UGH! CALOMEL MAKES YOU SICK! CLEAN LIVER AND BOWELS MY WAY

Just Once! Try "Dodson's Liver Tone" When Bilious, Constipated, Headachy—Don't Lose a Day's Work.

Liven up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work.

Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning, because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and cannot salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.

Watch Your Colts

For Coughs, Colds and Distemper, and at the first symptoms of any such ailment, give small doses of that wonderful remedy, now the most used in existence.

SPOHN'S DISTEMPER COMPOUND

50 cents and $1 a bottle; $5 and $10 the dozen of any druggist, harness dealer, or delivered by SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

The Female of the Species.

"I tell you, sir," said the sad-eyed passenger with the bargain-counter tie, "all women are born gamblers."

"That's right," observed the button drummer. "And they nearly always win when they play hearts to catch diamonds."

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.

She Went.

"See how I can count, mamma," said Kitty. "There's my right foot. That's one. There's my left foot. That's two. Two and one make three. Three feet make a yard, and I want to go out and play in it."

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

It doesn't take a woman long to get wise to a man's actions after marrying him—then she proceeds to call his bluff.

They stop the tickle. Dean's Mentholated Cough Drops stop coughs quickly. A pleasant remedy—5c at all good Druggists.

Once in a while a woman wears a hat that actually looks like one.

Always sure to please, Red Cross Ball Blue. All grocers sell it. Adv.

In Alaska women have full suffrage without opposition.

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 bone 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 brederen and sisteren, I take my tex' dis evenin' in dat portion uv de Scriptur' whar de 'Postle Paul pints his pistol at de 'Phesians, an' whar it says, 'Whar de hen scratches dar's de worm, 'ceptin' de case whar sum 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.

IMPORTANT THAT PUBLIC SHOULD KNOW ABOUT GREAT KIDNEY REMEDY.

The testimonial I am to give you comes unsolicited. I have been suffering from lumbago for ten years and at times was unable to stand erect. A Mr. Dean of this city, saw me in my condition (bent over) and inquired the cause. I told him that I had the lumbago. He replied, "If you get what I tell you to, you need not have it." I said I would take anything for ease. He said, "You get two bottles of Dr. Kilmer's Swamp-Root and take it, and if it does not fix you O. K. I will pay for the medicine myself." I did so and am a well man. For five months I have been as well as could be. Before I took your Swamp-Root was in constant pain day and night. This may look like advertising, but it seems to me most important that the public should be made familiar with this treatment as it is the only one I know which is an absolute cure. I owe a great deal to Dr. Kilmer's Swamp-Root, and am anxious that others situated as I was should know and take advantage of it. Hoping that this testimonial may be of benefit to some one, I am,

J. A. HOWLAND,
1734 Humboldt St.
Denver, Colo.

State of Colorado
City and County of Denver } ss.

Personally appeared before me, a Notary Public in and for the city and county of Denver in the State of Colorado, J. A. Howland, known to me as the person whose name is subscribed to the above statement and upon his oath declares that it is a true and correct statement.

DANIEL H. DRAPER,
Notary Public.

Letter to
Dr. Kilmer & Co.
Binghamton, N. Y.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores. Adv.

Reminiscence.

"I can remember when we could get an idea of how an election was going by taking a straw vote."

"We never depend on straw votes out our way. The only chance of learning which way the election was going was to discover which side had the most two-dollar bills."

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c. Write for Book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv

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

TO SERVE WITH LUNCH

SUGGESTIONS FOR DISHES EASY TO COMPOUND.

Will Frequently Be Found Valuable in Emergencies That All Housewives Experience—Piquant Suggestions From France.

Hors d'oeuvres are an essential part of the French dejeuner, but here they are not often served at the family luncheon. They are often convenient, however, to eke out and give a little appetizer to a luncheon that might otherwise be scanty, and a few good ideas for hors d'oeuvres and savories are valuable for the housewife. Here are a few sample recipes that can be made and worked into a luncheon at the last moment:

Deviled Sardines.—Take sardines, warm them in their own oil, add a little lemon juice, season highly with salt, pepper and English sauce, serve very hot on small rounds of toast.

Savory Toast.—Chop very finely, or run through a meat chopper, any pieces of cold chicken, beef, ham or tongue. Pound to a paste with the yolks of two hard boiled eggs, a piece of butter, pepper, salt, a little Chutney and Worcestershire. Spread rather thickly on thin strips of toast and set in the oven to heat.

Cheese Canapes.—Cut bread into pieces one-half an inch thick, then stamp them into circles with a biscuit cutter. Saute the bread in a little butter until it is of an amber color on both sides. Cover the slices with a thick layer of grated cheese, sprinkle with salt, pepper and a dash of cayenne. Fifteen minutes before the time to serve place them in the oven for a few minutes to soften the cheese.

Anchovy Canapes.—Spread strips of fried bread with a thin layer of anchovy paste. Sprinkle over the top alternate rows of the white and yolks of hard boiled eggs chopped very fine. Sardine canapes are made by pounding the sardines to a paste, spreading it on strips of fried bread and sprinkling the top with some sort of chopped pickle.

Stuffed Eggs.—Cut hard boiled eggs in halves. Take out the yolks carefully and mix them with an equal quantity of softened bread crumbs; season highly with a little butter, salt and pepper. Moisten with any sauce; add a little raw egg. Fill the whites from which the yolks were taken, round off the tops smoothly, slice a small piece off the bottom, so that the eggs will stand upright, and serve. Any flavoring or seasoning that is liked may be added to the mixture for stuffing eggs—mayonnaise, mustard, mushroom, tomato, or they may be mixed with French dressing.

