YOUTH

Schoolboys of Many Centuries Ago Had to Wrestle With Problems of Arithmetic.

The modern schoolboy may find comfort in the fact that for 3,600 years schoolboys have been worried by just such desperate problems in arithmetic as annoy him most.

Among the archeological discoveries in Egypt is a papyrus roll, in excellent condition, dating from a period about 1700 B. C. This roll, which has a long heading beginning "Directions how to attain the knowledge of all dark things," proves beyond a doubt that the Egyptian of that time had a thorough knowledge of the elements of arithmetic.

Numerous examples show that their principal operations with units and fractions were made by means of addition and multiplication. Subtraction and division were not known in their present form, but correct results were obtained, nevertheless.

Equations are also found in the papyrus. Here is one which brings the Egyptian schoolboy home to us:

Ten measures of barley are to be divided among ten persons in such a manner that each subsequent person shall receive one-eighth of a measure less than the one before him. Another example given is: There are seven men, each one has seven cats, each cat has eaten seven mice, each mouse has eaten seven grains of barley. Each grain of barley would have yielded seven measures of barley. How much barley has been lost?

The papyrus also contains calculations of area, the calculation of the area of a circle, attempts at squaring the circle, and finally calculation of the cubic measurements of pyramids.

Weeks' Break-Up-A-Cold Tablets

A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv.

What Did He Mean?
Mrs. Dough—How do I look in my new fur?
Mr. Dough—Out of sight.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Feel Shortage of Wedding Rings.

A shortage of wedding rings in jewelers' shops and in wholesale factories is experienced throughout Britain, although the shortage has nothing to do with a scarcity of gold. There are three main causes for the wedding ring famine. There has been a very great number of war weddings; the working classes, owing to high wages, have bought cheap gem rings in great numbers, and there is a serious shortage of skilled jewelers' workmen.

BANISH PIMPLES QUICKLY

Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free.

Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Taste in Reading.

"Oliver's taste for books seems to be improving."
"I'm very glad to hear that. But are you quite sure about it?"
"Perfectly sure. Last week I caught him perusing a five-cent hair raiser, and this week he is reading nothing but dime novels. That's a hundred per cent improvement."

Files Cured in 4 to 14 Days
Druggists refund money if FAZO OINTMENT fails to cure itching, blind, bleeding or protruding Files. First application gives relief. See.

The government of Japan is planning to start a factory for the production of carbolic acid from coal tar.

If love makes the world go round it's no wonder lovers act dizzy.

New Strength for Lame Backs and Worn-out Conditions

Dear Mr. Editor:
I suffered from lame back and a tired, worn-out feeling. Was unable to stand erect and scarcely able to get around. It would usually come on at first with crick in small of my back. I took Anuric Tablets and my back commenced to get better. I did not have to walk doubled over as I did before using the "Anuric." It is the best remedy I have ever taken for what it is intended to relieve.

A. G. DRAKE.

NOTE—When your kidneys get sluggish and clog, you suffer from headache, sick-headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. "Anuric" is the most powerful agent in dissolving uric acid, as hot water melts sugar. Ask the druggist for "Anuric," put up by Dr. Pierce, in 50-cent packages.

For PINK EYE

DISTEMPER CATARRHAL 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, \$5 a 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.

I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.



Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."—Mrs. ROSE STROMEL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

ADVICE TO THE AGED

Age brings infirmities, such as sluggish bowels, weak kidneys and torpid liver.

Tutt's Pills

have a specific effect on these organs, stimulating the bowels, giving natural action, and imparting vigor to the whole system.

W. N. U., Salt Lake City, No. 8-1916.

A GRATEFUL OLD LADY.

Chauffeur, Too.
"My butler is, in fact, our chauffeur."
"Oh, ours is an automatum."

Mrs. A. G. Clemens, West Alexander, Pa., writes: I have used Dodd's Kidney Pills, also Diamond Dinner Pills. Before using them I had suffered for a number of years with backache, also tender spots on spine, and had at times black floating specks before my eyes. I also had lumbago and heart trouble. Since using this medicine I have been relieved of my suffering. It is agreeable to me for you to publish this letter. I am glad to have an opportunity to say to all who are suffering as I have done that I obtained relief by using Dodd's Kidney Pills and Diamond Dinner Pills. Dodd's Kidney Pills 50c per box at your dealer or Dodd's Dispensary Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for Indigestion have been proved, 50c per box.—Adv.

Might Be.
"What is the Pan-American congress, pa?"
"I don't know exactly, but it sounds as if it might be a convention of our hyphenated fellow citizens."

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. Fletchere* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Their Trade.
"I wonder more speculators don't make aviation trips."
"Why speculators?"
"Because they're used to taking flyers."

The Sort.
"What kind of ships do they have dog watches on?"
"Why, barks, of course."

FROM GIRLHOOD TO OLD AGE WOMEN ARE HELPED

At the first symptoms of any derangement of the feminine organism at any period of life the one safe, really helpful remedy is Dr. Pierce's Favorite Prescription for every conceivable ailment and disease of a womanly nature. It is a woman's temperance medicine and its ingredients are published on wrapper.

Dr. Pierce's Favorite Prescription is a true friend to women in times of trial and at times of pain when the organs are not performing their functions. For headache, backache, hot flashes, catarrhal conditions, bearing down sensations, mental depression, dizziness, fainting spells, women should never fail to take this tried and true women's medicine.