

WHAT ONE WOMAN DID.

For woman vocational education is of great value in reducing the cost of living and increasing human happiness. The training that gives a knowledge of the quality and worth of clothing materials and of foods, of household utensils and furniture, and of methods of buying these to the best advantage is worth scores of dollars to a family in the course of a year. Part of a woman's education is spending money for family needs. The saving through her work as a result of proper training is enough in a very few years to pay for the necessary two or three years of vocational training for doing her work properly. Mrs. Ward who has a husband and five children and lives in the city carefully figured the saving for her family for one year by her baking their bread instead of buying it. Counting everything—materials and fuel used—she found that there was a saving of \$38.00 for one year. Think of this would buy in shoes or other things! Or, if they wished to use it for a fine vacation trip, or a fair supply of books, magazines, an amateur concert tickets for one year.

Only did Mrs. Ward earn these 30 but by her having wholesome and other foods which she had to prepare without wasting anything she saved a large amount by reducing costs and perhaps as much more as her bills. Her courses in foods cookery, in the care of the home, and the physical care and feeding of children taught her that keeping well is the best economy, that it can be most of the time if one has training enough to do it, and that any sickness that can be prevented is a sin as well as a misfortune.—"Call of the Day."

ES SUNKEN WITH PAIN.

Three years ago I had a very severe spell of neuralgia which made my eyes to become sunken and bloodshot with pain. My Lightning Oil was recommended, and after using, the pain had almost returned; says Dr. Coffey, 316 Van Buren St., Chicago, Ill. This wonderful medicine is sold by all druggists where. A. B. Richards Medicine Co., Sherman, Texas.

ON THE BRIGHT SIDE.

Moments of despondency that come to every life—when cherished plans seem likely to fail, when disappointments instead of success caps our endeavors when everything goes wrong and the world looks blue to us, when we are expiring the advice: "Look on the bright side; all will yet be well!" is the advice we must take, however. If we cultivate the habit of looking on the bright side that ultimate success is not far off. To mope over misadventures is to be conquered by misfortune. To grumble at our fate is to invite it to be worse. To live in a state of adversity is to droop and die. Our only hope lies in looking toward the sunshine.—"Ex."

BOWEL MOVEMENT REGULAR.

Dr. King's New Life Pills keep the liver and kidneys in good condition. Rid the body of poisons and waste. Improve complexion by flushing the blood kidneys. "I got more from one box of Dr. King's Life Pills than any medicine I tried," says C. E. Hatfield, Chicago, Ill. 25c at your drug-

Two newspapers have almost stopped buying at home, and that the home merchant depends on preference of patronage, and these are sending to other places printing, because possibly they have a few dimes on an order. People who are in business things at a profit and a price do not soon get out of business. They send their orders beyond the line are contributing to the for others to do the same thing practice will rebound injury, not only to those who do it, but also to those who stand by in every instance. If you or any other place can't handle a printer it must be that the same locality can't handle a merchant, but who would waste such a doctrine. If you think of such things. If business is practiced against going to play the game with it.—Franklin Watchman.

ER AFTER GRIPPE

oor Blood, Cough and n-Out Condition.

pleurisy, pneumonia are feared at this season. Grippe from being followed by pleurisy or pneumonia is the most important to drive the last out of the system. The best is to take Vinol, our liver and iron preparation, and get your vitality back quickly. The case of Aberdeen, Miss., left me weak, run-down, severe cough from which I never recovered for a long time. I tried medicines, but nothing seemed any good until I took which I received great relief. My cough is almost entirely gone, and I am strong and well again." "I am so glad that you will give me the benefit you will give me."—Dr. J. H. B. "I have a headache, a sore throat, a cold, a cough, a chest, a chest."



In Our New Patent "EASY-OPENING BOX"



THE F. F. DALLEY CO., LTD., BUFFALO, N. Y., HAMILTON, ONT.

A LEMON.

This has nothing to do with the stock jokes of the day such as "a lemon in the garden of life," "handed him a lemon," and all the others. It is simply a recital of some of the many uses that can be made about the house of the citric acid juice of a common, yellow-skinned California or Florida lemon.

