

IN BEDTIME HOURS

SHORT DISCOURSE ON PROPER METHODS OF SLEEP.

Writer Declares the Human Race Does Not Know How Properly to Woo "Nature's Sweet Restorer"—Beware the Snorer.

Man is the only animal that sleeps on its back, says the New York Press. Many animals sleep on their sides, but most sleep prone—that is, face down. Dogs never dream when prone, but invariably do so when sleeping on their side. All of us from the country have seen Bung, the hound, chasing rabbits in his sleep. An animal would be perfectly helpless if it slept on its back. And so is man helpless in that position.

If some other fellow wants a fortune let him invent a pillow that will allow a man or woman or child to sleep face down without having to twist the neck nearly out of joint. We still style it the "back-up cure" and introduce it in all homes. There is no excuse for lying on the back and keeping the spine hot all night, while the front of the body—the abdomen, the stomach, the chest, the throat, etc.—is allowed to become chilled. A hot spine is a disease generator. And, on the other hand, a cold spine is death.

Snoring is an infernal nuisance to every one except the snorer. People who sleep on their fronts never snore. Those who sleep on their backs invariably do. The palate as we know it is the roof of the mouth and the floor of the nose. Some style it the hard palate. Back near the throat is the soft palate. When you sleep on your back this gets down about the breathing apparatus and you snore. Some snore as worse than the midnight howl of a hyena. Never marry a woman that snores. Ask her before you propose if she is addicted to snoring, and if she says "yea" avoid her.

It is much easier to relax when sleeping on your front than when sleeping on your back. And what we all need after touching the bed at night is relaxation. It is a billion pities that some scientist cannot teach the art of relaxing. Our strenuous life, of course, is not blameless in this matter. We go to bed in excitement, and the nerves are strung all night. That is to say, we go to bed in full tune, like a piano, and cannot possibly let the strings down. Therefore we do not rest. Could we relax we could sleep four or five hours and arise refreshed; but as we cannot relax, we groan and dream and sweat and roll over and have remorse for eight or nine hours, and get up with a swelled head.

Every man and woman in this country was brought up with the notion that if the feet were higher than the head in sleeping all the blood would rush to the head and cause strangulation. This is the veriest rot. Advanced physicians now advocate the elevated feet for the cure of insomnia. Hang your legs over the footboard, get rid of your pillow, and go to sleep like an infant. You are on your feet all day and half the night. Stand on your head the rest of the night and let the blood circulate the other way. Maybe your brain needs it.

Famous Collector of Animals.
W. T. Hornaday, collector of animals, was the originator of the zoological gardens at Washington, and is now director of affairs at the New York zoo. Prof. Hornaday is primarily responsible for the change in museum methods that enables one now to see a bird or animal as it actually appeared in life and with something of its natural surroundings, instead of rows of stuffed birds in glass cases. He has been sent to all parts of the world, collecting, and has written a book of his adventures in the jungle. Aside from the subject of animals, his one hobby is temperance. The ravages of rum was what impressed him most among the savages.

The Prudent Piper.
Thomas F. Ryan, the noted financier, was talking about music in the smoke room of the Deutschland. "I like all music," he said, "except such native and special sorts as the tom-tom, the bagpipes, or the Indian hufaa give off."
"Speaking of bagpipes, did you ever notice how a piper prances up and down as he pipes? He never sits, he never stands still, but up and down, round and round, to and fro he struts continually.

"A little boy, listening to the weird skirl of the bagpipes of a street performer, once said to his father: "Father, why does the piper keep on the move all the time he plays?" "I can't say, my boy," the father answered, "unless it is to prevent any one getting the range with a cobbler-stone."

Building Out of New York.
There are now, within 30 miles of New York city about 8,540 new dwellings under construction, in which residents of the city will live on their completion.

STILL AHEAD OF AUDIENCE.

Comedian Made Humor of What Was Approaching Tragedy.

"Willie" Collier, the comedian, was an irrepressible member of a barnstorming combination which, some ten years ago, did the "tank" towns of the middle west.

The company had been doing a poor business for several weeks when a certain town in Illinois was reached. Just before the curtain went up that night, Collier was standing at the curtain "peep-hole," sizing up the audience.

"How's the house, Willie?" asked another player.

"Well," answered Collier, "there are some out there. But," he added, impressively, "we're still in the majority, old boy, still in the majority!" —Harper's Weekly.

BABY ITCHED TERRIBLY.

Face and Neck Covered with Inflamed Skin—Doctors No Avail—Cured by Cuticura Remedies.

"My baby's face and neck were covered with itching skin similar to eczema, and she suffered terribly for over a year. I took her to a number of doctors, and also to different colleges, to no avail. Then Cuticura Remedies were recommended to me by Miss G—. I did not use it at first, as I had tried so many other remedies without any favorable results. At last I tried Cuticura Soap, Cuticura Ointment and Cuticura Resolvent Pills, and to my surprise noticed an improvement. After using three boxes of the Cuticura Ointment, together with the Soap and Pills, I am pleased to say she is altogether a different child and the picture of health. Mrs. A. C. Brestlin, 171 N. Lincoln St., Chicago, Ill., Oct. 20 and 30, 1906."

