

Neglect of Important Function May Seriously Impair the Health.

There are many people who believe they suffer from indigestion when their discomfort really is due to a constipated condition.

Bloat, with its attendant mental depression, sick-headache, the belching of sour stomach gases, etc., are frequently due to inaction of the bowels. Relieve the congestion and the trouble usually disappears. The use of cathartics and purgatives should be avoided, however; these shock the system unnecessarily and, at best, their effect is but temporary. A mild laxative is far preferable.

The compound of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin and sold in drug stores for fifty cents a bottle, is highly recommended.

Mr. Benj. Bassin, 360 Madison St., with stomach and bowel trouble. Gary, Ind., thinks Dr. Caldwell's Syrup glad to recommend to all who suffer ington St., Monticello, Ill.

Lacks Initiative. "Is your boy doing well in busi-	It is a hopeless case when a girl b gins to eat onions three times a day
ness?" "I'm afraid not," answered Mr. Cob- bles. "I understand you gave him a good start." "So I did, but he expects me to stay behind him all the time and keep push- ing."	Dr. Pierce's Pleasant Pellets are th original little liver pills put up 40 year ago. They regulate liver and bowels.—Adv Quite Apparent. "Did he marry his wife for he money?" "Well, you don't suppose he too her at her face value, do you?" REMARKABLE LETTER FROM A WEL KNOWN WASHINGTON DRUGGIST. In reference to Elixir Babek the great remeat for chills and fever and all malarial disease. "Within the last five months I have sold 3,6 bottles of Elixir Babek, for Malaria, Chillsan Fever. Our customers speak very well of I Henry Evans, 922 F St., N.WWashington, D.C. Elixir Babek 50 cents all druggists, or b Parcels Post, prepaid, from Kloczewski & Co Washington, D. C. No Need of Outside Aid.
STOP SCRATCHING! RESINOL RELIEVES ITCHING INSTANTLY That itching, burning skin-trouble which keeps you scratching and dig- ging, is a source of disgust to others, as well as of torment to you. Why don't you get rid of it by using Resi-	
nol Ointment? Physicians have pre- scribed it for over 20 years. In most cases, it stops itching instantly and heals eruptions promptly. It is very easy and economical to use. Sold by all druggists.—Adv.	"Come with the boys tonight an we'll give you a howling time." "Thanks, old chap, but our new bab attends to that."



BENJ. BASSIN.

A bottle of Dr. Caldwell's Syrup Pep-Pepsin a wonderful medicine; for four sin should be in every home for use years he had a severe case of indiges- when occasion arises. A trial bottle, tion and constipation before trying Dr. | free of charge, can be obtained by writ-Caldwell's Syrup Pepsin, which he is ing to Dr. W. B. Caldwell, 203 Wash-

RHEUMACIDE FOR RHEUMATISM. A few people still imagine that Rheumatism can be cured by outward applications, but the best medical science today recognizes the necessity

GripStill HangingOn? 0 Hopes Women Will

Back aches? Stomach sensitive? A little cough? No strength? Tire easily? All after effects of this dread malady. Yes, they are catarrhal. Grip is a catarrhal disease. You can never be well as long as catarrh remains in your system, weakening your whole body with stagnant blood and unhealthy secretions.

You Need PERUNA

It's the one tonic for the after effects of grip, because it is a catarrhal treatment of proved excellence. Take it to clear away all the effects of grip, to tone the digestion, clear up the inflammed membranes, regulate the bowels, and set you on the highway to complete recovery.

Perhaps one or more of your friends have found it valuable. Thousands of people in every state have, and have told us of it. Many thousands more have been helped at critical times by this reliable family medicine. Prepared also in tablet form for your convenience

The Peruna Company, Columbus, Ohio

To Be Exact. "Do you mean to tell me that you know all the latest dance steps?" "I wouldn't say 'all.' Of course, I don't know what new steps have been invented since I've been standing here chatting with you.'

