

TO BREAK LIP-BITING HABIT

Distressing Form of Nervousness Need Not Prove Too Hard to Overcome.

The other day a friend said to me: "Have you ever noticed how many women bite their lips?" I had to confess that I hadn't the slightest idea of the number, but that I would go on an observation tour the next time I came in contact with a roomful of women. The opportunity presented itself a few days later, and I went about among them trying to discover those who had contracted the habit. About 40 per cent showed this form of nervousness, which is scarcely less disfiguring than biting the nails, and far more difficult to cure.

The skin of the lips is so delicate and thin that the slightest change in temperature will cause it to dry and break, and the irritation of this surface roughness seems to lend an irresistible impulse to the teeth.

Very soon this slight abrasion becomes raw and sore, and in winter is particularly difficult to heal. If your lips are in this condition I would first apply spirits of camphor, which is an astringent, and a natural protection. Over this place a coating of vaseline, which will allay the inflammation and help heal the skin.

To cure the lip-biting habit it is sometimes necessary to resort to the same methods that are used to break the habit of biting the nails. If you have the courage to apply a coating of aloes to the outer edge of the lips it will serve to remind you the next time you start biting them.—Pittsburgh Dispatch.

Safety First.

John Sharp Williams stepped out of the senate chamber in response to the card of Bob Gates, who is a Washington correspondent of distinguished appearance and much political sapience.

Bob asked him a number of questions and then, in parting, he asked: "By the way, senator, have you got a good cigar about you?"—putting the request under the head of unfinished business.

"No, I haven't but one left—and I just now bit the end off it preparatory to lighting it," replied John Sharp.

"If I'd just been a minute or two sooner—" suggested Bob.

"Not exactly," said the senator. "The fact is, when I started out here I bit the end off the cigar just for fear you might ask for it."

His Point of View.

"What is your idea of matrimony?" asked the fair maid who was still occupying the anxious seat.

"Well," rejoined the wise chap who had balked at the hurdle, "it's probably all right for those who haven't enough worry."

The Reason.

"The man who uttered those forged notes made a very clumsy job of it."

"Oh, but, you know, he stuttered."

Falmouth is probably the oldest port in England. It was used by the Phoenicians at least 2,500 years ago.

Occasionally a man makes a great hit by doing the wrong thing at the right time.

LATEST KINK IN "MOVIES"

Novelty, But According to One Man's Experience It Can Have an Uncanny Side.

"The latest thing in moving pictures is one of yourself," said the curio seeker of the Lambs' club at New York, "and it's a scream. Not one of those that you run your finger nail over to get the motion, but the motion is right in the picture."

"It's all on one card and you show up with your usual face in repose, then with a broad smile and thirdly with any kind of a face you want to make up for the occasion. They beat the ordinary still life photograph to a frazzle. I've got one I'm saving to show my grandchildren when I'm fourscore, I'll bet I won't recognize myself."

"There's an uncanny side to them, too. A friend of mine had one taken about two months ago, and three weeks later he was taken suddenly ill and died. His wife found it unexpectedly among his effects and when he smiled up at her she fainted dead away. I took a look at it myself, but I don't feel like making it move."

"She gave it to me and I'm saving it till we get over the shock, and I'm sure by and by we will all be glad to look at it and see him smile at us as he used to. But not now. No sir, not yet a while."

Remark Hard to Explain.

Everyone had gathered in the drawing-room after dinner, and all were feeling contented with themselves as well as at peace with the outside world, when it was suggested as a pastime that every lady should state the gift she most coveted, and the possession of which she would most prize. With prompt acquiescence each registered her choice. Mrs. Wellman wished for the most exquisite jewels extant. Mrs. King desired to be the best-dressed woman in society. Mrs. Crayton preferred to own the handsomest turnouts, while Mrs. Smith craved popularity. Robinson, springing from his chair, exclaimed "Heavens! don't any of you care for beauty?" Some of them still think it was intentional.

Much More Cheerful.

"A scientist says that the sun will never cool off."

"I'm very glad to hear that."

"What difference does it make to you who will be dead millions of years before anything of the sort could happen, anyhow?"

"Well, it's more cheerful to think of this old world, so good in spite of all its faults, rolling along through the sunshine 30,000,000 years from now, with a warm, throbbing load of human freight, than to picture it a desolate ball of ice plunging through eternal darkness."

Pa's Vindictiveness.

"George, father has failed."

"That's just like him! I told you all along, darling, that he was going to do all he could to keep us from being married!"—Stray Stories.

A self-made man is always satisfied with his architect.—Boston Transcript.

One little taste of defeat is difficult to swallow.

TRADE PROSPECTS ARE ENCOURAGING

Improvement in business since depression reached low tide several months ago has been gradual. Confidence has been restored and unless all signs fail, the country is scheduled for a boom almost unparalleled.

