

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out tonight and keep them out with Cascarets.

TIME TO WIND UP AND QUIT

Aunt Phenie Had Eased Her Mind, So There Was Only One Thing Left to Say.

Old Aunt Phenie was the colored cook in a Boston family. Her husband was cook on a boat and sometimes he was away from Phenie for many months.

Sentiment Jolted. Just as the happy husband of a few months was about to leave home for the daily office grind his wife placed a hand upon his arm.

Harry, dear, she softly said. Wren't you a lock of my hair somewhere in your pocket?

Story Tellers. "Do you find that set of books you bought interesting?" "Not very," confessed the man who tries to improve himself.

Nothing is so uncertain as the minds of a certain class of politicians.

NEEDED SOME MORE TRAINING

Possibly Pup That Was Moses' Pride Would Prove Prize Winner, but Just at Present— "That's a nice dog of yours, Moses. What breed is he?"

Oh, I don't mean that. I mean he'll win wherever shown. But he's a good one to carry things as well. See, I'll loose him off the lead, and give him my cap to carry.

He Was She. In a college for women, where the faculty consisted chiefly of the gentler sex, a meeting of the academic council was in progress.

Where is the person who offers this amendment? inquired the president. "Who is she?"

He Couldn't Retract. The late Herr Gottlieb Weistein, the famous German book collector, had a very bad impediment in his speech.

Had Never Rehearsed It. The moving picture director was having trouble in getting one of the scenes right. The girl was supposed to resist an attempt to kiss her, but the rehearsal was far from satisfactory.

Marriage a La Mode. One kind of a fool man is the chap who advises his fiancée to take boxing lessons.

The Principal One. "Are you familiar with the motives of Blink's new play?" "Yes; he needed money."

Reasonable Theory. Boss—No; we have all the men we need.

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More Nourishment— Weight for Weight

—in a package of Grape-Nuts than in a roast of beef. Grape-Nuts is meat—the meat of wheat and barley—a rich, sweet, appetizing food, ready to eat direct from the package with cream or milk.



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All the bone-making, blood-making, muscle-making values of choicest wheat combined with malted barley are afforded in this famous pure food.

Grape-Nuts being partially pre-digested by long baking, gives quickly a wonderful power to "do," in return for the small energy required to digest it.

This sturdy food is sold by Grocers everywhere, in wax-sealed packages. Thousands make it a part of their daily breakfasts.

"There's a Reason" for Grape-Nuts

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark, Glossy and Thick With Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome.

Activities of Women. Mixed marriages are forbidden in Washington.

Accidental Literary Gem. Among the late Sir Walter Gilbey's other claims to notice may be counted the unexpected fact that he or his firm is responsible for what is surely one of the best hexameters in the English language.

Women's Parents. Mrs. Bacon—I see that nearly four hundred women applied for patents in England last year.

Great Problem. "What was your office boy looking so thoughtful about this morning when I came in?"

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ROWING FINE FOR SCHOOLBOYS, SAYS COACH

Guy Nickalls, the Yale rowing coach, is a pronounced advocate of rowing for schoolboys, believing that it will develop them from undersized weaklings to men of strength.

Barney Oldfield, a veteran among the automobile speed kings both in road and track racing, has announced that he is through with the sport.

Southpaws Figure About Three in One Hundred—Learn Game More Quickly Than Right-Handers.

Someone high up in golf has figured out that the left-handed man figures three in every hundred players.

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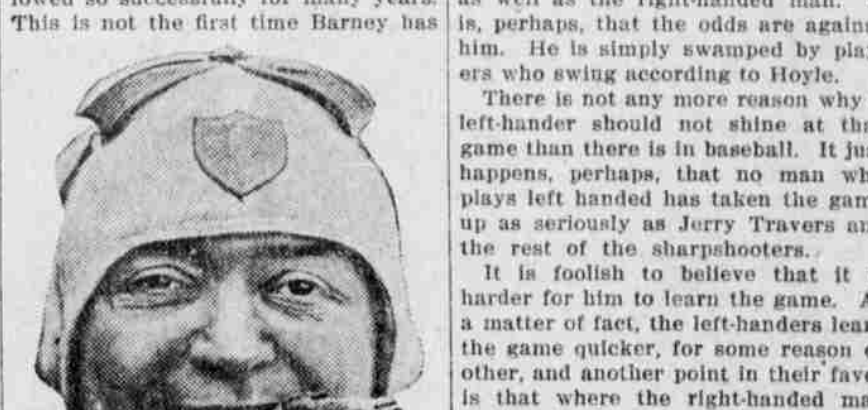
Guy Nickalls, Yale Rowing Coach.

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BARNEY OLDFIELD TO RETIRE

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HIGH-PRICED PLAYERS

- Eddie Collins, Philadelphia Americans, bought by Chicago Americans... \$50,000
Joe E. Mauer, Cincinnati Nationals, bought by Brooklyn Nationals... 25,000
Marty O'Poule, St. Paul American association, bought by Pittsburgh Nationals... 22,500
Larry Chappell, Milwaukee American association, bought by Chicago Americans... 18,000
Ledy Russell, Baltimore International league, bought by Philadelphia Americans... 12,000
Fritz Maisel, Baltimore International league, bought by New York Americans... 12,000
Rube Marquard, Indianapolis American association, bought by New York Nationals... 11,000
Cy Seymour, Cincinnati Nationals, bought by New York Nationals... 10,000
Spike Shannon, St. Louis Nationals, bought by New York Nationals... 10,000

Larry McLean's War Fund. "Larry" McLean makes a suggestion that sounds like good advice to the National League.

