

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

To Settle Estate Most sell ten improved farms, 10 to 80 acres, terms. Wonderful opportunity. M. A. Cooper, West Plains, Mo.

Got Even.

"He called you an insignificant little noodle, didn't he?"
"Ya-as, but I got even with him, bah Jove! I wrote him a letter, signed it 'yours, respectfully,' and then scowled out the 'respectfully, bah Jove!'"

Soft, Clear Skins.

Night and morning bathe the face with Cuticura Soap and hot water. If there are pimples first smear them with Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

That Kind.

"Did you come across many fine building in your automobile tour?"
"Did we? Struck every police court on the route."

Green as Grass.

"I heard you had a cow for sale," began the lady who had just moved out from the city, "and as I'm thinking of buying one, I—"
"Wait," interrupted the farmer, "that's that Jersey. That's one good p'int in her that—"
"Oh, gracious! That would never do; I'd need a quart at least," exclaimed the lady.—Boston Evening Transcript.

Teaching Little Children.

Parents must not look down upon the child and consider his efforts, trials and sorrows petty; we must try to understand how sincerely they put all their hearts into their play and that the losses that seem so trivial to us are of great moment to them. We must learn to share all their experiences with them if we would develop the fine feelings we wish to have at maturity.

Children must not be shut off in one part of the house to remain aloof until a certain age, but ought to be part of the family circle, sharing in joys, work and minor sorrows. I do not mean that children should be pushed before visitors, have all their meals at the family table or remain till their elders retire, but there are times and places where it is the children's right and privilege really to be members of the family.—Exchange.



A Conserving Food

The recognized value of **Grape-Nuts** as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"

Cap'n Warren's Wards

By **JOSEPH C. LINCOLN**

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CHAPTER III—Continued.

"So? Want to know. Your husband dead, ma'am?"
"Yes," she answered shortly. "It looks as if it might amount, doesn't it?" she said, changing the subject.

"I shouldn't wonder. Have you any children, ma'am?"
"One—a son." The widow's tone was frigid.
"So? He must be a comfort to you. I s'pose likely he's a friend of my nephew and niece too."
"Certainly!"

There came the sound of laughter from the passage outside. The mill door opened. A moment later Caroline, followed by her brother and young Dunn, entered the library.

"Oh, Mrs. Dunn!" Caroline cried. "I'm so glad I accepted your—"

"Well, well!" he exclaimed admiringly. "Bije's girl!"

colim's invitation. We had a glorious ride! I—"

She stopped short. Captain Warren had risen from his chair and was facing her. Mrs. Dunn also rose.

"Caroline," she said nervously, "this—"

—pausing on the word—"gentleman is here to see you. He says he is—"

The captain interrupted her. Stepping forward, he seized his niece's hands in his. "Well, well!" he exclaimed admiringly. "Bije's girl, that ain't seen since you was a little mite of a baby! Caroline, I'm your Uncle Elisha!"

"Good Lord!" groaned Stephen Warren.

CHAPTER IV. A Little Business Talk.

IF the captain heard Stephen's fervent ejaculation he paid no attention to it. Dropping his niece's hand, he extended his own toward his nephew.

"And this is Stephen?" he said. "Well, Steve, you and me have never met afore, I b'lieve. But that's our misfortune, not our fault, hey? How are you—pretty smart?"

The boy's face was flaming. He mumbled something to the effect that he was all right enough and turned away without accepting the proffered hand. Captain Elisha glanced quickly at him, then at his sister.

"Well, Caroline," he said pleasantly. "I s'pose you've been expectin' me. Mr. Graves told you I was comin', didn't he?"

Miss Warren also was flushed with embarrassment and mortified surprise. "No," she stammered. "He has been ill."

"She, you don't say! So you didn't know I was comin' at all."

"No. We—we have not heard from you since he returned."

"That's too bad. I hope I shan't put you out any, droppin' in on you this way. You mustn't treat me as company, you know. If 'tain't convenient, if your spare room ain't ready so soon after movin', or anything of that kind, I can go to a hotel somewhere for a day or so. Hadn't I better, don't you think?"

