

Farmers should eat more oatmeal. Although the farmer of today is able to buy almost anything he wants to wear or eat he isn't paying enough attention to food values when it comes to his own table.

He feeds his stock carefully, avoids over-feeding and selects the stock food that he believes will give the best returns in strength and general efficiency.

If he has been watching the extensive researches and experiments on the question of the best human food for muscle and brain he will heed the advice from all sides to "eat more Quaker Oats."

Quaker Oats is mentioned because it is recognized in this country and Europe as the best of all oatmeals. Feeding farm hands on Quaker Oats means getting more work out of them than if you feed them on anything else. 61

Good Work in Denmark.

Under legislation enacted in 1905 the Danish government pays three-fourths of the expenses of all poor persons who desire to be treated in tuberculosis sanatoria. When the hospitals under construction are completed Denmark will have one bed in tuberculosis hospitals or sanatoria for every 1,200 inhabitants, a fact which will mean that the length of treatment can be considerably extended. In the United States there is one bed for every 4,600 inhabitants.

Money and expense are not essential to artistic homes and attractive rooms. One dollar and fifty cents' worth of material will completely transform a crude, martistic room into a graceful, dainty apartment.

Really it is good taste and skill that makes the home homelike. That dainty touch is worth twice as much as money.

Wall paper is expensive—it costs money to buy it, to hang it and again to remove it. With the use of the alabastine material—any one can brush it on—and it is not necessary to wash it off the wall when a fresh coat is required.

It is very easy to mix, very simple to apply, but the results are simply beautiful. A whole house can be done at just a little more than the cost of a single room when ordinary materials are used.

And this is true, that now that we have so much better materials for use in the decoration of our homes, that wall paper, common kalsomine and paint are now as much out of date as the old-time white-wash, tallow candles and rough hewn floors. Mere money is no longer an essential in good housefurnishing in artistic home making.

The new materials and labor-saving machines are most welcome to us all—and every thoughtful woman, every woman who cares for her home, is quick to utilize them.

In Demand.

"An infant in a Pullman car set up a loud wail, and would not be comforted," narrates a high railroad official, "and I came forward and told the young mother that I had helped to raise five, and that I thought I could secure a quietus. I put the little tum across my knees, and with a gentle joggling achieved beautiful results."

"Instead of giving me the credit I deserved, some drummers in the car showed stern disapproval of my 'butting in.'"

"At 2 a. m., the baby woke up and stayed awake, and kept every one else in the car awake. Finally a gruff voice asked:

"Where's that fool that put it to sleep this afternoon. I wonder?"

Wrong View of Marriage.

"There would be less divorce," said ex-Gov. Pennypacker, "if there were fewer men like William Windle."

"William Windle embarked on an excursion steamer for Point Breeze, and a few miles out, as he paced the upper deck and drank in the bracing ozone, he spied his friend Jackson.

"Why Jackson, how are ye?" he exclaimed. "Are ye out for pleasure, or is yer wife along?"

Another Bright Boy.

"Now, children, asked the teacher, 'what is the use of a calendar?'"

"Please, mum," answered Willie, "it tells where you'd order git yer life insured."—Cleveland Leader.

There are lots of people who can't take a joke, and a good many times it isn't through any fault of their own.

ROSY COLOR
Produced by Postum.

"When a person rises from each meal with a ringing in the ears and a general sense of nervousness, it is a common habit to charge it to a de-ranged stomach."

"I found it was caused from drinking coffee, which I never suspected for a long time, but found by leaving off coffee that the disagreeable feelings went away."

"I was brought to think of the subject by getting some Postum and this brought me out of trouble."

"It is a most appetizing and invigorating beverage and has been of such great benefit to me that I naturally speak of it from time to time as opportunity offers."

"A lady friend complained to me that she had tried Postum, but it did not taste good. In reply to my question she said she guessed she boiled it about ten minutes. I advised her to follow directions and know that she boiled it fifteen or twenty minutes, and she would have something worth talking about. A short time ago I heard one of her children say that they were drinking Postum now-a-days, so I judge she succeeded in making it good, which is by no means a difficult task."

