

WASN'T WORTH THE LIVING

Was Mrs. Bowling's Conception of Life at One Time—Thinks Differently Now.

Loveland, Ky.—"When I first wrote you, I was feeling so miserable, that life wasn't worth living." So writes, in a recent letter, Mrs. Anna Bowling, of this place.

"I was in bad shape, my left side hurt so, at times, I could hardly bear it, and I could not lie on that side at night, at all. I also had another serious symptom of womanly trouble.

I finally decided to give Cardui, the woman's tonic, a trial, so I purchased a bottle, and by the time I had taken it, I felt better in every way, so I got another bottle, and it straightened me out entirely.

I feel as well now as I ever did in my life, and I can be safe in saying that Cardui is the best medicine on earth for women. I had little faith in it before I commenced taking it, but now I would not exchange it for all the other medicines."

Are you one of those poor women sufferers, who feel that life is hardly worth the living? Have you that everlasting tired, nervous, worn-out, headachy feeling? If so, get a bottle of Cardui and begin taking it today. No doubt it is the very medicine you need.

N. B.—Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for "Special Instructions on your case and 64 page book, Home Treatment for Women," sent in plain wrapper. Adv.

Real Miser.

William Corcoran Eustis, the efficient chairman of the Washington inaugural committee, said the other day of a proposed inaugural economy:

"No, that would look odd. It would look too much like Scrooge.

"Scrooge, at a board meeting, cut his finger and asked for a piece of sticking plaster. Nobody had any plaster, but a merchant handed Scrooge a two-cent stamp.

"Put that on," he said. "It will stop the flow of blood."

"Oh, thank you," said Scrooge; and drawing forth his wallet, he deposited the two-cent stamp therein, taking out a one-cent stamp of his own, which he proceeded to affix upon his hurt."—Manchester Union.

Look for Look.

Mrs. Eve—While I was going downtown on the car this morning the conductor came along and looked at me as if I hadn't paid my fare.

Eve—Well, what did you do?
Mrs. Eve—I looked at him as if I had.

Little Pitchers.

"Mrs. Gaddy, please let me see your old cat."

"What do you mean, child? I've got no old cat."

"The one mamma said she had to come and see when she started here."

The Test.

"How can you tell if a purse is real alligator skin?"

"I don't know, but I suppose you ought to be able to tell by the snap."

Berlin in 1911 consumed 577,537,791 pounds of milk.

GROWING STRONGER

Apparently, with Advancing Age.

"At the age of 50 years I collapsed from excessive coffee drinking," writes a man in Mo. "For four years I shambled about with the aid of crutches or cane, most of the time unable to dress myself without help.

"My feet were greatly swollen, my right arm was shrunken and twisted inward, the fingers of my right hand were clenched and could not be extended except with great effort and pain. Nothing seemed to give me more than temporary relief.

"Now, during all this time and for about 20 years previously, I drank daily an average of 6 cups of strong coffee—rarely missing a meal.

"My wife at last took my case into her own hands and bought some Postum. She made it according to directions and I liked it fully as well as the best high-grade coffee.

"Improvement set in at once. In about 6 months I began to work a little, and in less than a year I was very much better, improving rapidly from day to day. I am now in far better health than most men of my years and apparently growing stronger with advancing age.

"I am busy every day at some kind of work and am able to keep up with the procession without a cane. The arm and hand that were once almost useless, now keep far ahead in rapidity of movement and beauty of penmanship."

Name given by Postum Co., Battle Creek, Mich. Write for copy of the little book "The Road to Wellville."

Postum comes in two forms:

Regular Postum—must be well boiled
Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with the addition of cream and sugar, makes a delicious beverage instantly.

"There's a reason" for Postum.

AFRO-AMERICAN CULLINGS

There never was a time in which mankind was absolutely perfect in all things; nor do we believe such will be the state of society before the millennium dawn, but there have been periods in which existed a more wholesome regard for sacred obligations. The tendency to degenerate from exalted conditions is a growing failure, and the affliction is apparent in every phase of civilized life. The Golden Rule is trampled upon daily, and there is a small inclination to render as we would receive. Sentiments, enthusiastically expressed in favor of religion, fall short in its practice; and promises faithfully given are treated with disdain. Through this medium a lack of confidence is created, and operations are hampered, because faith in integrity is destroyed.

