

BILIOUS, HEADACHY, SICK 'CASCARETS'

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Seizing an Opportunity.

Harry Lauder was being entertained with a story.

"An Irishman and a Scotchman went into a saloon together," said the wit, who was trying to interest the comedian, "and the Irishman discovered that he had lost his money."

Lauder did not laugh. "I hope the Scotchman found it after the Irishman had gone out," he said, in perfect seriousness.

He was reminded recently by a member of a golf association that the organization had given him (Lauder) a watch to replace one he had lost.

"Now that you bring the subject up," said Lauder, "I think I lost a cuff button on the links today."—Exchange.

Holding the Form.

The newspaper humorist went courting. He stayed late, very late, so late that the old man called down to his daughter, "Phyllis, hasn't the morning paper come yet?"

"No, sir," answered the funny man, "we are holding the form for an important decision."

And the old man went back to bed wondering if they would keep house or live with him.—Boston Transcript.

Bad Risk.

"Broken your New Year's resolutions yet?"

"Every one of them. I wish I'd had the doggone things insured."

Appropriate Action. "I see where the man who was suspended defies his superior." "Yes, he is still hanging on."

THE PROFESSOR'S STATEMENT.

Prof. Aug. F. W. Schmitz, Thomas, Okla., writes: "I was troubled with Backache for about twenty-five years. When told I had Bright's Disease in its last stages, I tried Dodd's Kidney Pills. After using two boxes I was somewhat relieved and I stopped the treatment. In the spring of the next year I had another attack. I went for Dodd's Kidney Pills and they relieved me again. I used three boxes. That is now three years ago and my Backache has not returned in its severity, and by using another two boxes a little later on, the pain left altogether and I have had no trouble since. You may use my statement. I recommend Dodd's Kidney Pills when and wherever I can." Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y.—Adv.



Prof. Schmitz.

Designing Boss. "And how do you like your new boss, Larry?" we asked our friend, the big Irish foreman, who is doing the excavating for the overhead bridge out on Union street.

"Well, I found him to be a very tempting man, sor, very tempting, indeed."

"Tempting? Whatchu mean tempting?"

"Why, he tempts me every toime he comes round—tempts me to say something so he can fire me. He don't loike me a bit, sor."—Cleveland Leader.

Nice Enough, But—

A twelve-year-old boy, who had reigned supreme over parents and household all through his dozen years, was surprised one morning to hear the cry of a little baby brother.

"Isn't it nice, Tommy," said the jubilant father, "that we have another baby?"

"Yes, it is nice, father," said Tommy as he saw the end of his reign; "but what bothers me is, was it necessary?"

Proof.

"Are you sure the world is happier and better?"

"Absolutely. Look at the people who used to make themselves miserable on bicycles and who are now riding in motorcars!"

Take Flight.

"Riches have wings, they say." "Yes, and whenever I go after them they migrate."



THE SANDMAN STORY

BY MRS. F. A. WALKER

DISCONTENTED ANIMALS.

The cat was sitting in the barn doorway, sunning herself. She licked her paws and rubbed them over her face and then stretched out for a nap. The dog in the other door was watching her. "Miss Puss," he said, "you certainly have an easy life—nothing to do but sleep and eat. When your food is ready someone calls you. Now, I have to go for mine, and a great many times I have to remind the cook that I am in existence."

"I don't see that you work very hard," said the cat, who had become fully awake. "You sleep a good bit yourself. I have this barn to keep clear of mice and rats and the house also, and if one little mouse happens to get into the house the cook says that cat is getting too much to eat, and then I am given short rations for a while. I cannot even look admiringly at a chicken without being suspected of wrongdoing. You are a very fortunate dog."

"Now, isn't that just like a cat," replied the dog. "I would like to know who is responsible for the safety of things around here if I'm not. The doors are locked at night, and I am left on guard in my house in the yard."

"Well, I said the farmer, 'if you are all satisfied, do not let me hear any more complaining.'"

This story should teach us that discontent leads only to unhappiness, and we should wish to change only when we are fitted for the things and places we aspire to.

off. If you were a horse you might have cause for complaining."

The cow, who had been listening to all these complaints, mused and said: "Suppose anyone of you had to lead my life."

The cat, the dog and the horse laughed at her. "Your life," they said, "is one of ease. You do not work, and nothing is required of you."

