A Profitable Habit

Keeping daily watch on

THE APPETITE
THE DIGESTION
THE LIVER AND
THE BOWELS

At the first sign of trouble resort to

HOSTETTER'S Stomach Bitters

It helps Nature restore normal conditions throughout the system.

MEN AND WOMEN Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness often disappear when the kidneys are out of order or diseased. For good results use Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists. Sample size bottle by Parcel Post, also pamphlet.
Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents. When writing mention this paper.

TAKE **Tutt's Pills**
The first dose often astonishes the invalid, giving elasticity of mind, buoyancy of body,
GOOD DIGESTION,
regular bowels and solid flesh. Price, 25 cts.

His Objection.

Mr. Somestayer—How did you like Paris?

Mr. Rollingstone—Oh! Paris is all right, but I can't stand for the Parisites.

An Improved Quinine, Does not Cause Nervousness nor Ringing in Head

The happy combination of laxatives in LAXATIVE BROMO QUININE makes the Quinine in this form have a far better effect than the ordinary Quinine, and it can be taken by anyone without affecting the head. Remember to call for the full name, Laxative Bromo Quinine. Look for signature of E. W. Grove. 25c.

Yes, Yes!

"Doan Miss Smith look cute this ebening, Mistah Johnsing?"

"Yes, very cuticle, very cuticle!"

Not Gray Hairs but Tired Eyes
make us look older than we are. Keep your Eyes young and you will look young. After the Movies always Murine Your Eyes—Don't tell your age.

Orders It Up.

"Do you pass the plate at church?"

"No; I go to sleep and let it pass me."

AVOID A DOCTOR'S BILL
on the first of the month by taking now a bottle of Mansfield Cough Balsam for that hacking, hollow cough. Price 25c and 50c.—Adv.

Mean Fling.

Ethel—"Jack proposed three times before I accepted him." Marie—"To whom, dear?"—Boston Transcript.

Spartan Women Suffered Untold Tortures but who wants to be a Spartan? Take "Femenina" for all female disorders. Price 50c and $1.00.—Adv.

More sawing and less hammering is another thing that is badly needed in this country.

Always keep Hanford's Balsam on hand for accidents. It's good insurance.—Adv.

Many a married man would starve to death if his wife didn't know how to manipulate a can opener.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

If wishes were mules most beggars would have more kicks coming.

Oklahoma Directory

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450 Rooms 300 Baths
Rates: $1 and upwards

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Film packs, any size, etc. Prints up to and including Series 5, matte and glossy, 4c. Panos, 5c. Let our film experts give you better results. Eastman Kodaks, Films and all Kodaks Supplies sent anywhere, prepaid. Send us your next roll and let us show you why we are doing better Kodak finishing.
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HOME TOWN HELPS

FOR BETTER SCHOOL GROUND

Los Angeles Newspaper Urges the Beautifying of Lands Adjacent to Such Buildings.

The subcommittee on schools of the 1915 beautifying committee, together with the judges in the school grounds contest, have joined forces in asking that the work of beautifying the grounds of schools in Los Angeles county be continued until every one of them shall be well embellished with trees, shrubs and plants. The writer sincerely hopes that the judges, Messrs. Lahee, Kienholz and McQueen, will aid the subcommittee in the preparation of a report sufficiently definite and specific in its recommendations so that a practical prolongation of the present line of work may be assured until not only all the schoolgrounds of this county shall be artistically planted, but the movement spread to include all our beautiful southland.

In the past people who should be most interested have often proved unusually apathetic on the question of embellishment of school grounds. It has been a matter of wonderment to the writer why the one piece of ground in a community in which all have common ownership and in which all have a common interest should be the only one neglected. Yet such has proved to be true in a score of cases coming under observation. Now sentiment is undergoing a rapid change for the better. The impetus given the beautifying of school grounds by the 1915 committee will be far-reaching and permanent. If the one suggestion made be carried out, namely, that no prize winner of the present year be allowed to compete for two years, the time will come when nearly all will have won one or more prizes and all will be more or less beautiful. The county should have an official adviser to visit and report upon ways and means of improving each school, or, better still, the county should hire some competent designer to plan every school ground in the county. Then would all have the same foundation on which to begin work—the only proper foundation.—Los Angeles Times.

WHEN BUILDING THE CHIMNEY

Care in Avoiding Defects Would Do Much to Prevent Disastrous Conflagrations.

A great majority of the fires, as shown by statistics, are caused by defective chimneys. Therefore, so far as safety from fire is concerned, the chimney is one of the most important features of the new house. Money spent here is well spent, so do not skimp on the chimney.

A good foundation carried below ground level is an absolute necessity; also care in the construction of the chimney, to prevent burning soot coming in contact with any woodwork, is important.

Built of either brick or cement, there should be a seamless column extending above the ridge of the roof.

The flues should be sufficient in number and properly placed. There should be separate flues for the heating system and the kitchen range, and another for the fireplace.

Pruning Deciduous Trees.