Caroline hesitated. If only they might have been spared this public humiliation! If the Dunns had not been there! It was bad enough to have this dreadful country uncle come at all, but to have him come now, before they were prepared, before any explanations had been made! What should she do?

Her brother, sidgting at her elbow, not daring to look at Malcolm Dunn, who he knew was thoroughly enjoying the scene, could stand it no longer.

"Caro," he snapped, "what are you waiting for? Don't you know that the rooms are not ready? Of course they're not! We're sorry and all that, but Graves didn't tell us, and we aren't prepared. Certainly he'll have to go to the hotel for—the present."

He ventured to raise his eyes and glare indignantly at the captain. Finding the latter looking intently at him he dropped them again and jammed his attached fists into his pockets.

CAP'N WARREN GETS A COLD RECEPTION AT THE HANDS OF HIS YOUNG WARDS

Atwood Graves, New York lawyer, goes to South Denboro, Cape Cod, to see Captain Elisha Warren. Caught in a terrific storm while on the way, he meets Cap'n Warren by accident and goes with the latter to his home. The lawyer informs Cap'n Warren that his brother, whom he had not seen for eighteen years, has died and named him as guardian of his two children, Caroline aged twenty, and Stephen, aged nineteen. The captain tells Graves he will go to New York and look over the situation before deciding whether he will accept the trust. The captain's arrival in New York causes consternation among his wards and their aristocratic friends.

Captain Elisha pulled thoughtfully at his beard. "Humph!" he grunted. "Humph! Then I callate maybe"— He took a step toward the door, stopped, turned back and said with calm decision: "I guess I'd better stay. You won't mind me, Caroline—you and Stephen. You mustn't. As I said, I ain't company. I'm one of the family, your pa's brother, and I've come some considerable ways to see you two young folks and talk with you. I've come because your pa asked me to. I'm used to roughin' it, been to sea a good many 'yages, and if a feather bed ain't handy I can get my forty winks on the floor. So that's settled, and you mustn't have me on your conscience. That's sense, ain't it, Mrs. Dunn?"

Mrs. Corcoran Dunn did not deign a reply. Caroline answered for her.

"Very well," she said coldly. Stepping to the desk she rang a bell. The butler appeared in the doorway.

"Edwards," said Miss Warren, "this gentleman," indicating the captain, "is to be our guest for the present. You may show him to his room—the blue room, I think. If it is not ready see that it is made so."

"Yes, Miss Caroline," replied Edwards. Retiring to the hall, he returned with the suit case.

"Will you wish to go to your room at once, sir?" he asked.

"Why, I guess I might as well, com-mo-dore," answered Captain Elisha, smiling. "Little soap and water won't do no harm. Fact is, I feel it 'twas a prescription to be recommended. You needn't tote that valise, though," he added. "Tain't heavy, and I've lugged it so far already sence I got off the car that I feel kind of lonesome without it."

The butler, not knowing exactly how to answer, grinned sheepishly. Captain Elisha turned to Mrs. Dunn and her son.

"Well, good afternoon, ma'am," he said. "I'm real glad to have made your acquaintance. Yours, too, sir," with a nod toward Malcolm. "Your mother told me what a friend of the young folks you was and, as I'm sort of actin' pilot for 'em just now, in a way of speakin', my friend of theirs ought to be a friend of mine. Hope to see you often, Mr. Dunn."

The young man addressed smiled, with amusement not at all concealed, and languidly admitted that he was "charmed."

When the captain finally departed, preceded by Edwards and the suit case, Stephen Warren threw himself violently into a chair by the window. Young Dunn laughed aloud. His mother flashed an indignant glance at him and then hurried to Caroline.

"You poor dear!" she exclaimed, putting an arm about the girl's shoulder. "Don't mind us, please don't. Malcolm and I understand—that is, we know how you feel and—"

"Oh, but you don't know, Mrs. Dunn," cried Caroline, almost in tears. "You don't understand. It's so much worse than you think. I—I— Oh, why did father do it? How could he be so inconsiderate?"

