

## Why Should a Chicken

## Lay a Soft-Shelled Egg?

Because, Willie, the chicken don't know how to create a hard-shelied egg unless it has some food with lime in it. So chicken-raisers often provide limestone gravel, broken oyster shells or some other form of lime.

Let the chicken wander free and it finds its own food and behaves sens.
Shut it up and feed stuff lacking lime and the eggs are soft-shelled.
Let's step from chickens to human beings.
Why is a child "backward" and why does a man or woman have nervous pros-
stration or brain-fag? There may be a variety of reasons but one thing is certain.
If the food is deficient in Phosphate of Potash the gray matter in the nerve centres and brain cannot be rebuilt each day to make good the cells broken down by the sactivities of yesterday.

Phossihate of Potash is the most important element Nature demands to unite albumin and water to make gray matter.

Grape-Nuts food is heavy in Phosphate of Potash in a digestible form.
A chicken can't always select its own food, but a thoughtful man can select suitble food for his children, wife and himself.
"There's a Reason" for
Grape-Nuts

| $\begin{aligned} & \text { TOWEL LEFT IN WOMAN } \\ & \text { DURING AN OPERATION } \end{aligned}$ |  |  |
| :---: | :---: | :---: |
|  |  |  |
| -Patient Now Suing Her Former Physician. | $\left\lvert\, \begin{aligned} & \text { sibid } \\ & \text { side } \\ & \text { reco } \end{aligned}\right.$ |  |
| FI |  |  |
| living in Hungar |  |  |
| Panama in Fact and Fiotion. | And last bu | S |
| Iigging the Panama canal must be at- iributed largely to the human factor. Dur government has found efficient |  | Insists on playing the plano. |
| Dur government has found efficfent men to do the work, and has succeeded |  |  |
|  |  |  |
|  |  |  |
|  | tet frost thensical types, mostly young men of atheetic habits or men in the |  |
|  |  |  |
|  | Ilronment as clean and inviting as un-Himpted resourcs and the mot modernapplances can make it, to medicine for- |  |
|  |  |  |
| and food beter than most of them haderer beror recelved oidGood tran ment |  |  |
|  | seaith in the canal zone is both logicailHeal tevitable but if pills or vaccines are to be included in the problem, theymust be looked for elsewhere than |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | A curious variety of "freak" struc- |  |
|  | ings deliberately intended to deceivethe unwary. Dinton "castle." near |  |
|  |  |  |
|  | these pinchbeck fabrics. At a distance,and even from the road, it looks like aniediaeval stronghold, but at close |  |
| the colored class, the fact can hardly nor role. |  |  |
|  | - and the thinness of Its walls betray its |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | idea of erecting a mausoleum for him- |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | structure, Which in conseotuence could |  |
|  | it was intended.and forms one the most curiousdwelling houses in the United King- |  |
| had to learn from the cruelest expeItsposal of every canal employe? |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  | in Detrolt and knew intimately a for mer governor of the state of Michlgan, who was renowned among other things for his ablity as a free-hand |
|  |  |  |
| con bost or dimmished death rate. |  | things for his ability as a free-hand |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  | Just been defeeated through the bun- gling of a lieutenent. The old man |
|  |  |  |
|  |  |  |
|  |  | "Marie," said the ex-governor, "I'm talk!"-Philadelphia Saturday Evening Post. |
|  |  |  |
|  |  |  |
| Ur han the recipints could earn n ine |  | She Knew. <br> Miss Gusher-Oh, please tell me! <br> Do you think poets have to be born? The Poet's Wife-Yes, borne with. |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| must pay rent fnds that Uncle Sam hasnantin antclpated mis needs and pro-nit |  |  |
|  | What was the white oou touched. |  |
|  | Paper his hand had clutched <br> Message or wish, maybe- | HOSPITAL |

Tells How Sick She Was And What Saved Her Fro An Operation.

tor told me to go to a wospeck. My doc-
not like that idea very well, so, I did did
saw your advertisement in a paper, I
saw your advertisement in a paper, I
wrote to you for advice, and have done as
you told me. I have taken Lydia E. Wrote to you for advice, and have done as
you told me. I have taken Lydia E.
Pinkham's Vegetable Compound and
Liver Pill and abw I anve my health Liver Pills, and now I have my health.
"If sick, and ailing women would only
know enough to take your medicine, they

Ohio. yo have mysterious pains, irregu-
If
larity, backache, extreme nervousness, larity, backache, extreme nervousness,
inflammation, ulcer ation or displace-
ment, don't wait too long, but try Lydia
E. Pinkham's Vegetable Compound now. E. Pikkham's Vegetable Compound now,
For thirty years Lydia E. Pinkham's
Vegetable Compound made from roots Vegetable Compound, made from roots
and herbs, has been the standard remedy
for female ills, and such unquestionable Yor femaie ils, and such unquestionablo
tostimony as the above proves the valuo
of this famous remedy and ahould give of this famous remedy
overy one confidences

