

Happy Baking Days



CALUMET BAKING POWDER



The cook is happy, the other members of the family are happy—appetites sharpen, things brighten up generally. And Calumet Baking Powder is responsible for it all.

RECEIVED HIGHEST AWARDS World's Pure Food Exposition, Chicago, Ill. Paris Exposition, France, March, 1912.

You don't save money when you buy cheap or big-can baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

"CASCARETS" FOR A BILIOUS LIVER

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

From Many, One. "This is our most valuable fowl," said the amateur hen farmer. "A fine bird," remarked the visitor, trying to look wise.

The man who does things by halves frequently finds himself in a hole. The man who looks for a sitting-down job finds it hard to get up.

Men Fight On Their Stomachs

Napoleon so said. A man with a weak stomach is pretty sure to be a poor fighter. It is difficult—almost impossible—for anyone, man or woman, if digestion is poor, to succeed in business or socially—or to enjoy life. In tablet or liquid form

Dr. Pierce's Golden Medical Discovery

helps weak stomachs to strong, healthy action—helps them to digest the food that makes the good, rich, red blood which nourishes the entire body. This vegetable remedy, to a great extent, puts the liver into activity—gives the machinery of the human system so that those who spend their working hours at the desk, behind the counter, or in the home are rejuvenated into vigorous health.

Amusing Truth.

The late Franklin Simmons, the famous American sculptor who recently died in Rome, was an exponent of the frank, naturalistic method. "How much more amusing the true is than the ideal," he said one day in his studio to a correspondent. "Take the case of the little girl."

ITCHING TERRIBLE ON LIMB

R. F. D. No. 3, Clarkfield, Minn.—"My trouble was of long standing. It started with some small red and yellow spots about the size of a pin head on my leg and every morning there was a dry scale on top covering the affected part and when those scales were falling off the itching was more than I could stand at times. The first year I did not mind it so much as it was only itching very badly at times, but the second year it advanced all around my leg and the itching was terrible. I had to be very careful to have my clothing around the affected part very loose. At night time I often happened to scratch the sore in my sleep. Then I had to stand up, get out of bed and walk the floor till the spell was over."

"I bought lots of salves and tried many different kinds of medicine but without any success. I got a cake of Cuticura Soap and a fifty-cent box of Cuticura Ointment and when I had used them I was nearly over the itching. But I kept on with the Cuticura Soap for six weeks and the cure was complete." (Signed) S. O. Gordon, Nov. 20, 1912.

Played No Favorites. The Tramp Elephant (in jungle restaurant)—You may bring me a bale of hay, Garson!

The Tramp Elephant (haughtily)—It doesn't matter which—I'm not paid to tout any special brand—Puck.

Brood over your troubles, if you want to hatch out more. Every man is his own master or else a slave for others.



WHAT EUGENISTS OF THE WORLD ARE ENDEAVORING TO ACCOMPLISH

Some Insist the Race Is Deteriorating Says Herbert Carey—Rush to the Large Cities and the Complexity of Modern Life Given as Among the Causes—Many Depressing Facts Are Revealed.

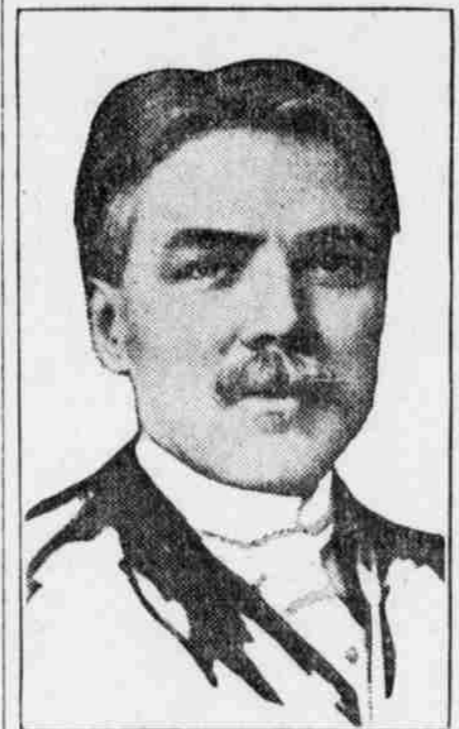
New York.—To the lay mind scientific eugenics seems to be founded upon the blackest pessimism, says Herbert Carey. Perhaps scientists see more clearly than the rest of us—though they do not all see alike, or get the same conclusions from the same facts. Some of them are sure we are going to the apex very fast. Death and degeneration and insanity and gibbering idiocy seems to be the only possible end for the human race, they think—unless something is done at once to check our sliding tendencies.

