

He used a pebble
in his day, to keep
his mouth moist—
WE use
WRIGLEY'S

WRIGLEY'S gives us a wholesome, antiseptic, refreshing confection to take the place of the cave man's pebble.

We help teeth, breath, appetite, digestion and deliciously soothe mouth and throat with this welcome sweetmeat.

The Wrigley Spearmen want to send you their Book of Gum-ption. Send a postal for it today. Wm. Wrigley Jr. Co., 1327 Kesner Building, Chicago.

The Flavor Lasts!



DO IT NOW, GOOD WATCHWORD

Habit of Procrastination Has Never Yet Failed to Bring Train of Evils in Its Wake.

"Sometime" is a useful word that is often overworked, remarks the Milwaukee Journal. One says, "Sometime I will do it," but the time never comes. Sometime is no time when a kind deed is to be done. Sometime is no time when a definite task is to be done. A thing put off beyond its rightful time encroaches on time allotted by right to other duties. One may think he is gaining time by postponing the duty of the hour. In fact, he is wasting time. "Tomorrow" and ever "tomorrow" has been the ruin of many. Do now the thing that should be done now. Have you had a quarrel, and are you ready for reconciliation? Do not postpone it. The other person may get hardened in his views and become unwilling to be reconciled. He may die and leave to you a lasting regret that you had not made friends. Would you help someone? Do not wait till help is past being help. Put off till "tomorrow" mending the fence, and your neighbor's cattle will have found the weak place and made havoc with your grain. Put off paying your insurance, and perhaps a fire will destroy all you have. Debts do not grow less by postponing payment. "Do it now" is a good watchword. Say the kind word, do the kind deed, perform the duty of the hour.

Hat Season Now On.
"My wife asked me to match a piece of ribbon for her this morning and I refused. Now I wish I had done as she asked."
"What did she do?"
"She went down to match it herself and ordered about \$50 worth of stuff sent home 'collected'."

Electric railways of the United States represent a valuation of \$730,000,000.

"Sympathy is two hearts tugging at one load."—Selected.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well, no alcohol. Sold in tablets or liquid.—Adv.

Economy.
"Have you given up dancing?"
"Yes. High cost of leather. Can't afford to wear my shoes out."

His Ailment.
"I found your son was suffering from nostalgia, my dear madam."
"Mercy me, doctor! I never dreamed it was so serious as all that. I thought the boy was only a little homesick."

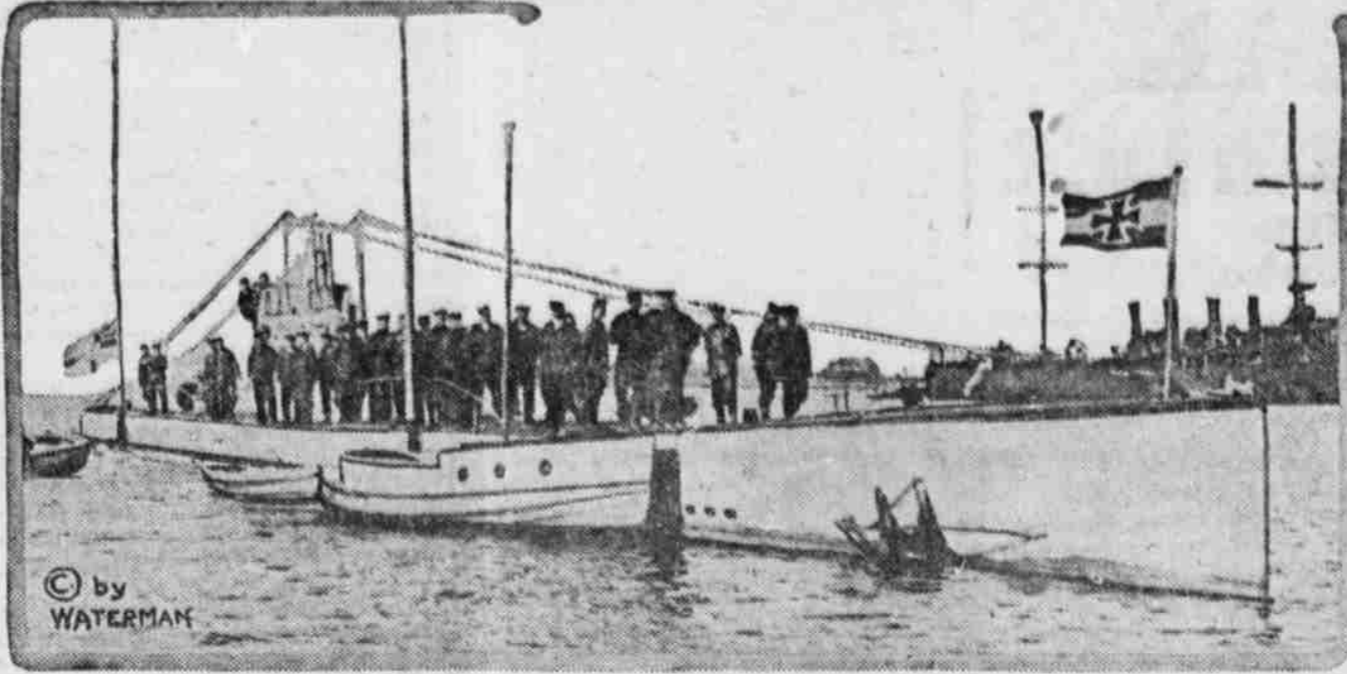
Just as Good.
A small boy was leading an unusually fine-looking dog, when a sportily dressed man stopped to admire it.
"Has that dog of yours got a pedigree?" he asked.
"I don't know," replied the boy, "but he's got over a bushel of bones buried in our back yard."

