

THOSE RHEUMATIC TWINGES

Much of the rheumatic pain that comes in damp, changing weather is the work of uric acid crystals.

Needles couldn't cut, tear or hurt any worse when the affected muscle joint is used.

If such attacks are marked with headache, backache, dizziness and disturbance of the urine, it's time to help the weakened kidneys. Doan's Kidney Pills quickly help sick kidneys.

An Oregon Case
John H. Mathews, 77 East First St., The Dalles, Ore., says: "My back ached so I could hardly stoop or straighten. The kidney secretion became profuse, obliging me to arise many times a night and the passages were very painful. My kidneys became so diseased that I thought I was done for. Doan's Kidney Pills, however, went right to the seat of the trouble and for over three years my cure has been permanent."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., Buffalo, New York

WHAT WORRIED HER.



"I asked your father and he said you were old enough to know your own mind."
"He didn't tell you how old I was, did he?"

Man's Preference.

Miss Lillian Hill, lecturing on eugenics in Cleveland, said:

"It is a good thing for the human race that beauty counts for more than intellect when it comes to love. Intellect too often means nerves—insomnia—hypochondria."

"Yes, it is a good thing for the human race that, as an old maid from Vassar put it rather bitterly:
"Men prefer a well formed girl to a well informed one."

Analyzing the Philosopher.
Finley Peter Dunne was sympathizing at a New York club, with a playwright whose play had failed.
"Brace up!" he cried. "Take it like a philosopher!"
Then Mr. Dunne smiled the whimsical Dooley smile and added:
"A philosopher is one who has trained himself to bear with perfect serenity the misfortunes of others."

Rooted in the Human Heart.
There is a smell in our native earth better than all the perfumes in the east. There is something in a mother, though never so angry, that the children will more naturally trust her than the studied civilities of strangers, let them be never so hospitable.—Lord Halifax.

Partial Success.
"Do you believe in those faith cures?"
"Oh, I have known some that cured faith in them."

The man who stands at the bottom of the ladders and steadies it is often of more benefit to the country than the one who climbs to the top.

You can jolly the average man by referring to him as a prominent citizen.

Handy Breakfast

Ready to Serve
Direct From Package

Post Toasties and cream

A dainty dish of toasted Indian Corn, brimful of sweet flavour and substantial nourishment.

Post Toasties in the pantry mean many delicious breakfasts.

Direct to your table in sealed, air-tight packages.

Sold by Grocers everywhere.

"The Memory Lingers"

Postum Cereal Co., Ltd.
Battle Creek, Mich.

HERE ARE GOOD RULES FOR CARE OF BABIES

Philadelphia Mothers Invited to a Clinic and Told How to Dress Their Children to Keep Them Healthy.

COLD WEATHER RULES FOR THE BABY

- Don't let people fondle the baby, particularly if they have colds. They convey them to the baby.
- Don't let strangers kiss the baby. Keep baby warm and dry.
- Wet or damp clothing should be removed at once and dry substituted.
- Don't put too many clothes on the baby. If after a trip in the open air it is cold, put more clothing on. If it is perspiring, it needs fewer clothes. After a trip in the air, baby should be warm and dry.
- Give baby plenty of fresh air and sunlight, and guard against abrupt changes of temperature.
- Healthy children should have plenty of fresh milk and fruit.
- Never give baby a sip of beer, tea or coffee.
- Keep baby's clothing loose at all times and let it kick.
- Give it warm baths at night.
- Give baby proper nourishment. If a baby does not gain in weight every week there is something wrong and a doctor should be consulted.

A score of mothers, carrying with them their babies, ranging in age from a few weeks to several months, assembled recently for the clinic at the Children's Homeopathic hospital to hear advice from an expert as to the care of the little ones in cold weather. The expert was Dr. William H. Yeager, professor of therapeutics at the Hahnemann Medical college. Doctor Yeager paid particular attention to the care of babies at this time of the year and in winter, and told of dangers that threaten and how to avoid or minimize them.

"One great mistake that mothers often make," he said, "is to let other persons fondle and kiss the baby. A man or woman who takes up a baby and kisses it may have some disease even though it be only a cold, but colds are contagious, and it is the easiest thing in the world for baby to catch from someone. And a cold weakens the baby's lungs. The baby should not even be allowed in a room where there is illness of any sort, however trifling."

PUTTING GRANDMA IN PROPER PLACE

"What's the use being a grandmother these days?" challenged a young-looking grandmother at a club meeting the other day, when you are allowed to enjoy your grandchildren?

"Babies mustn't be held or rocked or hugged or kissed, and you're not even allowed to show them to your friends."

"I have five grandchildren and I've never held one of them in my arms for five minutes since they were born."

"That is the cry of all grandmothers in each succeeding generation," said the chairman of a committee which had just held its meeting. "That is your milestone. It shows that you are not up to date."

