

"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.

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

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?" "Isn't he? He's an Airedale—got a pedigree as long as my arm, and I'm told he'll carry all before him when he gets properly filled out."

"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."

For five seconds the dog carried the cap in a model manner, then he suddenly bounded away, tossed the cap about upon the muddy roadway, and finished up, just as Moses got to the spot, by tearing it nearly in half.

"He carried all before him that time," said Asker.

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.

Think, now," said the director, coaching her; "haven't you ever tried to stop a young man from kissing you?"

Tolstoy's Teachings. If people would but understand that they are not the sons of some fatherland or other, nor of governments, but are sons of God, and can, therefore, neither be slaves nor enemies, one of another—those insane, unnecessary, worn-out pernicious organizations called governments, and all the sufferings, violations, humiliations and crimes which they occasion, would cease.—Leo Tolstoy.

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

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

Barney Oldfield. announced his retirement. He has always been unable to resist the fascination of high speed work, in spite of numberless narrow escapes from death.

High-priced Players. Eddie Collins, Philadelphia Americans, bought by Chicago Americans, \$50,000.

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.

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.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.

Activities of Women. Mixed marriages are forbidden in Washington.

Indiana has over 20,000 women employed in its industries.

Mrs. Thomas A. Edison is about the only person in the world who can give orders to her famous husband, and he always abides by what she says.

Over 20 per cent of the school teachers in Washington are affected by the new anti-marriage rule made by the board of education of that city.

The Woman's National Made in the United States of America league hopes to enroll 2,000,000 women. It is proposed that each member of the league shall buy only articles made in the United States.

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, Yale Rowing 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.

I was from a physical standpoint an excellent example of what rowing could do for an undersized weakling. At twelve years of age I weighed only 70 pounds. I began rowing at fourteen, when about eighty pounds in weight, and steadily gained in weight, until at twenty I weighed 170. I am an example of thousands in England of what regular rowing exercise will do for an undersized boy.

Barney Oldfield to Retire. Veteran of Automobile Speed Kings Declares He is Through With Sport—Loses His Nerve.

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

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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."

After making complimentary reference to the resources of the country tributary to the Hudson Bay, which will be opened up when the railroad now under construction is completed, the Commercial further says "there are those living today who will see our neighbor on the north a great and powerful nation, and a not insignificant industrial and commercial rival of the United States. The war may retard, but it cannot destroy Canada's future. And in this expansion no one will more heartily rejoice than the people of the United States, because the prosperity of the Dominion is bound to increase our own."

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. Both countries will benefit and the United States will be a gainer by having as a neighbor a country whose resources are as great and varied as are those of Canada.

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 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. In this classification tea and coffee are included with foodstuffs. In cable grains the production is 23 per cent more than the amount retained; the production of meats is six per cent more—that is, exports of meat equal six per cent of that retained in the United States for consumption; the production of dairy products is 20 per cent more than consumed; the production of poultry is just about equal to consumption; of vegetables, one per cent less.

An 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; Belgium produces 57 per cent, and imports 43 per cent; Germany produces 88 per cent, and imports 12 per cent; France produces 92 per cent, and imports eight per cent; Austria-Hungary produces 98 per cent, and imports two per cent; Russia produces 110 per cent of her requirements, and exports an equivalent of about 10 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."

"Yes; but don't you recollect you told me to forgive and forget you?"

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

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Market information cheerfully furnished upon application.

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. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

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."

"Arthur?" "Arthurometer."—U. of I. Siren

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.

Certain-teed Roofing. 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?

Beauty Is Only Skin Deep. It is really necessary therefore, that you take good care of your skin.

ZONA POMADE. If used regularly will beautify and preserve your complexion and help you retain the bloom of early youth for many years. Try it for 30 days. If not more than satisfied you get your money back. 50c at druggists or mailed direct.

DEFIANCE STARCH. Is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money.

CLOVER BEST WISCONSIN GROWN SEED. Write us for Price List and Tags. THE E. COBB CO., 14 E. 3rd Street, St. Paul, Minn.

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More Nourishment—Weight for Weight. 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. "There's a Reason" for Grape-Nuts