

the history, literature and geography of these countries, also keeping in touch through the newspapers with the war and other recent happenings. From 8:30 to 9 o'clock we spend the time in light reading, music, games, etc. On Saturday evening we take up the entire evening in the study of the Sunday school lesson. Once in every two weeks usually on Friday evenings, we have what we call our "Surprise." One of the club plans for the entire evening of amusement; music, games, candy-pulls and even peanut-hunts are among the list we have had. Of course we have many interruptions, callers, social duties, etc., but we do not count the time lost, it only helps on the entertainment.

I realize that this line of work would not be practical in all families and could not be carried out in this way, but still, with young children, a club something on this order could be organized and if the family is large enough, let them have officers, teach them incipient parliamentary rules. This will attract them for a while. Spend an hour each evening in reading aloud from something of interest to children. Vary the reading with plenty of lively games. Let the older members of the family join the circle. An hour spent in this way will do more to keep one young than all the "Youth Restorers" in the country.

ARE YOU SICK?

If so, where?
Headache?
Dry, hacking cough?
Foul tongue?
Loss of appetite?
Lack of energy?
Pain in stomach?
Bowels?
General weakness?

These are but a few of the signs of indigestion.

Some others are: Wind in the stomach or bowels; constipation or diarrhea; pale complexion; spots before the eyes; dizziness; loss of flesh; irritability; sleeplessness; nervousness.

All these symptoms will plague and torment you, and will never permanently leave you, once you suffer from them; only are sure, in time, to get worse, if not treated by the best known scientific method of cure—Stuart's Dyspepsia Tablets.

These curative tablets are composed of ingredients which modern knowledge of the true inward processes of digestion approve of, as forming the best, safest, surest and most scientific combination of medicinal drugs, that can be used to relieve all the conditions of ill-health brought on by this much-dreaded disorder.

A disease so "protean" or changeable in its manifestations, assuming so many forms, characterized by so many different symptoms that, more times than not, it is mistaken for some other disease altogether, and the poor patient may die, or at best allow the seeds of permanent, chronic sickness, to germinate and take root in his system.

So it is a real danger we ask you to avoid, when we say: In case of doubt, take Stuart's Dyspepsia Tablets.

Even if disordered digestion is not the real cause of your sickness (which, probably, though, it is), yet your digestion is nearly certain to be out of order, and if allowed to remain so will seriously complicate your sickness for you.

Stuart's Dyspepsia Tablets, then, will be sure to do you good, and will not interfere with any other medicine you may be taking.

They will help to make your food make you strong, and thus, if in no other way, help you back to health by helping your system to throw off disease like a healthy duck shakes water off its back.

Shake off your sickness with Stuart's Dyspepsia Tablets.

Another profitable study to take up for young people is Art. So many of our magazines are publishing practical articles on this subject, and the penny pictures are so very cheap that one can become familiar with all the great works of art at a very small cost if they only take the time to look it up.—Selected.

The Christmas Tree

If a tree can be obtained from the woods for a little trouble, don't deny the children a Christmas tree. In many homes it seems that if each member has a gift at Christmas time, there really is not a cent to spare for tree decorations, and those sold in the store are expensive. But as I looked back on a treeless childhood I determined that our children should have a tree. Here are some things I learned to make from five cents worth of tissue paper. For several years they were the main dependence for the tree. Take a sheet of paper and cut pieces four inches wide and five inches long, fold directly through the middle the long way, pressing the crease hard. Now cut every one-fourth inch from the crease to within a half inch of the paper. Unfold and paste the ends—the narrowest side—flat over one another. At the top fasten baby ribbon or cord and you have a pretty little lantern. Umbrellas are made by taking a five-inch square of paper—make a very tiny hole in the exact center, on which put just a suspicion of mucilage. Have ready for a handle a nine by one-half strip of heavy paper made exactly like a lamp lighter. Slip the tiny hole over the top of the handle and twist firmly. Twist the other end of handle over your finger to make a crook to hang to the tree by. By folding the paper over the handle in umbrella shape, and hanging up by handle they are very like a partly open umbrella.

