#### (Copyright, by Joseph B. Bowles.) WHAT DO YOU EAT AND WHY?

Author of "Eating for a Purpose," "The New Gospel of Health."

"I eat what I like," would be the answer of the average person scanning the bill of fare in the average sible reason. To eat what one doesn't

Animals in their natural state never eat when they are not hungry, and wants it, but who will say that that they never eat what they don't like; and this together with abundance of Petite for flesh, but are we sure that fresh air, water, exercise and normal mental conditions, inhibits sickness, except by accident, while man is always ailing more or less. And the chief cause of all the ailments, not like that for tea and coffee, mechanical or mental, to which flesh is heir, is wrong eating.

It is generally admitted that most sickness, temporary and chronic, originates in the derangement of the digestive system; auto-intoxication, that is, self-poisoning, induced by absorbing into the blood the poisons produced in the food tube by fermen tation resulting from eating too much, from hurried eating, from eating too many kinds of food at the same meal. Many of the most advanced students of the cause of disease now believe that the one cause is the retaining of waste matter in the system, which is a necessary result of wrong feeding. Of course these abnormal conditions are traceable, in the last analysis, to wrong thinking, and they can be set right only by changing the thought. And it is a happy sign of the times that the study of the food question is receiving so much attention.

"I eat what I can get." This would be the answer of many an unfortunate; but whether his case is worse than that of him who can get what he wants to eat, is doubtful. Is the foreigner who comes to America and changes his diet from black bread, a few vegetables, apples and grapes to an abundance of highly-seasoned foods, meat, fine white bread, pickles and pie-is he fortunate, in the mat ter of diet? The statistics say, No It is a peculiarly interesting fact that the mortality from cancer is much higher among foreign-born Germans. Irish and some other nationalities in this country than among the American born of those races. Cancer, in the opinion of the late Dr. Nicholas Senn and other eminent authorities. is a disease of over-indulgence, and, we believe indulgence in flesh meat. The Italians, Greeks, Bohemians andothers who continue to live on the simple diet of their home countries show a low rate of death from these diseases. The foreign-born Irish and German peasants sooner fall victims to cancer and tuberculosis when they adopt the extravagant mixed diet of the average American family, because thef are more susceptible than those tain degree, to the more extravagant dict of the new country.

It has been said that we are a nation of dyspeptics, and the cause is easily found. Certainly, the natural way is to eat what one likes. But, unfortunately, many, if not all of us, are not natural, in eating as in many other things. How, then, can we depend upon our inclinations to tell us what to eat? Nearly everybody now admits that intoxicants are necessarily injurious, yet many have a deinclination to drink what they like, they not rather govern the appetite by reason? And does not the same least, to eating?

This line of inquiry leads to the question, "What shall we eat to secure the greatest enjoyment of life? What shall we eat to enjoy the greatest degree of health, the most vigorous, happy and useful life?

These questions cannot be answered finally by laboratory investigation alone. Only actual test of the effects 14 years the first newspaper El Creof foods with careful allowance for personal factors and varying abnormal conditions, can lead to wise conclusions. And in my next article ! shall give the result of my own ex- for the peculiar religious and moral periments.

Why do you eat? "Because I like to eat. It is one of the pleasures of life." This will be your answer, They were the Santa Fe Republican if you are an average reader. If not and the Santa Fe New Mexican, both you are abnormal. To be a good man, published at Santa Fe.-Santa Fe New one must first be a good animal, and Mexican. the first requirement in a good animal is to be a good feeder.

It is a well-established principle in psychology that we do best what we has been chosen to edit the Daily generate into wrinkles. One side do unconsciously. What must become | Spectator at Columbia university. It of a man who is so conscious of his is said to be the first time that a longue being first pushed as forcibly digestion that he must take so many Chinese student has been placed at chews for each mouthful and eat cer- the head of an American college patain prescribed foods? Is it not pos- per. Editor Koo, who is but 22 years | gers can work in the cream, the mussible that he may find it necessary to old, is a slender chap and is known lie awake at night to see that his throughout the university as a master heart beats the right number to the of pure English. He speaks without finger and thumb until a healthy glow

It is commonly said that if a man has a good stomach he doesn't know is a debater of wonderful ability, and that he has a stomach, that so soon one of the most popular men in the as he finds out that his food digests, university. there is indigestion. How often we hear a man say, "I wish I could eat anything, just as I used to eat, without giving it a thought." The physi- matter how he was injured, whether cian is often called upon to deal with cases in which people have destroyed employer or by nobody's fault, draws a their digestion by thinking about it; regular weekly compensation either

as the story goes-The centipede was happy quite. Pray which foot comes after which? William Hard, in Everybody's.