There are few who, seemingly realizing that the performance of obligations of individuals to each other is the basis upon which prosperity stands, because a solemn trust between man and man removes obstructions and throws wide the gates of opportunities. But when these are closed on account of man's delinquency and indifference to the duties which should direct his steps, stagnation follows; and general depression reigns where peace and plenty should abide. Nothing is so destructive to happiness as the unsettled condition which disturbs the repose of communities; and every act which casts a shade over the conduct of society regards to a certain degree, its onward strides. Little forethought relative to the part each is expected to play in the drama of life is exhibited; and we drift along heedless of inevitable consequences. Very often, diligence in small matters leads to control in great ones; and by our failure to properly cultivate the chances by which our varied careers are affected, we forfeit cherished blessings and lose the reward which faithful service begets. Our understandings are experimental, and we are not wise as to the outcome; but where duty meets its requirements, things may be reckoned with a less degree of uncertainty. The wheel of fortune ever turns; at each revolution somebody wins and somebody loses; but winner and loser alike pursue their occupation in hopes of final success. With faith in the honesty of our fellowman, we rest our hopes of triumph; but should he desert our cause in the midst of action, our prospects are doomed to disappointments. Human interests are so interwoven that whatever injures one member has a baneful effect upon the other, likewise; therefore, it is fitting that caution in dealing should be exercised, lest, in our efforts to handicap the progress of others, we do irretrievable damage to our own.

Resolutions declaring that the policy of the administration at Washington in segregating the races is a petty one were adopted by the Illinois State Federation of Colored Women's clubs. The federation promised co-operation in preparing for the semi-centennial celebration of Negro freedom to be held in 1915. The state was commended for providing an appropriation for this event. It was decided to hold the 1914 convention in Moline. Among the speakers were Senator John Dalley of Peoria, Bishop Fallows of Chicago, Rev. A. J. Carey of Chicago, Rev. Charles Virden, visitation agent for the state board of administration, and Mrs. Nora Taylor of Chicago.

The National Negro Business league in an address to the public setting forth the achievements of the race during fifty years of freedom, says that the possessions of Negroes in the United States amount to \$700,000,000, exceeding the possessions of the white peasantry of Russia. The address further states that while there were 4,500,000 Negroes at the beginning of the civil war, of whom 3,000,000 were slaves, the number has increased to ten million; that only 20 per cent of the race owns twenty million acres of land, equal to the area of South Carolina.

The annual convention of the league ended with the re-election of Booker T. Washington as president for the fourteenth consecutive time. Charles Banks, of Mount Bayou, Miss., was elected vice-president; Emmett J. Scott of Tuskegee, Ala., secretary, and Charles H. Anderson of Jacksonville, Fla., treasurer.

The statement has been made that life would be prolonged if persons would acquire the habit of stooping by the hips, instead of bending the backbones.

While the millions of Negroes in the south are largely an ignorant people so far as letters are concerned, they are not as a rule a degraded people, declared Booker Washington at Philadelphia. Some of the finest specimens of physical and moral manhood to be found anywhere in the world can be found among the country people of our race. There is a vast difference between ignorance and degradation.

Now as to our program for the future. We should make up our minds thoroughly that there is a permanent place in the country for us, and that we have more friends both in the north and the south than we have enemies.

We should make up our minds that we are to use material gain and prosperity not as an end, but as a means towards securing and enjoying the best things in our American life.

What are our chances and what is the outlook? The large number of independent, prosperous and law-abiding black people right here in Philadelphia partly answers this question. What hundreds in Philadelphia have done others can do throughout the United States.