Terrapins After Lapp. The Baltimore Federals are now reported as being after Catcher Lapp of the Mackians.

CANADA ONE OF THE WORLD PROVIDERS

Although Canada's real start in national development as pointed out by the Buffalo Commercial, came slowly and late, as compared with that of the United States, it is now well under way, and very soon there will be a marvelous expansion in agriculture, mining and manufacturing.

The paper above mentioned says that heretofore the development of Canada, like that of the United States, has been westward, but unlike this country, the Dominion has a great territory to the North, which has been regarded as all but uninhabitable, but in which recent research has proven there are possibilities of development almost inconceivable.

Herein is the spirit that dominates the Dominion Government when it extends an invitation to Americans to assist in developing the resources that Canada possesses, whether they be mineral, forest, industrial, commercial or agricultural.

In comparing the United States along with other nations of the world in producing and importing foodstuffs, the Agricultural Outlook published by the United States department of agriculture says:

The United States in recent years has been as large an importer of foodstuffs as an exporter; therefore she cannot be classed as a surplus producer of foodstuffs. This is contrary to popular impression. It is true that she is an exporter of certain articles, but she is an equally large importer of other articles.

As investigation into the production, imports and exports of food products of various countries indicates that England produces about 53 per cent of her food requirements, and imports (net) about 47 per cent.

Canada produces 23 per cent more than she consumes; Argentina produces 48 per cent more than she consumes; the United States produces practically no more than she consumes (i. e. exports and imports of foodstuffs almost balance).

With this information before the reader, it is not a difficult matter to direct attention to the fact that Canada stands in a pre-eminent position in the matter of grain and cattle production, and with a large territory yet unoccupied she will always maintain it.—Advertisement.

PASSED UP THE INVITATION

Sinister Significance in Occupations of Men Who Had Invited Politician to Address Them.

A political speaker who had received an invitation from the leaders of his party in a distant village, before replying, sought to discover what sort of reception he would be likely to receive, and placed the letter of invitation before a friend whom he knew came from the same district.

"Think I'd better accept?" inquired the politician.

"I wouldn't, if I were you," replied his friend, shaking his head gravely.

"Why?" replied the other, "I don't like the signatories of the letter of invitation."

"Aren't they men of influence?" "Yes, decidedly they have influence in the party," replied the friend; "but of the four one is the local undertaker, the second is the monumental stonemason, the third is a dry goods dealer who makes a specialty of mourning orders, and the fourth is known to gamble largely in life insurance policies."

The politician did not accept the invitation.

Trying to Forget. He—Don't you remember me? She—Why should I? "We were engaged to be married last summer at the beach."

Misfit. Knick—Doesn't Jones fit in anywhere? Tock—No; that man would be a square peg in a doughnut.—Judge.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

So to Say. "It must be awfully cold outdoors, 'cause Arthur says it is."

Not Sure Yet. "Your wife is out of danger, then?" "I shall think so unless the doctor comes back."

The idea of neutrality according to some people is to cuss both sides.—Nashville Banner.

Advertisement for Certain-teed Roofing, featuring a logo and text: 'The General Says: Why accept a doubtful guarantee on roofing when you can get one signed by the largest manufacturer of roofing and building papers in the world, with a saving in cost in the long run?'

Advertisement for Beauty Is Only Skin Deep, featuring a woman's face and text: 'It is really necessary therefore, that you take good care of your skin.'

Advertisement for ZONA POMADE, featuring a woman's face and text: 'If used regularly will beautify and preserve your complexion and help you retain the bloom of early youth for many years.'

Advertisement for DEFIANCE STARCH, featuring a box of starch and text: 'DEFIANCE STARCH is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric.'

Advertisement for BEST MARKET FOR POULTRY, VEGETABLES, EGGS, BEANS, featuring a list of items and text: 'Write us for Price List and Tags. THE R. E. COBB CO., 14 E. 3rd Street, St. Paul, Minn.'

Advertisement for CLOVER BEST WISCONSIN GROWN SEED, featuring a clover logo and text: 'CLOVER BEST WISCONSIN GROWN SEED recognized the world over as the hardest, most vigorous. BIG SEED CATALOG FREE. John A. Salzer Seed Co., Box 708, La Crosse, Wis.'

Advertisement for Sioux City Directory, featuring a list of services and text: 'Sioux City Directory, Hub of the Northwest. FOK WEST SERVICE SHIP RICE BROTHERS Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City.'

Advertisement for Sioux City Live Stock Commission Company, featuring a list of services and text: 'Sioux City Live Stock Commission Company Capital \$50,000.00 SIOUX CITY, I.A. Stock and Bond Department and Let us know if you are in need of market reports. We will mail you Live Stock Record Free of charge.'

Advertisement for WAGNER, GARRISON & ABBOTT, featuring a list of services and text: 'FOR REAL SERVICE "ALL-WAYS" ALWAYS: Consign your CATTLE, HOGS, and SHEEP, to WAGNER, GARRISON & ABBOTT Live Stock Commission Merchants, Sioux City, Iowa. Market information cheerfully furnished upon application.'