And ever after he rolled helpless in the ditch.

The man who eats because he likes to eat has much in his favor. If there is only one reason for eating he is fortunate in having chosen it, despite the adage, formulated in some hermitage or monastry, centuries ago, "Live not to eat, but eat to live." The latest word from the physiological chemist is that "appetite juice" is one of the chief requirements of good digestion.

But there is another side to the question. Why do we eat? The athlete who eats what he likes, as he likes and when he likes, cannot win the race. Paul advised taking a little wine for the stomach's sake, even, presumably, though it might be distasteful, and the highest medical authorities are unanimous in prescribing certain diet to be eaten under certain circumstances. Evidently it is not always best to eat as one feels disposed.

The lower animals are able to select their food by instinct, but man restaurant. And to eat what you like has lost this power to a large extent, because you like it, is the best pos- and it must be supplemented by reason, by science. By living in unnatlike is good for nobody. It has been ural conditions imposed by civilizashown in the laboratory that "appe- tion, we have acquired unnatural aptite juice" is the first requirement for petites that are destructive of health, physical and moral. A man may drink a pint of brandy because he is reason sufficient? We have an apsuch appetite is normal, that we are the better for eating meat because we feel disposed to eat it? Is it, as vegetarians claim, an acquired appewhich are said, by most authorities, to be injurious?

It would seem that the obvious answer to the question, Why do you eat? is, "Because I am hungry." Yet one who habitually eats too much cannot be hungry. The desire for food arises frequently from that gnawing sensation resulting from the fermentation of superfluous food, producing a condition of auto-intoxication. In fasting there is an almost irresistible desire for food the first two or three days; then the appetite leaves one for several days; there is a gain in strength with loss in weight; and when a distinct desire for food returns it is a natural hunger, easily satisfied; but this natural appetite in many cases does not come for 30 days or more, showing that the former appetite was unnatural.

We do not feed a horse on the theory that he should be guided solely by his inclinations in eating and drinking, but largely by our knowledge of what is best for him under the arti- Remain Lovable and Keep the Mind Should Be Arranged So as to Support ficial conditions under which he lives and that he may be able to do his best work. And why should not a human being have the benefit of such the girl "standing with unwilling feet | wide divan is made more comfortable knowledge? Should not the child, es- where the brook and river meet," as by having at its back two huge, hard pecially, have the benefit of right feed- it is to that same girl when she pillows that will support the softer

With all due allowance for the fact | age staring her in the face. that one man's meat may be another it is true that there is a science of the greater that hatred. should eat because he enjoys it, but youth refuses to be held. also, whether he be an athlete, a laand because health depends upon food pure air, pure water, and right think- our years. ing which is fundamental.

#### Savages in Civilization.

ruthlessly on some quiet little back wrinkles and bodily age. street of small homes or on some wide and respectable thoroughfare as in the jungle. No savage land has more murders than parts of our cities and

'fhe customs, the restraints and the outer veneer of civilization perpetually deceive. Men and women, particularly women, look on life as a mere merry dance, in which partners can sire for them. Shall they follow the be teased by a change and changed at a whim. But man remains, even more merely because they like it, or, shall than woman, under the guise and disguises of civilization, the elemental savage whose passions boil to love or argument apply, in some degree at death at a touch.-Philadelphia Press.

#### First Press in the West. The first printing press in the

United States west of the Missouri was set up at Santa Fe early in the last century. History does not disclose the date of its origin or its ownership, but there are extant printed proclamations dated 1821 and having the Santa Fe imprint antedating by pusculo, prophetically named the Dawn, which was first published in 1835 at Taos and was in the main a periodical tract to make propaganda ideas of Padre Martinez. The first English newspaper in New Mexico appeared in 1847, shortly after the occupation of Santa Fe by Gen. Kearny.

Chinese Student Has Future. Vu Kyuin Willington Koo, a Chinese, accent, knows more about American is experienced. politics than the average American.