"Oh! is that what you think?" said the cow. "None of you are in daily danger of death, and I am. Do you happen to know that I am required to give a certain amount of milk each day, and of a good quality, and if it is not nice and creamy, I am led to the slaughter house and made into beef. You talk of a hard life, you do not know what it is."

Just then the farmer came in. "What is all this noise about?" he asked. So they told him.

"Very well," he said, "I will have you all changed into the animal you wish to be; now think it over."

After a while he asked the dog what he had chosen to be, but the dog had decided to remain as he was. Then he turned to the cat, but she had run out; she did not care to be any larger than she was. And the horse and cow had also decided to remain in their present condition.

"Well," said the farmer, "if you are all satisfied, do not let me hear any more complaining."

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CANDY ETIQUETTE IN JAPAN

It is Not Considered Good Form to Partake of Sweets on Street—Children Observe Rule.

But with all that, they have their niceties about eating. Homer Croy writes of the Japanese in Leslie's. One day as I was going along the street I saw a candy man sitting on a stool beside his cart fashioning delicacies with his two flying thumbs. Taking a ball of candy mixture he would give it a few pinches, a twist, dab on a red spot and there would be a fish. Taking up another ball he would give it a few twists and he would have a radish. Half a dozen of these he would put into a thumb-made candy plate, the size of a chocolate wrapper, and sell for half a cent. Buying a plate of tiny delicacies I gave it to a girl, expecting to see her down it in good old American fashion, but instead of falling on it greedily she made a courtly bow and tore down the street as fast as her wooden shoes would let her. I looked after her in astonishment, thinking that this upset every child theory I had and determined to try it again. So I waited until the two flying thumbs had molded another delicacy and proffered this to a second child. Down the street she flew, too, her walnut knot of hair wobbling excitedly. When I bought the third delicacy I gave it to a child that was weighted down with a baby on her back and followed after, while she went bobbing down the street, the baby's head rolling heavily. I found her sitting on the floor, eating the sirupy fish and candy radishes with many delighted sucks and appreciative grunts. Then I understood; it was not polite to eat on the street, but under her father's gray tile roof it was the height of form to dispose of the sweets with all the gustatory gurglings that her delighted soul wished.

Flies Without Wings. What kind of bat flies without wings? A brickbat.



"I Don't See That You Work Very Hard."

I must sleep with one eye open, and if I do hear anything, and bark, someone calls out of the window to know why I am making all the noise; and if I do not bark they think I am of no use. Oh I tell you, it's a regular dog's life that I lead!"

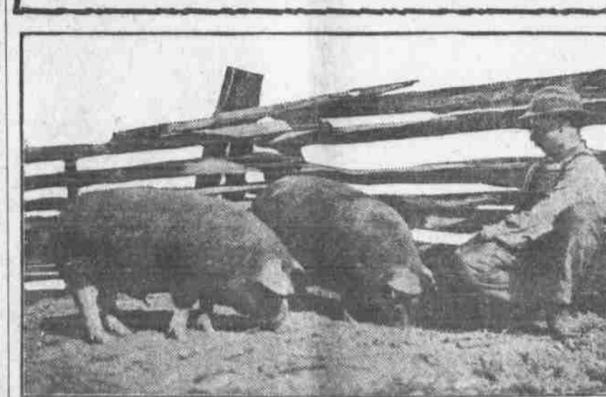
"What are you two talking about?" said the horse. "You do not know what it is to work."

The cat and the dog laughed, "Oh!" they said, "I should think you would not complain, when you have a nice bed for you every night, and food and drink brought to you, and someone to slick your coat and make you look nice. What do you have to complain of?"

"I have to travel many miles," the horse replied, "and drag a wagon. Whether it is hot or cold, I have to work, and they leave me standing, with the sun beating down on my poor head, with never a thought that I might be overcome with the heat, and when it is cold I am left to shiver. You two do not know when you are well."

Flies Without Wings. What kind of bat flies without wings? A brickbat.

BOYS AND GIRLS GET WORK IN A CLUB



Hogs Raised by Member of Pig Club.

The boys' and girls' clubs, under the direction of the agricultural extension service of the University of Missouri at Columbia, are doing for the country boys and girls what the manual training departments of the city schools are doing for city boys and girls. One Missouri county leads the United States in club membership. The clubs keep almost 7,000 country boys and girls at work along practical and definite lines.

The work of the boys' and girls' clubs was begun by the university about two years ago. Since that time the organization has grown to 613 clubs with 6,663 members. Corn judging and sewing clubs are the most popular. Of the former there are 180 in the state. There are 271 of the latter. Other clubs deal with stock judging, poultry, pig raising, bread making and corn raising.

