

Dr. Hartman's Plain Talk to Young Men

My plain talk to young men in my last article certainly brought out many responses from young men. I take this means of answering them briefly, for the benefit of other young men who did not write me. One writer says:

"I was greatly interested in your talk to young men. I wish I was strong and well as you describe yourself to be. I am going to begin at once and follow your advice and take care of myself as I ought to. I will quit the use of all stimulants, tea and coffee, go to bed early. I will take the cold water towel bath every morning. I want to live to be old and useful, like you. And I shall also keep Peruna in hand, in case of slight ailments as they may arise. I thank

you in the name of thousands of other young men, like myself."

To this letter I replied:

My Dear Boy—I cannot tell you how much good your letter has done me. To know that I am arousing the young men in matters of right living fills me with gratitude and enthusiasm. I want to help you any time you wish and I will consider your letter strictly confidential and give you prompt reply. Follow the advice I gave in my article. Whenever you have occasion to consult me further do not hesitate. Let us be friends. If you will be obedient to me as a son ought to be I will be faithful and true to you as a father ought to be. Yours sincerely, S. B. Hartman, M. D., Columbus, Ohio. Peruna is for sale at all drug stores.



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POLYGLOT.



"How many foreign languages can Jones talk?"

"Well, he says he understands everything his baby says."

His idea.

Bill: "Do you know what a plagiarist is?"

Jill: "Sure; he's a fellow who plays a joke on the playwright."

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Ask your grocer. Adv.

Some men are never satisfied until they have troubles that drive them to drink.

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W. N. U., OMAHA, NO. 10-1913.

Bowels Get Weak As Age Advances

The First Necessity is to Keep the Bowels Gently Open With a Mild Laxative Tonic

Healthy old age is so absolutely dependent upon the condition of the bowels that great care should be taken to see that they act regularly. The fact is that as age advances the stomach muscles become weak and inactive and the liver does not store up the juices that are necessary to prompt digestion.

Some help can be obtained by eating easily digested foods and by plenty of exercise, but this latter is irksome to most elderly people. One thing is certain, that a state of constipation should always be avoided as it is dangerous to life and health. The best plan is to take a mild laxative as often as is deemed necessary. But with equal certainty it is suggested that cathartics, purgatives, physics, salts and pills be avoided, as they do but temporary good and are so harsh as to be a shock to a delicate system.

A much better plan, and one that thousands of elderly people are following, is to take a gentle laxative- tonic like Dr. Caldwell's Syrup Pepsin, which acts as nearly like nature as is possible. In fact, the tendency of this remedy is to strengthen the stomach and bowel muscles and so train them to act naturally again, when medicines of all kinds can usually be dispensed with. This is the opinion of many people of different ages, among them Mr. O. P. Miller, Baroda, Mich., who writes: "I am 89 years old and have been constipated for many years. Since receiving your sample bottle I have procured two 50c bottles and find that

DIDN'T PROVE AN EXCEPTION
Photographer Thought He Was Going to Escape Ancient Joke, but it Was Not to Be.

"That fellow who just went out of here after having his photograph taken is a marvel," remarked a photographer to a bystander friend. "I've a great mind to give him that set of a dozen cabinet size free."

"What's his special point?" asked the friend.

"Why, there've been in this studio, since I started some years ago, about 187,000 and some sitters," went on the photographer. "And out of that number that fellow just now is the only one who hasn't said to me with a grin as I posed him, 'Look out, or I'll break your camera!' I've begun to look upon it as an essential part of taking a photograph and if I didn't hear it at the right time I do believe I'd unconsciously wait for it before I snapped the shutter. But that fellow didn't say a word; just stood up there and got snapped like it was a—"

"Say, partner," interrupted a voice from the door, which just then opened and admitted the head of the lately departed customer, "say, I hope I didn't break that there camera of yours."

Onto it.

Blobs—Skinnum is trying to promote a new mining company. Did you fall for it?

Slobbs—No; I tumbled.

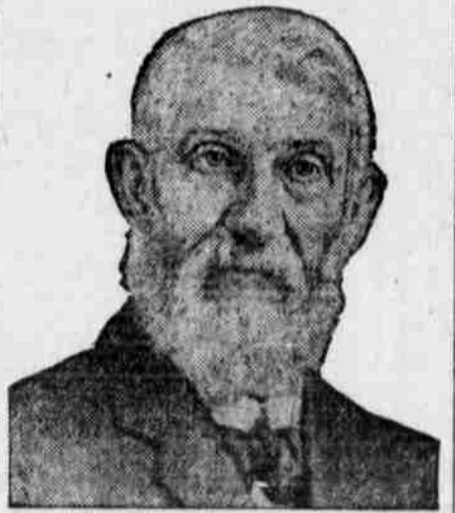
Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of H. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

Anyway, the man who follows your advice always has some one to blame if he fails.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy. Adv.