#### Care of German Workmen.

Every injured German workman, no by his own fault, by the fault of his from the sickness insurance fund or from the accident insurance fund until Till the frog for mischief asked him, he is able to go back to work again .-

# Evening Dresses



Soft ivory satin is used for the first costume shown. It has an empire skirt set in small tucks at the back, and up front is trimmed with gold em proidered galloon; the galloon is also carried across the front for about 20 inches, then ends under the deep cross-fold that is continued all round. The bodice is cut with kimono sleeves gauged on the top of arm; the square eck is outlined with the galloon, so are the sleeves and the bands into which he puffed sleeves are gathered. The folds of gold tissue which finish the top kirt are drawn through a gold buckle at side of front.

Materials required: Seven yards satin 42 inches wide, 6 yards galloon, yard gold tissue 18 inches wide.

The second is in pale mauve silk. The skirt is trimmed with lace inserion, the bodice is trimmed with insertion, and has a tucker of net drawn p with baby ribbon. A breadth of silk ninon of a darker shade of mauve edged with ball fringe, and draped round the top of the high-waisted skirt, and falls in long sash ends behind.

Materials required: Fourteen yards silk, 9 yards insertion, 3 yards ninon | for a large and economical production | dairy | temperaments, | was | guarded 20 inches wide, 3 yards fringe.

## DO YOU FEAR GROWING OLD?

Alert to the Times.

The future is not half so creepy to reaches "the between age" and finds ones.

human feeding, that we have lost our It is not pleasant to picture oneself appetite should be to some extent and teeth get the worse for wear, and

An old woman who is lovable never borer or a professional man, because, yet lacked love; the trouble is that so grow sour, or discontented or captious more than upon anything else except and then blame our lack of friends on

The woman who need not fear growing old is the woman who keeps alive to the times, whose mind is alert to may be added to give an added frame-Civilization does not change pas- the best in the world to-day rather sion. The savage lives. Nothing than raking over the past; who does who have become habituated, to a cer- alters the elemental emotions. Love not worry, therefore does not "fuss," changes to jealousy, jealousy to hate whose aim is a young heart and in and hate to murder as swiftly and achieving it forgets to fret over part of its equipment.

#### MODISH COIFFURE.



In this illustration is shown the new and fashionable arrangement of the hair. It is slightly parted in the front and drawn softly to the back, where puffs and around which is fastened a band of velvet or satin ribbon.

### Princess Business Gown.

The smartest of broadcloth princess gowns are being shown for business wear. They are made perfectly plain, buttoned all the way down the front and have long buttoned sleeves.

#### When Applying Skin Food.

In rubbing skin food on the face particular attention should be paid to the lines around the mouth, which, if not treated with care, are apt to deshould be massaged at a time, the as possible against the cheek so as to press out the lines, when the fincles being afterward-pinched and rolled gently with the tips of the first

#### Hint for Washing Hair.

To avoid tangling the hair when parts by running the comb from the ton lace. forehead straight down the back of the head. Then divide each of these parts into two and make four small dom made in the homes of wagebraids instead of one large one. When the washing is done, if each braid is in other ways, but pay the bakers a taken out and combed by itself there profit on their big four-pound loaves. will be few, if any, tangles. This is an There are no facilities in many of the especially good idea in washing a one-room and two-room houses of

#### HARD FILLOWS ON DIVAN.

the Softer Ones.

Every one does not know that a

It is usual to heap up a great variety Every woman hates to grow old, and of these extra soft ones on a large man's poison, that authorities are not the more vital has been her life, the divan so that anyone sitting or reclin unanimous on foods and feeding, yet, more filled with joy and popularity, ing may arrange them according to one's comfort.

These are needed, it is true, but instinct for determining what the sys- friendless, lonely and not wanted they also need a support. The wall is 10:00 a. m.—Hay fed. tem needs for nutrition and therefore around; to feel one's hair and eyes usually too far back from the front guided by reason. Certainly one know that however tight your grip, large pillows made of the materia' which covers the divan are not only comfortable, but artistic

They may be stuffed with excelsion eating largely determines efficiency, many of us forget to keep lovable. We into coarse muslin or ticking, then covered with the chosen fabric. They look better with a heavy cord around the edging.

If the end of the divan is against the wall as well as its side, a third pillow work to the little pillows.

This is not an expensive trick, but if a housewife ever tries it she will never let the divan go without this

#### Gray and Pink Veils.

Even on inclement days the girl of to-day wants to look her best. She does not wear any old hat and frock for fear of rain, but she dresses herself from head to foot in a costume built for the weather

It is now her custom to save her good and expensive fish net veils for dry weather, so on wet days she wears a close face veil of deep rose pink chiffon and over this a thin veil of grav sewing silk.

