

"AMERICA, FIRST" for the welfare of the Nation

HOSTETTER'S, First for the welfare of the Stomach and Bowels

FOR POOR APPETITE INDIGESTION BILIOUSNESS OR MALARIA

TRY HOSTETTER'S Stomach Bitters

NEW PENSION LAW FOR WIDOWS Send for blanks and instructions. DR. O. E. HOWE & Co., Patent and Patent Attorneys, WASHINGTON, D. C.

NO WEAKNESS AT THE END Clancy's Comment on Old Friend's Cleanness of Intellect Apparently a True One.

A local architect is sponsor for the following Irish anecdote:

Pat was reported lying at death's door, so Clancy and McManigan determined to call upon him and do what they could to ease his last moments.

Pat looked very bad indeed, and his friends hardly knew whether they had come in time or not. But the near-dead man rose up as they neared the bed.

"I want," says he, "for you, me friends, to take a last bit of a swig with me."

No Enterprise. H. C. Frick, the steel millionaire, said one day to a Pittsburgh reporter:

"The man who lacks enterprise is always a lazy, do-nothing man. It's like the story of the clock and the sundial."

"In an old-fashioned village there was a movement on foot to purchase a town clock for the town hall, but Jabez Hartley said:

"No, no. That'll eat into a lot of money. What do we want a town clock for, anyhow. Why, lying abed of a morning, can't I see the time by the sundial over the church porch?"

"Yes, Jabez," said a progressive, "but suppose the sun isn't shining? What do you do then?"

"Why," said Jabez, "I know then it ain't fit weather to be out of doors, so I stay where I am for the day."

Wrong Place. For many years a faithful housekeeper worked for a bad-tempered old bachelor, but finally grew tired of his eternal complaints and decided to leave him.

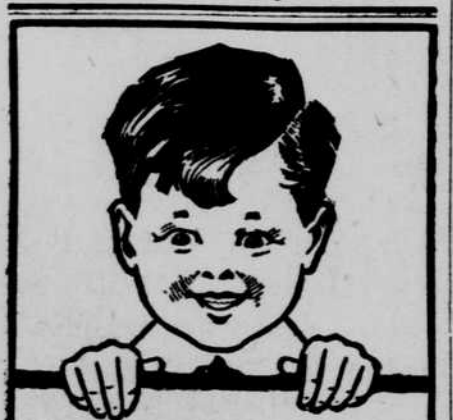
"To California!" he repeated, in alarm. "What to do there, pray?"

"To find a husband," she answered, boldly. "They say there are many more men than women in California."

"Bah!" the old bachelor snarled. "Don't flatter yourself that you'll find a husband among them, woman. It's true that men are in the majority, but they're not the marrying sort. They're runaway husbands who've gone to California in search of a little peace!"

Always at It. Jenny—I wish you'd explain what perpetual motion is.

Denny—Well, there's your hated admirer—he says he'll never rest until he wins you.—Town Topics.



Brightens One Up

There is something about Grape-Nuts food that brightens one up, infant or adult, both physically and mentally.

What is it?

Just its delightful flavor, and the nutriment of whole wheat and barley, including their wonderful body and nerve building mineral elements!

A crisp, ready-to-eat food, with a mild sweetness all its own; distinctive, delicious, satisfying—

Grape-Nuts "There's a Reason"

Good Cheer, Order, Beauty Prevailed in Home of the Southern Woman Long Ago

In her social progresses she rode in a velvet-lined coach drawn by four or six horses—not one too many for the mud holes to be pulled through in those brave times, writes Octavia Zollinger Bond in Southern Woman. Her negro coachman, in cloth coat and brass buttons, who could be trusted to drive her a hundred miles in safety, skillfully handled the lines, while liveried footmen swung jauntily to the carriage straps behind, ready to spring to the ground, open the door and let down the folding steps at the will of the mistress.

Tortoise Shell

Now that tortoise shell has once more come into public favor it is well to know a way in which to clean and polish it. When tortoise shell loses its luster from wear the polished surface may be restored to its original condition by carefully rubbing it with powdered rottenstone and oil.

GRIFF RECALLS HOW TRICK PEEVED VETERAN BATTER

Senators' Manager Maintains That Tommy Tucker Was Maddest Man He Ever Saw on Ball Field.

"It has been my luck," says Clark Griffith, "to see a large number of peevish and angry people in this old game of baseball, particularly gentlemen against whom I have been lucky enough to do some successful pitching."

"I still think, however, that the maddest man I ever did behold was that grand old Monolith of the old Boston team—Mr. Thomas Tucker. The occasion on which I beheld the fury of this famous warrior is still green in my memory, and can never forsake me."

