

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.

Junk. "Smithers bought eight million shares of mining stock yesterday."

"Great Scott! Where did he get the money?"

"He didn't need much. He got the stocks for a cent a pound as waste paper."

A GLASS OF SALTS WILL END KIDNEY-BACKACHE

Says Drugs Excite Kidneys and Recommend Only Salts, Particularly If Bladder Bothers You.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.—Adv.

Merely Preliminary. Bronson—I foolishly promised my wife a new silk gown this fall, and it's cost me nearly \$10 already.

Woodson—For material? Bronson—Oh! no; that's what she's spent in carfare looking up samples.

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

The New Geography. Knicker—What are diplomats? Bocker—Bodies of men entirely surrounded by atmosphere.

Co-Zene Kills Eozema. Let us prove it. Accept no substitute. If your Druggist does not have it, write to Co-Zene Co., St. Paul, Minn.—Adv.

Better think three times before extracting a dollar from your pocket to invest in a get-rich-quick proposition.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you'll look young. After the Movies Murine Eye Drops. Don't tell your age. Murine Eye Drops. Chicago. Sends Eye Book on request.

The older we grow the greater the lack of knowledge we discover in others.

Wounds cleansed by Hanford's Balsam. Adv.

A girl never looks older than she is unless she has her hair in curl papers.

ZEPPELIN RAID ON ENGLISH COAST

WIDE TERRITORY VISITED BY SIX OR SEVEN OF THE GERMAN DIRIGIBLES.

NOT VERY MUCH FIGHTING

Russians Drive Turks Back and Go to Plains for Winter Quarters. Some Artillery Battles.

London.—A Zeppelin air raid on the eastern, northeastern and midland counties of England has followed closely the attacks on Paris by German dirigibles. The British war office which now controls the defenses at London against air attacks, announces that six or seven air craft took part in the latest raid, but the towns or villages visited and the nature of the damage inflicted have not been made public.

After having driven the Turks from a region about 4 miles in length in Asiatic Turkey to the West of Lake Van and put them to retreat down the Mush Valley, the Russian seemingly have ceased their operations in this particular vicinity for the winter. It is announced by Petrograd that the Russians here will be able to leave the rigors of the mountains and descend into the plains, which are favorable for the encampment of our troops for the period of the winter.

The Russian official communication confirms previous statements that the Turks, to the northwest of this region, have been driven in upon the fortifications of Erzerum.

AT MILWAUKEE AND CHICAGO.

Great Crowds Hear President Plead For Preparedness.

Milwaukee, Wis.—A throng of 9,000 persons, the largest that has greeted President Wilson since he started on his present tour, cheered him lustily here when he said he believed the danger of a division of domestic sentiment was past and added that he never doubted that the danger was exaggerated.

Referring to this nation's desire for peace the president gave his hearers the pledge that, "God helping me, I will keep it out of the war if it is possible."

"I want at the outset to remove any misapprehension in your minds," said the president. "There is no crisis, nothing new has happened. I came to confer with you on a matter which we should confer on in any event. I should see that our house is set in order. When all the world is on fire the sparks fly everywhere."

Chicago.—The United States has made preparations for immediate war as far as the navy is concerned, although the present naval force is inadequate in size. President Wilson declared in an address before several thousand persons in the auditorium here. "We mean business," he said in speaking of the preparedness plans of the administration.

"We have given to the present fleet of the United States an organization such as it never had before," he said, told by Admiral Fletcher, the president said. "And we have made preparations for immediate war, so far as the navy is concerned."

"The army," the president said, "as at present constituted is not large enough even for the ordinary duties of peace."

McCumber Amendment Defeated. Washington.—The McCumber amendment to the Philippine bill which would withhold independence from the Filipinos unless the powers agreed to respect their sovereignty was defeated in the senate without a vote.

Submarine K-5 Missing. Washington.—Despite the continued absence of any word from submarine K-5, missing for three days naval officials here including Secretary Daniels and ranking officers in the department were confident that the underwater craft had not come to harm.

