

"CASCARETS" FOR SLUGGISH LIVER

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 to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

Precocious Child.

"Mamma, why did you marry papa?" "So you've begun to wonder too!"—Louisville Courier-Journal.

Important to Mothers

Examine carefully every bottle of **CASTORIA**, a safe and sure remedy for infants and children, and see that it bears the signature of *Dr. J. C. Whitney*.

In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Willing to Learn.

Moved by an impulse he could not resist, he suddenly kissed her. "Oh, Herbert!" she exclaimed, "that's not right." "I'm sorry, Helen," replied Herbert humbly. "I did the best I know how. Won't you show me the proper way?"

Please for Patriotism.

"You should be patriotic and contribute your valuable services to your country without thought of pecuniary reward!"

"I will," replied the official; "just as soon as a whole lot of people get patriotic enough to quit sending their bills to me."

She Would Get Even.

Tired out with an afternoon's shopping, the mother sat back in her easy chair to retrace in detail the afternoon's experiences to a sympathetic home circle.

"And to cap it all I met that horrid Annie Green, and she was very impudent to me as usual," she wailed. "The mean thing," sympathetically snapped out six-year-old Ella. "Why didn't you impudent her right back?"

Orderly Service.

A Methodist parson, called to preach at an out-of-the-way town in California was informed, before entering the pulpit, that he must be careful, as many of the assembled congregation were "roughs," and would not hesitate to pull him from the pulpit if his remarks did not suit them.

The minister made no reply, but having reached the sacred desk, he took from his pocket two revolvers, and placing one on each side of the Bible, gave a sharp glance around the room and said: "Let us pray."

A more orderly service was never held.—National Monthly.

SELF DELUSION.

Many People Deceived by Coffee.

We like to defend our indulgences and habits even though we may be convinced of their actual harmfulness.

A man can convince himself that whiskey is good for him on a cold morning, or beer on a hot summer day—when he wants the whiskey or beer. It's the same with coffee. Thousands of people suffer headache and nervousness year after year but try to persuade themselves the cause is not coffee—because they like coffee.

"While yet a child I commenced using coffee and continued it," writes a Wis. man, "until I was a regular coffee fiend. I drank it every morning and in consequence had a blinding headache nearly every afternoon."

"My folks thought it was coffee that ailed me, but I liked it and would not admit it was the cause of my trouble, so I stuck to coffee and the headaches stuck to me."

"Finally, the folks stopped buying coffee and brought home some Postum. They made it right (directions on pkg.) and told me to see what difference it would make with my head, and during that first week on Postum my old affliction did not bother me once. From that day to this we have used nothing but Postum in place of coffee—headaches are a thing of the past and the whole family is in fine health."

"Postum looks good, smells good, tastes good, is good, and does good to the whole body."