"The son of one of my friends was formerly a pale lad, but since he has been drinking Postum, has a fine color. There is plenty of evidence that Postum actually does 'make red blood,' as the famous trade-mark says."

Read "The Road to Wellville," found in Postum. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TALES OF GOTHAM AND OTHER CITIES

This Elephant Has Odd Dinner Call



NEW YORK.—Luna, the big elephant at the Bronx zoo, has found a new use for the big lignum vitae bowling ball the keeper has given her. Gunda, her husband, has a big cage in the other corner of the building, but Luna can never catch sight of him. So to amuse her and keep her from making too many eyes at Pete, the fat hippopotamus, whose cage is across the room, the keeper got her a bowling ball bigger than a man's head.

Luna never learned to bowl, and the round, hard, inedible thing was a curiosity to her.

When they put an empty beer barrel in her cage for her to play with she solved the mystery by finding that if she blew into the bung hole it made a whistling noise that attracted the attention of Pete and sometimes woke him out of an afternoon nap, but this hard, round polished ball was no good as far as she could see.

First she put it in her mouth and tried to bite it, but it wouldn't masticate and only hurt her tongue. Then she put it on the floor and tried to stand on it with all four feet, but it wouldn't be still long enough and her

feet were too big. Then she put it in a corner and sat down and talked to it, but the mysterious thing was mute.

It was continually under her feet, and when she lay down at night it was always under her and necessitated her moving to some other corner.

Now Luna is particular about her meals. If her hay isn't brought at the precise moment she toots and trumpets and makes a fuss, and as the visitors like to hear her toot and the keepers don't care, it doesn't hurry her dinner any.

The other day when she got hungry and ordered her dinner and it didn't come she flew into a passion and walked rapidly about sputtering and tooting. Suddenly her feet touched the big bowling ball. She picked it up and fairly hurled it against the wall with all her force.

"Bangety-bang-whang!" it went, bounding from side to side and filling the elephant house with clamor. She stopped, amazed, and picked it up again.

"Bang-whang-bangety-bang!" went the ball, and the keepers, thinking that she was tearing down the pen, came on the run.

Seeing that at last she had attracted attention she kept throwing the ball with energy till the keeper brought her dinner. Now, when she wants to eat she throws the ball against the wall until her order is brought, and it always comes in a hurry.

Story of Gotham Peddler's Revenge



NEW YORK.—Original comedians and humorists who are funnier off the stage than on have put over a great many things along Broadway this season. As the result everybody along the thoroughfare is perpetually on guard for tricks, jokes and hilarious quips. The thing has gone so far that a Comanche Indian, raving drunk from a Wild West show, would probably be taken for a joking actor made up for a bit of fun, and you couldn't convince the mob that the savage was a real one.

An instance of this belief was shown in front of the Cadillac, where a number of players and their friends had gathered for harmless discussion. Up to the group came a typical peddler. His derby hat came down over his ears and rested on the bridge of his nose, his coat and trousers fitted him, not exactly as they do upon the stage, a scrubby black beard jutted from his chin and a little tray full of collar buttons hung from his shoulders.

"Gentlemen," said he, "wouldn't you buy somedings?"

A wild shout of laughter came from the crowd and several of them whacked the peddler on the back. "Great stuff, old man, great stuff," they whooped. "Best make-up we ever saw. Pretty near stung us, but we are wise to that crepe beard, old boy!"

The peddler stood bewildered.

"Gentlemen," said he, "you all been schicker, I thinks. Vat funny business iss dis you makes it mit me?"

Another shout of glee.

"Make-up is so good," cried Joe Humphreys, "that I can't spot him. Take it off, old pal." And Joe, seizing the straggly black beard, gave it a hearty haul. The peddler emitted a howl of surprise, agony and rage. Dropping his head, he butted goat-like and drove his derby into Mr. Humphreys' features.