He believed the vessel either was proceeding as ordered to Key West or had developed some trouble with its engines which caused its temporary separation from its sister ships. Every effort to locate the K-5 however was made. Captain Bryan, command of the navy yard at Charleston, S. C., the nearest station to the point where the vessel was last seen, was ordered to direct a thorough search. He advised the department that three destroyers, two coast guard patrol boats and the buoy tender Mangrove were searching for the K-5.

Ship Bill Introduced in House. Washington.—The government ship purchase bill framed after extended conferences between administration leaders in congress and other high officials, was introduced in the house by Representative Alexander and was referred to the merchant marine committee, of which he is chairman. Hearings will begin shortly with a view to expediting consideration of the measure as much as possible. The house generally is expected to pass the bill but despite changes made strong opposition is anticipated in the senate.

General Miles Not Scared. Washington.—The status of the National Guard in any preparedness plan that may be worked out by the present congress was discussed in detail by witnesses before the senate and house military committees. Brigadier General Mills, chief of the militia divisions declared a Federalized militia would be the best foundation on which to build the proposed continental army and Brigadier General Crowder, examined on legal aspects of federalization said it involved questions on which the courts never had passed.

Fleet Uses Wireless Telephone. Washington.—Wireless telephone communication between ships for transmission of orders in movements at sea has been developed in the Atlantic fleet in the maneuvers off Guantanamo.

The instruments are being operated on the battleships Wyoming and Texas and Lieut. William Furlong, chief of the radio office, has been placed in charge of the work. Officials here are observing the work with keen interest and it is expected other ships will be equipped.

Retired Rear Admiral Barker Dead. Washington.—Rear Admiral Albert S. Barker, retired, who served from 1862 to 1905 and who at various periods in his career, was commandant of the Norfolk, New York and Mare Island Navy Yards, died at his home here of pneumonia. Admiral Barker was a native of Hanson, Mass., and was 72 years old. He became an ensign in 1862 and took part in the capture of New Orleans. Later he commanded the U. S. S. Enterprise and ran a line of deep-sea soundings around the world.

AMERICA IS NOT AFRAID OF ANYBODY

PRESIDENT IS ONLY AFRAID OF NOT BEING READY TO DO DUTY.

HE SOLEMNLY WARNS NATION

Time May Come When He Cannot Keep United States Out of War and Maintain Honor.

Cleveland, Ohio.—President Wilson, speaking as he said "solemnly," warned the nation that the time may come when he cannot both keep the United States out of war and maintain its honor. He declared that the country must be prepared to defend itself and prepared at once.

"America is not afraid of anybody," he said. "I know I reflect your feeling and the feeling of all our citizens when I say the only thing I am afraid of is not being ready to perform my duty. I am afraid of the danger of inadequacy; I am afraid of the danger of not being able to express the chief character of this country with tremendous might and effectiveness whenever we are called upon to act in the field of the world's affairs."

"Let me tell you very solemnly you cannot postpone this thing," he declared. "I do not know what a single day may bring forth. I do not wish to leave you with the impression that I am thinking of some particular danger."

"I merely wish to tell you that we are daily treading amidst intricate dangers. The dangers that we are treading amongst are not of our own making and not under our control. I think no man in the United States knows what a single week, a single day may bring for them."

Pittsburg.—President Wilson opened his six-day speaking tour of the Middle West by addressing an audience of more than 4,000 that packed Memorial Hall here, later appearing before an overflow meeting where his hearers were mostly women. In both addresses he set forth the need for a program of national defense and at the larger meeting said that the test of national preparedness lay not with congress, but with the young men of the country in their answer to the call to volunteer and their employers who should oppose no obstacle to free response.

He believed, he added, that both the young men and the employers will do their duty and that he was not afraid America will not do enough.

FLOOD SWEEPS OTAY VALLEY.

Repeated Floods Drowned Over 100.—Big Property Loss.

San Diego, Cal.—By wireless to San Francisco.—One hundred lives have been lost, as nearly as any estimate can show, and charming little valleys for 50 miles north of the Mexican line lie desolate from floods and cloudbursts.

With the death toll in the Otoy Valley seeming established at 50 and all relief agencies working in that direction, reports reaching here of floods sweeping the San Luis Rey and San Pasquel Valleys, doubling the loss of life.