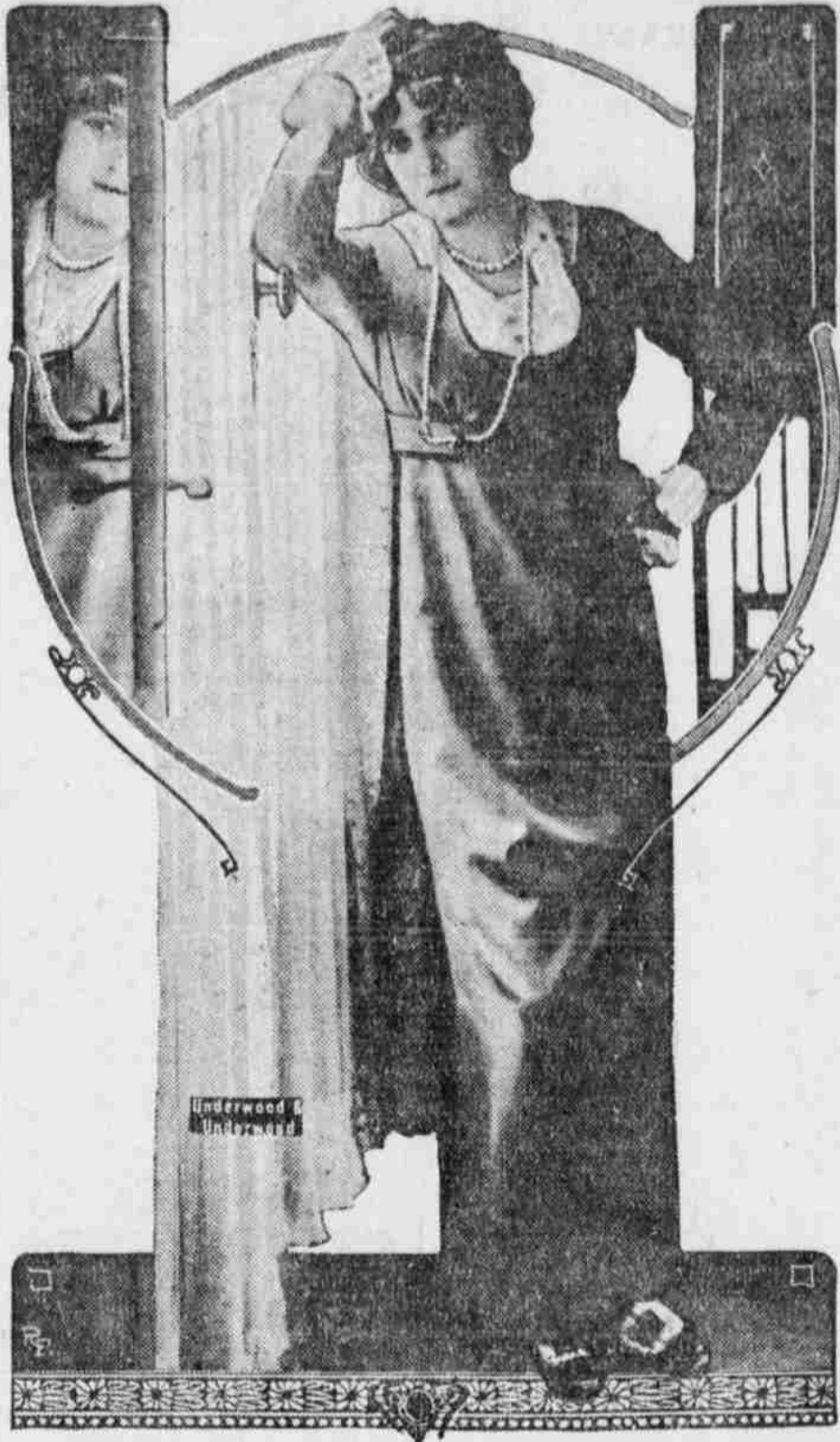
Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville" in pkgs.

Postum now comes in two forms: Regular Postum—must be well boiled.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

"There's a Reason" for Postum.

Cloth Gown Suitable for Daily Wear



As comfortable and easy hanging as a morning gown but with every mark of afternoon apparel, this design is the simplest of all interpretations of our present modes. The skirt and bodice appear to be cut in one, but are separate. The skirt, made of two pieces in goods of average width, might be draped on the figure from a single width of the widest materials. It is shaped in at the hips and there is a little fullness at the back. The shaping and gathers afford just room enough for the swell of the figure at the hips. The waist line is high and very easy in order to make a free movement of the arms possible. It is cut with long shoulders and large armholes. The fullness at the bust is taken care of by a group of plaits at each side terminating under the belt. It is in its careful finishing touches that the gown displays the talent of its noted designer. All very simple models must rely upon finish and cleverness in cut or drapery, to rise out of the class of the commonplace. The square neck is shaped and finished with a piping of velvet. The front is cut into a double breast, the overlapping side fastened down with two buttons. Its lower edge lies over the top of the skirt where bodice and skirt are joined. A narrow belt, with rounded ends, is finished with a piping and fastened

with a fancy button at each end. It does not encircle all of the waist, allowing a straight front appearance (which is smart and clever) in the interval between the ends. There is a small turnover collar in the sailor shape, of fine embroidered batiste. The neck is filled in with a folded chemisette of fine figured net. A plaited ruffle of the same net finishes the sleeves. A strand of large pearls and a longer one of smaller pearls finishes the pretty toilette. But pearls might be replaced with strands of any of the many fashionable glass beads that harmonize with the gown in color. This model is well adapted to the unusual new shades in which fashionable fabrics are made. Mustard color, gold, green, paprika, mahogany and the curious blues and greens that are displayed in cloth and silk look best when made up in the simplest manner. But the design is good in the colors which we know well, such as royal blue, amethyst, golden brown and dark green. It would be pretty developed in black, and is an especially good model for velvet. Colonial slippers and silk stockings are worn with it, and such a dress calls for a simple and well dressed coiffure. Like all simple things it will not grow tiresome to the wearer, and might be used daily during the reign of our easy going fashions. **JULIA BOTTOMLEY.**