Indorsement Guaranteed.
"Of course you have an echo somewhere around the place," said Miss Cayenne.
"A number of them," replied the hotel man. "Shall I direct you to them?"
"I don't want one for myself. There is a man in the party who insists on being absolutely agreed with every time he says a word."—Washington Star.

Youth the Loser.
J. P. Morgan, the famous financier, was talking at a dinner in New York about a young banker who had failed.
"It was his youth that made him fail," he said. "Youth is always failing—failing in business, failing in love."
"Remy de Gourmont tells us truly that in the game of life youth has all the trumps—all of them—but plays recklessly, and invariably loses."

The Swiss president serves one year.

GERMAN SUBMARINE WARSHIP U-53



This photograph of the German submarine U-53 was taken at Newport, where the vessel stopped for three hours before starting on the raid in which it destroyed at least six steamers off Nantucket.

CANCER RELIEF IN SELENIUM, DOCTOR SAYS

Drug Treatment Is Used On 200 Patients in Five-Year Test.

MARKED SUCCESS IS SHOWN

Physicians Believe Cure May Result from Experiments by New Method—Local Treatments, However, Necessary as Makeshifts, Have Been Based on Makeshifts.

New York.—Marked success in the treatment of cancer by selenium has been announced in medical publications by Dr. Charles H. Walker, of 327 West Eighty-sixth street, this city. Selenium is a powerful chemical which, taken internally, in capsules, has relieved suffering in many cases and in others has effected an apparent cure. Dr. Walker, however, does not say he has found a cure, but he firmly believes the treatment is worthy of a thorough trial.

"I have treated in the last five years more than two hundred cases," Dr. Walker said to a New York Tribune reporter. "In many of them diagnosis had shown beyond all question the patient was a cancer victim, and in a few was there much ground for doubt. I can safely say in no case was there a total failure in favorable results from the use of selenium."

Believes Cure Was Made.
"Some of the patients were near death when I first saw them, and it was possible to do nothing but relieve a little of their pain. In other cases, said by specialists to be beyond help, I believe there has been a permanent cure. If selenium will only relieve pain it is worth using, and if it will cure, the treatment should be thoroughly investigated."

Sulfio-selene, a combination of sulfur and selenium, the compound Dr. Walker uses, was worked out in cooperation with Dr. Frederick Klein, a biological chemist, of this city.

In 1911 Dr. Walker came to the conclusion, upheld by eminent authorities on cancer, the disease was not due to a germ, but to a certain peculiar condition in the body, which might be corrected by treatment with chemicals. Experiments with selenium were begun and have been continued the last five years.

First Clue to Treatment.
In a report published in "The Medical Record" in 1912 eminent surgeons stated the remedy for cancer might well be a chemical substance.

"It has long been the opinion of thoughtful students of the subject," says the report, "that local treatments for cancer, however, necessary as makeshifts, have been based on a misconception. It is quite possible, for example, that X-rays or the fulgurization treatment may benefit a superficial cancer at its point of origin, but the danger of such growths lies largely in their spread to distant and inaccessible vital organs, where local treatment is impossible.

"We believe it, therefore, axiomatic that a scientific remedy for cancer shall be one soluble in the blood, transmissible by the blood and lymph currents to all parts of the body, and possessed of a selective affinity for the cells of the tumor to be destroyed.

"Such a remedy may quite conceivably be a chemical substance existing in the outside world, and by happy accident discovered to have the desired properties."