"There, there!" purred the friend of the family. "You mustn't, you know. You really mustn't. Who is this man? This uncle? Where does he come from? Why does he force himself upon you in this way? I didn't know your poor father had a brother."

"Neither did we," growled Stephen savagely. Malcolm laughed again.

"What does it all mean, dear?" begged Mrs. Dunn. "You are in trouble, I'm sure. Don't you think we—"

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It was Stephen who replied: "We aren't kids. We're old enough to decide some things for ourselves, I should think."
"Yes; sartin. That's right. But I didn't know but p'raps some of your friends might have helped along. This Mrs. Dunn now, she kind of hinted to me that she'd—well, done what she could to make you comfortable."
"She has," avowed Caroline warmly. "Mrs. Dunn and Malcolm have proved their friendship in a thousand ways. We never can repay them, Stephen and I, never."

"No. There's some things you can't ever pay, I know that. Mrs. Dunn found this nice place for you, did she?"
"Why, yes. Mrs. Dunn knew that we had decided to move, and she has a cousin who is interested in New York property. She asked him, and he mentioned this apartment."
"One of his own, was it?"
"I believe so. Why are you so particular? Don't you like it?"
"Isn't it as good as those in—what do you call it—South Denboro?" Stephen asked maliciously.

Captain Elisha laughed heartily. "Pretty nigh as good," he said. "I didn't notice any better on the way to the depot as I drove up. What's the rent? You'll excuse my askin', things bein' as they are."

"Twenty-two hundred a year," answered his niece coldly.

The captain looked at her, whistled, broke off the whistle in the middle and did a little mental arithmetic.

"Twenty-two hundred a year!" he repeated. "That's one hundred and eighty odd a month. Say, that cousin of Mrs. Dunn's must want to get his investment back. You mean for just these ten rooms?"

Stephen laughed scornfully. "Our guardian has been counting, Caro," he remarked.

"Yes, yes, I counted this mornin' when I got up. I was interested naturally."

"Sure! Naturally, of course," sneered the boy. "Did you think the twenty-two hundred was the rent of the entire building?"

"Well, I didn't know. I—"
"The rent," interrupted Caroline with dignity, "was twenty-four hundred, but thanks to Mrs. Dunn, who explained to her cousin that we were friends of hers, it was reduced."

"We being in reduced circumstances," observed her brother in supreme disgust. "Pity the poor orphans! By gad!"

"That was real nice of Mrs. Dunn," declared Captain Elisha heartily. "About how much is she wuth, do you think?"

"I don't know. I never inquired."

"No. Well, down our way," with a chuckle, "we don't have to inquire. Ask

anybody you meet what his next door neighbor's wuth, and he'll tell you within a hundred, and how he got it, and how much he owes, and how he gets along with his wife. Ho, ho! Speakin' of wives, is this Mr. Dunn married?"

He looked at his niece as he asked the question. There was no reason why Caroline should blush. She knew it and hated herself for doing it.

"No," she answered resentfully; "he is not."

"Um-hm. What's his business?"
"He is connected with a Produce Exchange house, I believe."

"One of the firm?"
"I don't know. In New York we are not as well posted or as curious concerning our friends' private affairs as your townspeople seem to be."

"I guess that's so. Well," he went on, rising, "I guess I've kept you young folks from your work or—play, or whatever you was going to do, long enough for this once. I think I'll go out for a spell. I've got an errand or two I want to do. What time do you have dinner?"

"We lunch at half past 1," answered Caroline. We dine at 7."

"Oh, yes, yes! I keep forgettin' that supper's dinner. Well, I presume likely I'll be back for luncheon. If I ain't, don't wait for me. I'll be home afore supper—there I go again!—afore dinner, anyhow. Goodby."

Cap'n Warren starts out to make a little investigation. The next installment tells how he went about it.

(TO BE CONTINUED.)

Testing Times

When everything is dark, that is the time to have faith in the light, to look forward steadfastly toward the dawn. The worst moments of doubt, of darkness in the soul, asserts a writer, can become priceless moments of testing and of development. If a man uses them rightly and learns their lesson.



