Facts About Motherhood

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at the time of child-birth, but many approach the experience with an organism unfitted for the trial of strength, and when the strain is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, women will persist in going blindly to the trial.

It isn't as though the experience came upon them unawares. They have ample time in which to prepare, but they, for the most part, trust to chance and pay the penalty.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy, and strong.

Any woman who would like special advice in regard to this matter is cordially invited to write to Mrs. Pinkham at Lynn, Mass. Her letter will be held in strict confidence.

A Missionary Tree.

A missionary during a Lenten tea, said, pointedly:

"I have established missionary trees all over the country. But perhaps you don't know what a missionary tree is? A missionary tree is one whose profit goes entirely to missions.

A Roxborough farmer has in his apple orchard a golden pippin tree that helps to support the Chinese mission. A Florida woman has an orange tree that helps to uplift the cannibals of New Guinea. A California nut farmer devotes a walnut tree to the spread of the faith in Zanzibar.

"Missionary trees," the speaker ended, "are very good things, but the principle that underlies them need not be confined to farms and farmers."

Not Exactly Patriotic.

He was, let us say, Irish, was among several men of other nationalities and had imbibed several beverages. He was extremely anxious, moreover, to uphold the glories of Erin, but was not quite so sure of what was going on about him. A foreigner near him remarked:

"An honest man is the noblest work of God."

The Hibernian didn't quite catch what was said.

"Get out!—an Irishman is!" he roared.

SCRATCHED TILL BLOOD RAN

"When my boy was about three months old his head broke out with a rash which was very itchy and ran a watery fluid. We tried everything we could but he got worse all the time, till it spread to his arms, legs and then to his entire body. He got so bad that he came near dying. The rash would itch so that he would scratch till the blood ran, and a thin yellowish stuff would be all over his pillow in the morning. I had to put mittens on his hands to prevent him tearing his skin. He was so weak and run down that he took fainting spells as if he were dying. He was almost a skeleton and his little hands were thin like claws.

"He was bad about eight months when we tried Cuticura Remedies. I had not laid him down in his cradle in the daytime for a long while. I washed him with Cuticura Soap and put on one application of Cuticura Ointment and he was so soothed that he could sleep. You don't know how glad I was he felt better. It took one box of Cuticura Ointment and pretty near one cake of Cuticura Soap to cure him. I think our boy would have died but for the Cuticura Remedies and I shall always remain a firm friend of them. There has been no return of the trouble. I shall be glad to have you publish this true statement of his cure." (Signed) Mrs. M. C. Maitland, Jasper, Ontario, May 27, 1910.

Not Just What He Meant.

She (at the masquerade)—Do you think my costume becoming?

He (with enthusiasm)—Yes, indeed; but you would be lovely in an disguise.

Oh! That Awful Gas

Did you hear it? How embarrassing. These stomach noises make you wish you could sink through the floor. You imagine everyone hears them. Keep a box of CASCARETS in your purse or pocket and take a part of one after eating. It will relieve the stomach of gas. 22

CASCARETS 25c a box for a week's treatment. All druggists. Biggest seller in the world—million boxes a month.

Congressional Notes

President Taft sent to the senate nominations carrying into effect several changes recently announced in the diplomatic service. They include the following: Henry S. Boutell of Illinois, as minister to Switzerland; Edwin V. Morgan of New York, as minister to Portugal; Maurice S. Swenson of Minnesota, as minister to Norway. Mr. Boutell's appointment, without committee action, was immediately confirmed because of his long service in congress. The senate also confirmed the appointments of William W. Rockhill as ambassador to Turkey, and former Governor Curtis Guild of Massachusetts as ambassador to Russia.

A sensational arraignment of the United States senate was contained in a resolution introduced in the house by Representative Victor L. Berger, the Wisconsin Socialist, demanding a constitutional amendment abolishing the upper house. The resolution declares: "The senate has become an obstructive and useless body, and a menace to the liberties of the people, a body many members of which are the representatives solely of certain predatory combinations and a body which, by reason of the corruption often attending the election of its members, has furnished the gravest public scandals in the history of the nation."