"We speak with pride of the advance of human civilization," says Doctor Metcalf, "and that blinds us to the fact that since the dawn of history there has been no clearly recognizable evolution of mankind. We reach larger results in the problems of life than did our progenitors 5,000 years ago, because we build upon the experience of the generations between."

Other scientists swell this despondent chorus. Prof. Ray Lankester sounded the keynote in 1892, when he wrote that "compared with the forefathers of our civilization, the ancient Greeks, we do not appear to have improved so far as our bodily structure is concerned, and assuredly not so far as some of our mental capacities are concerned."

Dr. J. H. Kellogg declares that "the human race is dying." Rev. Newell Dwight Hillis is quoted as declaring that "within 400 years we shall all be insane." The superintendent of the asylum at Austin, Tex., in an official report published some years ago, held that "the insane in this state may soon outnumber the sane." He jocularly added that in that event the insane might turn themselves out of the asylums and put the sane in.

H. H. Laughlin of the Cold Spring Harbor eugenics record office learns from the thirteenth census that there



Rev. Newell Dwight Hillis.

are 914.7 inmates of institutions of various sorts to the 100,000 of population in this country—or almost one per cent. He has recently declared that ten per cent of us are so far "antisocial" as to be unfit for parentage. E. E. Rittenhouse, president of the recently formed Life Extension Institute, of which former President Taft is an active member, in a recent paper said that 75 per cent of the 20,000,000 school children in the United States are more or less defective. Dr. V. V. Vaughan of Ann Arbor—who specifically declares he is not an alarmist—says "the American people are threatened with a spread of mental and moral degeneracy through the multiplication of the unfit."

Dr. Gertrude Hall says that "only one-half of the dependent children we have examined and tested in New York state are up to normal standard." Cancer is killing 75,000 annually in the United States and 200,000 die from tuberculosis, not to speak of the other chronic diseases, some of which, on the authority of statisticians, have doubled their mortality rate in thirty years.

Reports show that in certain parts of England, Scotland and Ireland the physical condition of the inhabitants has degenerated. On the moral side we are getting no better fast—and we're a little worse here than our neighbors. Rittenhouse, who is an authority, says that 9,999 murders are committed in the United States annually and an average of 116 murderers are executed.

We have the appalling homicide record of over 100 per million of population, against seven in Canada, nine in Great Britain and 15 in Italy. The birth rate is declining and the span of life shortening. About 15,000 men and women commit suicide in this country each year. Kellogg says that the daily "average dose of poison—alcohol, nicotine, caffeine and opium—is 368 grains." Our eyes and ears and teeth are going back on us. Over 13 per cent of the rapidly increasing number of insane are paretic, because

of syphilis, "the ulcer which is eating into modern civilization." The whole racial situation, as viewed by the scientists, recalls one of Booker Washington's stories. He met an old colored woman one day.

"Where you goin', Aunt Calline?" he asked. "Lawd bless you, Misteh Washington," said Aunt Caroline, "I've done been where I's gwine."

Conceding that the scientific eugenists have established their contention—that the human race is rapidly de-



WILLIAM H. TAFT

generating as well as dying—what are the conditions that produced this result?

In some measure they are purely physical, according to the students of the eugenic problem who met at the national conference at Battle Creek. In the last 50 years there has been an appalling shift in the center of gravity, due to the world's progress in mechanics. Frederick L. Hoffman estimates that in the last decade the city population has increased 35 per cent, while the rural population has increased but one per cent.

"Cities," he said, "boast of their growth in population, when they should be weeping."

Hence "factory degeneration" as reported from densely populated milling sections of the south. In a senate document printed at the request of Senator Townsend, the statement it made that "in Manchester and other English manufacturing districts the police force is largely recruited from the country districts, because the home grown men are not large enough."

In 15 years the British Association for the Advancement of Science found the average height of men had decreased one inch. The same authority found the well to do Briton on an average of 3 1/4 inches taller than an employe in the mills, and that at the age of twenty the height of their respective sons differed by five inches. In 55 years the height required for admission to the British army was lowered from 5 feet 6 inches to 5 feet, and still the proportion of rejections for this cause remained the same.