The young-looking grandmother said she didn't want to be up to date where she had to adopt the foolish ideas of the present generation about bringing up babies.

The other day I invited my 5-year-old granddaughter to have luncheon with me, and her mother asked me what I was going to give her to eat. I replied that I should try not to poison the child."

BELOVED CARMON SYLVA IS IDOL OF ROUMANIA

From the Indianapolis News.
The queen of Roumania, best known to the world as a poet and by her pen name of "Carmen Sylva," is beloved by all her people. There is reason for this, therefore, because her sympathy with them in their suffering as in their rejoicing. T. P.'s London Weekly recalls a circumstance of the last Balkan war: One day, walking in a hospital ward, she came upon an old soldier suffering from a compound fracture of the leg and threatened with amputation. He would not give consent to the surgeons to amputate. He feared that should he do so he would be classed among the beggars.

"I am not a beggar," said the stout old soldier, proudly. "I'll lose my life but not my honor."

"This true," said Carmen Sylva, "you are not a beggar, but I am." She threw herself on her knees at the feet of the artificial leg that can be made in Europe, and when the war is over you shall come and dance at the palace with your sons."

Rich Drunkards.

From the New York Press.
The advocates of the theory that poverty and insufficient food drive people to drink should take a look at the inebriates' section of one of the largest and oldest hospitals in the city. This department of this hospital is only for private patients. The charges are very high—so high, in fact, that only the very rich can afford to be treated there. The income from these wealthy dipomanics has been the mainstay in the maintenance of this great hospital for many years, and has enabled it to do a vast amount of charitable work. The rooms occupied by these "dips," as the nurses call them, are fitted up as luxuriously as any suites in the finest hotels of the city. The only signs of restraint are the iron-barred windows. There is a beautiful garden in which the patients take the air.

In England the first dock was constructed at Liverpool in 1708.

"Give the baby plenty of fresh air and sunlight. I have a baby of my own, seven months old, and it slept out on the porch for several hours today. The day is bright, clear and dry, and it did the baby good. But on a day like yesterday it should be kept indoors."

"Abrupt changes in temperature must be guarded against. Bodily heat must be maintained by proper feeding and proper clothing, and, if it is, the baby can stand a reasonable amount of exposure to the weather. But, if the baby is frail and weak, it must be carefully protected against exposure to extremes of temperature. The diet of a delicate child should be directed by a competent physician, and will not be the same in different cases. For this reason the doctor should be called and direct the feeding in each individual case."

Dressing Babies in Winter.
"We are near to winter, and a subject of the utmost importance is the dressing of the baby in cold weather. It should have neither too much nor too little clothing. The amount it should have is governed by its condition. It should always be warm to the touch, yet dry. Feel of its body or legs. If they are cold, put on more clothing. If it is so warm it perspires, take some off. But it is better for it to be cool and dry than hot and damp. "And, furthermore, keep its clothing loose. The old-fashioned way was to bind the baby up tight. Now a baby must kick and keep in motion if it is healthy and will grow. If it does not keep moving, it is not healthy. If it does then it must have absolute freedom, so that it will not tire."

"Necessary. This keeps the skin clean and the pores active, that they may carry off poisonous matter. After the warm bath, the baby should be placed in a warm bed and allowed to sleep. A quick sponge bath with cool water can be given to children two years old or more each morning. This bath should be followed by a brisk rub with a rough towel. This will invigorate it and prevent the development of catarrhal conditions."

Should Have Own Bedroom.

"From the earliest age the baby should have its own bedroom and not be in the same room as its parents or in a room that has been used during the day. The room should be airy, easily ventilated and dry. For infants the temperature should not be below 70 degrees. When the temperature outside is below this, the room should be heated, but the windows should be partly opened. Freedom from dust, dirt and dampness are essential."

"Older children should be taught to breathe deeply for chest development. Symptoms of cold or cough or sore throat in the next street, saw the performance and they called up the clergy and they all got their names in the newspapers, and I was glad of it. But the board of health said it did not do good."

The Worst of All.
"Not one of my grandchildren has ever heard a word of baby talk. The 2-year-old has a vocabulary of 100 words."

"But the worst of all happened the other day when my little granddaughter was allowed to have a birthday party. She had a cake with five goodies on it, and ice cream and other goodies, and she crumb was she permitted to eat herself."

"Can you see that poor little thing sitting there at her own party, her eyes fairly devouring the good things? But because cake and ice cream were not on her diet list, not one morsel could she have!"

"I have always thought," she concluded, "that being a grandmother was a kind of superior attitude toward life, as for example, a woman who has sons and daughters presented to her and she is in trouble on her part. But it's not that. It's that I am not even allowed to express an opinion."