For fancy baskets take a five-inch square and fold through the center from one corner to the other. Now fold from the corner to make a small triangle. Beginning at top—which will be the center of square—cut toward the edge, turn and cut toward the edge in opposite direction, repeating until base of triangle is reached, making the cuts one-fourth inch apart. Unfold and lay flat on a table. Wet with a cloth. Take a pin and lift up carefully from the center. Hang up to dry and you have a dainty little basket for the tree.

But perhaps prettiest of all are the chains made from the tiny pieces of left-over paper; cut one-fourth inch wide and four or five inches long, according to pieces left. Join the ends of first piece, then slip another piece into it and join its ends, repeating until your chain is as long as you want it.

I hope these things may be of use to some mother. Better try them of newspaper before cutting the tissue paper. If there is just a little money to spend for the tree I think candles and holders give the most pleasure, and the holders may be used several seasons. A package of gold and silver tinsel thread costs but little and adds wonderfully to the beauty of the plainest tree. If tissue paper can not be had, many pretty things can be made of bright colored lining cambric, which can be had for four or five cents a yard, or of the colored papers which come around parcels from the stores.—Selected.

Floral Talks

When plants are received from the florist by mail, do not pot them at once after unpacking them. They are usually wrapped in moss about the roots, and they should be set in a vessel of tepid water and let stand for a little time, until the moss is thoroughly saturated and can be taken off

Any Rheumatic Sufferer may have a full dollar's worth of my remedy free.

I searched the whole earth for a specific for Rheumatism—something that I or any physician could feel safe in prescribing—something that we could count on not only occasionally, but ALWAYS. For the ravages of rheumatism are everywhere and genuine relief is rare. After twenty years of search and experiment I learned of the chemical I now employ. And I knew then that my search and my efforts were well rewarded. For this chemical gave me the basis of a remedy which in the cure of Rheumatism is practically certain.

I don't mean that Dr. Shoop's Rheumatic Cure can turn bony joints into flesh again—that is impossible. But it will drive from the blood the poison that causes pain and swelling and then that is the end of the pain and swelling—the end of the suffering—the end of Rheumatism. I am willing that you should prove my claims at my expense. I will gladly give you a full dollar package of Dr. Shoop's Rheumatic Remedy to try. For I know that you and your neighbors and friends will by your good wishes and your good words, more than repay my initial loss.

You pay nothing—you promise nothing
you risk nothing—you deposit nothing

Crystalized Poison!

You know that hard water leaves a deposit of lime in the bottom of the tea-kettle in which it boils and soft water does not. That is because soft water is filtered and contains no lime, while hard water is not filtered and is full of it.

You can imagine that if that deposit were to settle in the joint of your knee it would be extremely painful. And if the deposit grew you could finally no longer endure the torture of walking.

Yet that is the very way that Rheumatism begins and ends. Except that the deposit which forms is not lime but crystalized poison!

For your blood is always full of poison—the poison you eat and drink and breathe into your system. It is the purpose of the blood to absorb and carry on this very poison. And the kidneys which are the blood filters, are expected to cleanse the blood and send it back through the system clean to gather more poison which they, in turn, will eliminate.

But sometimes the kidneys fail. And sometimes from some other cause the blood gets so full of poison that they cannot absorb it all. This is the start of Rheumatism. The poison accumulates and crystalizes. The blood carries the crystals and they increase in size. Then, when it can carry them no longer, it deposits them in a joint—on a bone—anywhere.

The twinge in your leg—the dull ache in your arm on a rainy day—these are the outward signs of the unseen crystals. And the twisting limbs and unspcakable anguish of the sufferer who has allowed his symptoms to go unheeded and unattended for years—these are the evidences of what Rheumatism, neglected, can do.