DRESSING THE BABY WHEN HE GOES OUT IN COLD WEATHER

THE baby must have his airing every day no matter if the weather be sharp. He must be thoroughly protected against the cold and never allowed to get chilled. Besides the clothes he wears in the house he is to be provided with articles which he will need to fortify him against the cold. If he is dressed



he grows larger rapidly, allows the cap to be turned back less, so that he may wear it for some time. Narrow ribbon run through it at the nape of the neck ties in a little bow at the back. This allows the cap to be adjusted to the tiny head and let out afterward as needed. The ties are either of narrow ribbon or soft mull. A small close-fitting silk cap may be worn under the knitted cap. His little boots and shoes are often made of flannel embroidered with silk and laced with ribbon. They are cut out of a pattern and are soft and pretty. Knitted or crocheted boots are made with quite long tops for the baby's outfit, and fastened with soft crocheted cord and small zephyr tassels at the ankle. When his head and hands and feet have been protected, he has the added comfort of his coat. Finally he is tucked into his carriage under a robe of fur or elderdown and the top adjusted to protect him from the wind if there is any. The baby is sometimes kept too warm in the house, and is fretful on this account. In steam heated apartments particularly, he will need a lot of flannels. He must always wear his band over the bowels, but a pinning blanket is not needed. He wears a flannel petticoat and a light slipper for a house not so warm, or when he goes out, he must have an ample supply of extra clothing. His dresses and skirts are not made as long as they used to be. Twenty-seven inches now is the standard length. They are not much trimmed, but are made of very fine materials and finished with fine lace edgings, little tucks, small sprays of hand embroidery and scallops. Feather stitching is much admired. One who knows how to sew nicely can make all his belongings in the best manner at home. **JULIA BOTTOMLEY.**

WONDERFUL GROWTH OF THE CANADIAN WEST

The Cities of Western Canada Reflect the Growth of the Country.

As one passes through Western Canada, taking the City of Winnipeg as a starting point, and then keeping tab on the various cities and towns that line the network of railroads that cover the provinces of Manitoba, Saskatchewan and Alberta, and covering the eyes as the gaze is bent on these it is felt that there must be "something of a country" behind it all. Then gaze any direction you like and the same view is presented. Field after field of waving grain, thousands and hundreds of thousands of them. Farm hands and laborers are at work converting the virgin prairie with more fields. Pasture land in every direction on which cattle are feeding, thriving and fattening on the grasses that are rich in both milk and beef properties, but it is unfortunate that more cattle are not seen. That, however, is correcting itself. Here we have in a large measure, the evidence of the wealth that helps to build up the cities, and it should not be forgotten that the cities themselves have as citizens, young men who have come from other parts, and brought with them the experience that has taught them to avoid the mistakes of eastern and southern cities. They also are imbued with the western spirit of enterprise, energy and push, and so Western Canada has its cities. At a banquet recently given in Chicago, a number of prominent citizens of Winnipeg were guests. Among the speakers was Mayor Deacon of Winnipeg. In speaking of the remarkable growth of that city, which in thirty years has risen from a population of 2,000 to one of 200,000, he spoke of it as being the gateway of commerce and continued: "Now, how great that tide of commerce is you will have some conception of when I tell you that the wheat alone grown in the three prairie provinces this year is sufficient to keep a steady stream of one thousand bushels per minute continuously night and day going to the head of the lakes for three and one-half months, and in addition to that the oats and barley would supply this stream for another four months. "The value of the grain crop alone grown in the three prairie provinces would be sufficient to build any of our great transcontinental railroads and all their equipment, everything connected with them, from ocean to ocean. "Now, if we are able to do this with only ten per cent. of our arable land under cultivation what will our possibilities be when 288,000,000 of acres of the best land that the sun shines on is brought under the plow? Do you not see the portent of a great, vigorous, populous nation living under those sunny skies north of the 49th parallel? And if with our present development we are able to do as we are doing now, to purchase a million dollars' worth of goods from you every day of the year, what will our trade be worth when we have fully developed the country? "Now, who shall assist us to develop this great empire that is there? Shall it be the alien races of southern Europe or shall it be men of our own blood and language? In the last three fiscal years no less than 358,000 American farmers have come into Western Canada, bringing with them goods and cash to the value of \$350,000,000. And I want to say here that no man who sets foot on our shores is more entirely and heartily welcome than the agriculturist from the south. "So long as these conditions remain I consider that this is the best guaranty that the sword will never again be drawn in anger between the two great branches of the Anglo-Saxon race. The grain crops of Western Canada in 1913 have well upheld the reputation that country has for abundant yields of all small grains.—Advertisement.

