

Hopes Women Will Adopt This Habit As Well As Men

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

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 rosy-checked 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.

If a woman's credit is good at a dry goods store she never argues about the price.

The Quinine That Does Not Affect Head
Because of its tonic and laxative effect, LAXATIVE BROMO QUININE is better than ordinary quinine and can be taken by anyone. 25c.

No False Pride.
Willis—Bump is a good scout; absolutely no false pride about him.
Gillis—That's right. On a windy day he always chases his hat before chasing his toupee.—Judge.

ALWAYS LOOK YOUR BEST
As to Your Hair and Skin by Using Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These fragrant, super-creamy emollients preserve the natural purity and beauty of the skin under conditions which, if neglected, tend to produce a state of irritation and disfigurement.
Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Not Sincere.
"Here's a book entitled 'How to Be Happy Without Money.'"
"I presume the writer professes to scorn money."
"Yes."
"Does he give away his book?"
"No. The price is one dollar."
"Umph! I thought so! At least 100 per cent profit."

ENDS DYSPEPSIA, INDIGESTION, GAS
"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.
It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Catty Remark.
"Algernon must be in love with me."
"What gave you that idea?"
"He clasps me so closely in the dance."
"It isn't that," declared the other girl disagreeably. "It is just a case of being afraid he'll fall down unless he hangs on to his partner."—Louisville Courier-Journal.

New Leather-Trimmed Suits



When Paris determines to make use of a good, common-sense idea in creating the styles for womankind, we may be sure the idea will be gracefully handled. Among the recent importations are leather-trimmed tailored suits and separate skirts which promise to be entirely successful with American women, who are keen to appreciate the union of utility and beauty in their apparel.
Among the best examples of the combination of fabric and leather are separate skirts made of strong, soft, woolen plaids, trimmed with a glace leather, matching the predominating color in the plaid. They are short, fitted smoothly about the hips, cut with a moderate flare, and faced up about the bottom with leather. A belt of leather and leather pockets, or leather-trimmed pockets, usually appear as finishing details.
Entire skirts of leather or entire jackets of leather followed in the wake of these first models but are not so well received. While every woman will see the advantage of a leather protection for the bottom of a cloth skirt and the harmony of leather introduced in the details of finishing, all-leather garments are too cumbersome to be graceful, and there is no good reason for making them.
One of the leather-trimmed skirts is shown in the picture given here. The leather facing about the bottom is joined to the cloth by a piping of leather and the top of the facing is shaped into very wide and very shallow scallops. On one of the best importations the leather facing was put on in four sections and these were laced together with a silk cord.
Narrow leather bindings finish the pockets and belt. Skirts of this kind are cut very short, not reaching below the tops of high boots, which often match the leather trim in color.
Never invest in an alligator hide pocketbook. It's a skin game.

Dressy Frocks for the Difficult Age



To choose clothes for a girl of ten, or thereabout, is more of a task than confronts the mother of the very little girl, or presents itself in clothing the nearly grown miss. It happens that the child from six to fourteen is very likely to be too thin and, hence, angular and awkward. Sometimes she is considerably too fat. In either case the mother must select styles that will tone down her defects of figure and keep her unconscious of them. Occasionally a little girl grows up without the usual experiences of "the awkward age," and the chances are that she owes much to a judicious mother who clothed her artfully.
Up to twelve years simple and almost straight lines are to be recommended in the garments of children. The skirt reaches the knee or a little below it. But in the matter of length there is very good authority for extending the skirt several inches below the knee, especially for the girl past eight. For a slender child a full long-waisted blouse and very short skirt is good style, or the high-waisted bodice with full flaring skirt. Elbow sleeves and square-necked patterns look well on her.
Two pretty frocks for the ten-year-old are shown here which will prove successful on almost any figure. One is of sapphire-blue chiffon made in one piece with a small bolero of net and embroidery like the chiffon in color. It is finished with a double bounce and worn over a silk slip in the same shade of blue.
The dress of white net is made in the long-waisted style that is always worn. The blouse is laid in plaits on the shoulder and the full, plain skirt is finished with a group of narrow tucks. It does not quite reach the knee and is worn over a fine lawn petticoat edged with val lace and longer than the skirt by almost the width of the edging.

Julia Bottomley

"HEALTH" THE WATCHWORD

This Really Means, PERFECT DIGESTION AND ASSIMILATION OF FOOD LIVER ACTIVITY BOWEL REGULARITY RICH, RED BLOOD

— TRY — HOSTETTER'S Stomach Bitters

when weakness is manifested in the Stomach, Liver or Bowels.