Similar testimony as to race deterioration comes from Scotland, Ireland, Germany and France. Dr. Alexander Graham Bell points out that asylum treatment and the very natural inter-

marriages is resulting in a race of deaf mutes. Dr. Lillian South, the state bacteriologist of Kentucky, in discussing the fight being made against hookworm in that state, said:

Hookworm victims are stunted mentally and physically. There are not enough able-bodied men in some Kentucky counties to hold the offices. Of the 10,000 inhabitants of Rowan county, 7,000 were illiterate not long ago. Doctor South told one very striking story of the effect hookworm has upon its victim:

"One farmer," said she, "sold his farm for \$20,000 in gold because of the deposit of coal beneath the surface. He kept that gold hidden about his house, because he didn't know what to do with it. Nor did he change his manner of life."

The growth of city population is a grave factor. British investigators found that not only does life in a city tend to make the next generation weaker, because of the noise, stresses and infections, but that the people who move in from a rural district are apt to be of a weaker type to start with. Hence progressive deterioration. Alcohol is charged with much of the responsibility. Prof. Alfred Gordon studied 117 alcoholic families of Philadelphia, to find that all of the 200 children in 90 of these families showed signs of degeneracy, and of them 150 were epileptic. Of 78 children found in 20 families whose parents and grandparents were both alcoholic, 35 were imbeciles and 25 insane. The use of drugs has largely increased in the last few years—of which a disproportionate increase occurred in the cities—with deleterious results.

The increasing complexity of modern life was a favored cause for decay, in the opinion of several speakers.

PUTS BABY TO BED ON SNOW

Somnambulist Father Takes Good Care of the Child, but Mother Gets a Scare.

Bangor, Me.—Mrs. Edward Parady of the French settlement near Stillwater went to church the other evening, leaving the infant in its crib, with the father sitting by the fire close by. As she drove up the lane leading to the house on her return she fancied that she heard a faint moan. Entering the house she found the cradle empty and the father was asleep in his chair.

"Where is baby, Ed?" she asked. Parady started up in surprise, saying, "Why, baby's in her crib, of course."

In a flash Mrs. Parady thought of the moan that she had heard at the foot of the lane, and out into the night she ran. Near an old pump, almost buried in the deep, soft snow, was the baby. One hand and one cheek had become chilled, but the infant was well and cheerful.

Then Parady thought of the only explanation that has yet been offered. "I worked hard that day," said he, "and was very sleepy. I remember of thinking of going to bed and of taking baby with me. I am a sleep-walker and I guess I must have fallen asleep and then got up and carried baby out into the snow instead of to bed. The snow looked white and soft, like a bed. I guess that must have been the way out of it."

Is Bar to Secret Marriages.

Los Angeles, Cal.—Secret marriages cannot be kept secret if the bride wishes to vote in California. Deputy County Clerk McAleer handed down a ruling which declared that women must state under oath whether they are married or single.

Death News Tangled.

Union Hill, N. J.—Simultaneous troubles on their phones, each trying to get the other, delayed only a few minutes news of the simultaneous deaths of Archibald Boyle, forty, here and Arthur Boyle, his nephew, in New York.

"SIAMESE TWINS" BORN IN FRANCE



These babies, born in Champagne, France, not long ago, are attracting the attention of surgeons all over the world, for they were born with a connecting band of flesh just above the navel. Professor Le Fillette, dean of the French Academy of Medicine, has promised to perform personally an operation to separate the babes, and feels certain they will then become normal children.

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is restless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. 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.

His Table Manners.

"The charity worker," says one of them, "is always learning. We can learn much from the destitute. Thus, apropos of the affectation of some of our table etiquette, I once heard a ragged little chap at a school treat say, as he held a chicken leg in one flat and a hot potato in the other: 'The trouble about table manners is that they was invented by people who was never very hungry.'"

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

Accommodating.

"Drink to me only with thine eyes." "All right; here's looking at you!"—Baltimore American.

A woman's husband sometimes causes her almost as much worry as her dressmaker.

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of W. W. GROVE. Cures Colds in One Day. 25c.

A plain duty like a plain girl has few wooers.

Restore the Appetite

Assist the Digestion

Promote Liver Activity

Induce Bowel Regularity

by the daily use of **HOSTETTER'S STOMACH BITTERS** BACKED BY A 60 YEARS' RECORD

Advertisement for Western Canada wheat: 35 bushels per acre was the yield of wheat. Includes details about the crop and contact information for W. V. Bennett, Bee Building, Omaha, Neb.

Advertisement for Parker's Hair Balm: A toilet preparation of merit. Helps to eradicate dandruff. For restoring color and beauty to gray or faded hair. 50c and \$1.00 at Druggists.

Advertisement for Pisco's Remedy: Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists. FOR COUGHS AND COLDS