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys if Bladder Bothers You Meat Forms Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked: get sluggish; clog up and cause all sorts of distress, particularly backache Druggist Gives Highest Praise and misery in the kidney region; rheumatic twinges, severe headaches, acid

stomach, constipation, torpid liver,

Glass of hot water each morning helps us look and feel clean, sweet, fresh,

Adopt This Habit

As Well As Men

Happy, bright, alert-vigorous and vivacious-a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosycheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate from any druggist or at the store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do -Adv.

Nothing so effectually cures a man of the flattery habit as marriage.

STOP CALOMEL! TAKE DODSON'S LIVER TONE

New Discovery! Takes Place of Dangerous Calomel-it Puts Your Liver To. Work Without Making You Sick—Eat Anything—It Can Not Salivate-Don't Lose a Day's Work!

I discovered a vegetable compound that does | a day's work. I want to see a bottle of this wonthe work of dangerous, sickening calomel and I derful liver medicine in every home here. and if it doesn't straighten you up better and quicker than salivating calomel just go back to the store and get your money.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your thirty feet of bowels of the sour bile and constipation poison which is clogging your system and making you feel miserable.

I guarantee that one spoonful of this harmless liquid liver medicine will relieve the headache, biliousness, coated tongue, ague, malaria, sour stomach or any other distress caused by a torpid liver as quickly as a dose of vile, nauseating calomel,

want every reader of this paper to try a bottle | Calomel is poison-it's mercury-it attacks the bones, often causing rheumatism. Calomel is dan-

gerous. It sickens-while my Dodson's Liver Tone is safe, pleasant and harmless. Eat anything afterwards, because it can not salivate. Give it to the children because it doesn't upset the stomach or shock the liver. Take a spoonful tonight and wake up feeling fine and ready for a full day's work.

Get a bottle! Try it! If it doesn't do exactly what I say, tell your dealer to hand your money back. Every druggist and store keeper here knows me and knows of my wonderful discovery of a vegetable medicine that takes the place of danger-

A South Carolina Case

Mrs. L. F. Mrs. L. F. Tay-lor, Ford St., Mul-

lins, S. C., says: "My back ached and pained right

across my kidneys.

The secretions from my kidneys passed irregularly

of kidney colic and suffered a wfully

riends

nended

Kidney Pills and I used some. They re-

lieved all symptoms of kidney trouble and I am glad to recommend them."

Get Doan's at Any Store, 50c a Box

DOAN'S RIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Relieves

Neuralgia

Nothing gives such quick relief from neuralgia, sciatica or rheumatism as Yager's Liniment. It stops pain and

YAGER'S

illays the inflammation instantly

The great external pain alleviate

Mrs. Mary S. Paterson, 605 Pa. Ave. S.E. Washington D.C. "I have been using your Yager's Linimont and have found it gives great relief from pain."

At all dealers — An eight ounce bottle for 25c.

Prepared by

GILBERT BROS. & CO., Inc.

Baltimore, Md.

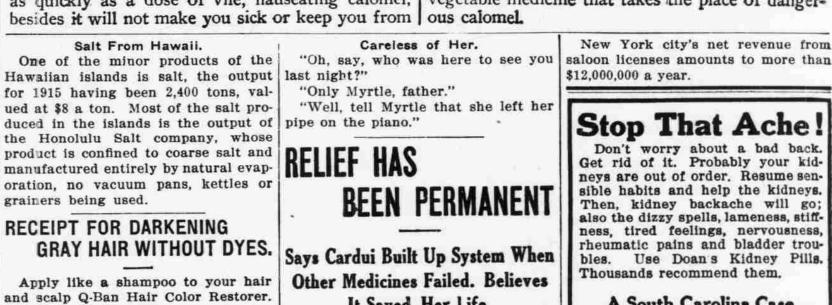
TESTIMONY .

and contained sed

ment. I had attacks

pained right

recom-Doans



He was, but now he's a runner

The Change.

"Was the fugitive bank officer the

Whenever You Need a General Tonic Take Grove's The Old Standard Grove's Tasteless

cashier?"

chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System 50 cents.

In School. "What are the principal fruits of history?" "I know, teacher; they're dates."

Important to Mothers Examine carefully every bottle of

CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chart Hiltchur. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

A doctor's pills may cure some illsbut not ill humor.



For Man or Beast



For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chilblains, Lame Back, OldSores, Open Wounds, and all External Injuries. Made Since 1846. Ask Anybody About It

Price 25c, 50c and \$1.00

All Dealers G. C. Hanford Mfg. Ca. SYRACUSE, N. Y.

Constipation Vanishes Forever Prompt Relief - Permanent Cure CARTER'S LITTLE LIVER FILLS never fail. Purely vegetable - act surely CARTERS but gently on the liver. ITTLE Stop after

dinner dis-

PILLS.

of internal treatment to eliminate excess uric acid and Rheumacide does this. Your druggist keeps it .- Adv.

Certainty. "Belle says she's twenty-five. Do you believe that?" "Of course I do. She was at least that much ten years ago."

HAIR TO ANY SHADE

Old-time Recipe that Any-

body Can Apply.

The use of Sage and Sulphur for re-

storing faded, gray hair to its natural

derful effect.

SAGE TEA DARKENS

sleeplessness, bladder and uninary irritation. The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy;

take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus Don't stay Gray! Here's an ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithiawater drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease .- Adv.

color dates back to grandmother's It has been estimated that it would time. She used it to keep her hair take ten years to write a detailed acbeautifully dark, glossy and attractive. count of the war up to the present Whenever her hair took on that dull, time



set of Oneida Community Par Plate Silverware free.

send you also a beautiful 36page book of recipes-all free.

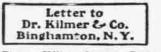
> SKINNER MFG. CO. OMAHA, NEB.

We are the largest handlers of EGGS in the South. What have you to ship? The high

to Kidney Medicine

For the past fifteen years I have been selling Dr. Kilmer's Swamp-Root and my customers are always satisfied with the results obtained from its use and they speak in the highest terms regarding Swamp-Root. I have used it in my own family and the results were the most favorable. I believe it is a fine medicine for kidney, liver and bladder diseases and I always recommend it for such troubles. Very truly yours,

CHAS. BRUTON, Druggist, Jan. 5th, 1916. Dover, Tenn.

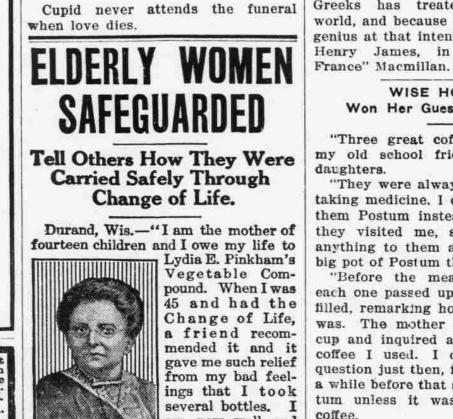


Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and onedollar size bottles for sale at all drug stores.-Adv.

White lies require whitewashing to keep them from turning black.

CLEAR RED PIMPLY FACES Red Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free,

The soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet every want in toilet preparations. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.-Adv.



Do this every day for a week then three times a week. In a short time all your gray, faded, prematurely gray or gray streaked hair turns an even beautiful dark shade with not even a trace of gray showing. Q-Ban makes scalp and hair healthy, leaving all your hair fluffy, soft, thick and beautifully dark and lustrous. Q-Ban is not a dye, is harmless, and is sold on a money back guarantee by drug stores; big bottle 50c or sent prepaid by

Amenities of War.

The following is vouched for by M Millerand, former French minister of war. A French scout came suddenly one day upon a German scout. The German was standing by his dying horse. "Why do you not shoot it?" inquired the Frenchman. "I have no taking the first bottle ... I am getting pistol," replied the other. The Frenchman drew his and was about to shoot I weighed 128 pounds... Your Cardui the horse, when he said: "But you would sooner shoot your own horse,' and handed the weapon to the German, who gravely bowed, shot his horse, and returned the pistol, and then gave himself up as prisoner .-London Daily News.

Henry James on France. She has gardened where the soil of humanity has been most grateful, and the aspect, so to call it, most toward the sun, and there, at the high and yet mild and fortunate center, she has grown the precious, intimate, nourishing, finishing things that she has inexhaustibly scattered abroad. And if we have all taken them from her, so expected them from her as our right, to the point that she would have seemed positively to fail of a passed pledge to help us to happiness if she had disappointed us, this has been because of her treating us to the impression of genius as no other nation since the Greeks has treated the watching world, and because of our feeling that genius at that intensity is infallible.-Henry James, in "The Book of

> WISE HOSTESS Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters.

"They were always complaining and taking medicine. I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning. "Before the meal was half over, each one passed up her cup to be refilled, remarking how fine the 'coffee'

was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say tum unless it was more than half coffee.

Hendersonville, N. C .- Mrs. M. A. Redmon, of R. F. D. 1, this place, writes: "I wish to state that before having taken Cardui, my condition of health was all run-down, and had been that way ever since my marriage two years ago last May. I only weighed 107 pounds. My average weight is 135 pounds. I had such awful pains at times I could hardly go ... I had Q-Ban, Front St., Memphis, Tenn.-Adv. severe pains in my back and abdomen, and could scarcely do my work ... I

It Saved Her Life.

could not lift anything heavy. "In November, 1913, I began taking

Cardui. I thought I would give it a trial though my family doctor, had set the date for an examination of me... I saw my improvement after fat and well, and in March this year tonic built up my system when all other medicines failed. I feel and look like a different person... I am still ... praising it to my friends.... for I can truly say I believe it saved my life. My relief from all pain has been permanent."

If you are run-down in health and need a tonic, take Cardui, the woman's tonic. It will help you. For sale by all druggists.

A widow usually marries again just to satisfy herself that No. 2 will prove as unsatisfactory as No. 1 did.

A woman hasn't time to pretend when she is seasick.



most every case, prevent a night attack. But let Mrs. Givan speak for herself.

> She writes-"I have used Vick's Vap-O-Rub on my little girl for croup I rubbed it on her chest and throat

> afraid to go to bed at night." Mrs. Cave says-"I find Vap-O-Rub the best thing I have ever used for colds, sore throat, croup and all kinds of skin troubles for children. I could not do without it now, as it saves calling a doctor.'

The penetrative quality of Vick's makes it excellent also for inflammations of the skin, such as burns, bruises, itchings, piles and muscular soreness. In these cases, particularly in cases of burns, it seems to draw out the inflammation and has a delightfully cooling effect. Three sizes, 25c, 50c or \$1.00. The Vick Chemical



and it is just splendid, and I wasn't

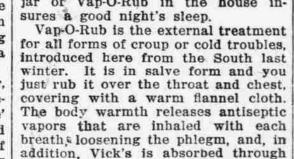
Company, Greensboro, N. C.



Now Sleep Soundly Since They Have Found a Sure Preventive For Croup.

Many mothers, besides those of Ozark, Mo., have been afraid to sleep

at night for fear of being awakened by that dread croupy cough. Mrs. H. H. Givan and Mrs. J. J. Cave, both of Ozark, have found, in common with many other Missouri mothers, that a jar of Vap-O-Rub in the house in-



and stimulates the skin, relieving the

Write us for full particularshaven't no obligation - and we will

Write today.

The Largest Macaroni Factory in America

of other ingredients, which can be depended upon to restore natural color and beauty to the hair. A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a

sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully

dark and glossy. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of dis-

ease.-Adv. Limited Education. Lanigan-Can yez wroite?

Flanigan-Yis, but Oi learned to read my wroiting yit.

Eczema Seven Years-Cured by Tetterine. "I had Eczema on my chest for seven years and the torture was almost unbear-One of your salesmen offered to

pay for the Tetterine if it did not cure pay for the Tetterine if it did not cure me. I used less than three boxes and am entirely well." Clem Kinard, Ruffin, S. C. Tetterine cures Eczema, Itching Piles, Dandruff, Ring Worm and every form of Scalp and Skin Disease. Tetterine 50c. Tetterine Soap 25c. Your druggist, or by mail from the manufacturer, The Shup-trine Co. Savannab Ca. trine Co., Savannah, Ga. With every mail order for Tetterine we