Rheumatism includes lumbago, sciatica, neuralgia, gout—or all these are the results of rheumatic poison in the blood.

Plainly, the first thing to do is to remove the poison. But this is not enough. The formation of the poison must be stopped, so that nature may have a chance to dissolve and eliminate the crystals which have already formed. Unless this is done there can be no cure—no permanent relief.

A Certain Cure!

I spent twenty years in experimenting before I felt satisfied that I had a certain remedy for this dread disease—a remedy which would not only clean out the poison, but one which would stop its formation.

The secret lay in a wonderful chemical I found in Germany. When I found this chemical I knew that I could make a Rheumatic cure that would be practically certain. But even then before I made an announcement—before I was willing to put my name on it—I made more than 2,000 tests. And my failures were but 2 per cent.

This German chemical is not the only ingredient I use in Dr. Shoop's Rheumatic Cure—but it made the remedy possible—made possible an achievement which I doubt not could have been made in no other way.

This chemical was very expensive. The duty, too was high. In all it cost me \$4.90 per pound. But what is \$4.90 per pound for a REAL remedy for the world's most painful disease?—for a REAL relief from the greatest torture human beings know.

But I do not ask you to take a single statement of mine—I do not ask you to believe a word I say until you have tried my medicine in your own home at my expense absolutely. Could I offer you a full dollar's worth free if there were any misrepresentation? Would I do this if I were not straightforward in my every claim? Could I AFFORD to do it if I were not SURE that my medicine will help you?

Simply Write Me

The offer is open to everyone, everywhere. But you must write ME for the free dollar bottle order. All druggists do not grant the test. I will then direct you to one that does. He will pass it down to you from his stock as freely as though your dollar laid before him. Write for the order today. Address Dr. Shoop, Box 8615 Racine, Wis. I will send you my book on Rheumatism beside. It is free. It will help you to understand your case. What more can I do to convince you of my interest—of my sincerity?

Dr. Shoop's Rheumatic Remedy

without in the least disturbing the tender roots which, in most cases, have a very little soil left on them, and the roots will be in a condition to spread carefully out when set in the pot of soil. Plants should always be given a good soaking in tepid water when received, potted carefully, and then set away for a few days in a cool, dark place, in order that they may recuperate from the shock of removal and the fatigue of their journey. Chinese Sacred Lily.—Three large bulbs of this lily may be had for 25 cents. The brown outer shell should be carefully stripped off, leaving the bulb white and clean. The three bulbs may be set close together in a glass dish ten inches in diameter and four in depth, placing a layer of small pebbles or coarse sand in the bottom of the dish on which to set the bulbs. More pebbles should be piled around and on top of the bulbs to keep them under water when the roots begin pushing up. The small off-shoot bulbs may be broken off and set among the pebbles, but they are best left on the large bulb. Some persons slash the bulb from top to bottom with gashes half to two-third inches deep, and claim that more flower shoots may be had by this method. Some of our best authorities say to set the bulb dish immediately in the sunshine, while others insist that it should be set away in the dark

for several weeks to promote root growth.

No earth is put in the dish—nothing but water—and this water must be changed every few days by pouring more tepid water over the bulbs, overflowing until all the old water has washed out. Place the dish in a cool, sunny window when it is brought to the light. Too much warmth will blight the buds, and the plant must have the sunshine, or it will not do well. Remember, it must have the sunshine. The foliage is luxuriant, and the flowers beautiful. Paper White-Narcissus and Double Roman Narcissus are both very beautiful treated in this way.

When coal is used as fuel for heating purposes, a basin of water should be kept on the stove. The water will gradually evaporate, and the vessel must be refilled. A small tea-kettle on the stove will answer the purpose. Wood is preferable to coal, where house-plants are kept, as escaping gas is one of the worst things with which plants have to contend. Heating by city gas, or using gas for illuminating purposes is very bad for the plants.

AN OLD AND WELL TRIED REMEDY.
MRS. WINELOW'S "NOTHING" STRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.