Representative Claude U. Stone of Illinois, who succeeded Jos. V. Graff of Peoria, introduced a bill changing the basis of pay of rural carriers and increasing it materially. Instead of the $900 which carriers on "standard" routes—25 miles or more in length—now receive, Mr. Stone would give all carriers $50 per mile per annum. If this bill should become a law it would have the effect of increasing the salaries of carriers on 25 mile routes from $900 to $1,250.

Petitions to congress against any reduction in the tariff on raw wool are beginning to reach many Democratic members of the house in advance of the revision of the woolen schedules of the Payne-Aldrich bill to be taken up by the ways and means committee next week. Representative Ashbrook of Ohio filed a petition signed by 46 Democrats and 15 Republicans of Johnstown, O. Similar protests have been filed from other sections of the country.

As a result of charges made on the floor of the house during the debate on the farmers' freedist bill by Representative Robert E. Difendefer of Pennsylvania that Hermann & Co. of Boston had a monopoly of the business of supplying shoes to the army and navy, Representative Gardner of Massachusetts introduced resolutions calling on the secretaries of the two departments concerned for all information on the subject.

As a result of a conference between Speaker Clark and Representative Carter of Oklahoma, the latter modified his resolution introduced several days ago calling for an investigation of the affairs of the Five Civilized Tribes by a select committee of the house. The modification would place the investigation in the hands of the committee on Indian affairs, a regularly constituted committee of the house.

National bank examiners will be removed largely from political influences if a plan now being worked out by treasury officials becomes operative. It is proposed to appoint all examiners on their showing in practical examinations by the comptroller of the currency. While the examiners will not be under civil service the system of examination will be much the same.

Just before the house passed the congressional reapportionment bill, Representative Bartholdt of St. Louis, a Republican, made an attempt to have incorporated in the proposed law a clause which in effect would have given Governor Hadley power to redistrict the state of Missouri. His efforts were unsuccessful.

Representative Reilly of Connecticut has introduced a bill providing for an eight-hour work day for mail carriers and clerks in first and second-class post offices, the eight hours to be consumed within a limit of ten consecutive hours, and for pro rata compensation for all work in excess of eight hours a day.

Victor Berger of Milwaukee, the Socialist member of congress, in a resolution introduced not only purposes to abolish the senate, but aims to strike from the hand of the president the veto power, and take from the courts authority to invalidate legislation enacted by the house of representatives.

The Houston bill, passed by the house, leaves to legislatures of the different states the power to rearrange the congressional districts in their respective states on the new population basis of one member for each 211,877 of inhabitants.

William S. Kenyon of Iowa and Nathan P. Bryan of Florida took the oath of office in the senate as senators from their respective states.

Passage of the congressional reapportionment bill, which went through the house, seems impossible in the senate. Republican senators from states now having Democratic legislatures are in agreement to defeat the bill. They admitted that they will filibuster if this extreme course proves necessary to accomplish their purpose.

Representative Cullop of Indiana, a Democrat, in a speech in the house, vigorously assailed Postmaster General Hitchcock and the postoffice department for "pernicious activity" in politics.

A WORM THAT'S HARD TO KILL

But In a Short Time Disappears Entirely.

If you have been afflicted with ringworm and let it get the start of you, then you'll know how hard it is to kill the parasite that spreads the disease. This treatment is infallible. Wash the crusts with warm water and Resinol soap. Then apply Resinol ointment thoroughly over the entire diseased surface. The beneficial results will be quickly manifest. The crusts will scale off, the disease cease to spread and in a short time disappear entirely. Resinol ointment cures all eruptive skin diseases, eczema, herpes, psoriasis, barber's itch, erysipelas, erythema, acne, etc. It quickly allays irritation and inflammation, and instantly stops itching on any surface of the body. It is the one remedy for itching piles. Resinol ointment contains no irritating ingredient, nothing to harm the baby's tender skin. It is sold in opal jars at fifty cents and one dollar. At all druggists. Resinol Chemical Co., Baltimore, Md.

DIDN'T CARE TO BE DONE.

Howell—He does everything in his power—

Powell—Then I'm glad that I'm not in his power.

SUFFERED TERRIBLY.