The juice of a lemon in hot water on awakening in the morning is an excellent liver corrective, and for stout women is better than any anti-fat medicine ever invented.

Glycerine and lemon juice, half and half, on a bit of absorbent cotton, is the best thing in the world wherewith to moisten the lips and tongue of a fever patient.

A few drops of lemon juice in plain water is an excellent tooth wash. It not only prevents the tartar, but sweetens the breath.

A teaspoonful of the juice in a small cup of black coffee almost certainly relieves a bilious headache.

The finest of manicure acids is made by putting a teaspoonful of lemon juice in a cupful of warm water. This removes stains from the fingers and nails and loosens the cuticle more satisfactorily than can be done by the use of a sharp instrument.

Lemon juice (outward applications) will allay the irritation caused by the bites of ants and flies.

Lemon juice and salt will remove rust stains from linen without injury to fabric. Wet the stains with the mixture and put the articles in the sun. Two or three applications may be necessary if stain is of long standing, but the remedy never fails.

DON'T BURN THE STALKS AND STRAW.

Many times have we called attention to the folly of burning stalks and straw, and we expect to do so many times in the future; for we believe the fact cannot be too strongly impressed that these materials are rich in humus and plant food, and that to burn them is equivalent to burning barn yard manures or even commercial fertilizers.

It is idle to say that the habit of burning trash, straw and stalks on cultivated land is not common; we know better. Take a trip between now and the first of April anywhere through the South Atlantic and Gulf States, and almost every other farm as the bright February and March days come on, will be marked by columns of blue smoke that denote the "cleaning up" of the land, preparatory to planting. Long windrows of corn and cotton stalks and stubs have been dragged together preparatory to burning, leaving the earth almost as bare as a floor.

Let's figure a little on what we lose by such practices. Chemists have found by analysis that where 300 pounds of lint cotton is produced the leaves, burs, roots and stems contain about 23 pounds of nitrogen, worth at current retail prices, \$4.60. Nitrogen is by far the most expensive fertilizing element we have to buy and it also is the element of value that is lost when the material is burned. Again, take the case of cornstalks. Where 40 bushels of corn has been grown there will be about 16 pounds of nitrogen in the stalks and fodder. This too, worth \$3.20 is lost when the stalks are burned.

Summarizing a bit, let us see how much the two-horse farmer, for instance, the man with 20 acres each of cotton and corn, loses when he burns the stalks and trash off his entire 40 acres. We will assume that he makes 200 pounds of lint and 20 bushels of corn to the acre—a fine average for the stalk burning type of farmer. Burning his cotton stalks leaves and burs, he would lose a fraction more than \$60 from the stalks; while from his 20 acres of corn burning the stalks and fodder, the loss would amount to \$32. To this \$92 loss of nitrogen must be added the loss of vegetable matter—humus—so much needed, and which, if plowed under, would be as valuable in increasing yields as the nitrogen destroyed. In other words, such a farmer loses almost \$200 a year by such practices; but, to be conservative, let us cut it in two, and say \$100.

We don't know how many Progressive Farmer readers this hits—not many we hope. But the fact remains that we are using fire too carelessly and generally on our farms. A far better practice is to plow under early everything smaller than actual logs.

When our lands are crying for humus and plant food, what shall we call the man who burns the equivalent of several tons of cottonseed meal? Surely not a farmer.—The Progressive Farmer.

MINE GUARDS READY TO GIVE UP ALL ARMS.

Trinidad, Colo., May 6.—The program of disarmament of contending factions in the Southern Colorado strike zone was virtually announced today by Major W. A. Holbrook, in behalf of Col. James Lockett, commanding United States troops in the district. Mine company officials tonight were notified that the disarming of their guards would begin to-morrow, and they replied their men were ready to surrender arms as soon as they had received actual physical protection by the presence of Federal troops on company property. Accordingly, detachments were placed at Aguilar, Hastings, Delagua, Tabasco, Berwind and Forbes, in Las Animas county, and arrangements were making for the dispatch of troops to other mine properties throughout the State.