"Loafers, loafers," he squaled, enraged beyond endurance. "You been fresh too much, and I go get it a policeman for you!"

He broke away, followed by enthusiastic cheers, and not even when he returned with Officer Hughey Jones could the crowd be convinced that it wasn't some joyous actor playing the best impersonated joke that has been seen in years on Broadway. It was no joke, however—the peddler was as real as Essex street, and the crowd had to buy 90 cents' worth of his collar buttons before he would be pacified.

Women Are Not "People" Now 'tis Said



CHICAGO.—woman—An adult female of the human race.—Century Dictionary.

People—The whole body of persons who compose a community, a tribe, race or nation.—Century Dictionary.

But behold—

Women are not people.—Prof. Charles Zueblin of the University of Chicago.

Whatever may be the feminine status, politically or otherwise, the declaration of Prof. Zueblin in a lecture at Music hall, that women, under present governmental ideals are not people, has served to precipitate an unprecedented commotion in the ranks of the fair sex.

"If we are disfranchised to the extent that we may not even be num-

bered among the people, then what are we?" was the cry that went up from club women, suffragettes, pretty women, plain women, old women and young women alike.

And Prof. Zueblin's answer, entrenched behind a bulwark of logic, smashing traditions and upsetting definitions compiled by the lexicographers, is this:

"When we analyze the political platitudes that we make almost a part of our being we discover that women are not people. Our great platitude, Lincoln's definition of democracy, 'a government of the people, by the people and for the people,' serves, without further ado to put women entirely out of the people class."

"From Prof. Zueblin's interpretation of the situation it would appear that we are like the Indians," said Mrs. Ella Flagg Young, superintendent of schools. "The Indians don't vote and neither do we, but personally I am more interested in the study of children than in the status of my sex."

Two Poor Girls Palmed Off as Rich



NEW YORK.—Mrs. Alma Webster-Powell, wife of A. Judson Powell, a rich piano manufacturer of Brooklyn, was the chief speaker at a suffragette mass meeting and told this story:

"I brought two young women—poor girls—from the east side to my residence last week, and after dressing them in my most beautiful gowns, introduced them into a select, aristocratic assemblage that had come to my home for the evening. Although members of a poor, self-supporting class, these two young women, genteel and nicely educated, departed themselves during the reception so charmingly that two gentlemen present—who, like the other guests, pos-

sessed no knowledge of the true social position of the girls—were much smitten with them and requested permission to call on them in their homes. One of these men was a count, the other was possessed of riches to the extent of \$2,000,000.

"All of this strengthens my claim that wealth and false pride alone make the social barrier. The wearer of a shirtwalst is good enough for me."

Mrs. Powell said it was not the first time she had fooled her friends by introducing among them persons not affluent like themselves.

"Once," she said, "I dressed up my cook Mary in one of my gowns and she mingled with my guests. Her figure is beautiful, and she made a stunning appearance. But she did not feel at ease in the strange company and stayed only a short time. Back to the kitchen she went."

Mrs. Powell then entered into a tirade against bad government and the idle rich, whom she characterized as being the archenemies of the suffragettes.

MOST PEOPLE DO NOT KNOW CAUSE OF THEIR SICKNESS

Does human health depend on one organ alone? This question is becoming widely discussed since L. T. Cooper first advanced his theory that the stomach is the true seat of life and all health dependent upon it.

Mr. Cooper, who has met with remarkable success in the sale of his new medicine, believes that the stomach is responsible for most sickness, and that this organ is weak in the present generation. While discussing this theory recently, he said: "I am asked time and again to tell why my medicine has made such a record wherever I have introduced it. My answer always is, 'because it restores the stomach to a normal condition.' No one will deny that today there are more half-sick men and women than ever before. Nothing critical seems to be the matter with them. They are just half-sick most of the time. They don't know really what is the matter with them. I have talked with thousands during the past two years, and few knew indeed what their trouble was. One said nervousness, another said kidney trouble, another liver complaint, some constipation, or heart trouble, or lung trouble. Many had treated, as they called it, for most of these diseases at different times. A very common complaint is 'all run down,' or 'tired all the time,' or 'no appetite.'"

