

Rest Those Worn Nerves

Don't give up. When you feel all unstrung, when family cares seem too hard to bear, and backache, dizzy headaches and irregular kidney action mystify you, remember that such troubles often come from weak kidneys and it may be that you only need Doan's Kidney Pills to make you well. Don't delay. Profit by other people's experiences.

A Michigan Case

Mrs. W. P. Jones, Pine St., E. V. A. F. I. Mich., says: "I was in bad shape with kidney trouble and my back ached constantly. Sometimes I was so dizzy I could hardly stand and stooping brought severe pains in my mornings. It was all I could do to get on with my nerves were in bad shape. Doan's Kidney Pills permanently cured me after doctor's medicine had failed."



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

Don't Forget—

that when constipation, biliousness or indigestion is neglected, it may cause a serious illness. Act upon the first symptom—keep your digestive organs in good order by the timely use of

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.



PARKER'S HAIR BALSAM
A tonic preparation of herbs. Helps to eradicate dandruff. For restoring color and beauty to Gray and Bald Hair. 50c and \$1.00 at Druggists.

Inculcating Morals.
Mr. Johnson—I'll teach de young varmint to lie! He said a fish got away from him in de millpond today dat was as big as de f. h. dat got away from me down dar last week.

Mr. Jackson—Wal, praps dat's de trufe!

Mr. Johnson—Nonsense! Dar ain't no sech size fish as dat in dat millpond, an' dar nevah wuz!

DANGEROUS VARICOSE VEINS CAN BE REDUCED

If you or any relative or friend is worried because of varicose veins, or bunches, the best advice that anyone in this world can give is to get a prescription that many physicians are now prescribing.

Ask your druggist for an original two-ounce bottle of Emerald Oil (Full strength) and apply night and morning to the swollen, enlarged veins. Soon you will notice that they are growing smaller and the treatment should be continued until the veins are of normal size. So penetrating and powerful is Emerald Oil that it dissolves gout and wens and causes them to disappear.

Old Sailing Vessel.
Discharging a cargo at West Hartlepool recently was the Danish sailing vessel De Tyende Broder, which is the oldest ship trading in the North sea. It was built at Bergen and is one hundred and twenty-nine years old. Owing to the demand for ships of all kinds, it is doing a brisk trade.—London Chronicle.

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, 50c.

An ounce of criticism is worth more than a pound of flattery.

Children Who Are Sickly

When your child cries at night, tosses restlessly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of **Mother Gray's Sweet Powders for Children** for use throughout the season. They tend to break up Colds, relieve Feverishness, Constipation, Teething Disorders, move and regulate the Bowels, and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver and give beautiful sleep by regulating the child's any substitute.

Used by mothers for 25 years. Sold by all druggists, 25c. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y. Do save your ask for and obtain Mother Gray's Sweet Powders for Children.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headaches, and Distress After Eating. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature **W. Wood**

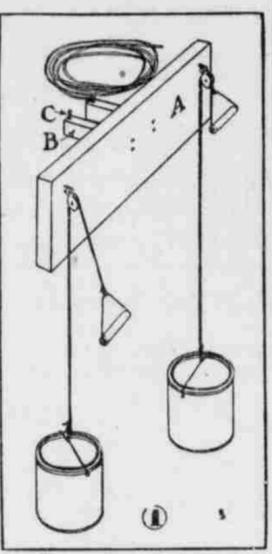
12 Funny Love Letters Read two ways. J. C. GUYER, 417 So. 4th Street, OTTUMWA, IOWA

HANDICRAFT FOR BOYS AND GIRLS

By **A. NEELY HALL and DOROTHY PERKINS**
(Copyright, by A. Neely Hall.)

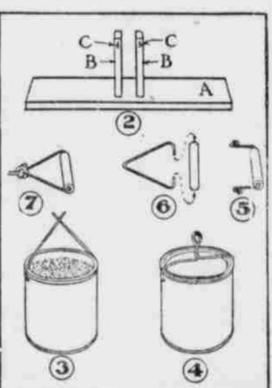
A HOME-MADE CHEST-WEIGHT.

The objection to the common form of chest-weight exerciser because it cannot be fastened to a wall without marring the plaster, is eliminated in the set shown below by reason of



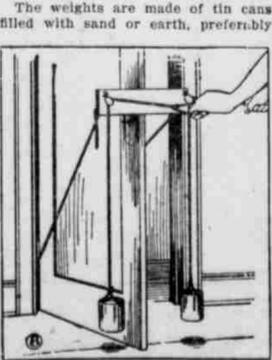
its being attached to the edge of a door. The cross board A, to which the pulleys are attached (Fig. 1), should be prepared first. Cut this about 5 inches wide and 18 inches long. Get a pair of clothes-line pulleys, not screw-pulleys, but the kind with "eyes" that fasten with staples. Attach these pulleys to the cross board one inch from the ends and the same distance down from the top edge.