Sometimes a man uses gold bricks in constructing his air castles.

A lie is a lie, no matter whether it is white or black.



Mr. O. P. Miller.

It is the best remedy I ever used and does just what you claim for it to the very letter. I can not recommend it too highly."

A bottle can be bought of any druggist at fifty cents or one dollar. People usually buy the fifty cent size first, and then, having convinced themselves of its merits they buy the dollar size, which is more economical. Results are always guaranteed or money will be refunded. Any elderly person can follow these suggestions with safety and the assurance of good results.

If no member of your family has ever used Syrup Pepsin and you would like to make a personal trial of it before buying it in the regular way of a druggist, send your address—a postal will do—to Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill., and a free sample bottle will be mailed you.

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LOOK AFTER FLOWER PLANTS IN CELLAR



A Study in Iris.

(By EBEN E. REXFORD.)

Frequently we lose our dahlias, and cannas because we neglect to give them attention. We take it for granted that they are "all right" and by-and-by we discover that they are "all wrong." It does not take long to destroy these tubers after a diseased condition has set in. The thing to do is to watch them so closely that the first indications of trouble are seen, and prompt measures may be taken to prevent development.

In too damp and cold a cellar the tubers become moldy, and this means decay, a little later on.

When the first touch of mold is seen move the tubers to a warmer location.

I do this by spreading them out on swinging racks of wire netting, suspended midway between the floor and the ceiling, first going over them, one by one, and removing every portion that shows any sign of being moldy. Spread them out in such a manner that they will not touch one another.

If the trouble continues, it may be advisable to remove them from the cellar, wrap each root in paper, and store in a frost-proof closet, or cupboard. But, generally, a place near the ceiling will be sufficient to prevent a spread of the disease.

Stone cellars are so dry and warm that the tubers wither in them, or start into growth at a season when growth means ultimate ruin. In such cases, it is well to give them a place on the floor, in a dark corner, or, if the temperature cannot be kept down, remove them to a cooler place, above ground.

The man who has due regard for the welfare of his vegetables will never allow his cellar to become warm enough to encourage growth during



Night Blooming Cereus, opening under electric light at night. The camera was exposed 30 minutes and the flower is shown in various stages of blossoming.

In the winter season, and the ventilation which is given, with a view of keeping vegetables in good condition, will very likely prove equally beneficial to all tubers stored therein.

Plants in pots, or tubs, should be kept quite dry. Not exactly dust-dry, but still so dry that there is but little evidence of moisture in the soil, when the hand is used as a test.

If water were to be applied while the plants are in cold storage quite likely premature growth would result, and this is just what we do not want to happen. The aim should be to keep the cellar-stored plants perfectly dormant, by keeping them cool, and dry, and in the dark.

The window garden ought to be showing some flowers this month, especially the geraniums. Give them the sunniest place. They need strong light to bring out their rich colors fully.

It is a good plan to put the tall plants at the sides of the window, with the smaller ones between. In this way all get an equal chance at the sunshine. We are generally so anxious to show off our largest plants, that we give them front places, and the smaller ones have to take up such light as they can get.

This is not fair to the little fellows. In order to do their best, they must be given just as good treatment as the others receive. If favoritism is practiced in the window garden, we must expect our plants to be of varying merit.

If any plants become sick, remove them at once.

Their disease may not be contagious, but it is not good policy to keep sick plants together, for each will need a different treatment, and one that cannot be given satisfactorily while they are together.

If a plant appears unhealthy and I cannot diagnose its trouble I allow it to become rather dry and remain in that condition for some time.

On no account give any fertilizer. In many cases the plant will recover its health after a period of enforced rest.

If it does not seem likely to do this, throw it out. We cannot afford to make plant hospitals of our living room windows.

Nine times out of ten hanging plants suffer from lack of water. Because of their suspension, it is not an easy matter to get at them to water them, and this leads to neglect on our part.

Keep hanging-plants as well watered as those in the window sill, and they will grow just as luxuriantly.

You may start planning and doing for next summer's display, by making cuttings during the winter.

If a geranium sends out an ambitious shoot, make a cutting of it. If the shoots appear too thickly upon any part of the plant cut them off, or, at least, the crowding ones. Often shoots appear at the base of the plant, and these should be removed when they destroy the symmetry of the plant.

Don't let the temperature get too high and too dry, or the red spider will appear.

The Genista, with its abundant peashaped blossoms of gold, is easy of cultivation. Its flowers are very fragrant. It requires lots of moisture, at root, and top. It likes plenty of liquid-manure, when in flower.

If you try to crowd too many plants in a small window, you will be disappointed with the results, and the plants will not do well. One well developed plant will give far more satisfaction than a dozen sick ones.

There are people who believe that that which nourishes humans will do the same for the plants. Hence, they feed their plants with castor oil! Nothing could be more absurd and useless.