Do not be afraid to prune deciduous trees and shrubs now, simply for the reason that they are carrying green leaves. It is a good rule to prune the shrubs just as soon as they are past blooming. Trees, however large, may be profitably pruned now, unless the entire top is to be removed. Small branches need no treatment subsequent to pruning, but large cuts should be treated with linseed oil, paint, asphalt, tar or any protective substance that will exclude air and form and maintain a film over the wound. The latter will then start to heal over this season and the work be vigorously renewed in early spring.

Teaching City Management.

The University of Texas having led the way with a course in city management, the University of Kansas is preparing to do likewise. It is only a question of time when all the leading American universities will thus recognize the cities' need to be provided with a supply of trained experts for municipal services. It will then be possible for men and women who fit themselves for this work to look forward to life careers in it. City halls will cease to be schools for raw beginners every two or four years. Taxpayers will get the cumulative value of experience in office.—St. Louis Post-Dispatch.

Reported Verbatim.

The boy at the telephone had met the girl but lately; he was striving to make good, and with some success. "Thursday night, then," said he—"I'll be around with a taxi."

Just then the voice of his sister smote his ear and the telephone got it, too. Sister was out in the kitchen, washing the dishes:

"John Blank," she shouted, "you come here and empty the swill!"—Albany Argus.

THE FARMER'S CHANCE

THE SPUR FARM LANDS IN Dickens, Kent, Crosby and Garza Counties, Texas, offer the farmer his best opportunity to secure productive farms at low prices and on easy terms. Several hundred farmers have already bought from this remarkable body of agricultural lands, and are rapidly paying for the same from the products thereof—in many cases paying notes before they are due. No BOLL WEEVIL ever known. NO MALARIA. Altitude, 2,200 to 2,600 feet. Wonderful cotton and feed crops grown. For illustrated booklet, address Chas. A. Jones, Manager for S. M. SWENSON & SONS, Spur, Dickens County, Texas.—Adv.

And some women wouldn't enjoy living in a heavenly mansion unless they could clean house at least once a month.

THIS IS THE AGE OF YOUTH.
You will look ten years younger if you darken your ugly, grizzly, gray hairs by using "La Creole" Hair Dressing.—Adv.

Different Attitude.

"Isn't John Henry crazy over his new automobile?"

"He seems to be mostly crazy under it."

To Fortify the System Against Winter Cold
Many users of GROVE'S TASTELESS chill TONIC make it a practice to take a number of bottles in the fall to strengthen and fortify the system against the cold weather during the winter. Everyone knows the tonic effect of Quinine and Iron which this preparation contains in a tasteless and acceptable form. It purifies and enriches the blood and builds up the whole system. 50c.

Large Club for Boys.

The boy in the city must avoid many side tracks if he desires to lead an upright and useful life, says the Boston Globe. Constantly he is beset with distractions which may lead him astray into the ranks of the incompetent, idle or even vicious. He is an inquisitive, knowledge-thirsting creature, full of the great possibilities of youth. His latent powers are precious; yet they are wasted with a prodigality akin almost to that of nature.

Hence the establishment of the large boys' club in Roxbury, handsomely housed and well equipped, means that many boys will be given the opportunity to keep on the main line leading to a useful life.

A boy's enthusiasm is more often aroused when he thinks he is playing than when he is working at school. The boys' club can catch him when he is enthusiastic and start that enthusiasm toward manly accomplishment. We wish the club every success.

Criticism Implied.

"He doesn't like my cooking," sobbed the three months' bride, a tear on her long lashes. "I just know he doesn't. So, there!"

"What makes you think so?" her mother asked. "Has he said he doesn't like your cooking?"

"N-no-o," stammered the bride.

"Nonsense, child, it's just your imagination. I felt there was no basis—"

"There is a basis," the bride insisted tearfully. "I had been cooking the loveliest things for him for about two weeks and then he told me he had decided to become a raw-food faddist. Bo-hoo-o-oo!"—Judge.

He Was Hopeful.

"Henry," said Mrs. Peck, severely, "I hope I didn't see you wink at that young woman we just passed."

"My dear," answered Henry, meekly, "I hope your hope is correct."

HARD TO DROP
But Many Drop It.

A young Calif. wife talks about coffee:

"It was hard to drop Mocha and Java and give Postum a trial, but my nerves were so shattered that I was a nervous wreck and of course that means all kinds of ails.

"I did not want to acknowledge coffee caused the trouble for I was very fond of it. At that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied: 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again here at your table. I don't see how anyone can like coffee, anyway, after drinking Postum!'

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drank no coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum, convinced that coffee was an enemy, instead of a friend, and he is troubled no more by insomnia.

"I have gained 8 pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit coffee that caused our aches and ails and take up Postum." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly, 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.
—sold by Grocers.

Horticultural Points

SLOPE FOR PEACH ORCHARDS

Importance of Relatively High Elevation Disappears When Adjacent to Large Body of Water.

Where an orchard occupies a site that is adjacent to a large body of water, the importance of a relatively high elevation largely disappears. To be a factor in the matter, however, a body of water must be of sufficient size and depth to have an appreciable influence on the local climate. Because the water warms up in the spring more slowly than the atmosphere, it acts in effect as a refrigerator, making the temperature in its immediate vicinity colder than it is at points somewhat distant from it. For this reason, vegetation within the zone of this influence advances more slowly in the spring than it does outside of that zone. The tendency is for the blossoming of peach trees situated within the zone to be delayed until after the season of spring frosts is past.