These are snugly pinned over her hat, covering the trimming, and neatly tucked into place at the nape of the neck and at the top.

#### Baby Carriage Robe.

These little affairs are made like pillow covers, with a flap at the top that overlaps the front and closes with a small button. The flap is scalloped, embroidered and also finished with a monogram. The other portion is left quite plain, or a simulated hem is there is a loose psyche knot formed of outlined with a white briar stitch. Being made in this shape it can consmall articles of infant clothing.

#### Waistcoats in Fur Coats. Paris has started the fashion for

wearing gold embroidered waistcoats set with beautifully colored glass beads in coats of fur.

#### What it Means to Be Smart,

Dress is the keynote of the situation at country house parties. A smart woman is expected to make as many alterations as a quick-change artist at a music hall. She wants tailor-made gowns, shooting and motoring suits. smart frocks for luncheons, dainty dresses for tea and splendid costumes for dinner; and no gown, whether day or evening, must make a second appearance.—The Tattler.

#### Domestic Crepe Blouses.

Since the popularity of white cotton crepe for everyday blouses a domestic cotton crepe for 15 cents a yard has been brought out. It is not nearly as good style as the Japanese article, but, as the other is expensive, this serves as a good substitute. It washes well washing it, first separate it into two and can be trimmed with a little cot-

> In Dundee, as in other manufacturing towns in Scotland, bread is selearners. They economize rigorously the poorer workingmen to make bread.

# FEEDING TESTS MADE WITH A DAIRY HERD

Results of Investigations by the Wisconsin Experiment Station Under Direction of George C. Humphrey, Animal Husbandman.

The present Wisconsin on a commercial basis.

uni-1 The nutritive ratios of the entire versity dairy herd was estab- winter rations made up as described, lished in 1898, since when com- ranged from 1:6.3 to 8.8, according plete records of the feed consump- to the production of the cows and the tion and the production of milk and amounts of concentrates fed. The butter fat for all of the cows have been grain and the roughage eaten by each kept. The herd numbers about 30 cow were weighed out at every feedmilch cows, all but two pure-breds, ing and a careful record kept of the the following dairy breeds being replamounts. These were charged on our resented therein: Jerseýs, Guernseys, record book to the respective cows Holsteins, Ayrshires, and Brown opposite their weekly production of Swiss. It is maintained primarily for milk and butter fat, as determined by instructional and research purposes, separate weighings of each milking out it is aimed to have it return as and testing a composite sample of the much revenue as possible under the milk produced by each cow during conditions present, through the sale the week. The cows were carefully of milk and cream and of surplus watched to see that they ate with stock. The former purposes neces- keen appetites. If they did not clean sarily prevent the herd from making up their feed readily, it was reduced as high and economical production as in quantity or varied as to kinds fed, bed? it might if it were conducted wholly so as to make certain that they were always in a thrifty condition and did In the management of the herd it not get off feed. A possible tendency has been our practice to surround the towards fattening which is common cows with the conditions best suited in cows of less pronounced inherent

NAME. 7	Live weight.	Annual milk.	VALUE OF PRODUCTS.				
			Butter fat.	Skim milk.	Total.	Cost of feed.	Net profit.
	Lbs.	Lbs.					
Johanna	1.214	13.186.2	\$119 49	\$21 10	\$140 59	\$45 28	\$95 31
Macella	1,001	7.782.1	110 59	12 45	123 04	43 03	80 01
Margaret	1.075	8.652.7	100 81	13 84	114 65	37 85	76 80
Muriel	1.037	6.792.8	103 38	10 87	114 25	37 86	76 3
Christina	1.027	9.037.4	91 65	14 46	106 11	39 90	66 2
Queen	842	6,905.1	90 94	11 05	101 90	36 26	65 73
Maxie	1.132	11,412.3	86 51	18 26	104 77	40 71	64 0
Adelaide	894	8.131.5	77 80	13 01	90 81	27 82	62 9
loe	1,201	10,196.5	82 92	16 31	99 23	36 75 .	62 4
Merney	1,046	8.058.9	83 34	12 89	96 23	34 26	61 93
Countess	934	7.141.3	80 63	11 43	92 06	36 73	55 3
Mollie	954	6,140.2	79 27	9 82	89 09	33 87	55 23
lewell	926	5.394.3	78 84	8 63	87 47	33 82	53 60
Marie	1.082	9,608.7	75 01	15 37	90.38	37 97	52 41
Alma	1,124	8,835.9	67 31	14 14	81 45	29 21	52 24
Priscilla	1,134	7.419.9	66 87	11 87	78 74	26 98	51.76
Just in Time	905	5.899.1	64 74	11 04	75 78	25 10	50 68
	1.004	5.678.3	74 40	9 09	83 49	33 25	50 24
lessie	933	5.484.2	76 90	8 77	85 67	36 75	48 93
Iannah	958	5.714.9	69.38.	9 14	78 52	31 16	47 30
Dorine	1,160	5.180.3	69 63	8 29	77 92	32.77	45 15
Maggie	1.310	8.084.8	65 32	12 94	78 26	36 40	41 8
sadie	992	5.280.1	61 18	8 45	69 63	31 21	38 4:
lrmaPerchance	1,143	4.397.7	50 80	7 04	57 84	22 77	35 07
Camble Time	1.058	4.777.1	52 11	7 64	59 75	31 74	28 01
Double Time	995	3,025.2	48 76	6 28	55 04	30.05	24 95
Broadway	1.003	2,540.3	36 77	4 06	40 83	24 30	16 53
Average (27 cows)	1.040	9,135.4	876 49	\$11 42	\$87 91	£33 84	\$54 07