"I know positively that every bit of this chronic ill health is caused by stomach trouble and nothing else. My New Discovery puts the stomach in sound condition in about six weeks. Mighty few people can be sick with a sound digestion. That is why my medicine is selling at such a tremendous rate. I have convinced many thousands of people that these things are so, and the number is growing by leaps and bounds."

Among more recent converts to Mr. Cooper's beliefs is Mrs. Lottie L. Miner, living on Rural Route No. 2, Henniker, N. H., who says: "I was in poor health for six years, from stomach trouble and indigestion. Quite frequently my stomach was so weak that it would not retain solid food. I had vomiting spells every morning, and was subject to frequent attacks of dizziness. Life became such a burden that I often felt it was not worth the living. I tried everything I could hear of, but found nothing that would afford relief."

"For some time I had been reading of the Cooper remedies, and finally decided to give the New Discovery preparation a trial. After taking the first bottle, I noticed a marked improvement. Five bottles made me entirely well. I can eat anything I wish, and have not been troubled with my stomach since. The dizzy spells disappeared long ago."

"My mother, Mrs. Susan Parkins, is a nurse of long experience. Both she and my father have used the Cooper remedies with splendid results. I will be glad to answer any personal correspondence in regard to my case."

Cooper's New Discovery is sold by all druggists. If your druggist cannot supply you, we will forward you the name of a druggist in your city who will. Don't accept "something just as good."—The Cooper Medicine Co., Dayton, Ohio.

Absolute Equality.

The Woman—The tax office is one place which I simply love to go to.

The Man—Very few people do. Why do you like it?

The Woman—Because it is absolutely the only place where no discrimination is made against me because I am a woman. They let me there pay just as much as if I were a man.

Progress.

Knicker—Now we have children taught how to play.

Bocker—Fine; next we shall have animal trainers to show lambs how to gambol.

What a man says about his enemies should be taken with a pound of salt.

Takers of the United States Census will use Waterman's Ideal Fountain Pen because it is always ready and sure.

If the fool and his money were inseparable there would be no get-rich-quick schemes.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

It's easier to break away than it is to get back.



GLADNESS COMES

With a better understanding of the transient nature of the many physical ills which vanish before proper efforts—gentle efforts—pleasant efforts—rightly directed. There is comfort in the knowledge that so many forms of illness are not due to any actual disease, but simply to a constipated condition of the system, which the pleasant family laxative, Syrup of Figs and Elixir of Senna, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact that it is the only remedy which promotes internal cleanliness, without debilitating the organs on which it acts. It is, therefore, all-important, in order to get its beneficial effects, to purchase and note that you have the genuine article, which is manufactured by the California Fig Syrup Co. only.

It is pleasant and refreshing to the taste, and acts gently yet promptly on the kidneys, liver and bowels, cleanses the system effectually, dispels colds, headaches and fevers and assists in overcoming habitual constipation permanently, also biliousness and the many ills resulting therefrom. The great trouble with all other purgatives and aperients is not that they fail to act when a single dose is taken, but that they act too violently and invariably tend to produce a habit of body requiring constantly augmented doses. Children enjoy the pleasant taste and gentle action of Syrup of Figs and Elixir of Senna, the ladies find it delightful and beneficial whenever a laxative remedy is needed, and business men pronounce it invaluable, as it may be taken without interfering with business and does not gripe nor nauseate. When buying note the name, California Fig Syrup Co. printed on the front of every package. Price, 50 cents a bottle.

Bakes—Roasts—Broils—Toasts



BAKES bread, pie and cake—bakes them perfectly all through, and browns them appetizingly.

ROASTS beef, poultry and game with a steady heat, which preserves the rich natural flavor.