Fasten a pair of strips 8 inches long to the back of board A (B, Fig. 2), placing them in the center of the length of the board, one inch above what will be the lower edge of the board, and spacing them two inches apart, or just far enough to allow the door to slip between. Strips B are provided to rest upon the door knobs for support of the cross board. Fasten



them with nails driven through board A into their ends. Drive a nail into each of the strips near the outer ends (C, Fig. 2), and tie the end of a six-foot length of clothes line to one of these nails (Fig. 1).

To attach the chest-weight to a door, it is necessary to rest the bottom edge of board A upon the door latch, and strips B upon the door knobs, then run the rope attached to one of the nails C around the face of the door, around the hinged edge, beneath the lower hinge, back to the second nail, and then tie securely to the nail. To prevent board A from scratching the edge of the door, tack a piece of heavy cloth over the back.



The handles for the chest-weights are made from a pair of package-carrying handles (Fig. 5), with the hooked wires removed, and V-shaped wire loops inserted in their stead (Fig. 6)

FOR A SAINT VALENTINE'S DAY PARTY.

Ask each one invited to your St. Valentine's day party to bring a valentine for sending through Cupid's post office. The names of the boys and girls must be placed upon the back of their valentines, and the valentines dropped into Cupid's mail box immediately upon entering your home.

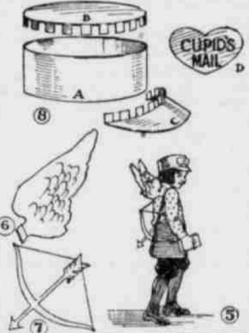
Cupid's mail box is easily constructed out of a cardboard box. Cut a piece from the cover equal to one-third of its length, and with a strip of cloth hinge together the two parts (A and B, Fig. 2), and sew the rim of part B to the sides of the box.



Part A is hinged to provide for the removal of mail. In the end of the box at C, cut a slot for the letter-drop.

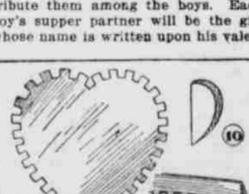
The arched top of the box is made by fastening the pieces of cardboard D (Figs. 2 and 3) to each end of the box, and then attaching a bent piece of cardboard to the tops of these. Slash the curved edge of pieces D, and turn them down for flaps to glue the curved piece E to.

Have your little brother or some small boy friend play the part of Dan Cupid's postman (Fig. 5). A school-bag for a mail sack, a pair of cardboard wings (Fig. 6), a cardboard bow



and arrow (Fig. 7), and a postman's cap (Fig. 8) are needed.

Make the cardboard hand A of the cap to fit the boy's head, and cut tabs on the edge of the top piece B to turn down and glue to the inside of the hand. Also cut tabs on the upper edge of piece C, and glue them to the inside edge of band A. Make the heart D of red paper, letter "Cupid's Mail" upon it, and glue it to band A. The postman should collect the mail previous to the serving of refreshments, and sort it over, placing in one pile the valentines posted by girls, and in another pile those posted by boys. Then taking the girls' valentines in his bag, he should distribute them among the boys. Each boy's supper partner will be the girl whose name is written upon his valen-



tin. When the partners have been selected in this way, the postman should deliver the boys' valentines to the girl partners of the boys whose names are written upon the backs.

A heart hunt is a jolly game for beginning the fun at the valentine party. There should be large hearts, small hearts, half hearts and quarter hearts, and these should be concealed in every accessible hiding place, prior to the guests' arrival. Count one point for each heart recovered.

Make heart-shaped candy boxes like that shown in Fig. 9 for each place at the supper table. Cut the top and bottom out of heavy red paper, making them heart shaped by a pattern folded and cut as indicated in Fig. 10. Cut little tabs upon the edge of the bottom piece (Fig. 11), bend up these tabs, and paste a strip of paper to them to form the sides of the box (Fig. 12).

TURKEYS ACT AS SNAKE HUNTERS

Spot Reptiles, Give Alarm and the Ranch Owner Does the Rest.

A TRUE SNAKE STORY

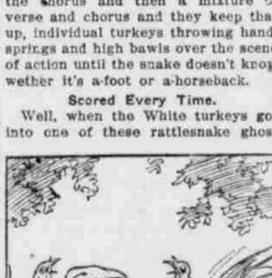
The Writer Admits It Himself, and to Anyone Who Doubts the Tale He Will Exhibit the Farm as Proof.

Pueblo, Colo.—Nineteen rattlesnakes in ten days is the score, being within one of an actual score, that stands to the credit of Mrs. Robert White of the Siloam country.