There is a place for at least 900,000 independent, self-supporting Negro farmers. When I was recently in the far west, nothing impressed me more than to note the large number of educated white men who were beginning life as farmers. Often they started in a little hut or "dug out," and suffered privations, but they were sticking to it. These are the people who in the future make the great kings of industry.

There are openings in the south for 1,000 more saw mills and 1,000 brick yards. It is easily possible to find inviting places north and south where 4,000 more grocery stores can be opened.

We need 2,000 additional dry goods stores and 1,500 shoe stores. Our race needs 1,000 more good restaurants and hotels.

The officers of the Philadelphia Negro Business League's committee in charge of the recent celebration are: Chairman, Charles H. Brooks; secretary, Charles R. Taylor; treasurer, E. C. Dawkins. Other national officers of the league besides Dr. Washington are as follows: Vice-presidents, Charles Banks, Mount Bayou, Miss.; J. E. Rush, Little Rock, Ark.; S. G. Elbert, Wilmington, Del.; Harry T. Pratt, Baltimore, Md., and John M. Wright, Topeka, Kan.; corresponding secretary, Emmett J. Scott, Tuskegee, Ala.; treasurer, Charles H. Anderson, Jacksonville, Fla.; registrar, F. H. Gilbert, Brooklyn, N. Y.; assistant registrar, R. C. Houston, Fort Worth, Tex.; transportation agent, A. B. Jackson, Philadelphia; official stenographer, William H. Davis, Washington, D. C.; compiler, S. Laing Williams, Chicago, Ill.

A truckers' association, composed of colored farmers, was organized at Natchez, Miss. About 100 acres was pledged. There were fifty colored farmers at the meeting who evinced much interest and enthusiasm. The assembly was addressed by Prof. G. W. Brumfield, Prof. S. H. C. Owens, Dr. A. W. Dumas, J. R. Ross and James Boyd. Prof. G. W. Brumfield was elected president; J. R. Ross, secretary, and John S. Toles, vice-president.

We must not lose faith in our white friends, and above all this we must have constant and unvarying faith in our own race. We must have pride of race. We must be proud of being a Negro as the Japanese is of being a Japanese. Let us go from this great meeting filled with a spirit of race pride, rejoicing in the fact that we belong to a race that has made greater progress within 50 years than any race in history, and let each dedicate himself to the task of doing his part in making the 10,000,000 of black citizens in America an example for all the world in usefulness, law-abiding habits and high character.

If an English engineer's plan to run an electric railroad up the side of Mount Popocatepetl in Mexico be carried out, passengers will experience a change in temperature from 70 degrees above zero to 10 below within two hours.

The French postal authorities are experimenting with American automatic and semi-automatic telephones in two cities with a view to their general introduction into Paris if satisfactory.

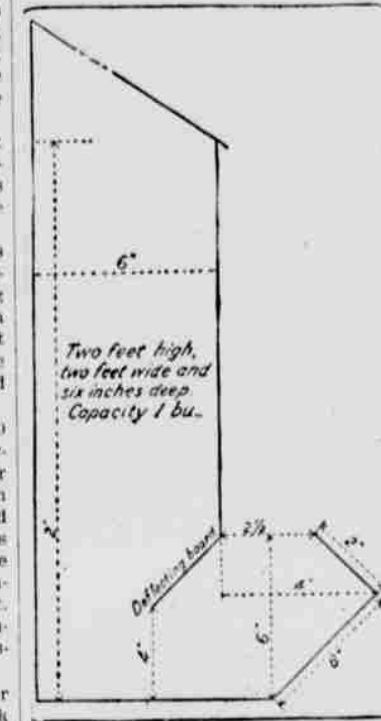
FARM POULTRY

EFFICIENT DRY MASH HOPPER

Design and Dimensions Illustrated Are Result of Considerable Experimenting—Easily Made.