WAS WILLING TO FORGET.

Young Man Bore No Grudge Against Proposed Father-in-Law.

That the young fellow had grit was evident from the fact that his business, from nothing, had in a few years begun to bring in a fairish income. He made up his mind to get married. The girl—although the daughter of a pompous country resident—agreed with him; but the father did not see things in the same light.

"What! You?" he yelled, angrily. "You want to marry my daughter! Why, it is only a few years since you were caddying for me."

"That's true!" interrupted the young man, "but I don't intend to let that stand in the way. The language you then used was certainly a trifle—say blue-tinted; but then you were under the influence of disappointment. After all, you know, a very bad golfer may make a very good father-in-law. Anyhow, I'm going to give you a chance."

Ingenious, But Unavailing.

Wilton, the five-year-old son of Lackaye, the actor, has inherited the brilliant mind for which his father is distinguished.

Not long ago Mr. and Mrs. Lackaye, who spent the summer at Shelter Island Heights, were invited to attend a card party and the young son was anxious to accompany them.

His mother insisted that he should remain at home with Mary, his governess, but Wilton persisted and as a final argument he said: "Mamma, I think Mary is a Christian Scientist, and I might be taken sick in the night."

The argument was not effective.

First Chorus Girl—Nellie ain't feelin' well. She's gotta sore throat. Second Chorus Girl—Chee, the noise of 'er putting on airs like a primmer donn.—Kansas City Post.

WHAT WAS IT

The Woman Feared?

What a comfort to find it is not "the awful thing" feared, but only chronic indigestion, which proper food can relieve.

A woman in Ohio says: "I was troubled for years with indigestion and chronic constipation. At times I would have such a gnawing in my stomach that I actually feared I had a—I dislike to write or even think of what I feared."

"Seeing an account of Grape-Nuts I decided to try it. After a short time I was satisfied the trouble was not the awful thing I feared but was still bad enough. However, I was relieved of a bad case of dyspepsia by changing from improper food to Grape-Nuts."

"Since that time my bowels have been as regular as a clock. I had also noticed before I began to eat Grape-Nuts that I was becoming forgetful of where I put little things about the house, which was very annoying."

"But since the digestive organs have become strong from eating Grape-Nuts, my memory is good and my mind as clear as when I was young, and I am thankful." Name given by Postum Co., Battle Creek, Mich. Read the little booklet, "The Road to Wellville," in packages. "There's a reason."

REAL CAUSE FOR GLADNESS.

How Young Lawyer Carried Comfort to Convicted Client.

An amusing story is told by Harper's Weekly at the expense of a prominent Baltimore lawyer, who, like most young attorneys, got his first case by assignment from the bench. His client had been indicted for murder, and his conviction was a foregone conclusion, as his guilt was unquestionable.

The result of the trial was a sentence to be hanged; but the man made an appeal to the governor for a pardon and was anxiously awaiting a reply thereto when his lawyer visited him in his cell.

"I got good news for you—very good news!" the young lawyer said, grasping the man's hand.

"Did the governor—is it a pardon?" the man exclaimed joyously.

"Well, no. The fact is the governor refuses to interfere. But an uncle of yours has died and left you \$200, and you will have the satisfaction of knowing that your lawyer got paid, you know," was the comforting explanation.

A VALUABLE HOME RECIPE.

Will Break Up a Cold in 24 Hours or Cure Any Cough That Is Curable.

Mix one-half ounce of Concentrated oil of pine with two ounces of glycerine and a half pint of good whiskey. Shake thoroughly each time and use in doses of a teaspoonful to a tablespoonful every four hours.

The renowned throat and lung specialist who established a camp for consumptives in the pine woods of Maine, and whose remarkable cures there attracted international attention, declares that the above formula is one of the very best remedies obtainable for an acute cold and that it will strengthen the lungs, relieve coughs and heal the bronchial tubes. Also, that it will cure any case of lung trouble not too far advanced if the patient will assist by plenty of outdoor exercise, inhaling deep, long breaths every few minutes.

The ingredients are procurable of any good prescription druggist and easily mixed at home and should take its place as one of the most valued remedies in the family medicine chest.

Inquiry at one of the leading druggists elicited the information that Concentrated oil of pine is put up for dispensing only in half-ounce vials securely sealed in tin screw top cases intended to protect it from heat and light. The oils sold in bulk and the patent medicines put up and labeled "Oil of Pine," are to be avoided because owing to their impurities they produce nausea and are useless as a medicine, besides they sometimes leave permanent kidney trouble.

Better Than Gifts of Fortune.

The gifts of fortune are often taken away as speedily as they came; but strength of mind and personal nobility are possessions which survive the external circumstances of life and lift it into grander planes.—Halliburton.

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 *Dr. J. C. Fitch* in Use For Over 30 Years. The Kind You Have Always Bought.

Mechanically.

