

Failed in Health

"My mother died six years ago," writes Miss Ruth Ward, of Jerseyville, Ill., "and left me to care for six children. I had never been strong; and this, with the shock of her death, was too much for me. I failed in health. I was tired all the time and did not want to go anywhere, nor care for company. I had the headache all the time and such bearing-down pains. A very dear friend advised me to take Cardui, as it had done her so much good, so I commenced to use it and now I am in good health."

Take CARDUI

The Woman's Tonic

Women's pains are relieved or prevented and women's strength is quickly restored, by Cardui, the woman's tonic. You yourself know best if you need it, or not. If you do need it, do not delay, but commence to use it at once. Every day of delay, only lets you slide further down the hill. Don't wait, then, but begin to take Cardui today, for its use, no matter how prolonged, cannot harm you and will surely do you good.

Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent free.

OF INTEREST TO WOMEN

FRECKLES

Use lemon juice and glycerine, and if the glycerine irritates the skin, dilute it with water.

The slice of a freshly cut lemon is also beneficial if rubbed in the skin. Elderflower soap is very good also. Another lotion is made of three parts glycerine and one part tincture of iodine. If the freckles are stubborn ones and do not yield to these treatments use this formula: Bi-chloride of mercury, six grains; glycerine, two ounces, and rose water, one ounce. This lotion will smart when applied, but will cause no serious irritation. Bathing the face in buttermilk will also help. —Philadelphia Inquirer.

PORE CAKE

One pound of fat (no lean meat) salt pork, chopped fine; one pint of boiling water and one tablespoonful of soda, one cupful of brown sugar, two cupfuls of molasses, one tablespoonful of cinnamon, one tablespoonful of cloves, one tablespoonful of allspice, one pound seeded raisins, one pound currants, one-half pound citron (shaved fine); flour to make a stiff batter. Bake about three hours, if made in one cake, in a slow oven. If desired, the following may be added to the above: One pound sultana raisins, one-half pound figs (chopped fine), one-half pound dates (chopped fine) one-quarter lemon peel (sliced fine) one-quarter orange-peel (sliced fine)

A GOOD PLAIN OMELET

Break three eggs into a bowl, add three tablespoons of water and beat together until ever so light.

There's a great deal in the "beat".

Melt one teaspoonful of butter in a pan or skillet and when it is sizzling hot—sputtering as if it was mightily put out about something—pour in the beaten mass.

It is here the art of the omelet comes in. Most persons just let the egg cook and then give it a flop to let it cook on the other side and then fold it over and wonder why it is tough as a harness strap.

The right way is to keep shaking the pan all the time the egg is cooking, and while you're producing this artificial ague with the left hand, you must be turning up the other edges of the omelet with a knife so the thin part in the center can run out underneath and get cooked.

Just as soon as the egg is set, fold over the yellow mass and turn it out on a hot plate, arnish it with a few sprigs of parsley and get it to the breakfast table in double-quick time.

CREAM POTATO SOUP

Peel and cook about six medium sized potatoes one generous slice of bread, a small onion and a little parsley in two-quarts of salted water until all is sufficiently tender to press through a sieve. Add one quart of hot milk pala-

tably seasoned with white pepper and slightly thickened with butter and flour rubbed to a paste.

NATIONAL RIVERS AND HARBORS CONGRESS

Washington, July.—The National Rivers and Harbors Congress, never had stronger endorsement in its campaign for a comprehensive waterway policy, in its opposition to piecemeal appropriations for the improvement of the rivers and harbors of the United States than was given it indirectly by President Taft in his reasons for attaching his signature to the river and harbor appropriation bill. The President, in his special message to Congress, did not mince his words, when he served notice on the Senate and House Committees that veto faces the next waterway bill unless more care is taken in the selection of projects for development and a disposition shown to complete projects as quickly as consistent with good business judgment.

Speaking of the Rivers and Harbors bill, Representative Alexander, chairman of the Rivers and Harbors Committee, when asked if it was seriously in danger of a veto, said, "I did not hear the slightest rumor of a veto until Thursday. We knew the President was studying the bill like a lawyer and for two hours on Friday afternoon Senator Nelson and myself went over it with him, answering every objection which had been raised against it. He quickly yielded on everything except the so-called 'dribbling or piecemeal' policy which we had inherited from former bills. We showed him that 60 of the items in the Act of 1899 made insufficient appropriations to complete; that the act 1902 contained 64 per cent, that the act of 1905 contained 37 per cent; that the act of 1907 carrying \$86,000,000 contained 44 per cent and that had we increased the bill of 1910 to \$86,000,000 the showing would have been much better than the Act of 1907. We declined to do that, however, because a bill aggregating \$86,000,000 would have destroyed our chance for establishing annual bills, which, after our long experience we knew, was the only way to reform the existing dribbling system.