In response to a query for a diagram and description of an inside fry-mash hopper a writer in the Rural New Yorker makes the following reply:

The accompanying diagram shows an end view, or cross section, of a fry feed hopper designed to prevent the waste of food. The design and dimensions are the result of considerable experimenting, and the hoppers are very satisfactory, both for young



Dry Mash Hopper.

chickens and older fowls. The one shown will hold a bushel of feed and is used in a colony house for growing chicks; for older fowls it should be several times as large, keeping the dimensions of the feed opening the same, however. One used in my hen-house holds 200 pounds of feed and is filled at irregular intervals as it becomes empty. They may be built of any stuff at hand, though mine are made of one-inch pine boards for ends, and half-inch matched stuff for the rest.

FEED CHICKENS IN SUMMER

There Are Few Farm Flocks That Will Not Improve in Egg-Laying if Given Some Grain.

The very common opinion that farm flocks need no grain feed in summer is seldom warranted. The farm range is valuable, and there is no place where eggs can be produced as economically, but there are few flocks that will not improve in egg yield if given at least one feed daily. It ought not to be difficult to determine whether more feed is needed. Something depends on the size of the flock and the range, but the egg yield will tell. There is only one probable explanation for a farm hen's failure to lay eggs in summer, and that is lack of feed. Occasionally it is due to a lack of the right kind of feed, but generally if the hens have one feed daily of any grain they will give good results.

Wheat, barley and oats are the practical summer grains, but if a little corn is used and some meat, corn is very good. Whatever grain is used it is genuine economy to give the hens access to dry bran. An open shallow box will do if you haven't time to make a regular feed hopper. No poultryman or farmer is feeding to the best advantage who does not feed bran.

POULTRY NOTES

Eggs not gathered once a day now are of doubtful quality.

Do the birds have shade in an open, airy place? They need it.

Healthy breeding stock is the greatest requirement for strong chicks.

The breed you like the best is the one you will give the most attention.

As a source of income the hen is not considered as seriously as she should be.

There will never be too many good poultrymen, but we can all strive to be among the best.

Air-slaked lime, freely dusted everywhere, is cheap, and will destroy lice, gapes and the roup.

1st

First in Everything

First in Quality
First in Results
First in Purity
First in Economy

and for these reasons Calumet Baking Powder is first in the hearts of the millions of housewives who use it and know it.

RECEIVED HIGHEST AWARDS
World's Pure Food Exposition, Chicago, Illinois.
Paris Exposition, France, March, 1912.



You Don't save money when you buy cheap or low-quality baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

Agreeable Change.
First Clubman—I've been watching Blowhard over there smoking.
Second Clubman—Where's the interest?
First Clubman—It's such a pleasant change to find him puffing something else besides himself.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

A telephone system, Americar throughout in every particular, has been installed at Bahia, Brazil.

Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Ball Blue. Adv.

A sure way to be ignorant is to think you know it all.

The matchless beauty starts the conflagration.

Foley Kidney Pills Succeed because they are a good honest medicine that cannot help but heal kidney and bladder ailments and urinary irregularities, if they are once taken into the system. Try them now for positive and permanent help.

HOSPITAL FOR THOSE LESS ABLE TO PAY
The Post Graduate Hospital of Oklahoma City, Okla., furnishes room, board, nursing and medical and surgical services for \$15.00 per week. Patients taken care of in elegant private rooms which were formerly \$25.00 per week. Patients must bring a letter from their local physician stating they are unable to pay more than the hospital fee. No other hospital to our knowledge is conducted along these lines. No better specialists in all lines connected with any hospital in the southwest. Address
DR. CAMP, Superintendent
POST GRADUATE HOSPITAL
Oklahoma City, Okla.

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will remedy these troubles. Price, 25 cents.

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If you are afflicted with any of the following troubles, write for my FREE book, THE MOST INSTRUCTIVE MEDICAL BOOK EVER WRITTEN. IT TELLS ALL ABOUT THESE DISEASES AND THE REMARKABLE CURES EFFECTED BY THE NEW FRENCH REMEDY, M. H. 2. M. 3. & you can decide for yourself if it is the remedy for your own ailment. Don't send a cent. Absolutely FREE. No following address: DR. LEAVITT & CO., HAVERSHURD RD., HAMPSTEAD, LONDON, ENGLAND.

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