Looting, described by Rear Admiral Fullam, commanding the Pacific reserve fleet, as "the worst I have ever seen," broke out in the Otoy Valley, flood swept by the breaking of the Otoy dam. The lower valley was turned into an armed camp patrolled by marines and sailors from the battleship Oregon and the cruisers Milwaukee and South Dakota in San Diego Bay with orders to shoot looters on sight.

The sailors and marines toiled hard to recover the bodies of those who lost their lives in the disaster and at sundown 29 bodies, some of which were mutilated had been gathered together.

A new flood poured down the Tia Juana River which has risen four feet at its mouth at the foot of San Diego Bay. Officials here said that this undoubtedly indicated the bursting of the Morena dam, 60 miles back in the hills.

Zeppelin Raids Paris. Paris.—A Zeppelin dirigible passed swiftly over a section of Paris dropping about a dozen great bombs, which killed 24 persons and injured 27. Warnings were given again shortly before 10 o'clock and a second air attack was momentarily expected by the residents of the darkened city. The fact that only one German machine appeared leads to the belief that the Zeppelin was making a reconnoitering trip and the supposition is that the Germans have in view a similar operation on a larger scale.

President Starts on Tour. Washington.—President Wilson left Washington for a speaking tour in the Middle West in advocacy of his preparedness program. He has been told that most of the opposition to the army and navy increases is centered in that section of the country and believes that success of his defense plans depends in large measure on the impression he makes. He will remain away from Washington until February 4. The president will go over the army and navy programs minutely and touch on other questions.

Breslau of Beef. Cut as much underdone cold meat as is required. Put it through a mincing machine and mix with fine bread crumbs half the quantity of the beef. Season with one teaspoonful chopped parsley, one-half ounce thyme, two ounces butter, half cupful very good gravy or cream, a high seasoning of nutmeg, salt, cayenne, mace and two eggs. Grease a mold, put in the mixture, bake about forty-five minutes, turn out and send to table with plenty of brown gravy.

WILSON NOMINATES LOUIS D. BRANDEIS

TO SUCCEED THE LATE JUSTICE LAMAR ON SUPREME COURT BENCH.

WAS A COMPLETE SURPRISE

Senate and All Official Washington Received News Without Forewarning.

Washington.—Louis D. Brandeis of Boston was nominated by President Wilson for the place on the Supreme Court bench made vacant by the death of Associate Justice Lamar.

The Senate received the nomination with unexpressed surprise—in which all official Washington joined, because Mr. Brandeis had not been mentioned among the long list of eligibles which President Wilson considered, or among an equally long list of aspirants who presented endorsements.

Some Senators announced to their colleagues they were opposed to the nomination, but declined to be quoted to that effect. The only Senator found who was willing to publicly record his opposition at this time was Senator Wadsworth, Republican, of New York.

Senators who approved the nomination were not lacking, although they, too, avoided public expression of their views. They felt sure however they could command the necessary majority to confirm the appointment.

It was learned that among the endorsements sent to the President urging Mr. Brandeis' appointment was one from Gifford Pinchot, former chief forester, whose celebrated controversy with Secretary Ballinger brought Mr. Brandeis into the public eye six years ago. He appeared as chief counsel for the forces opposing the former Secretary of the Interior in the noted Ballinger-Pinchot controversy which sent its ramifications into many phases of national politics at the outset of President Taft's administration.

Although celebrated as a lawyer, Mr. Brandeis has been devoting practically all his time of late to the Zionist movement in this country which has for its object the repatriation of the Jews to a nation of their own in Palestine.

Some of the Senators disposed to express opposition to Mr. Brandeis were Democrats who sought to put their objections on political grounds. Senator James of Kentucky, the native state of Mr. Brandeis, unreservedly told them the nominee was a Democrat. Justice Lamar, whom he would succeed, also was a Democrat. Six of the eight justices now on the bench are Republicans.

FORCE TO PROTECT COAST.

Colonel Haan Says \$1,025,000 Men Necessary to Protect Coast.

Washington.—Why a force of at least 1,025,000 men would be needed to protect the "vital areas" of the United States against a strong enemy was detailed to the senate military committee by Lieut. Col. W. G. Haan, a member of the war department board which spent several years working out defense laws.