THE SPRING DRIVE

Our boys are going "Over the top" and into "No man's land" this spring. No one has any doubt of their ability to get there. There will also be a spring drive on this side of the ocean, because March is the year's "blue Monday." It is the most fatal month of the year. March and April is a time when resistance usually is at lowest ebb. It is a trying season for the "run-down" man. But medical science steps in, and says, "It need not be!" We should cultivate a love of health, a sense of responsibility for the care of our bodies. Do not allow the machinery of the body to clog. Put the stomach and liver in proper condition. Take Dr. Pierce's Golden Medical Discovery, to be had at most drug stores in tablet or liquid form, tablets sixty-cents a vial, composed of native herbs. This puts the stomach and liver in proper condition. You may be sliding along, no spring, no elasticity, no vim, but as soon as you have put the body into its normal physical condition—oiled the machinery, as it were—you will find new vim, vigor and vitality within you. A little "pep," and we laugh and live. Try it now. Send Dr. Pierce, Buffalo, N. Y., 10c. for trial package. A little energy will save the day. The prime necessity of life is health. With spirit and energy you have the power to force yourself into action. The Golden Medical Discovery is the spring tonic which you need.

Kill Dandruff and Itching with Cuticura

Soap 25c. Ointment 25c & 50c

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of all kinds in livestock can be cured by using Dr. David Roberts' Antiseptic Poultice. Price \$1.00. One package makes ten pounds of Poultice. Read the Practical Home Veterinarian. Send for free booklet on Abscess, etc. If no dealer in your town, write Dr. David Roberts' Vet. Co., 150 Grand Avenue, Waukegan, Ill.

American Dollar Flag

Run fast, rain proof, 6 feet long, double-stitched, sewed stripes, free delivery by parcel post on receipt of factory price, \$1.00. Includes one hat and guaranteed boiler, \$1.00. Send for free catalogue of flags and decorations. We make more and better flags than any other concern in the world. Prices same as before the war. AMERICAN FLAG MFG. CO., EASTON, PA.

A Teller of Tales.

There had never been the best of feeling between them, and when they collided somewhat forcibly, as they rounded a corner, headed in opposite directions, in a snowstorm, Smith took the opportunity to vent his spleen. "Look here, you loafer! You cowardly slacker! Why don't you look where you are going?"
Brown gulped, reddened perceptibly and demurred: "Who showed you my questionaire?"—Pittsburgh Sun.

BOSCHEE'S GERMAN SYRUP

will quiet your cough, soothe the inflammation of a sore throat and lungs, stop irritation in the bronchial tubes, insure a good night's rest, free from coughing and with easy expectoration in the morning. Made and sold in America for fifty-two years. A wonderful prescription, assisting Nature in building up your general health and throwing off the disease. Especially useful in lung trouble, asthma, croup, bronchitis, etc. For sale in all civilized countries.—Adv.

A Different Matter.

Oke—"You're paying too much rent, old man." Owens—"You mean the rent is too high."—Boston Transcript.

Seaman Hardy of Cleveland is the last survivor of Perry's expedition to Japan.

Nerves All Unstrung?

Nervousness and nerve pains often come from weak kidneys. Many a person who worries over trifles and is troubled with neuralgia, rheumatic pains and backache would find relief through a good kidney remedy. If you have nervous attacks, with headaches, backaches, dizzy spells and sharp, shooting pains try Doan's Kidney Pills. They have brought quick benefit in thousands of such cases.

A South Dakota Case

Mrs. Jim Hansen, 106 Holmes St., Redfield, S. D., says: "I can hardly describe the misery I endured from backache; my back felt as though it were broken. After I did a washing, my back was so lame, I could hardly move. My kidneys acted too often, my bladder was inflamed and my feet and hands swelled terribly. Three boxes of Doan's Kidney Pills cured me and I have been a well woman ever since."

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DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

STOP YOUR COUGHING

No need to let that cough persist. Stop the irritation, and remove tickling and hoarseness, by relieving the inflamed throat with **PISO'S**