"It's your milestone," reiterated the chairman of the committee. "We have a generation of mothers now for the first time in history who know how to put grandmothers where they belong. It takes a corps of trained nurses to do it, but it's done at last."

AN EDITOR WHO FORGOT HALF OF HIS DUTIES

From the St. Louis Times.
The editor of an esteemed contemporary prints the following, but, perchance, he forgot half:

"To run a newspaper all a fellow has to do is to be able to write poems, discuss tariff and money questions, umpire a baseball game, report a wedding, saw wood, describe a fire so that the readers will shed first tears, make it do the work of \$30, shine at a dance, measure call, abuse the liquor habit, test whisky, subscribe to charity, go without meals, attack free silver, wear diamonds, invent advertisements, sneer at snobbery, overlook scandal, appraise babies, delight pumpkin race, minister to the afflicted, heal the disgruntled, fight to a finish, get wise, mould opinions, sweep the office, speak at the prayer meetings and stand in with everybody and everything."

The Crop.

"How's corn, old man?"
"Um."
"How's wheat in your section?"
"Um."
"How about oats?"
"See here, stranger, I've tried you on corn, wheat and oats, yet I can't seem to strike you. Where are you from?"
"I, sir, am from Boston!"
"Oh, excuse me. How's beans?"

His Sick Friend's Hand.

From the Pittsburgh Chronicle-Telegraph.
A certain man stayed out much later at night than his wife liked, and as he would never tell her where he had been she got their little boy to ask him.
One morning at breakfast the youngster said, "Dad, where wuz yer last night?"
"Well, if you must know, I was sitting up with a sick friend."
"Did you hold your sick friend's hand?"
"No," answered the father, "how foolish you are. Of course I didn't."
And then he added with a far-away look in his eyes:
"I wish to heaven I had. He held four aces!"

New Zealand has 238 dailies, weekly and monthly periodicals.

THE BAROMETER OF THE POST OFFICE, THE READING OF WHICH SHOWS WESTERN CANADA'S GROWTH.

Several of Western Canada newspapers coming to hand during the last part of the year 1912 contained items of news such as the following, speaking of the Christmas work in the postoffice:

"Other years have been heavy and the employees have had plenty of opportunity of learning what it was to work overtime, but the past has had nothing equal to the present. Forty extra men have been employed (in Winnipeg), and mail trains have been run special. The increase in the mail this year has been due to the enormous influx of people into Western Canada during the season, and also the general prosperity which the prairie provinces have enjoyed. To the latter cause has been due the heavy increase in the number of parcels which have been shipped to the old country and Eastern Canada."

The above extract taken from a Winnipeg paper gives a fair idea of the great work that the Canadian postoffices have had all through the western prairies. During the past year hundreds of new postoffices were established, many of them at remote points from the railway, but all forced upon the country on account of the new settlements that have taken place during the year. It is said of the Canadian government that in its immigration and settlement policy there is nothing left undone to take care of the people and their welfare, whether it be in the new town along a new line of railway or in the remotest hamlet. This solicitude and care are not confined to the postoffice, but with every branch that has to do with organizing new districts. Bridges have been built, roads constructed, the district policed, and a dozen other things have to be done and are done. Is it any wonder that with the splendid land, the high yielding land, the land that is free to the homesteader or open to purchase at reasonable prices from the railway and land companies, that the Canadian immigration records for 1912 will show arrivals of upwards of 400,000, one-half of this being from the United States. The new literature being sent out by the immigration branch at Ottawa, and its agencies throughout the United States deals with many of the new and interesting features that will mark the work of that branch for the year 1913.—Advertisement.

Mark Twain and T. R.

Augustus Thomas, the playwright, kept the mirth alive with story after story. One had reference to a game in which the players, so Mr. Thomas said, were Colonel Roosevelt, the late Mark Twain and himself.
"In the course of the game Colonel Roosevelt talked much of war," said Mr. Thomas. "And I remember him turning to Mark Twain and asking him if it were true that the bravest men were nervous when they faced the enemy, and Mark Twain, being an old confederate soldier, replied: 'Yes, that is quite true, for I remember vividly to this day that I had the quality of maintaining it all through the engagement.'"
—New York Sun.

Cleverness Required.

"In these days of high-cost living," said Representative De Forest, the sponsor of the bill for pensioning ex-presidents, "we hear of many queer economics."

"On a street car the other day, at the end of a discussion on saving and retrenchment, a lady said decisively: 'Oh, any woman can cut her husband's hair; but, believe me, it takes a clever one to cut it so that other women's husbands will suspect nothing.'"

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

Slow Chap.

"Yes," laughed the girl with the pink parasol, "he is the slowest young man I ever saw."
"In what way, dear?" asked his chum.
"Why, he asked for a kiss and I told him I wore one of those knotted veils that took so long to loosen."

And what did he do?

"Why, the goose took time to untie the knot."—Mack's Monthly.