In order to overcome the depression that attacks a person in poor health it is necessary that particular attention be paid to the Stomach, Liver and Bowels. These organs are the controlling power in all matters pertaining to health and there is nothing will make you feel "so blue" and discouraged as to be without appetite—to be subject to spells of headache, indigestion, dyspepsia and biliousness—or to have constipated bowels.

Nature never intended anyone to be in such a condition and the only way to improve matters is to give necessary aid promptly. This suggests a trial of Hostetter's Stomach Bitters, because it has an established reputation as a tonic and appetizer, and will be found very helpful in any Stomach, Liver or Bowel ailment.

It is well known as a real "first aid," and for over 60 years has held a permanent place in thousands of homes. You will make no mistake in purchasing a bottle today, but be careful to see that the Private Stamp over the neck is unbroken. This is your protection against imitations.

DIDN'T WANT TO MEET HIM

Colored Parson's Description of His Satanic Majesty Brought Converts to Mourner's Bench.

The late celebrated Peter Vinegar, who in days gone by used to make periodical visits to Danville, says the Advocate, for the purpose of delivering his sermons, remarkable on account of their startling texts, on one occasion spoke to a large assemblage of the colored population and a few whites at the old colored Methodist church on Walnut street. He arose, raised his spectacles from his eyes, and said:

"My beloved bretheren and sistren, I take my text 'tis evenin' in dat portion uv de Scriptur whar de 'Postle Paul pints his pistol at de 'Theasians, an' whar it says, 'Whar de hen scratches dar's de worm, 'ceptin' de case whar sun previus hen hav bin dar.'" He then proceeded to tell his hearers what a horrible personal appearance the devil presented, with the following description: "His eyes look like two balls uv fire, his teef like two skinned saplins, his ears hang down like a 'baccer leaf an' his bref smoke like a tar kittle." That night Peter made many converts.

Up to Mother.

The mother of thirteen-year-old Page has a gift for rhyming and a generous nature. The other day Page returned from school with the announcement that each member of her class was expected to turn in a poem on a certain given subject on the morrow.

"Well, that's a very nice subject," replied Page's mother.

"Yes, but, mother," the little girl asked, with innocent assurance, "what are you going to say about it?"

Beware of false economy. The man who does not invest in garden seeds seldom picks and cucumbers.

The school of experience has no commencement. It's a perpetual course.



(Conducted by the National Woman's Christian Temperance Union.)

WATCH IT GROW.

In Phoenix, Ariz., before the November election, all the liquor places put up a sign to this effect: "This building will be for rent if the 'dry' amendment carries." After election the saloon men refused to give up their leases, some of them opening drug stores, some soft drink stands, some restaurants. The law went into effect January 1. The day afterwards every baker and grocer in the city for the first time sold out his stock of bread, and the meat markets sold out their meats. Last year the arrests for drunkenness in Phoenix averaged 12 per day; on the day after the saloons closed, for the first time in its history the police court had no drunks.

Phoenix bankers also have a tale to tell. The day Arizona went "dry" the Valley bank, which suspended early in November, reorganized and opened up for business stronger than ever. The Citizens' bank, established by local capitalists, opened after the saloons were voted out. The Central bank, organized by eastern men after the election, filed articles of incorporation three days after the law went into effect and now occupies one of the "empty buildings." A branch of the Anchor Trust company of Wichita, Kan., was established after the state voted "dry." "Watch Arizona grow," say Arizonians.

"TOMMY ATKINS" PLEDGE.

The following "teetotal" pledge is being circulated among the British troops on the European battle fields:

"Don't ask me to take drink;

I've decided to be teetotal while on service for my country.

"(Carry this with you and show it whenever asked to take liquor.)"

On the reverse side of the card is printed:

"Temperance Battle Card for the Great War.

"Recognizing that as army, navy and medical leaders have stated, 'Alcohol or drink is detrimental to health and efficiency,

"I promise, God helping me, to be teetotal while on service for my country.—(Signed with witness).

"(Get a mate or the chaplain, or an officer to witness this.)"

DEMAND IS FOR SOBER WORKERS.

In a recent number of the Technical World is a contributed article entitled, "The Worker Who Drinks Must Go." The editor in an introductory note thus comments:

"Emperors, business men, social reformers are all agreed upon one thing—alcoholic drinks work positive harm.

A single glass of beer lowers a man's efficiency 7 per cent. Imagine what strong wine, gin, or whiskey will do. The up-to-date employer will not keep men who drink even 'in moderation,' the secretary of the navy will not allow them on our warships; every commander in the field today is leading a sober army. Everywhere the brains of the world recognize that alcoholic liquors weaken both muscle and mind power."

PROSPERITY IN ATLANTA.

Atlanta, Georgia, is the largest dry city in the country, and the capital of a state in which the sale of liquor has been prohibited since 1907. In that year the realty transactions of the city were \$91,840,350; in 1913 the amount was almost double—\$172,292,004. Building permits for 1907 aggregated \$4,554,771; in 1912 they reached the sum of \$9,987,444. Corresponding increase in all lines of business is recorded. The tax rate shows significant reduction.

NEAR THE TOP OF THE WORLD.