Best Fortune Teller.
The quest of noblemen for wealth in America has been talked about for decades; but few, if any, can rival Baron Assebach in being witty in a practical way. Miss de Millyans, his prospective wife, was entertaining the baron one evening, and apropos of lovers' nothingness she asked: "Did you, baron, ever go to a fortune teller?" "Yes, mees, many times. But the last time was best." "Where did you go?" "I went to the probate court to find out about your grandfather's will"—Sunday Magazine of the Chicago Record-Herald.

Where the Blame Rested.
"I blame the automobile for most of my troubles." "How's that?" "If I hadn't owned one I don't believe my wife would ever have consented to be mine." **Didn't Pan Out.**
Mrs. Bacon—What became of your fireless cooker you thought so much of? Mrs. Egbert—Oh, I "fired" it.

Liquid Blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Ask your grocer. Adv.
You might as well give the devil his due. He gets up pretty early in the morning, anyhow. **Mrs. Winslow's Soothing Syrup for Children** teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See a bottle at once. **The hen that cackles loudest doesn't always lay the biggest egg.**

PUBLIC HIGHWAYS

MAINTAINING AN EARTH ROAD

Rain Falling on Highway Properly Crowned Will Run Quickly to Side and Not Soak Into Surface.

If you look at the ordinary county road after a shower you will see small puddles along the wheel ruts and sometimes larger pools. This water stays on the road surface beside ditches. If you look closely you will see side ditches which have grown up with bushes and weeds in many cases, and which are so far from the traveled part of the road that the rain water does not drain into them. That part of the roadway where the wagons travel is called the traveled way. To prevent water from standing on the traveled way the road should be raised in the center and should slope gently into broad shallow ditches. It is then said to have a crown. If it is ten feet from the center of the road to the side ditch, the surface at the side ditch should be at least ten inches lower than it is at the center where the horses travel. The road then has a ten-inch crown. The rain that falls on a road properly crowned will run quickly to the side and not soak into the surface or form pools. The side ditches for surface water should run parallel to the right of way, and should be open at every low point so that the water can run out of them into neighboring brooks or streams. If the ditches merely collect the water from the road surface and it can not run away, large pools will be formed along the roadside, which will gradually soak into the soil beneath the road and make it so soft that the wheels of the wagons will cut through the road surface and soon destroy it. Sometimes water runs from land along the road into the road and forms a little stream down the wheel tracks or in the middle where the horses travel. When driveways into farmyards are built across the side ditches they frequently form channels for water from the farmyard to run into the road. The pipes under driveways and the water can no longer run away. If the driveways that stop the ditch water were rebuilt so that no pipes were necessary and the ditch could be left open, much trouble from surface water would be stopped. Sometimes a road runs across low ground or through a swamp where the road cannot be drained by side ditches alone. If the road were built higher like a railroad embankment across such low land and made with a crown, it would be dry and hard. Sometimes a road passes through what is called a cut. This is a place where the earth has been dug out so that the road can go over a hill without being too steep. The water which always flows quietly under the ground on hill sides is known as ground water. In road cuts such water sometimes makes the road very muddy, and the road then needs what road builders call underdrainage. A good kind of underdrainage is a trench to go along under the side drain and about three feet deep and a foot and a half wide. In this trench a pipe is laid near the bottom and covered with loose stones no bigger than an egg. When the trench is completely filled with loose stones the ground water, instead of soaking into the roadway, will stop among the stones and flow down the hill through the pipe. To keep a road smooth and crowned the best method is to drag it with a road drag. A road drag is made easily with two halves of a log which has been split.