Taste.

"Which has the best taste, you or your wife?"
"I am sure my wife has."
"That is very generous of you."
"I could not well deny it, in view of the person each of us married."

Tired Blood

CLOGS THE KIDNEYS

(Copyright 1913 by the Tonicives Co.)
When the blood is tired, it fails to burn up the dead matter, which like clinkers, clog the little kidney tubes, causing Bright's Disease, Diabetes, Dropsy, Rheumatism, Sciatica, Lumbago, Backache, Stone in Bladder, Uric Acid, etc. Tonicives contain substance to fertilize the blood stream and make the burning complete, so that the kidneys unhampered by clinkers may drain from the blood all waste matter, the natural way of eliminating the cause of all kidney disorders. 75c. per box of dealers or by mail. The Tonicives Co., Buffalo, N. Y.

Better Way.

"Does your wife raise a rumpus when you stay away from home at night?"
"No; but she does when I get home."

Certainly.

Miss Gusher—Tell me Mr. Boerd, do you believe in big weddings or little ones?
Mr. B.—Well—er—er—as for that, my dear lady, I should say that the former were quite essential to the latter.—Dartmouth Jack o' Lanterns.

Shocks.

"Why do you refer to that orator as the human high explosive?"
"Because he is always getting the uplift confused with the outburst."

Better Way.

"Does your wife raise a rumpus when you stay away from home at night?"
"No; but she does when I get home."

Only after trying does a man realize the many things he can't do.



Have You Seen the Coupon Now in

Liggett & Myers

Duke's Mixture

Liggett & Myers Duke's Mixture makes a great pipe smoke—or will make a roll of real satisfaction that nothing can beat.

It is the favorite smoke of thousands of men who want selected, pure, Virginia and North Carolina bright-leaf tobacco.

If you have not smoked Duke's Mixture, made by Liggett & Myers at Durham, N. C.—try it at once.

Each sack contains one and a half ounces of tobacco that is equal to any 5c granulated tobacco made—and

A Coupon That is a Dandy.

These coupons are good for many valuable presents—such as watches, cameras, jewelry, furniture, razors, china, etc.

As a special offer, during February and March only, we will send you our illustrated catalog of presents FREE. Just send us your name and address on a postal.

Coupons from Duke's Mixture may be used with any of our HORSE SHOES, J. T. TINSLEY'S NATURAL LEAF, GRANGER TWIST, coupons from FOUR ROSES (10c tin double coupon), PICK PLUG CUT, PIED MONT CIGARETTES, CLIX CIGARETTES, and other tags or coupons issued by us.

Address—Premium Dept.

Liggett & Myers Tobacco Co.

ST. LOUIS, MO.



Queer Sex.

"Yes," said the man at the end of the bar, as he ordered his second drink, "women sure are queer creatures. I came home tonight and thought my wife looked a little down in the mouth. So I said: 'After supper let's go to the theater.' And she burst into tears and said: 'Me busy all day doing up preserves and you come home and ask me to go to the theater.' She was still crying when I came out. It beats all, doesn't it? Bartender, I think I'll take just one more."

Trend of Times.

Ex-Governor Pennypacker, discussing the divorce evil in Philadelphia, said, with a smile:

"In these times one never, as the saying goes, knows where one is at. An acquaintance of mine extended his hand to me at the Historical society the other day and cried:

"Congratulations! I am the happiest man alive!"

"I looked at him doubtfully.

"Engaged, married or divorced?" I asked."—New York Tribune.

Revolving Toothbrush.

Bill—I see by using handles resembling those of a pair of pliers to rotate a spindle, an inventor has brought out a revolving toothbrush.

Jill—Now, if a fellow mislays his toothbrush he needn't look for it, it's liable to come around to him; but, on the other hand, if it is going around all the time, some one else may get it.

Swat Indirect.

Mandy—What for yo ben goin' to de postoffice so reg'lar? Are yo' correspondin' wif some other female?
Rastus—"Nope; but since ah been a readin' in de papers 'bout dese 'conscience funds ah kind of thought ah might possibly git a lettah from dat ministah what married us."—Life.

Its Pace.

"So time runs its race?"
"Yes, in the laps of years."

Live and let live is a poor motto for butchers.

TO WOMEN

Now Is The Time

those pains and aches resulting from weakness or derangement of the organs distinctly feminine sooner or later leave their mark. Beauty soon fades away. Now is the time to restore health and retain beauty.

DR. PIERCE'S Favorite Prescription

That great, potent, strength-giving restorative will help you. Start today.

Your Druggist will Supply You

ALLEN'S FOOT-EASE

The Antiseptic powder shaken into the shoes—The Standard Remedy for the feet for a quarter century 30,000 testimonials. Sold everywhere. 2c. Sample FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

The Man who put the E. E. in F. E. T.