There are three things to observe in raising foliage plants, like ferns and palms, give them plenty of light and little direct sunshine. Don't give them too much water, and neither too little water.

A friend says that the small yellow ants, which had been troubling her violets, were routed by two applications of tobacco water. She soaked a plug of chewing tobacco in a quart of water overnight. In the morning she used a tooth brush to apply the tobacco water to the under side of the leaves and the soil about the plants.

Sometimes, when we do not get at them, more of the water we apply runs off than on, and the soil becomes dry in a short time.

It is a good plan to have the basket suspended by a cord running on a pulley in the ceiling. The end of the cord can be fastened to a hook in the wall, or the window frame.

It is an easy matter to lower the basket into a tub of water, once a week, or as often as may seem necessary. Allow it to remain in the tub until it has absorbed all the water it can take up.

Of course, there will be a great deal of drip from it after it has been raised from the tub, but the lover of plants will not mind this.

Productive Hens.

Mrs. Cale S. Myers, Westmoreland county, Pa., reports as follows: "The product from our S. C. Rhode Island Red hens, 275 in the flock, for December, 1912, was 2,148 eggs. For the year it was 38,584 eggs. Any one doubting the figures may come out to the farm. We have the credentials to show them."

Age to Breed Glits.

Let the glits grow till they are at least 12 months old before breeding them. Being nearer maturity they will raise stronger, more virile pigs develop into much more desirable sows and possess a greater capacity for milk.

BOY PAID FOR HIS WHISTLE

Obedy Father's Instructions All Right, but Made No Sort of a Hit With the Teacher.

It all happened in a wayside village. She was the village schoolmistress, prim and proper, but a bad hand at settling accounts with the local tradesmen; he was ten years of age, one of her pupils, and son and heir of the village grocer.

"Tommy," she yelled in class one morning, "don't you know it's rude to whistle in the presence of a lady?" Tommy was not abashed nor chastened.

"But dad told me to whistle," he replied.

"Your father told you to whistle, Tommy?" queried the school teacher, in considerable doubt.

"Yes'm. He said when he sells you anything we've got to whistle for our money."

Tommy then took up a conspicuous position in the adjacent corner.

SUFFERED FOR 25 YEARS.

Mr. R. M. Fleenor, R. F. D. 39, Otterbein, Ind., writes: "I had been a sufferer from Kidney Trouble for about 25 years. I finally got so bad that I had to quit work, and doctors failed to do me any good. I kept getting worse all the time, and it at last turned to inflammation of the bladder, and I had given up all hope, when one day I received your little booklet advertising your pills, and resolved to try them. I did, and took only two boxes, and I am now sound and well. I regard my cure as remarkable. I can recommend Dodd's Kidney Pills to any one who is suffering from Kidney Trouble as I was." Write to Mr. Fleenor about this wonderful remedy.

Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.



R. M. Fleenor.

PROBABLY.



Mandy—This writer says that college life decreases the desire of girls to marry.

Hiram—It may be that it decreases the desire of the young fellows to marry 'em.

ECZEMA IN RED BLOTCHES

205 Kanter Ave., Detroit, Mich.—"Some time last summer I was taken with eczema. It began in my hair first with red blotches, then scaly, spreading to my face. The blotches were red on my face, dry and scaly, not large; on my scalp they were larger, some scabby. They came on my hands. The inside of my hands were all little lumps as though full of shot about one-sixteenth of an inch under the skin. Then they went to the outside and between and all over my fingers. It also began on the bottoms of my feet and the calves of my legs, and itch, oh, my! I never had anything like it and hope I never will again. The itching was terrible. My hands got so I could scarcely work."

"I tried different eczema ointments but without results. I also took medicine for it but it did no good. I saw the advertisement for a sample of Cuticura Ointment and Soap and sent for one. They did me so much good I bought some more, using them as per directions, and in about three weeks I was well again. Cuticura Soap and Ointment entirely cured me." (Signed) Benj. Passage, Apr. 8, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Taking a Lesser Chance.

A government inspector was conducting an oral examination for marine engineers. Said one:

"If you had tested your gauge cocks, had looked at your water glass and had found no water in the boiler, what would you do?"

Came the answer, swift and true: "I would jump overboard."

Too Well Known.

Have you a speaking acquaintance with the woman who lives next door to you? We asked an east end lady, just to make a little conversation.

"A speaking acquaintance?" echoed the lady, opening her eyes wide. "Why, I know her so well that I don't speak to her at all!"

Just as Good.

Thirsty Girl—Bring me a hot lemonade.
Innkeeper—Haven't any, miss, but the beer is warm.—Fleegende Blaetter.

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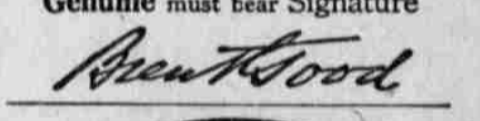
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