BROILS steaks and chops—makes them tender and inviting.

TOASTS bread, muffins, crackers and cheese.

No drudgery of coal and ashes; no stooping to get at the oven; no smoke, no dust, no odor—just good cooking with greater fuel economy. Irons and water in wash-boiler always hot. The

New Perfection Oil Cook-stove

has a Cabinet Top with shelf for keeping plates and food hot. Drop shelves for the coffee pot or saucepans, and nicked towel racks.

It has long turquoise-blue enamel chimneys. The nickel finish, with the bright blue of the chimneys, makes the stove very attractive and invites cleanliness. Made with 1, 2 and 3 burners; the 2 and 3-burner stoves can be had with or without Cabinet.

CAUTIONARY NOTE: Be sure you get this stove—see that the name-plate reads "NEW PERFECTION." Every dealer everywhere; if not at your, write for Descriptive Circular to the nearest agency of the

Standard Oil Company
(Incorporated)

A Free Book About Beautiful Walls

We have just issued a book about house decoration. May we send you a copy—free?

It tells how to produce those beautiful walls, now seen in all the finest of homes and hotels.

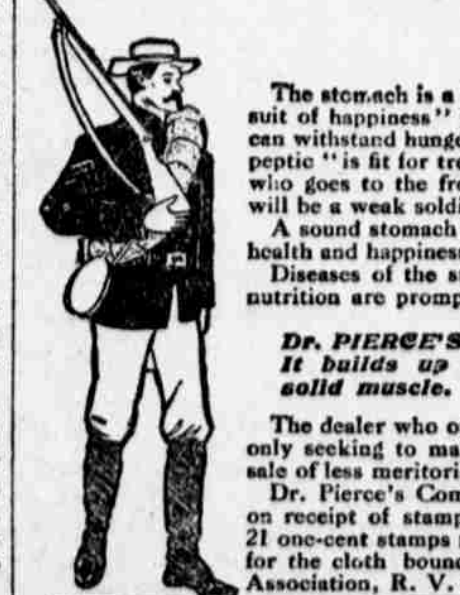
It suggests color schemes—offers a wealth of ideas. And it tells what has brought alabastine into universal vogue.

Alabastine The Sanitary Wall Coating

Alabastine is the only wall coating that doesn't breed germs. It has been so for 30 years. In the past few years it has become the rage. Fashion now demands it. People of taste—both rich and poor—now have alabastine walls.

Please know the reason. Know the endless color schemes you can get from it. Know how easily you can apply it, even on papered walls. You will never use wall paper—never use kalsomine—after you know the facts.

Alabastine Co., Grand Rapids, Mich.



Patriotism

The stomach is a larger factor in "life, liberty and the pursuit of happiness" than most people are aware. Patriotism can withstand hunger but not dyspepsia. The confirmed dyspeptic "is fit for treason, stratagems and spoils." The man who goes to the front for his country with a weak stomach will be a weak soldier and a fault finder.

A sound stomach makes for good citizenship as well as for health and happiness.

Diseases of the stomach and other organs of digestion and nutrition are promptly and permanently cured by the use of

DR. PIERCE'S GOLDEN MEDICAL DISCOVERY.
It builds up the body with sound flesh and solid muscle.

The dealer who offers a substitute for the "Discovery" is only seeking to make the little more profit realized on the sale of less meritorious preparations.

Dr. Pierce's Common Sense Medical Adviser is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the paper covered book, or 31 stamps for the cloth bound. Address World's Dispensary Medical Association, R. V. Pierce, M.D., President, Buffalo, N. Y.

LAZY LIVER

"I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headache. Now since taking Cascarets Candy Cathartic I feel very much better. I shall certainly recommend them to my friends as the best medicine I have ever seen."

Anna Bazinet,
Osborn Mill No. 2, Fall River, Mass.

Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weaken or Gripes. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back.

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Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. **MONROE DRUG CO., Quincy, Illinois.**