"Old Tommy Tucker was pretty nearly on his last legs so far as big league baseball was concerned, and hits to him were more precious than rubies and diamonds when we bumped together one summer afternoon. It was a big game, a most important game, and I really had to win it. I loved Tom Tucker very much, but I loved my salary more."

"The battle was a hot one, running along on pretty even terms till near the close, when we managed to get a couple on the bases and good old Uncle Anson did the rest with one of those murderous hits that they don't make now, the old man not being there to soak them. That Boston bunch was never whipped till the last man was counted out, and they went after me strong in the death rally. First thing I knew they had the cushions populous, two down, and old Tom Tucker standing firmly at the plate. I worked him into billy at two wide ones, then fed him two more, which he refused to reach after. It was coming down to cases and no mistake."

"Just at this juncture I happened to remember a trick of indoor baseball—the enormous upshoot which is put on an indoor ball by swinging it, underhand, with the knuckles uppermost and the ball rolling off the palm. It causes a huge upshoot ball, but is not practicable for outdoor ball because, at the greater pitching distance, the ball would lose all its speed long before it reached the platter."

"I decided to throw that ball just as a desperate experiment, and I threw it."

Dame Fashion's Decrees.

All the new materials are soft. The leg-o'-mutton sleeve increases in favor.

The new blouses are worn over the skirt.

The fichu style in neckwear is still fashionable.

Duveline is revived for autumn tailored suits.

Burgundy will be a color of fashion this winter.

Fashions for the girl of fifteen are extremely simple.

Even little girls are having dresses made of taffeta.

The full straight skirt will be worn through the autumn.

Paisley shawl trimmings will be in favor for tailored suits.

A tulle wedding veil edged with silver cord is a new idea.

Fabrics imitating fur are going to have a tremendous vogue.

When a young man gets married his mother always wonders what he can see in a girl like that.

MAN MUST LABOR AND LOVE HIS WORK TO BE HEALTHY AND HAPPY

By DR. SAMUEL G. DIXON, Commissioner of Health of Pennsylvania.

Man was intended to labor by the Allwise Creator. Our mental and physical make-up is such that occupation is essential to continued well-being.

From the hunter, the fisherman and the rude agriculturist, man has evolved a complicated civilization. There are thousands of occupations today in place of the few primitive ones, but still the majority of these center about the fulfilling of the primary necessities, feeding and clothing mankind.

It has become impossible for the laborer to work under the conditions which originally obtained. Besides the fields and forests, we have mine, mill and mart.

Man has progressed mentally to a remarkable degree, but we cannot say that of his physical development. However, his requirements are much the same as those of our remote ancestors. Sunlight, fresh air, pure water and physical exercise are absolutely essential to the maintenance of health.

If the conditions under which men and women labor do not make this possible, they are detrimental to the individual and to society at large, for upon the health of its people depends the ultimate future of any nation. No machinery can entirely replace the sinews of labor.

To be healthy and happy, one must love his work.

Wise and Otherwise.

Misery loves company—and she usually has plenty of it.

Too much of the noise in this world tries to pass itself off as music.

It's better to be wrong at the right time than right at the wrong time.

Any man who can catch a flea in the dark can hoe his own row in politics.

There is no hope for the man who acts the hypocrite even when he is alone.

A woman who is a has-been beauty is as fussy as a man who has lost his hair.

Many a man's love for his club is due to the fact that his wife never gives her tongue a rest.

Give a man his choice of making friends or money and he'll not hesitate more than a second.

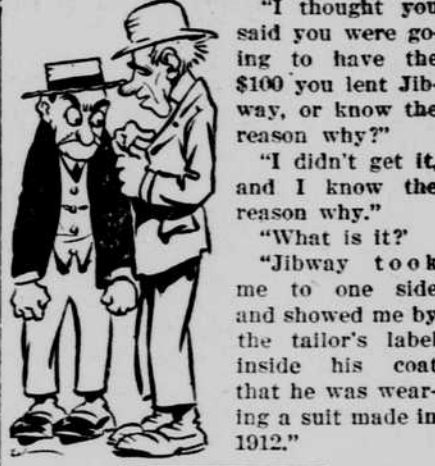
Few men have will power enough to do the things they don't want to do and don't have to, but should do.

Books are desirable companions; when they bore you it is an easy matter to shut them up without giving offense.

A propeller driven by the air as a car is running has been invented to blow rain away from the windshield of an automobile.

A Few Smiles.

Convincing Hard-Luck Story.



"I thought you said you were going to have the \$100 you lent Jibway, or know the reason why?"

"I didn't get it, and I know the reason why."

"What is it?"

"Jibway took me to one side and showed me the tailor's label inside his coat that he was wearing a suit made in 1912."