Last summer Mrs. White raised turkeys and depressed rattlesnakes. Over 200 turkeys perched the roosts and ridge poles of the White farm during the dark hours last fall, but all summer long during the daytime they wandered afar. With the first streak of the coming dawn there were streaks, also, of turkeys. Far and wide they skimmed pasture and plain for grasshoppers and, it may be noted, parenthetically, no one complained of a shortage in the grasshopper crop last fall. They were everywhere in evidence—a turkey's paradise. But the White turkeys, and there were bronze ones, too, discovered the ever-to-be-looked-for serpent—19 of them!

Now a turkey and a rattlesnake are discordant elements, particularly the turkey. The yell that a turkey emits on stumbling upon a rattlesnake is "a caution to snakes"—one shrilling shriek which runs the entire gamut of an awful horror, despair, protest and vengeance, to terminate in a piercing climax of strident turkey destruction. And it does it again, and it keeps it up, and other turkeys come and merge their united voices into one prolonged wail of a hopeless agony that would tear barnacles from the keel of the "ship that never comes in." Then they form a cordon of turkeys in an active state of chronic eruption, so to speak, around the reptile and sing the second verse and the chorus and then a mixture of verse and chorus and they keep that up, individual turkeys throwing hand-springs and high bawls over the scene of action until the snake doesn't know whether it's a-foot or a-horseback.

Scored Every Time. Well, when the White turkeys got into one of these rattlesnake ghost



One Shrilling Shriek.

dances Mrs. White always heard the hullabaloo, and she'd sally to the rescue, knowing the snake would prefer a merciful death to instant insanity and immediate annihilation.

The turkeys were always honest about it, never raising any false alarm, but on 19 special occasions within a period of ten days they went through a paroxysm such as the Spectator has attempted to describe and Mrs. White got a rattlesnake every time.—Pueblo Spectator.

MAN IS LOCKED IN BOX CAR

Subsists for Week on Apples and Is Arrested Trying to Cut Way to Freedom.

KANSAS CITY, Mo.—To be locked for nearly a week in total darkness in a box car loaded with apples; to subsist wholly on the fruit during that time, and then arrested while trying to cut his way to freedom, was the experience which James McMahon, a laborer, has just passed through.

Jerome Hodson, a special officer, was passing a closed car in the C. & A. yards when a queer scraping sound inside attracted him. Yelling an inquiry, Hodson received a reply, seemingly whispered.

Hodson unlocked the door, and McMahon, weakened and emaciated, lay in the center of a pile of cores on the inside.

Firemen Rescued a Pet Cat. Columbus, O.—Firemen responded to a recent alarm at Flora and Decker avenues, where an excited woman could only point to the top of a telegraph pole where her pet cat was reposing in apparent comfort. The firemen rescued the feline which, it was claimed, had been in the air 36 hours.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

Feb. 7, 1915.

British took German trenches at Guinchoy. Germans rushed re-enforcements to East Prussia. Russians pierced second line of German trenches near Borjimow. Austrians resumed attacks on Montenegrin positions on the Drina. British foreign office upheld use of American flag by Lusitania.

Feb. 8, 1915.

Germans shifted 600,000 troops from Poland to East Prussia where Russian cavalry were sweeping northward. Russians moved forward in Carpathians but retired in Bukovina. Turks in Egypt in full retreat. Premier Asquith reported to parliament British losses of 104,000 to date. Germany ordered all neutrals expelled from Alsace.

Feb. 9, 1915.

Germans again bombarded Reims, Soissons and other towns. Fighting on skis took place in Alsace. Austro-Germans attacked Russians at three points in Carpathians. Russians made a wedge in East Prussia across Angorap river. Turkish cruiser bombarded Yalta. Russian warships shelled Trebizond.

Feb. 10, 1915.

Fierce fighting took place in the Carpathian passes. Russians continued retirement from Bukovina. Allied aviators dropped bombs in Adrianople. French brought down German airman who dropped bombs in Paris. German Socialists endorsed the war. Steamer Great City sailed from New York with relief cargo worth \$530,000 for Belgium.

Feb. 11, 1915.

Russians fell back in Mazurian Lake region, East Prussia. Cargo of American steamship Wilhelmina, for Hamburg, seized by British at Falmouth. German submarines, driven by storm in Norwegian ports, were forced to leave. American note to Germany, warning U. S. would hold it to strict accountability for destruction of American vessels or lives on high seas, made public. American note to England made public, objecting to use of American flag by British ships.

Feb. 12, 1915.