CONCRETE AND GRAVEL ROADS
Time Will Come When Permanency in Thoroughfares Will Be More Highly Appreciated Than Now.
A prominent good roads advocate belonging to the American association says: "It is a waste of time to build roads of anything better than gravel and not so good as concrete." By which he means that if the road is to be anything less than absolutely permanent, it should be of gravel or plain earth. One thing is sure, the automobiles are putting macadam roads in the category of things which will not do, says the Baltimore American. Concrete roads built over 20 years ago have been kept in repair under country-town conditions at an annual expense rate of \$15 a mile, and are still better than any macadam road is likely to be in one-tenth the time in this age of rubber tired vehicles. The ideal road would seem to be a narrow concrete roadway with earth or gravel ways at the sides. The motor cars will follow the concrete, and in ordinary going the drivers who consider their horses' feet will keep on the pleasanter and softer track at the side. In bad weather all could use the narrow concrete roadway with earth macadam, brick or concrete way. It keeps teams off the motor path and makes pleasanter going for both horse and horseman. The time will come when permanency in our roads will be more highly appreciated and worked far more generally.

IS EPILEPSY CONQUERED?
New Jersey Physician Said to Have Many Cures to His Credit.
Red Bank, N. J. (Special).—Advice from every direction fully confirm previous reports that the remarkable treatment for epilepsy being administered by Dr. Perkins of this city, is achieving wonderful results. Old and stubborn cases have been greatly benefited and many patients claim to have been entirely cured. Persons suffering from epilepsy should write at once to Dr. H. W. Perkins, Branch 49, Red Bank, N. J., for a supply of the remedy which is being distributed gratuitously.—Adv.

Absent-Minded.
She (after the elopement)—I have received a letter from my father. Dear papa is so absent-minded. He—in what way? She—He inclosed a lot of millinery and dress making bills, and forgot to put in the money to pay for them. We always feel sorry for an hetress; she simply has to marry in self-defense. **Extremes meet, but they don't always speak as they pass by.**

STOMACH MISERY GAS, INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eruptions of undigested food, no dizziness, bloating, or foul breath.

"Pape's Diapepsin" is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless. Please for your sake, get a large fifty-cent case of Pape's Diapepsin from any store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the family eat something which don't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest relief known. Adv.

DIDN'T KNOW GREAT PLAYER

Boy Would Have Fallen Down and Worshiped if He Realized of Whom He Was Speaking.

Joe Tinker brought this story from the east with him. He declares Willie Keeler, now a scout for the Giants, told it on himself.

Keeler likes nothing better than to watch a bunch of boys playing a "sand lot game." While scouting in a western league town late in the season he chanced upon such a game, arriving just in time to see a lanky, scrawny-faced lad, who was umpire, give a decision. The little captain of the team fighting the decision rushed up to Keeler.

"Wasn't that a strike, mister?" he demanded. "Sure it was," replied one of the greatest hitters in baseball history. "Aw," said the other kid captain, fiercely, "what does that old boob know about baseball, anyway?"

ECZEMA BURNED AND ITCHED

203 Walnut St., Hillsboro, Ill.—"My child had a breaking out on the lower limbs which developed into eczema. The eczema began with pimples which contained yellow corruption and from the child's clothing they were greatly irritated. They seemed to burn, which made the child scratch them, resulting in a mass of open places. They made her so cross and fretful that it was impossible to keep her quiet. They caused her to lose much sleep and she was constantly tormented by severe itching and burning. "I tried several well-known remedies, but got no relief until I got a sample of Cuticura Soap and Ointment, which did so much good that I got a large quantity that cured her in ten days after she had been affected for two months." (Signed) Mrs. Edith Schwartz, Feb. 28, 1913. 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.

Cruel Act of Warfare.

One hundred years ago General McClellan, learning of the disastrous result of the American campaign in Lower Canada and fearing his own force would be attacked by the British resolved to evacuate Fort George and abandon the country. This he accordingly did, with all his troops, and with such precipitancy that he left behind his tents and stores. His retreat was accompanied by an act that has left an indelible stigma upon his name. The frost had set in early and severe. The snow lay deep upon the ground. Yet at 30 minutes' notice, of 150 houses in the Canadian village of Newark, he fired all save one, and drove 400 helpless women and children to seek shelter in the log huts of the scattered settlers, or in the bark wigwams of the wandering Indians.