Kidney Trouble and Rheumatic Pains Made Life Miserable.

M. R. Wilson, Humboldt, Nebr., says: "I had kidney disease in a very aggravated form. Kidney secretions contained a dark sediment and passages were very painful. I was so stiff I could hardly move. My back ached terribly. I had nervous and dizzy spells, my limbs were swollen and mornings on arising I felt weary and depressed. I doctored and tried numerous remedies but steadily grew worse until almost helpless. I began to improve under the use of Doan's Kidney Pills and it was only a short time before I was entirely well."

Remember the name—Doan's.

For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Churches and Tuberculosis.

Statistics showing how serious a problem tuberculosis is to the ordinary church congregation have been issued by the National Association for the Study and Prevention of Tuberculosis. From reports received from over 125 churches, with a membership of over 312,000 communicants of twenty denominations, and from 208 cities and towns in 12 states in various parts of the country, out of nearly 7,000 deaths in 1910, over 700 or 10 per cent were caused by tuberculosis. This means 2.24 deaths for every thousand members or communicants. While the percentage of deaths from tuberculosis compared with other diseases is not higher in the churches, according to these figures, than in the country at large, the tuberculosis death rate, as known by the church returns, is higher per thousand communicants than that for the general population in the registration area of the United States, which the census bureau gave as 1.67 in 1909.

A Delicate Compliment.

"My new gown received a very sincere compliment the other day?"

"As to how?"

"The proprietor of a restaurant I went into asked me to sit near the window. Said it would lend tone to his place."

Met His Match.

Alkali Ike—They have just taken Roaring Bill to the hospital.

Pistol Pete—What happened to him?

Alkali Ike—He tried to break up a suffragist meeting.—Judge.

Taking a Chance.

Employer—So, then, Miss Willing, you're leaving us for good?

Miss Willing—No, sir! For better or for worse!

A Good Score.

"What's bogey at your suburb?"

"Forty cooks a year. Last year we had only 41."—Exchange.

You are not responsible for the disposition you were born with, but you are responsible for the one you die with.—Babcock.

SHE WAS THE CAUSE.

Hewitt—I am a ruined man.

Jewett—Does your wife know it?

Hewitt—No, she doesn't yet realize what she has done.

A Herford Bon Mot.

Oliver Herford and a friend were strolling through a section of town that was plentifully strung with pulley lines on which many a family "wash" was waving in the wind. Mr. Herford's companion called attention to the manner in which these garments shut out the sky and otherwise disfigured the landscape. Mr. Herford gazed at them thoughtfully and then gently murmured: "The short and and simple flannels of the poor."

AN ESTABLISHED FACTORY

Producing standard goods used by stores, large farmers and practically everybody, is sending its special representative to open a distributing office for this district and other unoccupied territory and desires a resident distributor with $600 to $1,000 in cash, carrying stock for immediately filling orders; we allow $100 to $200 monthly for maintenance, extra commissions, office and other expenses, per contract, according to size of district allotted and stock carried; permanent arrangements; references required. If you can fill requirements write promptly. "Liberty" Manufacturing Association, 230 West Huron St., Chicago.

It Was Muffing.

"Babe Ruth, the handsome and brilliant pitcher of the New York Giants, is a great wit on the field," said a sporting editor at the Pen and Pencil club in Philadelphia.

"Ruth was disgusted one day at his team's wretched outfielding. Batter after batter sent up high flies and these easy balls were muffed alternately by left and center.

"Finally at the sixth muff Ruth threw down his glove and stamped on it.

"'There's an epidemic in the outfield, he said, but, by Jingo! it isn't catching.'"

Double-Edged.

The man whose daughter had just been united to the husband of her choice looked a little sad.

"I tell you, squire," he said to one of the wedding guests, a man of his own age, and himself the father of a number of unmarried girls, "I tell you it is a solemn thing for us when our daughters marry and go away."

The squire assented not altogether heartily.

"I suppose it is," he conceded, "but I tell you it is more solemn when they don't."—Youth's Companion.

Subject to Restrictions.

"I was cleanin' fo' a new lady las' week an' de dirt in her kitchen was a sight, po' thing," said Rose, Mrs. Frazer's dark-skinned charwoman.