CAN LAUGH AT TORPEDOES

Peculiarly-Constructed Ship That Has Proved Itself to Be of Real Value in Warfare.

Monitors of a very queer sort were introduced not long ago at the Dardanelles by the allies. Amusing descriptions of these craft have been printed in London, but in spite of their ludicrous appearance it seems that they are real factors. Some time ago when one of the boats first put in at Kephalos harbor in the Aegean it caused consternation. Instead of steaming in like an ordinary war vessel, it seemed to waddle through the water like a huge goose, and from a distance looked as if it were showing its bow to the stern. A large turret is carried on a high, flat deck. This mounts two 14-inch rifles. Just below the surface of the water the sides of the monitor bulge out about ten feet and then curve down. This peculiar hull construction accounts for the clumsy movements of the vessel, but it is said to make it proof against torpedoes. The ship is large and roomy. The only armament it carries in addition to the heavy guns are aerial rifles.—Popular Mechanics.

Consideration.
"How is your boy Josh getting on at college?"
"First rate," replied Farmer Corn-tassel. "He writes long letters about how well he's doin' in his studies."
"Do you really think he is a good scholar?"
"I've my doubts. But, anyhow, his disposition's improvin'. His letters show he's tryin' to be considerate an' avoid hurtin' our feelin's."

Insidious Sneer.
"Seth Smiggles says you are another Daniel Webster."
"Yes," said Senator Sorghum; "Seth is always comparing me with somebody who is dead."

Sure Thing.
"It's the little things that count."
"Right you are; a small ace will take a big, fat king."

"Declined With Thanks."
Quad—Did you get a check for that poem you sent to Blank's magazine?
Space—Sure thing.
Quad—How much?
Space—Oh, not much—only three words written with a blue pencil.

Money Talks.
Times are a trifle hard in the Cotton Belt just now and money is a little scarce. Evidently Uncle Ephraim thinks so, for he came up to his supply merchant the other day and said: "Marse John, times is tighter than I is ever seen 'em before. Do you know, Marse John, I can't get no money at all? No, sir, I can't get nuthin'! I can't even get hold of a nickel! Do you know, Marse John, hit actually looks like I'll have to go to preachin' in order to make a livin'. I done it once and I ain't too good to do it again!"—Saturday Evening Post.

TRY THIS EASY WAY TO CLEAR YOUR SKIN WITH RESINOL SOAP

Bathe your face for several minutes with Resinol Soap and warm water, working the creamy lather into the skin gently with the finger-tips. Then wash off with more Resinol Soap and warm water, finishing with a dash of clear cold water to close the pores.

Do this once or twice a day, and you will be astonished how quickly the healing, antiseptic Resinol medication soothes and cleanses the pores, removes pimples and blackheads, and leaves the complexion clear, fresh and velvety. In severe cases a little Resinol Ointment should also be used. Resinol Soap is sold by all druggists.—Adv.

Hairs of Rock Plants.
In a certain issue of the English publication, Knowledge, there is a short paper on the hairs of rock plants, by K. E. Stryan. The glandular hairs of the Saxifrage are described. The three types of hairs dealt with are the silky or woolly hairs of the Edelweiss and the like; the stellate hairs which form a felted covering to many leaves, as in Aubretias and Alysums, and the glandular, which may occur alone or in conjunction with one of the other types. The hairs are mainly protective against atmospheric conditions, but the glandular hairs may in some cases serve to attract insects.

He Was Too Candid.
There is a Cleveland man whose business often takes him to New York. He doesn't stay long—two days at the most—but it seems long to his wife. And the other day his wife kicked.
"My dear," she said, "the next time you go to New York I want you to take me along."
"You wouldn't have a good time," he answered.
"Why wouldn't I have a good time?"
"Because you have such a jealous disposition."
The next time she's going if she has to travel on a different car.—Cleveland Plaindealer.

Better keep your temper; otherwise it is apt to give you away.
Manners are the orchids of civilization; courtesy is its sweet violet.

Stop That Ache!

Don't worry along with a bad back. Get rid of it. It's a sign you haven't had enough air, exercise and sleep. Probably this has upset your kidneys. Get back to sensible habits, and give the kidneys help. Then, if it's kidney backache, the dizziness, lameness and tiredness will disappear. Use Doan's Kidney Pills—the best recommended kidney remedy.