Membership in boys' and girls' clubs has practically doubled since June 1.

Campaigns in Lafayette county about two months ago brought the organization of 211 clubs in that county. This is, perhaps, the largest number in any county in the United States. Clubs are working in about fifty Missouri counties now.

The boys' and girls' clubs are under the direction of Prof. R. H. Emberson, George W. Reavis and Miss Addie D. Root. Persons in charge of the clubs visit as many as possible during the year. Monthly rounds are made, holding contests and organizing new clubs. Members of the clubs range in age from ten to eighteen years. Most of them are between twelve and sixteen years old.

The university is trying now to aid as many rural clubs as possible. Any correspondence relative to the work of the clubs will receive prompt attention if addressed to the Agricultural Extension Service, University of Missouri, Columbia.

PREPAREDNESS!

To Fortify The System Against Grip when Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients, destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S signature on box, 25c.

The man who talks loudest on a street corner is apt to be dumb as an oyster when at home.

ITCHING, BURNING SCALPS

Crusted With Dandruff Yield Readily to Cuticura. Trial Free.

Cuticura Soap to cleanse the scalp of dandruff crustings and scalings, and Cuticura Ointment to soothe and heal itching and irritations. Nothing better, surer or more economical than these super-creamy emollients for hair and scalp troubles of young or old.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

If a young man has more money than brains he can afford to wear a wrist watch.

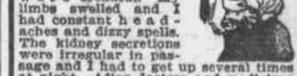
Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after this cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1880 in the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

A Missouri Case

H. T. Calvird, Osceola Hotel, Osceola, Mo., says: "Kidney complaint in my case was brought on by exposure and carelessness. Some attacks laid me up for weeks. The pains in my back were dreadful. My limbs swelled and I had constant headaches and dizzy spells. The kidney secretions were irregular in passage and I had to get up several times at night. After doctors and medicines failed, Doan's Kidney Pills restored me to good health."

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



Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MARY ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Fortunate is he who sees the point of a joke instead of feeling it.

SOAP IS STRONGLY ALKALINE

and constant use will burn out the scalp. Cleanse the scalp by shampooing with "La Creole" Hair Dressing, and darken in the natural way, those ugly, grizzly hairs. Price, \$1.00.—Adv.

Chickens that come home to roost have more sense than some men.

Our mistakes may add to the wisdom of others.

ABSORBINE

will reduce inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Puff Swellings, Itching, and Infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use; does not blister or remove the hair, and you can work the horse. \$2.00 per bottle, delivered. Book 7 M free.

ABSORBINE, JR., the antiseptic liniment for man, horse, dog, cat, and all animals, reduces Painful Swollen Joints, Sprains, Bruises, sore eyes and inflammation. Price \$1.00 per bottle or 40c per ounce. Will tell you more if you wish. Liberal Trial Bottle for 10c in stamps. W. F. YOUNG, P. O. F., 310 Temple St., Springfield, Mass.

W. N. U., ST. LOUIS, NO. 6-1916.

Three Hundred Million Bushel Crop in 1915

Farmers pay for their land with one year's crop and prosperity was never so great.

Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."

Wheat averaged in 1915 over 25 bushels per acre Oats averaged in 1915 over 45 bushels per acre Barley averaged in 1915 over 40 bushels per acre

Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from \$12 to \$30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.

There is no war tax on land, nor is there any conscription. For complete information as to best locations for settlement, reduced railroad rates and descriptive illustrated pamphlet, address Superintendent Immigration, Ottawa, or

G. A. Cook, 2912 Main St., Kansas City, Mo.; C. J. Bruggen, Room 412, 117 W. Adams St., Chicago, Ill. Canadian Government Agents



Efficiency In Childhood

comes with proper training—a most vital factor in which is right food.

If a child is to gain physically and expand mentally certain vital mineral elements—grown in the field grains—are imperative.

These elements, such as phosphate of potash, etc., are lacking in many foods, but abundantly supplied in the famous pure food—

Grape-Nuts

Made of whole wheat and malted barley, Grape-Nuts with cream or good milk supplies well-balanced nourishment—not only builds up the growing child, but repairs daily the wear and tear of body and brain.

Grape-Nuts has a delicious nut-like flavour—is specially processed for easy digestion—and is always ready to eat direct from the package. Economical—convenient—and makes for efficiency.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.