In the fall frosts are delayed in a similar manner, except that the large body of water, having absorbed much heat during the summer, cools off in

A Michigan Orchard.

the fall more slowly than the atmosphere, and hence it tends to keep the temperature within its zone of influence warmer than it would otherwise be.

It is because of these reasons that peaches are grown with marked success and injury to the crops by adverse temperature conditions is comparatively infrequent in the portions of New York and the province of Ontario that border Lake Ontario; in Ohio, along Lake Erie; in southwestern Michigan, on Lake Michigan, and in some other districts which are adjacent to large bodies of water. As a rule, the zone of influence of bodies of water, such as those named, is rather narrow, usually not extending back from the shore more than a few miles.

As a rule, it is doubtless safe to assume that a site having a moderate slope in some direction is to be preferred for orchard purposes, other things being equal, to one that is level. One having a slope will usually have better soil and atmosphere drainage than a level area.

GOOD POULTICES FOR TREES

Simple Remedy Described by Writer Will Save Many Valuable Trees—Grafting Is Difficult.

Nowadays we hear much of bridge grafting when a fruit tree gets barked or bruised. But everybody is not equal to doing a good job of grafting of this kind.

My method is not fancy, says a writer in an exchange, but it does the trick. Just as soon as the injury has happened to a fruit tree I get some perfectly fresh cow manure and plaster it all over the wound, then bandage the trunk carefully and tightly with a gunny sack or burlap and secure the bandage by sewing. I then place a coat of fresh manure over the outside of the bandage and protect the treated bandage from rain until it becomes hard and dry.

A tree thus treated never will know it has been injured if there is a small strip of bark to conduct the sap by the injured place.

When the treated bandage gets dry it becomes solid and lasting as a plank, and allows a quick and perfect recovery of the injured part. This simple remedy will save many valuable trees.

SPECIAL RULES FOR PRUNING

Weak-Growing Varieties May Be Trimmed Generously—Rich, Deep Soils Favor Growth.

(By PROF. U. P. HEDRICK, Geneva Experiment Station.)

In pruning for wood the following rules are usually applicable: Weak-growing varieties may always be pruned generously, strong-growing kinds lightly; varieties which branch freely need little pruning, those having unbranching limbs should be pruned more severely; rich, deep soils favor growth, prune trees in such soils lightly; in shallow, sandy soils trees produce short shoots, and the wood should be closely cut.

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SEND us your name and address on coupon below, and we will tell you about how we are giving complete sets of Oneida Community Par Plate Silverware, guaranteed ten years, *FREE* with Skinner Products. In the meantime commence saving up the trade-mark signatures from Skinner packages.

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We will at once return fine recipe book and full information how to secure a beautiful set of Oneida Community Par Plate Silverware FREE. Silverware you'll be proud of and which will make your table look fine. All good grocers sell Skinner's. Cheaper by the case—24 packages.

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Superficial Impression.

"That man looks as if he had something on his mind."

"Yes," replied Miss Cayenne; "but his conversation doesn't sound that way. He is a walking optical illusion."

Try, Try Again.

Blondine—I understand Mrs. Giddigad has been married five times.

Brunetta—Yes, poor dear! She never seems to have any luck with her husbands.

Good Bye Dirt!
Here Comes Richards'
Magic Washing Stick

RICHARDS' Magic Washing Stick

is one of the most wonderful inventions of the age. It is absolutely unique. Never before has there been speed without harm. Never before have women had anything which REALLY made dirt disappear as quickly, as harmlessly, as EASILY as with this extraordinary dirt loosener. It does HOURS work in MINUTES. It positively will not fade colored clothes—shrink or harden woolen, and will not rot or weaken lace curtains so they tear easily, but keeps them STRONG besides absolutely clean.

3 Sticks for 25c—less than 2c a washing

Sold by all Druggists and Grocers everywhere. If yours doesn't handle it, show him this ad—he'll get it for you. Or send 25c in stamps to A. B. Richards Co., Sherman, Tex.

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The Wheat Yield Tells the Story
of Western Canada's Rapid Progress

160 ACRE FARMS IN WESTERN CANADA FREE

The heavy crops in Western Canada have caused new records to be made in the handling of grains by railroads. For, while the movement of these heavy shipments has been wonderfully rapid, the resources of the different roads, despite enlarged equipments and increased facilities, have been strained as never before, and previous records have thus been broken in all directions.

The largest Canadian wheat shipments through New York ever known are reported for the period up to October 15th, **upwards of four and a quarter million bushels being exported in less than six weeks,** and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

Yields as high as 60 bushels of wheat per acre are reported from all parts of the country; while yields of 45 bushels per acre are common.

Thousands of American farmers have taken part in this wonderful production. Land prices are still low and free homestead lands are easily secured in good localities, convenient to churches, schools, markets, railways, etc.

There is no war tax on land and no conscription.

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