That the President was satisfied that we were working along lines which he desired is manifest by his approval of the bill. His message makes clear that he wants to cut loose from the old method, a reform in which Senator Nelson and myself are in hearty accord.

It has been apparent to me for several years that only moderate annual bills could bring about such a reform and the act of 1910 opens the way for such bills which fix a time limit on all improvements; begin the work of abandoning unworthy projects, long ago or never approved by the engineers; require that estimates of Engineers shall be accurate instead of guess work; and

BEFORE



WHEN HE DRANK POP AND BOOZE

Pepsi-Cola

MAKES the MAN
DOCTORS SAY THAT FOOD HAS
MUCH TO DO WITH THE MAKING
OF A MAN

WE SAY

AFTER



SINCE HE DRINKS PEPSI-COLA.

Drink has much to do with the making of a man, and we can prove it too. This young man drank pop and booze—See him in overalls—A regular tough character. Could not expect any better. This drink was of a tough character. He could not be anything else, He quit booze and went to drinking Pepsi Cola, its results was astonishing. His tough character disappeared. He discarded his overalls, and dressed up. He drinks a high class drink, it has its elevating effect on him. Its a high grade drink, pure and healthy It invigorates the system, make you healthy and the effects soon show themselves in the personal appearance.

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leave largely to the Engineers the selection of the projects for improvement. The President's objection to the old method of making River and Harbor bills simply goes to the selection of projects. After the Board of Engineers has approved projects, some important, other indifferent, Congressmen have heretofore made the selections. The president wants competent Engineers to indicate by recommended appropriations what projects shall be taken up and when they shall be completed. If no appropriation is recommended the project, even if previously approved by the Board of Engineers, has no standing for that bill. Thus by the recommendation of appropriations the Board of Engineers can guide Congress in formulation of annual bills which will satisfy the country and the great majority of Congress.

There is no reform in a bill which simply completes improvements. A measure of \$80,000,000 or \$90,000,000 which completes most of the new projects adopted in the bill, may be a retrograde movement since it may complete unimportant as well as desirable improvements. What is needed is a preference of projects and their systematic completion within a reasonable fixed period. An annual bill makes such a reform possible.

The good are better made by ill, As crows crushed are sweeter still. —Samuel Rogers.

WOMEN ARE INTERESTED IN ESTABLISHING LOWER DEATH RATE AMONG THEIR SEX

It has recently been discovered that many women who believe they are suffering with diseases peculiar to their sex have nothing else but kidney trouble or the results of kidney and bladder diseases. Thousands of women suffer from kidney trouble and never know it. When the kidneys are not in a healthy condition, they often cause the other organs to become diseased, and you become nervous, irritable and often despondent.

When in ill health you may suffer with bearing down feelings, backache and loss of ambition. Many thousands of nervous, irritable and broken down women have restored their health and strength with Bloodine Blood and Kidney Tablets, they make sick kidneys well. Free sample and booklet will be sent by the Bloodine Corporation, Boston, Mass. Enclose stamp to pay postage. July 1-7-15-22

PREACHING VS PRACTICING

About the beginning of the Taft administration we heard a lot about economy. Yes, that is a nice word for campaign use. It appeals to the dear "pepu" and then after it is all over they simply forget all about

such a thing as economy until the next set of candidates come along. But in Taft's case the newspapers have been pestering his quite a lot by calling the attention of the people to these campaign promises and that is what has caused the president to say some unkind things about the newspapers. He promised economy and everybody thought he was going to save the country some real money, even if the cost of living did go up. He had so many pet bills and

so many things to help out, however, that when all the appropriations are footed up for this session just closed it will show the amazing total of \$1,04,986,941 which is just a little over 10,000,000 more than any other congress ever appropriated, and they were called extravagant, yes, even wasteful. Just suppose President Taft and his crowd had not been so economical for the sake of the people at home it is most likely they would have given us an example that

would have made Teddy and his strenuous congress look cheap.—Evening Times.

WORK 24 HOURS A DAY

The busiest little things ever made are Dr. King's New Life Pills. Every pill is a sugar-coated globule of health that changes weakness into strength, languor into energy, brain-fag into mental power; curing constipation, headache, chills, dyspepsia, malaria. 25c at the Standard Drug Co.

CLOTHING SPECIAL

In looking over our stock of clothing, we find that we have a lot of suits worth \$7.50 to 10.00, but not a regular line of sizes,

We want to move them quick, so have decided to close them out at 5.00, mens and youths pants 1.00 to 3.00 boys suits 1.25 to 4.50

Boys wash suits, a few left at special price,

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