"But why did she let it get like that?" asked the lady.

"I dunno, ma'am. Guess she never seen it. Some cooks, you know, is mighty partic'lar 'bout lettin' de madam in de kitchen. Dey jes' take dere orders from her upstairs an' she don't have no call to go into de kitchen at all."

Recognize Value of Fresh Air.

New York city now has in operation twelve open air schools and classes, and definite provision has been made for fourteen similar classes to be opened by next fall, according to an announcement made by the National Association for the Study and Prevention of Tuberculosis. Chicago has six open air classes in its schools, and Boston has five.

Wall Street Anchor.

"James R. Keene, at an Easter celebration in Cedarhurst," said a New York broker, "once gave, in a dozen words, the Wall street definition of a lamb.

"'A lamb,' said Mr. Keene, 'is one who invests first and investigates afterwards.'"

It is impossible a man who is false to his friends and neighbors should be true to the public.—Bishop Berkeley.

For your own sake, don't wait until it happens. It may be a headache, tooth-ache, earache, or some painful accident. Hamlins Wizard Oil will cure it. Get a bottle now.

Let us never be discouraged by any difficulty which may attend what we know to be our duty.—Howdler.

USE ALLEN'S FOOT-EASE

the Antiseptic powder to be shaken into the shoes for tired, aching feet. It takes the sting out of corns and bunions and makes walking a delight. Sold everywhere, 25c. Refuse substitutes. For FREE trial package, address A. S. Olmsted, Le Roy, N. Y.

Ambition is a longing that makes some men near-great.

Lewis' Single Binder 5c cigar equals in quality most 10c cigars.

All married men are heroes, but they can't always prove it.

That Tired Feeling

That comes to you every spring is a sign that your blood is wanting in vitality, just as pimples and other eruptions are signs that it is impure. Do not delay treatment; begin at once to take

Hood's Sarsaparilla, which effects its wonderful cures, not simply because it contains sarsaparilla, but because it combines the utmost remedial values of twenty different ingredients, raised to their highest efficiency for the cure of all spring troubles, that tired feeling and loss of appetite. There is no real substitute; insist on having

Hood's Sarsaparilla

"I felt tired all the time and could not sleep nights. After taking Hood's Sarsaparilla a little while I could sleep well and the tired feeling had gone. This great medicine has also cured me of scrofula, which had troubled me from childhood." Mrs. C. M. Root, Box 25, Gilead, Conn.

COLT DISTEMPER

Can be handled very easily. The sick are cured and all others in same stable no matter how "exposed," kept from having the disease, by using SPOHN'S LIQUID DISTEMPER CURE. Gives on the lungs of in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. One bottle guaranteed to cure one case. $60 a bottle, $6 and $10 dozen at druggists and harness dealers, or sent express paid by manufacturers. Get circular how to positive diagnose. Our free booklet gives everything. Local agents wanted. Largest selling horse remedy in existence—twelve years.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

Like Home Touch.

Tired and dusty, a party were returning by rail from a holiday trip. Simkins, a little bald man, seated himself to read, but dropped off to sleep. On the rack was a ferocious crab in a bucket, and when Simkins went to sleep the crab woke up, and finding things dull in the bucket, started exploring. By careful investigation Mr. Crab reached the edge of the rack. Down it fell, alighting on Simkin's shoulder where it grabbed the man's ear to study itself. The passengers held their breath and waited for developments, but Simkins only shook his head and said: "Leggo, Sarah! I tell you I've been at the office all the evening!"

Happy Family.

Mrs. Scrappington (in the midst of her reading)—Here is an account of a woman turning on the gas while her husband was asleep and asphyxiating him!

Mr. Scrappington—Very considerate of her, I'm sure! Some wives wake their husbands up and then talk them to death.—Puck.

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 Chas. H. Fletcher. In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Her Way.

Mrs. Wegge—So you keep your husband home evenings? I suppose you put his slippers where he can find 'em?

Mrs. Boggs—No; I put his overshoes where he can't.—Puck.

The alleviation of suffering is one of the means by which the advancement of our race is secured.—Sir James Crichton-Browne.