When guns have been obtained from the mine guards the commanding officer of the Federal troops will issue a proclamation calling on individual strikers and citizens of Trinidad to deliver their weapons to the Federal authorities and then the police and county officers will be disbanded, leaving no weapons in possession of persons not in their regular service of the United States.

William Diamond, union leader, speaking to a mass meeting of 300 strikers at Starkville to-day, declared that a shipment of three hundred highpower rifles and sixty thousand rounds of ammunition en route from New York to the United Mine Workers of America would be turned over to the Federal troops immediately on the arrival of the consignment.

The strikers themselves, neither at Starkville nor at the San Rafael camp where a mass meeting of two hundred strikers was held, indicated that they intend to give up their arms.

FEDERALS LOOTING IN NORTH-EAST MEXICO.

Eagle Pass, Tex., May 6.—Mexican employees of American ranchman in Northeast Mexico have brought reports here that practically all American property within the Federal zone of control has been confiscated. They said horses and cattle have been driven off, stores looted and in many cases ranch houses burned.

So far as known, all the Americans have reached safety in the United States. Federal territory in Coahuila and Nuevo Leon has been narrowing steadily since the capture of Monterrey by Constitutionalists. Between Monterrey and the border the old town of Monclova remains the largest stronghold of Huerta's forces, and preparation for a determined attack on that place is being made by the rebel commanders. Gen. Murria today advanced his outposts to Sabinas, twenty-five miles north of Monclova, and sent 50 of his troops south to guard the railroad between Piedras Negras, opposite Eagle Pass, and Sabinas. Other forces are working to repair bridges and track destroyed by the Federal.

Should the Federals be routed from Monclova, rail communication will be established between Monterrey and the border at this point. The railroad is open between Monterrey and Brownsville, and is expected to be opened soon between Monterrey and Laredo.

Late reports from Monclova said the Federals would eventually offer a stubborn resistance. They have concentrated in the old fort between the old and new quarters of the city.

WHITE HOUSE GAY FOR THE WEDDING.

Washington, May 6.—The White House to-night was a scene of a family reunion and gathering of close friends, here for the wedding to-morrow of Miss Eleanor Randolph Wilson, youngest daughter of the President and Mrs. Wilson, to Secretary McAdoo.

The wedding party rehearsal the ceremony today. The affair will be simple and strictly private the only officials invited being the Vice President and members of the Cabinet. There will be no newspaper men present, according to the announcement to-day.

Miss Wilson's six girl chums, who would have been her bridesmaids had the wedding been an elaborate one, were guests at the White House to-night. They are Miss Helen Hunter, Portsmouth, Va.; Miss Henrietta Stadelman, Wintington, Del.; Miss Marjorie Brown, Atlanta, Ga.; Miss Susan Fine and Miss Elizabeth Duffield, Princeton, N. J., and Mrs. Charles Kellogg, Athens, Pa.

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

Atlanta Ga., May 6.—Denial of the defense's plea for a new trial for Leo M. Frank, the factory superintendent under sentence of death for the murder of fourteen-year-old Mary Phagan, was made here to-day by Benjamin H. Hill, judge of the Superior Court.

The court's action was taken immediately after the conclusion of arguments of attorneys for the defense, which followed the completion of evidence introduced by the defense and the State. Judge Hill indicated that he did not care to hear arguments from the State's counsel.

News of the latest reverse was taken immediately by Frank, who is confined in the county jail awaiting final action in his case, which has been in the courts continuously for more than a year. His wife was with him at the time.

"I had expected that action," said the factory superintendent. "I have nothing to say now, but I may later."

NO CALOMEL NECESSARY.

The injurious effect and unpleasantness of taking calomel is done away with by Simmons Liver Purifier, the mildest known liver medicine, yet the most thorough in action. Put up in yellow tin boxes only. Price 25c. Tried once used always. A. B. Richards Medicine Co., Sherman, Texas.

VILLA TO ESTABLISH BASE AT MONTEREY.