Von Hindenburg won great victory over Tenth Russian army in Mazurian Lake region, Russians fleeing across frontier leaving 30,000 dead and wounded, 50,000 prisoners and many guns. Russians strengthened second line of defense. Thirty-four British airships raided Belgian seaports. French aviators raided German aerodrome in Alsace. Exchanges of disabled prisoners between England and Germany arranged. American Girls' society sent to France apparel for 20,000 persons.

Feb. 13, 1915.

Russians claimed German offensive in Poland had failed. Germans defeated English on Orange river, South Africa, and invaded Uganda and British East Africa. British wiped out Turkish force at Tor. Two British airmen killed at Brussels. Entire Austro-Hungarian land-sturm was called out.

Why Guns Are Fired in Salute. This is a sign of honor reserved for royal and very distinguished persons. When ships or coast forts fire their guns to welcome a distinguished visitor the compliment, though noisy in form, is more delicate in intention than some of us know. It means that we know the purpose of the visitor's coming is so peaceful that we need not keep our guns loaded, but joyfully empty them in his presence.

Make Punctuality a Habit. Somebody said that the man who was always on time spent half his life waiting for the other man. Perhaps that is so; yet the fact is no excuse for those who are habitually late. And really it is quite as easy to be on time as it is to be late, if we only make punctuality a habit.

Use for the Dowry. A bachelor informs us that a marriage dowry is a lump of sugar intended to nullify the bitterness of the dose.—Indianapolis Star.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Berbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

He Likes Himself. "Well, if that Watson isn't the most conceited, self-satisfied self—" "Yes, I've heard you say something of that kind before. What's started you off this time?" "He just sent a telegram of congratulations to his mother." "Well?" "Today's his birthday."—Everybody's Magazine.

RED, ROUGH, SORE HANDS

May Be Soothed and Healed by Use of Cuticura Trial Free.

Nothing so soothing and healing for red, rough and irritated hands as Cuticura Soap and Cuticura Ointment. Soak hands on retiring in hot Cuticura soapsuds. Dry, and gently anoint hands with Cuticura Ointment. A one-night treatment works wonders.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. 4, Boston. Sold everywhere.—Adv.

Peculiar Reply. Tessie—Why didn't you accept him if you hated to refuse him? Jessie—I hadn't the heart to do it.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Great riches are as hard to lose as a good name—and just as easy.

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2312 E. O Street, Richmond, Va.



While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness. For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound. W. N. U., DETROIT, NO. 7-1916.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Fitch* In Use For Over Thirty Years **CASTORIA**
THE CENTAUR COMPANY, NEW YORK CITY.

Might Be Different.

"Our romance began in a most romantic way. My wife saved me from drowning. She's a magnificent swimmer, you know." "I notice you don't go out very far now." "No. I don't know if she would save me again."

Unkind Fate.

The "Kind Lady"—You clear off or I'll set the dog at you. The Tramp—Ah, 'ow deceptive is 'uman natur'! For two nights I've slept in yer barn, eaten of your poultry, an' drunk of yer cider, and now yer treats me as an utter stranger.

Would Do Her Part.

He—Of course you understand, Betty, that our engagement must be kept secret? She—Oh, yes, dear. I'll be sure and tell everybody that.

Ring.

She—How I wish I were a man! It—Do you, really? She—Yes, don't you?

The Earlier Opportunity.

"Do you think our friend's peace plans can end the war?" "I'm afraid not. Anybody smart enough to end the war would have been smart enough to prevent it."

Heard at the Club.

"How did you get money to bridge you over?" "Playing bridge whist."

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WHAT IS URIC ACID?

THE CAUSE OF BACKACHE, RHEUMATISM, LUMBAGO

Ever since the discovery of uric acid in the blood by Scheele, in 1775, and the bad effect it had upon the body, scientists and physicians have striven to rid the tissues and the blood of this poison. Because of its over-abundance in the system it causes backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and completely eradicate this uric acid from the system. "Anuric" is 27 times more potent than *Hthia*, and consequently you need no longer fear muscular or articular rheumatism or gout, or many other diseases which are dependent on an accumulation of uric acid within the body. Send to Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., for a pamphlet on "Anuric," or send 10 cents for the package of "Anuric" Tablets. "Anuric" is 27 times more potent than *Hthia*, and consequently you need no longer fear muscular or articular rheumatism or gout, or many other diseases which are dependent on an accumulation of uric acid within the body. Send to Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., for a pamphlet on "Anuric," or send 10 cents for the package of "Anuric" Tablets. "Anuric" is 27 times more potent than *Hthia*, and consequently you need no longer fear muscular or articular rheumatism or gout, or many other diseases which are dependent on an accumulation of uric acid within the body. Send to Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., for a pamphlet on "Anuric," or send 10 cents for the package of "Anuric" Tablets.

Money furnishes a house, but it takes love to furnish a home.