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

Little wits are often great talkers.—De la Roche.

Lewis' Single Binder cigar is never dipped—only tobacco in its natural state.

It's awfully hard for dyspeptics to pose as optimists.

44 Bu. to the Acre

in a heavy yield, but that's what John Kennedy of Edmonton, Alberta, Western Canada, got from 40 acres of Spring Wheat in 1911. Reports from other districts in that province showed other excellent results—such as 4,000 bushels of wheat from 130 acres, or 31.5 bu. per acre, 35 and 40 bushels yields were numerous. As high as 123 bushels of oats to the acre were threshed from Alberta fields in 1911.

The Silver Cup

at the recent Spokane Fair was awarded to the Alberta government for its exhibit of grains, grasses and vegetables. Reports (excellent) made for 1911 now also from Saskatchewan and Manitoba in Western Canada.

Free homesteads of 160 acres, and adjoining pre-emptions of 160 acres (at $3 per acre) are to be had in the choicest districts.

Schools convenient, climate excellent, soil the very best, railways close at hand, building lumber cheap, fuel easy to get and reasonable in price, water easily procured, mixed farming a success.

Write as to best place for settlement, settlers' low railway rates, descriptive illustrated "Last Best West" sent free on application and other information, to Supt. of Immigration, Ottawa, Can., or to the Canadian Government Agent. (38)

Can. Govt. Agt., 125 S. Ninth St., Kansas City, Mo.
C. J. Broughton, 412 Merchants L. & T. Bldg., Chicago.

(Use address nearest you.)

Established 1853 — Oldest German Bank in Missouri

4 Per Cent on 12 Months Deposits

Write Today for Detailed Information.

German Savings Institution

Planters' Hotel Building
4th and Pine, St. Louis

An account with us makes saving easier and more profitable.

RHEUMATISM
STOMACH | When Rheumatism meets its Waterloo
KIDNEY | at Bartlettville Sanitarium, Bartlettville, Ind.

PATENTS Fortunes are made in patents. Protect your ideas. Our 64 page book free. Fitzgerald & Co., Box B, Washington, D. C.

W. N. U., ST. LOUIS, NO. 18-1911.

Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale-people lack good, rich, red blood. Their stomachs need invigorating for, after all, a man can be no stronger than his stomach.

A remedy that makes the stomach strong and the liver active, makes rich red blood and overcomes and drives out disease-producing bacteria and cures a whole multitude of diseases.

Get rid of your Stomach Weakness and Liver Laziness by taking a course of Dr. Pierce's Golden Medical Discovery—the great Stomach Restorative, Liver Invigorator and Blood Cleanser.

You can't afford to accept any medicine of *unknown composition* as a substitute for "Golden Medical Discovery," which is a medicine of KNOWN COMPOSITION, having a complete list of ingredients in plain English on its bottle-wrapper, same being attested as correct under oath.

Dr. Pierce's Pleasant Pellets regulate and invigorate Stomach, Liver and Bowels.

W. L. DOUGLAS

ESTAB. 1876 — $2.50 $3 $3.50 & $4 SHOES FOR MEN & WOMEN

W. L. Douglas Spring Styles include more Snappy and Up-to-Date Shapes in Oxfords and High Cuts than ever before produced.

W. L. Douglas warrants every pair of his shoes to hold their shape, look and fit better and wear longer than any other make, giving you better value for the money than you can obtain elsewhere.

BEWARE OF SUBSTITUTES.

The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferior shoes. If your dealer cannot supply you with the genuine W. L. Douglas shoes, write for Mail Order Catalog. Shoes can be sent from factory to wearer, all charges prepaid. W. L. Douglas, 145 Spark St., Brockton, Mass.

BOYS' SHOES $2.00, $2.50 & $3.00

A Country School for Girls in New York City

Best Features of Country and City Life

Out-of-door Sports on School Park of 35 acres near the Hudson River. Full Academic Course from Primary Class to Graduation. Upper Class for Advanced Special Students. Music and Art. Certificate admits to College. School Coach Meets Day Pupils. **Miss Bangs and Miss Whiton, Riverdale Ave., near 252d St., West**

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, $1.00, retail.