A Kansas Case
"Every Picture Tells a Story"
Mrs. A. D. Sauer, 309 W. Fourth St., Atchison, Kan., says: "My kidneys were in dreadful shape and my back bothered me awfully. I was worn out and nervous and could hardly do my work. After doctoring faithfully without success, I used Doan's Kidney Pills and they restored me to health and strength."
Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

TRAVELING WITH A CELLO

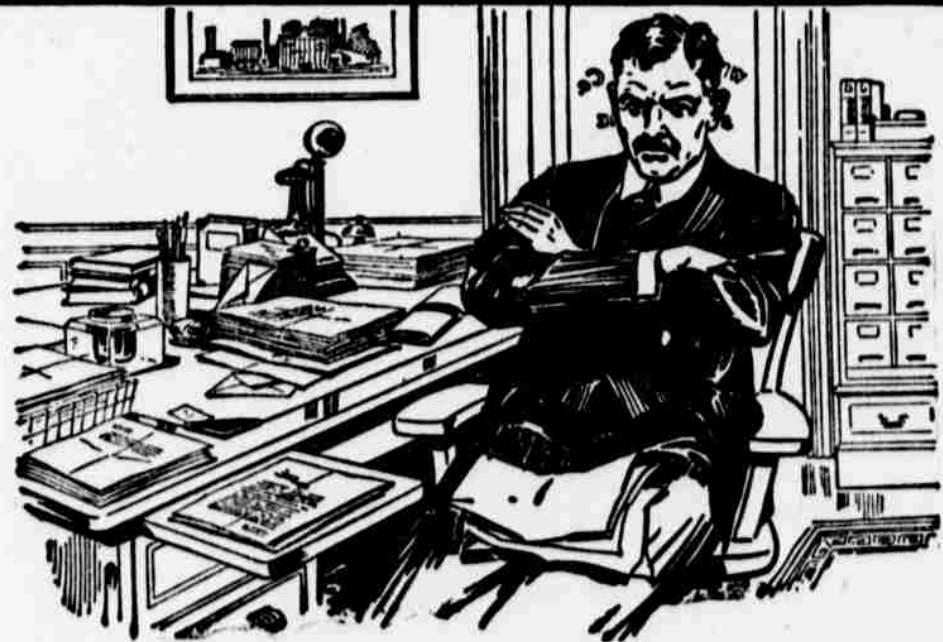
Instrument Declared to Be Almost as Troublesome as a Baby or a Donkey.

Traveling with a cello is almost as good—and almost as bad—as traveling with a child. It helps you, for example, in cultivating friendly relations with fellow passengers. Suppose there is a broken wheel, or the engineer is waiting for No. 26 to pass, or you are stalled for three days in a blizzard—what's more jolly than to undress your cello and play each of those present the tune he would like to hear, and lead the congregational singing of "Dixie," "Tipperary" and "Home, Sweet Home"? A fiddle may even render tenable one of those railway junctions which Stevenson cursed as the nadir of intrinsic uninterestness, and which Mr. Clayton Hamilton has recently glorified with such brio in the (Popular Review, Robert Haven Schaffer) writes in the Atlantic.

But this is only the bright side. In some ways traveling with a cello is as uncomfortable as traveling, not only with a baby, but with a donkey. Unless, indeed you have an instrument with a convenient hinged door in the back so that you may back it full of pajamas, collars, brushes, MSS., and so forth, thus dispensing with a bag; or unless you can calk up its F holes and use the instrument as a canoe on occasion, a cello is about as inconvenient a traveling companion as the corpse in Stevenson's tale, which would insist on getting into the wrong box.

Nobody Hurt.
Hotel Clerk—Say, you called the man in Room 13 an hour too early this morning.
Porter—Did he get up?
Hotel Clerk—Only partly. He got his back up.

Age may be garrulous, but it is sure to tell on a woman sooner or later.
When an opportunity occurs for kind words deliver the goods.



Swamped

When a man's efficiency is on the decline—when after a long day of effort the mass of work still stares him in the face—it's time to find out what's wrong.

Frequently a lack of certain necessary nutritive elements, in the daily diet, lessens mental and physical activity. A prime factor in efficiency is right feeding.

No food supplies, in such splendid proportion, all the rich nourishment of the field grains, for keeping the mental and physical forces upbuilt and in trim, as

Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies the vital mineral salts, often lacking in the ordinary daily diet, but imperative in building sturdy mental, physical and nervous energy.

Then, too, there's a wonderful return of power for the small effort required in the digestion of Grape-Nuts, which, with cream or good milk, supplies complete nourishment.

"There's a Reason" for Grape-Nuts
Sold by Grocers everywhere.