Point in His Favor.

"We'll have to promote this young man."

"He seems to be doing good work."

"Yes, and furthermore, when something turns up and he has to stay at the office half an hour later than usual, I notice he doesn't call up four or five people over the telephone and in a despairing voice tell them they will have to go on without him."

His Specialty.

"Haven't you any trade or profession?" inquired the kind lady, as she handed the husky hobo a hunk of home-grown pie and a sandwich.

"I ustler be a understudy for a professional boxer, ma'am," answered the h. h.

"Professional boxer!" echoed the k. l.

"Yes, ma'am," he replied. "He was an undertaker."

Looking Ahead.

"Now, this is the kind of movie I like. It's educational."

"Why, it's all about a vampire."

"Just so, I may meet a vampire some of these days and then I'll know how to protect myself."

A Rare Spectacle.

"You say that campaign for sheriff of this county is being conducted on a high plane?"

"It couldn't be more genteel if the rival candidates were seeking the presidency of a young ladies' seminary."

Uses of Paper.

The uses of paper are extending very rapidly. Bags made of spun paper are a growing Swedish product, and American manufacturers are beginning to produce them.

Coffee bags are made of single strand, open weave, with a sheet of paper pulp inside. Onion bags are being offered. Several firms are engaged in making some very attractive furniture or water-proofed paper reeds woven over wooden and rattan frames.

The Swedes are making a three-stranded spun-paper rope for general use that is well spoken of. Paper horse blankets sound queer, but they are being made. Fireproof fabrics sound still more odd, but they are making them nevertheless on a paper basis. The Japanese, who are the most expert of all in the utilization of paper, are making aviator's suits of oiled paper that are very light and resistant to cold.

More Goats Than Sheep.

"The pastor and his flock."

"Rather a pretty idea, eh?"

"Yes, but while our pastor call himself a shepherd, I fear he is in reality a goat-herd."

SOME THINGS THAT ARE NEW

A frosted-glass cone that will fit any hanging electric light shade has been invented to diffuse the otherwise glaring light.

To carry smaller boats within large craft a Dutch inventor has patented a vessel with hinged doors at one end of the hull, through which boats can be floated.

A new handbag for women is automatically locked whenever it is closed, the means for opening the lock being within the handle so that it is covered and protected by the hand carrying it.

For handling bulk cargoes a Californian has invented a combined bucket conveyor that unloads freight cars rapidly and delivers their contents into wagons.

A German invention enables a person to take a steam or hot air bath at home, a hood fitting over one end of a bathtub confining the vapor from the regular hot water supply.

For use in connection with a piano or organ keyboard a Swedish inventor has perfected electrical apparatus which transcribes music as it is composed on a wax ribbon, from which it may be copied.

Machinery for ships in which steam turbine and an oil engine are coupled to each propeller, permitting either kind of fuel to be used, has been patented by a Swiss inventor.

To protect baggage as it is unloaded at railroad stations movable platforms have been designed, made of pieces of old air-brake hose fastened across resilient wooden strips.

A novel automobile alarm of English invention consists of a gong placed near the cooling fan and struck by its blades as it is drawn against them by a wire from the driver's seat.

An electrical annunciator device, operated by push buttons on chairs throughout a hall, is working successfully in Holland to auction eggs without the usual noise and confusion of such sales.

AVOIDING FRICTION AT HOME

Wife of Man Prominent in Public Life Has Some Theories Just About Correct.

The wife of a man just now very prominent in national affairs has been talking to reporters. She believes that marriage is good for men in public life. And she thinks there should be no friction in the home. The lady says:

"That is what I try most to do, to avoid friction. My duty lies in my home. Our home life is a very happy one. I am chiefly interested in that, as I have told you. I try to keep it calm and normal, whatever the situation."

It is not necessary for a woman to have a husband who may be president in order to put into practice the theory thus outlined. If it were possible to discover the facts it would be found that most of the men who amount to anything in any line of effort owe a huge debt to the prudent, skillful, calm and quiet care of their wives in and for their homes.

Man is usually an unreasonable and often a disagreeable animal. He means well, and hopes for the best, but it is easy to offend him, and those he loves best are likely to suffer most. The wife who can understand him and will take the trouble to smooth out the rough edges and go around the weak spots, is the better man of the two.—Knickerbocker Press.

FOR ITCHING SCALP

And Falling Hair Use Cuticura Soap and Ointment. Trial Free.

When the scalp is itching because of dandruff and eczema a shampoo with Cuticura Soap and hot water will be found thoroughly cleansing and soothing, especially if shampoo is preceded by a gentle application of Cuticura Ointment to the scalp skin.

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

How He Told.