Torreon, Mex., May 6.—A detachment of Villa's troops stationed here entrained here today for Monterrey, which will be the base of operations in the rebel campaign at San Luis Potosi and Saltillo. The troops which left will detrain at Hipolito, whence they must march overland to Monterrey.

The railroad has been cut for a long time between Hipolito and Monterrey, but although repairs are being made Villa will not wait them.

From Hipolito to Monterrey is a hard three days' march through desert country and Gen. Villa's orders indicate his confidence in the condition of his men and horses.

Word has been received here that Gen. Pablo Gonzales, the conqueror of Monterrey, with a strong force, is approaching Saltillo and is expected to engage the Federal outposts there at any time.

INDIGESTION? CAN'T EAT? NO APPETITE?

A treatment of Electric Bitters increases your appetite; stops indigestion; you can eat everything. A real spring tonic for liver, kidney and stomach troubles. Cleanses your whole system and you feel fine. Electric Bitters did more for Mr. T. D. Peeble's stomach troubles than any medicine he ever tried. Get a bottle today. 50c and \$1.00 at your druggist. Bucklen's Arnica Salve for Eczema.

EDUCATION AND THE SALOON.

An American saloon worker was trying to persuade an Irishman to vote for the saloon by using the threadbare argument that if you close up the saloons and cut off the revenue, it will be necessary to close the public schools. "And then what will your boy do for an education?" "Well, begorra," said the Irishman, "I'd rather have my boy learn his A. B. C. in heaven than to be able to read Latin in hell."—The Vanguard.

COUGHED FOR THREE YEARS

"I'm a lover of your godsend to humanity and science. Your medicine, Dr. King's New Discovery, cured my cough of three years standing," says Jennie Flemming, of New Dover, Ohio. Have you an annoying cough? Is it stubborn and won't yield to treatment? Get a 50c bottle of Dr. King's New Discovery today. What it did for Jennie Flemming it will do for you no matter how stubborn or chronic a cough may be. It stops a cough and stops throat and lung trouble. Relief or money back. 50c and \$1.00 at your druggist. Bucklen's Arnica Salve for Pimples.

A lady elephant, that had in some way escaped the companionship of a circus somewhere in South Carolina last Wednesday, and was walking peacefully along a country road, was mercilessly put to death by a posse of cruel men and boys who fired one hundred shots into it before striking its heart. It is said the pachyderm was so gentle and amiable that any little child could have led it, yet it met the inglorious death it did not deserve when it wandered from its lawful precinct.—"Ex."

CHICHESTER'S PILLS

Some day universal peace is going to prevail and wars will be of the past. That will be when the millennium arrives, and the universal brotherhood of man, and four-dollar-a-barrel rice. The rule now is, "when thine enemy smites thee on the right cheek, kick him in the ribs." The end of wars will come when every man points out the spavins of his horse in a horse trade.—Beaumont Enterprise.

COLDS & LaGRIPPE

5 or 6 doses 666 will break any case of Chills & Fever, Colde & LaGrippe; it acts on the liver better than Calomel and does not gripe or sic. Price 25c.

RHEUMATISM QUICKLY CURED.

"My sister's husband had an attack of rheumatism in his arm," writes a well known resident of Newton, Iowa. "I gave him a bottle of Chamberlain's Liniment which he applied to his arm and on the next morning the rheumatism was gone." For chronic muscular rheumatism you will find nothing better than Chamberlain's Liniment. Sold by all dealers.

Children Cry FOR FLETCHER'S CASTORIA

"I WANT EMMETT'S SPECIFIC"



The Original "Small Dose" Remedy for **COLIC and BOTS** And Still the Standard After Thirty Years. **DOES AWAY WITH DRENCHING** and substitutes, a small dose, easily administered and quick and sure in its action. Don't accept imitations—demand Emmett's, and keep a bottle handy for emergency use. One or two doses, at the first symptoms of suffering, will do the work almost every time.

Free booklet "How to Save Stock," sent upon request.

For Sale in \$1.00 Bottles at Druggists, or Send to

I. I. LYONS & CO., Ltd. NEW ORLEANS.