The president admitted that in a message to the last Congress he had said the need for preparedness was not pressing. He declared that he had learned something in the meantime. He cited his recent support of a tariff commission as another instance of a change on his part, but declared that previously there was no need for such a commission.

Mr. Wilson spoke of men of high character who were cloudbursting the preparedness issue. He declared they were provincial and that the United States could no longer cut herself off from the rest of the world.

The president vigorously defended his Mexican policy. He asserted that to invade Mexico would mean the losing of the confidence of the rest of the Western Hemisphere. He cited the freing of Cuba as an instance of good done by the United States.

"We are drawn into the maelstrom of world events," he said, "the president declared, "we shall not be permitted to do the high things we would prefer."

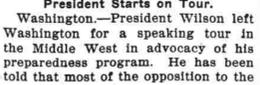
The president defended the conscription army plan drawn up by Secretary Garrison and said that he did not care about details of any plan as long as 500,000 trained men were provided as reserves under the Federal Government. He advocated strengthening the National Guard, but said the Constitution itself put the guard under the states. He added that the United States will not turn in the direction of militarism.

Protest in Mall Matter. Washington.—The text of the American protest to Great Britain against interference with neutral mails just made public reveals that diplomatic and consular dispatches have been treated in a manner the United States considered "vexatiously inquisitorial." The note describes the practices of British officials as "unwarranted interference" and in urgently requesting a prompt reply points out that a "strong feeling is being aroused" in this country by loss of valuable letters.

Foreign banks are refusing to cash American drafts because they have no assurances that drafts are secure in the mails. The United States declares that parcel post articles are entitled to the exemption of neutral trade and denies the right of Great Britain to take neutral mail ships into British jurisdiction for purposes of search and then submit them to local censorship regulations. It also denies that the British government has "unwarranted interference" and in urgently requesting a prompt reply points out that a "strong feeling is being aroused" in this country by loss of valuable letters.

Want Embargo on Munitions. Washington.—An outburst of denunciation against shipment of American-made war munitions to European belligerents stirred the senate, reflecting a revival of sentiment which may force a vote upon embargo resolutions that have been pending in committee for several months. A dozen Senators, including Democrats as well as Republicans, assailed the munitions traffic. A petition for an embargo having more than a million signatures precipitated the debate.

L. D. BRANDEIS



Louis D. Brandeis, new Associate Justice of Supreme Court.

PRESIDENT WILSON SPEAKS IN NEW YORK

URGES SPEEDY READJUSTMENT OF ARMY BEFORE NEW YORK AUDIENCES.

WAS IN A FIGHTING MOOD

Declared He Always Accepted an Invitation to Fight—Defends His Policy in Mexico.

New York.—President Wilson opened his personal appeal to the country for national defense. He gave warning that plans for the readjustment of the Army must be formulated and carried out without delay and solemnly declared he could not predict that the outlook for the United States would be as bright tomorrow as today.

Speaking at banquets of the Railway Business Association and the Motion Picture Board of Trade, he sounded the keynote of addresses that he will deliver in the Middle West.

Mr. Wilson was in a fighting mood throughout his address. In a speech delivered early in the day, he declared he always accepted an invitation to fight. At night he told the railroad men he was an advocate of peace and had struggled to keep the United States at peace, but he considered the liberty and honor of the Nation even more than peace.

"We to any man who plays marplot or who seeks to make party politics or personal ambition take precedence over candor, honor and unselfish, unpartisan service," said the President in speaking of his defense plan before the railroad men. He declared that the country expects action; this is a year of accounting and the accounting must be definite on the part of parties and on the part of every individual who wishes to enjoy the public confidence.

"For my part, I hope every man in public life will get what's coming to him," said Mr. Wilson amid laughter and applause.

The President at both banquets and all during his day's visit to New York was greeted with enthusiasm. On his ride between the hotels where the banquets were held he was escorted by a band and the Ninth Command of Coast Artillery of the New York National Guard. Thousands of persons packed the streets and cheered him as he went by.

During his speech before nearly 1,500 business men at the railway banquet, where he cast aside almost entirely the text of the address he had previously prepared for delivery there he was frequently interrupted by applause.