The late Lord Kitchener collected old china, and to a lady interviewer he once said:

"You are evidently as ignorant of china as the miner volunteer was ignorant of the Australian farms."

"One miner soldier said to another in the streets of Cairo:

"That's a fine-lookin' chap, that there Canadian over there."

"He ain't no Canadian; he's an Australian," the other miner answered.

"How can ye tell, man?"

"Why, don't you see he's got a kangaroo feather in his hat?"

RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is a physician's prescription. Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his private practice. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit, and it will help you. No other remedy can successfully take its place.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Harsh Criticism.

Lord Kitchener was very harshly criticized the last two years of his life, but he could not complain, for he was always a very harsh critic himself.

Thus, when Lord Kitchener went to South Africa to take charge of the Boer war, one of the generals whom he was supplanting said to him:

"Well, how do you propose to reorganize the transport?"

"Reorganize it!" said Kitchener. "I'll organize it."

Nothing is more pathetic than a young girl who is in love and doubt at the same time.

Australia has 36 tobacco factories.

Free Trip.

"The best thing about this trip," said the retired merchant as he lay back luxuriously in the comfortable chair on the porch of a \$12-a-day hotel, "is that it is not costing me a cent!"

"How's that?" asked an envious spectator.

"It's all coming out of my heirs," said the man, smiling happily.

Bolivia has a potato shortage.

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI 36 Page Recipe Book Free SKINNER MFG. CO. OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE" \$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom. W. L. Douglas Shoe Co., Brockton, Mass.



She Had Her Doubts.

"Mother," asked Mattie, "is this house yours or father's?"

"Why, I guess your father owns it, but he and I are in partnership, you know, so I guess it is mine as much as his."

"Why, mother, I did not know you were in partnership with father. When did that happen?"

"Oh," said mother, jocularly, "it began before you were born."

"Well, mother," said the child, "don't let father cheat you."

Very Strict.

"Does your sweetheart allow you to kiss her?"

"She's that strict that if I venture to steal a kiss she immediately makes me give it back."

What the Old Man Meant.

He—Has your father said anything about me?

She—Yes. He said that you ought to have been a big league manager.

He—Did he say why?

She—Yes. Because you are always explaining why you aren't doing anything this year and boasting about what you are going to do next year.—Puck.

The Coy Amateur.

"How is your daughter progressing with her music?"

"First rate," replied Mr. Cumrox.

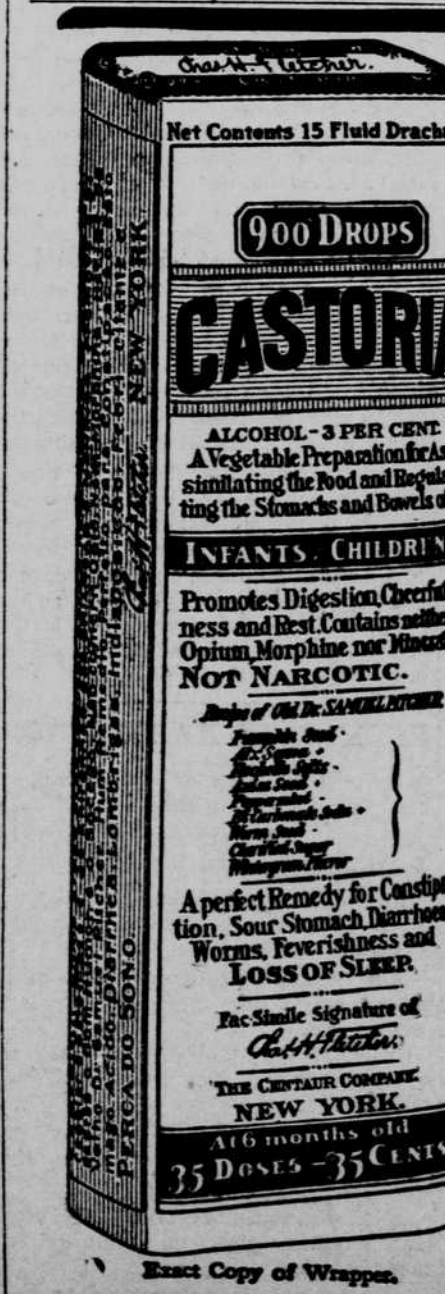
"She's gettin' so now she doesn't have to grab the first invitation. She can take a chance on somebody saying 'Please do sing' two and sometimes even three times."

Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the affray, while many another has gone down to inglorious defeat simply for lack of iron.—E. Sauer, M. D.

NOTE.—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the stomach, make them black, nor upset the stomach; on the contrary it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 80 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.



Children Cry For Fletcher's CASTORIA

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY.