

PERUNA

By assisting nutrition, increases the circulation, invigorates the system, removes the waste matter and brightens you up.

OVERCOMES

systemic catarrh, inflammation of mucous membrane lining the stomach, bowels, bronchia and head—tones up the whole system. Aids you to prevent Coughs and Colds.

Now Sold in Tablet Form if Desired.

CATARRH IS STAGNATION

Perfectly Apparent. "He boasts that he is a self-made man." "He shouldn't. It's unnecessary. Anybody can see that he's not the work of an expert."

WOMEN SUFFERERS NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer a great deal with pain in the back, headache, loss of ambition, nervousness and may be despondent and irritable.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, restores health to the kidneys and is just the remedy needed to overcome such conditions.

Get a fifty cent or one dollar bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Historical Records Lost.

There are two great nations of antiquity whose inscriptions cannot yet be read—the Etruscans and the Hittites. The Etruscans occupied a part of Italy corresponding roughly to what is now known as Tuscany. The Hittites at one time occupied a part of Palestine, and united with the Canaanites to resist the invasion by the Israelites under Joshua. The Etruscan and Hittite inscriptions have thus far resisted the attempts of scholars to decipher them, though no one knows when someone may stumble on a bilingual inscription which will serve as a key, just as the Rosetta stone, discovered in Egypt in 1799, served as a key to the Egyptian hieroglyphics. In the new world, the so-called Maya inscriptions, found on the ruins in Yucatan, are also a puzzle to scientists.—Christian Herald.

New Uniform for Cuba's Navy.

The general staff of the Cuban navy has appointed a committee to study designs for a new uniform for the officers and enlisted men of the navy. The present uniform, which is almost exactly like that used by the United States, is said to be too expensive for Cuba. New equipment will also be sought by the committee for the Cuban naval cadets.

Many a bluffer has a wife that he is unable to bluff.

Perhaps a man can write a sensible love letter, but he never does.

Greatest Results

often come from simplest means.

For instance—one's daily food plays a big part in deciding for success or failure.

To bring out the best mental and physical forces sound nourishment is imperative.

Grape-Nuts

—A FOOD

made of whole wheat and malted barley, supplies in splendid proportion all the rich nourishment of the grains, including the valuable mineral elements, lacking in many foods, but most necessary for vigor and activity of brain and body.

"There's a Reason" for Grape-Nuts

Sold by Grocers.

KAISER INSPECTS CAPTURED GUNS



During one of his recent flying trips to the various fronts, the kaiser inspected guns which were captured from the Russians. The kaiser can be seen (third man from left) surrounded by his staff. In the background the autos are waiting to speed the party off to another point along the front.

BABY WEEK TO BE OBSERVED BY WHOLE COUNTRY

More Than Four Hundred Communities in United States Preparing for It.

WOMEN'S CLUBS TAKE HOLD

Federal Department of Labor Pointing Way for Effective Work—State Health Officers of Various States Are Giving Active Co-Operation.

Washington.—"The facts about American babies and America's responsibility to her babies will this year be known as never before, because the first week in March will be Baby week throughout the country," said Miss Julia Lathrop, chief of the children's bureau of the department of Labor.

Four hundred communities, representing every state in the Union, are planning for Baby week, so that for seven days the needs of the babies may be presented that all parents in these communities may learn a little better how to care for their babies and all the citizens may realize that they have a special obligation to safeguard the conditions surrounding babies.

The Baby week idea, according to the children's bureau, originated in Chicago about two years ago. Then New York had a Baby week, and also Pittsburgh and other cities. Such practical benefit has in each case resulted that the General Federation of Women's Clubs has undertaken to promote this nation-wide observance. State health officials and national organizations interested in public health and child welfare have taken up the plan and in various ways are giving it not only their sanction but their active co-operation. The extension divisions of the state universities have promised special assistance in interesting and helping Baby weeks in rural communities.

Causes of Infant Deaths.

The children's bureau believes that Baby week will give more parents a chance to learn the accepted principles of infant care, and will awaken every American to his responsibility for the death of the 300,000 babies who, according to the census estimates, die every year before they are twelve months old. Therefore the children's bureau has prepared a special bulletin of practical suggestions for Baby week campaigns, adapted to the varying needs of communities of different types. Copies of this bulletin may be had free of charge from the children's bureau here.

This bureau is conducting a detailed inquiry into the social and economic causes of babies' deaths. Its report shows that the inquiry completed during the last year reveal an average infant death rate of 134 out of every 1,000 babies in a steel-making and coal-mining town as against a rate of 84 out of every 1,000 in a residential suburb. An even greater contrast is found between the most congested section and the choicest residential section in each of these two communities.

Commenting upon these findings the report says: "The more favorable the civic and family surroundings and the better the general conditions of life the more clearly are they reflected in a lessened infant mortality."

The report shows, however, that no deductions can be made concerning the relation between the general infant mortality rate and industrial employment of women until the facts about the number and proportion of mothers at work contained in the un-

Mass Meeting or Rally.

A mass meeting may well form a very useful feature of Baby week. An interesting speaker from another city may be secured for this meeting; many state departments of health are able, on application, to send out speakers for meetings if the expenses of such a speaker are paid. Short talks by representative people of the community should be included. The talks at this meeting should be on subjects of general interest. Such subjects as "The Purpose of Baby Week;" "What a City Owe to Its Babies;" "After Baby Week, What?" "This Community's Baby Death Rate;" "What Other Cities Have Done for Their Babies," might be included.