Potato and Onion Salad.

Pare and cut potatoes into thin slices, parboil until done but not washed. Drain and pour on a shallow dish. Now take centers of boiled onion rings, mash with a fork, add a sifting of salt and pepper, then mix with enough boiled dressing to make a smooth, rather thick emulsion. Sift salt and pepper over the potatoes, then cover with the dressing and let it stand for an hour to ripen. This is a nice luncheon dish and can be served with rings of hard boiled eggs, cured bacon or boiled ham.

Whole Wheat Bread.

One tablespoonful lard, one tablespoonful sugar, one teaspoonful of salt, one cupful each of boiling water and hot (not boiling) milk, a yeast cake dissolved in one-half cupful of warm water, one cupful of white flour, three cupfuls of whole wheat flour, or enough to make a soft dough. Mix, knead for ten minutes, cover and let it rise in an even temperature to twice its first bulk. Make into small loaves, place in greased pans, let rise an hour or until puffy, and bake.

Baking Cookies.

If you have difficulty with your cookies, either because they cook too fast on the bottom or are hard to get out of the pan, try using a large dripping pan and placing the cookies on the bottom of the pan rather than in it. Turn the pan upside down, lay a piece of buttered paper or paraffin paper on it and then lay on the cookies. They will cook evenly and there will be no danger of breaking them when taking them off.

Brambles.

One cupful raisins, the juice and grated rind of one lemon, one egg, one cupful of sugar, small piece of butter, one-half teaspoonful of cinnamon, one-half teaspoonful nutmeg, one-quarter teaspoonful of cloves, mix all together.

Make a rich crust, cut the size of a small saucer, fill with one tablespoonful of the filling, fold and bake as any turnover.

Ham a la Venison.

This is delicious for Sunday night suppers: Put one tablespoonful butter and one tablespoonful currant jelly in a frying pan over a rather slow fire. When melted, lay in some slices of cooked ham and fry each side until almost ready to burn. Remove to a hot platter and garnish with parsley.

Wooden Ware.

Wooden ware which has any odor of the food which has been in it—and wood absorbs odors quickly—should be soaked in hot water in which soda is dissolved in the proportion of a tablespoonful of soda to four quarts of water.

A Natural Fear.

Old Hound—Come, come! What are you shivering about?

The Pup—Why, I just heard the master say he'd have to put me through the mill.

Old Hound—Yes; he's going to train you for the hunting.

The Pup—Oh! I thought he meant the sausage mill.—Pittsburgh Dispatch.

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.

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. Drayton 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.

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."

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.

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

LABOR PERIODICALS TO HELP

Campaign Against Tuberculosis Will Shortly Have a New and Important Ally.

A new campaign for closer co-operation with labor unions and other groups of workingmen is announced by the National Association for the Study and Prevention of Tuberculosis.

A committee has been appointed with Dr. Theodore B. Sachs, president of the Chicago Tuberculosis institute, as chairman, to formulate plans for immediate and future action. Other members of the committee are Samuel Gompers, president of the American Federation of Labor, Washington; George W. Perkins, secretary of the International Cigarmakers' union, Chicago; John Mitchell of the New York state compensation commission, New York; Austin B. Garretson, president of the Brotherhood of Railway Conductors, Cedar Rapids, Iowa; Dr. William Charles White, medical director of the Tuberculosis league of Pittsburgh, and Dr. David R. Lyman, superintendent of the Gaylord Farm sanatorium, Wallingford, Conn.

As the first step in the campaign a special health bulletin has been prepared for the labor papers and will be sent out monthly in co-operation with members of the International Labor Press bureau.

No Task for Tyros.

One of the men at the front has told us how he tried to milk a cow—without the expected result. This is not an easy task for an unpracticed hand. Leslie Stephen was once on a long tramp in Switzerland, accompanied by his friend, Doctor Morgan. They missed their way and found themselves, parched and hungry, far from any dwelling place. At length they came across a cow, from whom they determined to extract some nourishment, but after trying their best for an hour, each holding on to her horns in turn, they had to abandon all hopes of milk. This, remarks Doctor Morgan, is "one of the very few occasions on which I ever saw Stephen fairly thwarted."

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?"

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."

Its Accompaniment.

"I have an eye for the stage."

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

The average man wastes a lot of energy in laughing at his own jokes.

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapepsin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food.

Go now, make the best investment you ever made by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

Ignorance Was Bliss.

A raid had been made on a negro gambling house and a dozen inmates arrested. In police court the next morning each of the accused was heard in turn. The last in the row was a large, scared-looking negro.

"Well," asked the judge, "what do you know about this case?"

"Who? We?" asked the negro.

"Yes, you."

"Well, I just tell yo'. All I knows about dis case is dat I was dar!"—Green Bag.

Her Preference.

Young Mawks had decided to enlist and go to war, and his wife was objecting.

"But, darling," he argued, "even if I were killed, just think how fine it would be to be the widow of a hero."

"Oh, no, Wilfred," pleaded the young wife earnestly, her mind reverting to a familiar proverb: "I would rather be the wife of a live jackass than a dead lion."—Judge.

Smallpox Stamped Out.

Of 3,164 deaths in the great epidemic in Montreal 85 per cent were of children under ten years. It is estimated that 60,000,000 persons died of smallpox in Europe in the eighteenth century. The disease is practically stamped out now in civilized countries. Doctor Rotch reports that in Boston in 15 years there has been no death from smallpox in children vaccinated.

Decidedly Unneutral.

Mrs. Knicker—Is your husband neutral?

Mrs. Bocker—No; he blows up every bridge I give.

The Reason.

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

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

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