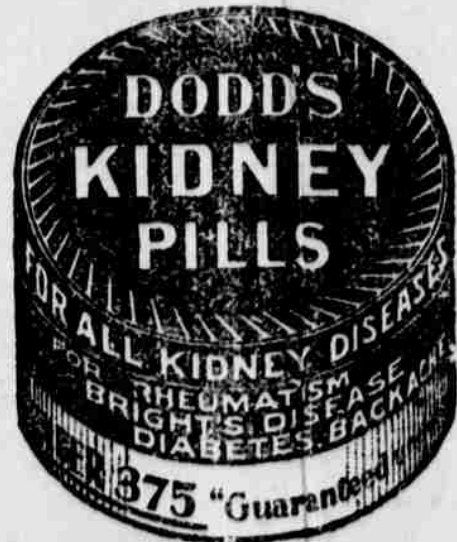
Judge—And what did the prisoner say when you told him that you would have him arrested? Complainant—He answered mechanically, yer honor. Judge—Explain. Complainant—He hit me on the head with a hammer.—Everybody's Magazine.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Philadelphia, Pa.

Much that passes for patience is simply laziness.

Lewis' Single Binder straight 5c. Many smokers prefer them to 10c cigars. Your dealer or Lewis' Factory, Peoria, Ill.

Manhattan's postoffice receipts amount to \$54,370 daily.



PUTNAM FADELESS DYES
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 Fix Colors. **MORROE DRUG CO., Quincy, Illinois**

TUMORS CONQUERED

Overwhelming Proof that Lydia E. Pinkham's Vegetable Compound Succeeds.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy Tumor.

The growth of a tumor is so insidious that frequently its presence is wholly unsuspected until it is well advanced.

So called "wandering pains" may come from its early stages or the presence of danger may be made manifest by excessive monthly periods accompanied by unusual pain, from the abdomen through the groin and thigh.

If you have mysterious pains, if there are indications of inflammation or displacements, secure a bottle of Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, right away and begin its use.

The following letters should convince every suffering woman of its virtue, and that it actually does conquer tumors.

Mrs. May Fry, of 836 W. Colfax Ave., South Bend, Ind., writes:

"I take great pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I also took the Blood Purifier in alternate doses with the Compound. Your medicine removed a cyst tumor of four years' growth, which three of the best physicians declared I had. They had said that only an operation could help me. I am very thankful that I followed a friend's advice and took your medicine. It has made me a strong and well woman and I shall recommend it as long as I live."

Mrs. E. F. Hayes, of 26 Ruggles St., Boston, Mass., writes:

"I have been under different doctors' treatment for a long time without relief. They told me I had a fibroid tumor, my abdomen was swollen and I suffered with great pain. I wrote to you for advice, you replied and I followed your directions carefully and to-day I am a well woman. Lydia E. Pinkham's Vegetable Compound expelled the tumor and strengthened my whole system."

Mrs. S. J. Barber, of Scott, N. Y., writes:

"Dear Mrs. Pinkham:— 'Sometime ago I wrote you for advice about a tumor which the doctors thought would have to be removed. Instead I took Lydia E. Pinkham's Vegetable Compound and to-day am a well woman.'"

Mrs. M. M. Funk, Vandergrift, Pa., writes:

"Dear Mrs. Pinkham:— 'I had a tumor and Lydia E. Pinkham's Vegetable Compound removed it for me after two doctors had given me up. I was sick four years before I began to take the Compound. I now recommend Lydia E. Pinkham's Vegetable Compound far and near.'"

Such testimony as above is convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for Tumor Growths as well as other distressing ills of women, and such symptoms as Bearing-down Sensations, Displacements, Irregularities and Backache, etc. Women should remember that it is Lydia E. Pinkham's Vegetable Compound that is curing so many women. Don't forget to insist upon it when some druggist asks you to accept something else which he calls "just as good."

W. L. DOUGLAS

BEST IN THE WORLD \$3.00 & \$3.50 SHOES

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

\$25,000 (To any one who can prove W. L. Douglas does not make a sell more than \$3 & \$3.50 shoes than any other manufacturer.)

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, easy-fitting, and superior wearing qualities.

The selection of the leathers and other materials for each part of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

My \$4.00 and \$5.00 Gilt Edge Shoes cannot be equalled at any price.

CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.



You save money and avoid failures in your baking if you use

KC BAKING POWDER

25 Ounces for 25 Cents

Here is true economy. You cannot be sure every time or have your food dainty, tasty and wholesome if you pay less or accept a substitute.

JAQUES MFG. CO. Chicago

NO MORE MUSTARD PLASTERS TO BLISTER
THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.

Capsicum-Vaseline.
EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE

DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c. —IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS.

A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-allaying and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "it is the best of all your preparations." Accept no preparation of vaseline unless the same carries our label, as otherwise it is not genuine.

Send your address and we will mail our Vaseline Booklet describing our preparations which will interest you.

17 State St. **CHESEBROUGH MFG. CO.** New York City

DEFIANCE STARCH—16 ounces to the package. If afflicted with sore eyes, use **Thompson's Eye Water**. —other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY. W. N. U., LINCOLN, NO. 48, 1907.