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Well Known Remedy Relieves Chronic Case

Important to Dispose of Waste from the Stomach With Regularity.

People frequently attribute to failure of the digestive organs conditions that are primarily due to inactive bowels, and apply remedies that from their very nature are more apt to aggravate than to relieve the disorder.

When the bowels act regularly the stomach is in better shape to perform its allotted tasks and can usually be depended upon. To keep the bowels in condition there is no more effective remedy than the combination of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin which is sold in drug stores for fifty cents a bottle.

Dr. Caldwell has prescribed this remedy in his practice for over a quarter of a century and it is today the standard household remedy in thousands of homes. Mr. Thos. DeLoach, with the Department of the Interior, Office of Indian Affairs, at Washington, wrote Dr. Caldwell recently that "Dr. Caldwell's Syrup Pepsin is the best laxative I have any knowledge of and the cleaning up guaranteed by its use relieves every organ."

Should Wear a Skull Cap. "How did Teller get his cold?" "All the drafts in the bank go through his case."

RECIPES FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any drug-gist 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 hair grow again. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

His State. "Is the old man swearing off this morning?" "No; he's swearing mad."

Home Medicine Chest. Keep your medicines in one place, out of reach of children. Be sure to have Hanford's Balsam of Myrror on hand for emergency use. It should take the fire out of burns, heal cuts, remove soreness and be worth many times over its cost. Adv.

All Off. "How did the bowling contest come out last night?" "Nobody had any spare change for the pinboys, so they went on a strike."

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 keeps the system in condition to withstand Grip, Cholera, Typhoid, etc. There is only one "BROMO QUININE." E. W. GROVER'S signature on box. 50c.

That's the Way, Girls. The Chicago Post reports that the first Chicago girl to take advantage of her leap-year privileges landed her man and married him within an hour. That's the stuff. Look him over, girls, and be sure he is worth the powder and shot it would take to kill him, and then use the hooks. He can't get away.—Houston Post.

Tit for Tat. An old carrier of the United States mail traveled on his backboard about a dozen miles through the woods twice a week. He was an ill-humored, taciturn old fellow. One day a man who was on a walking vacation trip asked if he might have a ride with him, and being somewhat talkative, asked many questions along the way. At last the old man said: "I'm tired of your talk. I wish you'd mind your own business and let me mind mine."

The passenger subsided. After driving an hour or two in silence the old carrier discovered that his mail pouch was missing. He stopped the horses, looked all about the backboard, and finally said to his passenger: "I wonder what has become of that mail pouch! Have you seen it?"

"Yes." "Well, where is it?" speaking roughly. "It fell off the wagon about an hour ago," slowly replied the passenger; "but it wasn't any of my business."

COFFEE WAS IT. People Slowly Learn the Facts. "All my life I have been a slave to coffee. I kept gradually losing my health, but I used to say 'nonsense, it don't hurt me.'"

"Slowly I was forced to admit the truth and the final result was that my nervous force was shattered.

"My heart became weak and uncertain in its action and that frightened me. Then my physician told me that I must stop drinking coffee or I could never expect to be well again.

"I thought of Postum but could hardly bring myself to give up the coffee.

"Finally I concluded that I owed it to myself to give Postum a trial. I got a package and carefully followed the directions, and what a delicious, nourishing, rich drink it was! Do you know, I found it very easy to shift from coffee to Postum.

"Almost immediately after I made the change I found myself better, and as the days went by I kept on improving. My nervous grew steady, I slept well and felt strong and well-balanced. Now the old nervousness is gone and I am well once more.

It pays to give up the drink that acts on some like a poison, for health is the greatest fortune one can have. 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.



MR. THOS. DELOACH.

A bottle of Dr. Caldwell's Syrup Pepsin should be on hand in every home for use when needed. A trial bottle, free of charge, can be obtained by writing to Dr. W. E. Caldwell, 208 Washington St., Monticello, Ill.

Accounted For. "Do you enjoy entertaining social-ly?" "In a way," replied Mr. Cumrox. "When we have a party at my own house so many people don't look me over and wonder how I happened to get invited."

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.

Any woman may drive her husband to drink, but she can't make him take water.

Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

A South Carolina Case. John M. Wilson, R. F. D. No. 1, Travel