On Flag day, which may come either on the Saturday before Baby week opens or on Monday, banners with the Baby-week emblem are distributed to the homes of all the babies under one year of age that have been

registered with the health department. These banners may be made up very cheaply of muslin with the emblem printed in appropriate colors. The advantages of Flag day are that with the banners flying from the windows the sections where there are the most babies are made particularly aware of the fact that it is Baby week, and also that the flags are a direct recognition of the fact that these babies have been registered. With each pennant should be delivered a program of Baby week and a leaflet on the care of the baby.

School Day.

On one day during the week special exercises may be held in the schools throughout the city. These may come as a regular part of the school work or be held in the afternoon as a special entertainment to which parents are invited. Some of the following features may be included in the program for this day:

1. The reading of a letter to the schoolchildren from the mayor or other official telling them how they can help save the babies.
2. A talk by the principal or teacher on what the children can do for their baby brothers and sisters.
3. The reading of one or several compositions on "How to Keep Baby Well," which have been selected from among the compositions written by the children in a certain room or school. It is quite likely that the newspapers will publish one or more of the best of these compositions.
4. In schools where Little Mothers' leagues are organized the program may consist of compositions and demonstrations by members of these leagues and of talks by their teachers. If no Little Mothers' leagues are at present organized, the school day may afford an opportunity for their organization in many schools.
5. The performance of a play.

If it is desirable to have daily programs at the headquarters, some of the best programs presented in the schools may be repeated at the central headquarters later in the week.

One day in the week may be devoted especially to the fathers of babies.

If the weather permits, an outing day for mothers and babies forms an attractive feature. This may take the form of an automobile ride, a morning or an afternoon spent in the park, or an excursion on the water. If it is possible, an alternative indoor program for bad weather should be planned.

Visiting Day.

On this day a tour of inspection of all of the places where any work is done for babies may take place. Such a day is very important in communities where infant-welfare work has been begun either by the health department or by private organizations and where it is desirable that the public shall know of the work being done and the need for further work. This will include infant-welfare stations, day nurseries, baby hospitals, and any other place where something is done for babies. City officials and representatives of men's organizations and of societies for civic and mutual benefit should be invited to take part in the tour.

In communities where there is a special need for better birth registration it may be well worth while to concentrate the attention for one day on the importance of registering babies' births. On this day all the physicians might be sent a letter asking their aid in securing prompt and complete birth registration for their city.

The newspapers should be furnished with incidents showing the practical value of birth registration. The general suggestion may be made that parents will do well to ascertain whether the births of their children have been duly recorded.

"CANNING" INDIAN MUSIC

Miss Frances Densmore of the United States museum in Washington probably knows more about Indian music than anyone else in this country. She is compiling a book of the songs of the red man. Miss Densmore has made photographic records of the tribal songs in all parts of the country. Here she is shown transposing the music from the phonograph to notes that may be played on the piano. The job of collecting Indian music is a difficult one, for many of the songs being of a religious nature, the Indians are loath to give them to the white man.

HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY—TRY THIS!

Says glass of hot water with phosphate before breakfast washes out poisons.

To see the tinge of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact to feel your best, day in and day out, just try inside-bathing every morning for one week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases and acidity and gives one a splendid appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at your druggist or general store, but is sufficient to demonstrate that just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.—Adv.

Exchanging Views.

First Boy—My paw says he's sick over his income tax.
Second boy (proudly)—Well, he ought to be like my paw. He says he doesn't have to pay any.—Judge.

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Large New Industry Projected.

Some capitalists of the United States are projecting a hog ranch and packing house of 20,000 acres of land in Pinar del Rio province, Cuba, about sixty miles from Havana.

DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura and Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp, the cause of dry, thin and falling hair, Cuticura Soap and Ointment are most effective. Touch spots of dandruff and itching with Cuticura Ointment. Then shampoo with Cuticura Soap and hot water. No treatment more successful. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Expert Advice. "What would you do about this deadlock?" "Get a key to the situation."

Treading on other people's toes will never get you very far.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

This prescription of Dr. Pierce's extracted from roots and herbs is a temperance remedy.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

"ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ 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 remove 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.

Seek to Solve Big Problem.

Two English scientists, who are experimenting, expect to solve the problem of producing electricity directly from coal without using a steam engine and dynamo.

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. Children Cry for Fletcher's Castoria.

Cat, Eh?

"Bella is very proud of her pedigree!"
"Humph! Were her ancestors Maltese or Angoras?"—Puck.

Use Murine after Exposure in Cold.

Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

The orange tree is the only one which bears fruit and blossoms at the same time.

Piles Relieved by First Application

and cured in 6 to 14 days by *Pile Ointment*, the universal remedy for all forms of Piles. Druggist refund money if it fails 50c.

A saturated solution of celluloid in banana oil makes a durable lacquer for brass.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

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 Utah Case

Mrs. J. A. Anderson, 1st N. and 3d E. Sts., Ephraim, Utah, says: "I was in a serious condition from kidney complaint and for awhile was confined to bed, unable to move. My system was all run down. I felt weak and nervous and frequently had headaches and dizzy spells. I suffered constantly from backache and the kidney secretions passed too often. Doan's Kidney Pills cured me and during the past five years, I have had little cause for complaint."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS

never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion. Improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

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