Dr. Francis Carter Wood, director of the Crocker Cancer Research Fund, speaking on the laboratory study of the causes of the disease at a meeting of the New York Academy of Medicine last May, said it had been established, almost beyond question, that cancer was not a germ disease, nor in any way allied to germ diseases.

Dieting a Necessary Aid.
"Dr. Klein and myself have probably not found the final chemical form in which the use of selenium will be

most effective," said Dr. Walker, "but we hope to. Its use must, of course, be accompanied by the strict dieting inevitable in all treatments of cancer."

It is declared by medical authorities one of the greatest difficulties in the way of determining the actual value of proposed cancer treatments, even where several hundred cases are under observation, is the question of diagnosis. This can seldom be made with absolute certainty unless the cancerous growth can be seen. In many cases this is brought about only by operations.

In many of Dr. Walker's most successful cases no question of doubtful diagnosis can be raised. One patient was an Italian laborer, twenty-one years old, operated on at the Massachusetts General hospital, in Boston. He was discharged from the hospital after a microscopic examination had resulted in a diagnosis of cancer of the stomach. The hospital chart showed the operation had "relieved" him.

The patient came under Dr. Walker's care eighteen months later with all the signs of recurrent cancer. He was treated with selenium and a rigid diet enforced. This was continued for a year, with intervals of cessation from all medication, and was stopped last January. Two weeks ago the man was working as a day laborer, had suffered no pain from the cancer in more than a year, had a good appetite, good color, and had gained 30 pounds since he began the treatment.

Treatment was as successful in the case of a man fifty-nine years old. He was told after diagnosis at Johns Hopkins hospital, Baltimore, that he was suffering from cancer of the tongue. Radium was applied in April and June, 1915, but the patient told Dr. Walker that he continued to grow worse. In July, 1915, treatment with selenium was begun and continued for several months, at the end of which he returned to his home in Canada with the ulcerations healed. Last July he wrote Dr. Walker that there had been no sign of recurrence, and he was attending to business regularly.

A woman, forty years old, was operated on for cancer at St. Luke's hospital in 1912. A microscopic examination confirmed the diagnosis. The trouble returned in 1913 and the selenium treatment was administered for a year. Last August the patient said she felt better than she had for many years and was suffering no pain whatsoever. She was still gaining weight, though the treatment had been discontinued almost two years before.

One of the most remarkable cases is that of the manager of a Stock Exchange house, who in July, 1914, when he was sixty-three, consulted two specialists and was told, following an X-ray examination, that he had cancer and could not live only a short time. He then weighed about 120 pounds. Treatment with selenium was begun and continued for a year, at the end of which he weighed 187 pounds and was attending to business. He has since continued well.

PEN PICTURE OF VILLA, THE TIGER

Newspaper Correspondent Describes the Bandit as He Really Is.

HIS EYES BORE LIKE KNIFE

Heavy-Limbed, Thick-Chested With Abnormally Long Arms—Mouth Reveals Savage Cruelty and Cunning of the Man.

By Edmond E. Behr.
Field Headquarters, Punitive Expedition, Mexico.—Although hundreds of photographs of him have been printed in American newspapers, hardly one shows Francisco Villa as he really is in the flesh.

Mechanical limitations prevent, for instance, an adequate picture of the

CARLSTROM BREAKS RECORD



Victor Carlstrom is holder of the continuous flight record. He covered the distance between Chicago and New York in actual flying time of 8 hours and 37 minutes, not including time out for two stops, one of which was made at Erie, Pa., on account of engine trouble, and the other at Hammondsport, N. Y. The daring aviator had expected to fly between the two cities without stopping. Although he failed, he established a new American non-stop record of 452 miles in 4 hours and 17½ minutes. The distance between Chicago and New York as Carlstrom covered it is about 975 miles. During the entire trip he averaged about 110 miles an hour.

notorious bandit's eyes—those yellowish, brown eyes before which hundreds of Mexicans have quailed. His eye-balls protrude from their sockets more than the average man's. The whites are bloodshot. When he is angry, the blood rushes to his eyes until they appear almost red. When he is in a crowd, Villa's gaze shifts like lightning to every part of the compass, possibly on guard against some would-be assassin; but when he is alone with a man, Villa's eyes bore through him like a knife.

Arms Out of Proportion.
Villa is five feet, ten inches in height. He is heavy-limbed and thick-chested. His arms are unusually long. They are out of proportion to the rest of his body and reach nearly to his knees. His hands, oddly enough, are as soft as a woman's. When he shakes hands, his grasp is flabby. He weighs about 180 pounds.