The "farthest north" local Woman's Christian Temperance union is in Dawson, Yukon territory, only about one hundred miles from the Arctic circle. It was organized in 1913 by one of the national organizers of the society and is doing active work for temperance—"living, working, gaining new members," writes the president, "and corresponding with the Ottawa officials in regard to the observance of Sunday closing of saloons." Plucky!

CHURCHES AND BREWERIES.

Did you know that over ten times as much money is spent in building churches as in building breweries? This, at least, is the record for the first four months of last year. According to no less an authority than the American Contractor, a building trade journal, in that period the brewers spent \$429,000 in building operations and the church people spent \$4,199,986.

Discard Unprofitable Cows.

Discard the cow which has failed at the end of the year to pay market price for all the feed she has consumed.

Grapes for Wine.

Grapes intended for wine should be left on the vines until thoroughly ripened.

Neglected Practice.

Pruning is one of the most neglected practices of good orchard management.

DO YOU GET UP WITH A LAME BACK?

Have You Rheumatism, Kidney, Liver or Bladder Trouble?

Pain or dull ache in the back is often evidence of kidney trouble. It is Nature's timely warning to show you that the track of health is not clear.

Danger Signals.

If these danger signals are unheeded more serious results may be expected; kidney trouble in its worst form may steal upon you.

Thousands of people have testified that the mild and immediate effect of Swamp-Root, the great kidney, liver and bladder remedy, is soon realized—that it stands the highest for its remarkable curative effect in the most distressing cases. If you need a medicine, you should have the best.

Lame Back.

Lame back is only one of many symptoms of kidney trouble. Other symptoms showing that you may need Swamp-Root are, being subject to embarrassing and frequent bladder troubles day and night, irritation, sediment, etc.

Lack of control, smarting, uric acid, dizziness, indigestion, sleeplessness, nervousness, sometimes the heart acts badly, rheumatism, bloating, lack of ambition, may be loss of flesh, sallow complexion.

Prevalence of Kidney Disease.

Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney disorders are among the most common diseases that prevail, they are sometimes the last recognized by patients, who very often content themselves with doctoring the effects, while the original disease may constantly undermine the system.

Sample Size Bottle.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. Be sure to say you read this offer in this paper.

Between Deals.

The Wall Street broker who ought to be in vaunderville came across at lunch with a fresh conundrum.

"What's the difference," said he, "between a taxidermist and a taxi driver, one of those chaps who gears the taximeter up to the highest notch?"

Everybody had had experience with the taximeter but nobody could supply an answer.

"All right," said the broker. "One skins you and stuffs you and the other stuffs you and skins you."

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

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 on each bottle. Adv.

In After Years.

"Beauty," remarked the poetic youth, "may draw us with a single hair."

"During the courtship, yes," rejoined the bald-headed man with a sigh, "but after marriage she is more likely to grab a handful."

SELF SHAMPOOING

With Cuticura Soap is Most Comforting and Beneficial. Trial Free.

Especially if preceded by touches of Cuticura Ointment to spots of dandruff and itching on the scalp skin. These supercreamy emollients meet every skin want as well as every toilet and nursery want in caring for the skin, scalp, hair and hands.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

It is a whole lot better to howl before you are hurt than to howl in a hospital.—Philadelphia Telegraph.

The inconsistency of womankind is demonstrated by the society girl, who starts in when she comes out.

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

Nearly 100,000 women and children are employed in the tobacco factories of the United States.

Anyway, we admire a cheerful idiot more than we do the other kind.



Regular fifty-cent and one-dollar size bottles at all drug stores.

Don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., which you will find on every bottle.

Its Accompaniment.

"I have an eye for the stage."

"Then look out you don't get the hook, too."

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp, and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

In Alaska women have full suffrage without opposition.

For Every Kind of Lameness

For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chills, Lame Back, Old Sores, Open Wounds, and all External Injuries.

Made Since 1846. Ask Anybody About It. Price 25c, 50c and \$1.00.

All Dealers

OR WRITE G. C. Hanford Mfg. Co., SYRACUSE, N. Y.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, Indigestion. They do their duty. SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine must bear Signature

W. D. Wood

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For restoring color and beauty to gray or faded hair. 50c and \$1.00 at drug stores.

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Wise Old Ben Franklin

Said—

"A penny saved is a penny earned."

With the price of beef and wheat soaring higher and higher, the problem of economic living is causing many housewives to consider food values in planning meals.

For years many have known, and others are now finding out, the true economy in

Grape-Nuts

This food, the true meat of wheat and barley full of Nature's richest nourishment, builds nerve and muscle, bone and brain, in a way that has thoroughly commended it the world over.

A package of Grape-Nuts—fully cooked, ready to serve, and sealed in its weather-proof and germ-proof wrapping—can be had from any grocer. No rise in price!

Grape-Nuts, served with milk, cream or fruit, gives satisfaction, sustaining food value, true economy, and proves itself a family friend.

"There's a Reason" for Grape-Nuts