His head and neck recall pictures of Roman gladiators. His neck is thick as a man's thigh and very short. His head is large, a little too large for the rest of his body. It is crowned by black, curly hair, which he rarely brushes. A bald spot is beginning to appear at the top. The forehead is the one redeeming feature of his countenance; it is high and well-formed.

His skin is light brown but mottled with dark patches, evidently the result of many years spent in the open. His ears are large and ugly. His nose is wide-nostriled but small. His cheeks are fat.

The mouth reveals all the savage cruelty and cunning of the man. The short upper-lip does not conceal a set of scraggly, dark-stained teeth. The shortness of this lip, which rarely touches the lower makes it appear as though Villa were always grinning. The thickness of both lips gives him a bestial, sensual expression that is heightened by the slow, almost ponderous, manner in which he moves about. A long, stern chin and a lower jaw that protrudes disclose the inherent cruelty in him.

Talks Like a Child.
A strange contrast to the rest of his physical make-up is Villa's voice. It is high-pitched and weak, except when he shouts orders. Most of the time, though, it is a peculiar blend of a whine and a drawl. To hear it and not see the speaker, one would think a ten-year-old child was speaking.

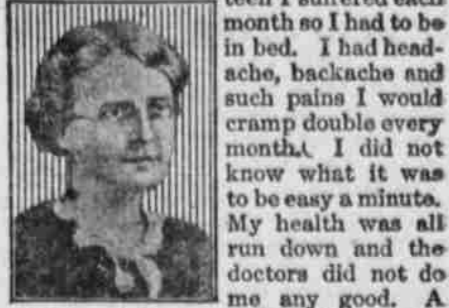
His strength is a by-word among his fellows. He has been known to pick up and set on its feet a small mule that had slipped and fallen while dragging a caisson through miry roads.

Native refugees arriving at this camp from the South say he is heavier now than he ever was before. He wears a beard several inches long and limps from the wound he received at Guerrero last March. Most of the time he uses a crutch, which is strapped to the side of his saddle when he mounts a horse.

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seven-



teen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit?

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE.

GENUINE MUST BEAR SIGNATURE

Wm. Wood

In Style.
"Was her dinner formal?"
"Formal? Why, even the salads weren't half dressed."

OF INTEREST TO MOTHERS

The cost of food today is a serious matter to all of you. To cut down your food bills and at the same time improve the health of your family, serve them Skinner's Macaroni and Spaghetti two or three times per week. Children love it and thrive on it. It is the best possible food for adults. Write the Skinner Mfg. Co., Omaha, Neb., for beautiful cook book telling how to serve it in a hundred ways. It's free to every mother.—Adv.

If the up-to-date school, the blackboards are cleaned by a vacuum device.

Meat Eaters' Backache

Meat lovers are apt to have backaches and rheumatic attacks. Unless you do heavy work and get lots of fresh air, don't eat too much meat. It's rich in nitrogen and helps to form uric acid—a solid poison that irritates the nerves, damages the kidneys and often causes dropsy, gravel and urinary disorders. Doan's Kidney Pills help weak kidneys to throw off uric acid. Thousands recommend them.

An Iowa Case

C. Engemann, 1405 Fourth St., Fort Madison, Ia., says: "I suffered from severe attacks of backache, together with pains through my joints and nervousness across my kidneys. After sitting for some time and then trying to get up, I had sharp, darting twinges all through my back. Hearing of Doan's Kidney Pills highly spoken of, I began using them and it didn't take them long to relieve me. I strongly recommend them."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.



"I say, Major, what's good for a cold inside 'spiky'?"
"That's our, our boy. Best anything is better for a cold than whisky, or any other alcoholic stimulant. But the very best thing possible for a cold or bronchitis is what old folks know: You say your father used to use"

Boschee's German Syrup

Has for the last 51 years been steadily used in all parts of the civilized world for the rapid relief of colds, coughs, bronchitis, throat and lung irritation. No other remedy has such a remarkable record of widespread distribution. 25c. and 75c. sizes at druggists everywhere.

APPENDICITIS

If you have been threatened or have GALLBLADDER, HILGERT'S OIL, or pains in the right side write for valuable Book of Information FREE. S. E. HILGERT, 2077, N. E. 1st St., SIOUX CITY, IOWA.

The Flavor Lasts—

In the making of Grape-Nuts there is added to the sweet, rich nutriment of whole wheat, the rare flavor of malted barley, a combination creating a most unusually delicious taste. The palate never tires of it.

People everywhere have found that

Grape-Nuts

is the most nutritious and delicious cereal food known. Every table should have its daily ration of Grape-Nuts.

"There's a Reason"