days, when they were allowed to exer- direct observation. cise in the yard. They were watered | The cows were turned to pasture at after watering. The following daily At the time the pastures began to dry the cows during the winter period:

Daily Schedule of Work in Dairy Barn soiling crops were fed as of silage,

4:00 a. m.—Grain fed. 4:15 a. m.—Cows milked.

6:30 a. m.-Silage fed.

7:30 a. m.-Cows watered. 8:00 a, m.-Stables cleaned and bedded case of nearly all the cows.

2:00 p. m.-Stables cleaned.

3:30 p. m.-Cows watered. 4:00 p. m.-Grain fed.

4:15 p. m.-Cows milked 00 p. m.-Silage fed.

The roughage fed to the cows dur-

ing the winter periods consisted of year. corn silage and mixed hay, largely timothy and clover, with occasional



#### Feeding Time, University Dairy Herd.

feeding of roots (sugar beets). The grain was made up of a variety of different feeds: wheat bran, corn Soiling crops, per 160 pounds...... meal, distillers' grains, oats, oil meal Pasture for season and brewers' grains, the first three being fed throughout the period, and the others at times in smaller quantities. Of meal, per 100 pounds

The standard grain mixture fed during the past year was made up of wheat bran, corn meal and distillers' grains, in the proportion of 3:4:3, the nutritive ratio of the mixture being Skim milk, per 190 pounds 1:4.6. The general practice followed was to feed as many pounds of grain daily per cow as she produced pounds of butter fat during the week, i. e. off the stalks with a knife as dull as a seven times as much grain as the amount of fat produced daily (or one- grind it and thus save much strength. quarter to one-third as much grain as the amount of milk given, according to its quality). The cows received in ad- all run down in egg production, just dition to this allowance of concentry whole wheat for one ration a day. veniently be used at times to hold trates, as much silage and hay as Feed it in the morning, warming it they could eat up clean, the amounts | nicely. eaten varying according with the feeding capacity of the different cows, 25 to 45 pounds of silage and four to six and sell them to the butcher. It won't

ton flannel but with small seeds the

blotting paper is better.

amounts eaten daily.

of milk and butter. During the entire against by changing the character of winter period the cows were confined the rations fed whenever such a tenin comfortable stalls in the barn, ex- dency was made apparent by the ept for a short time on dry, warm weekly weights of the cows and by

twice daily in cement troughs in the the close of the winter period, May 12, barn and were not turned out on cold and the grain feed reduced; silage or days for at least a couple of hours hay were fed after that date last year. schedule of work in the dairy barn up they were supplemented by green shows the system of management of corn fed in the barn and later on by corn silage. Similar quantities of viz., 20 to 30 pounds per head daily, on the average; more or less grain being fed through the summer in the

The accompanying table contains a list of the cows which completed a year's record on May 12, 1908, and shows for each cow the live weight, the cost of the feed, the milk and butter fat produced, the value of the products, and the net profit over and above Fresh heavy milkers were milked three times a day, viz., at 4:00 and 11:30 a. the cost of the feed eaten. The cows are arranged in the table in the order of decreasing net profits for the

> The following schedule of prices has been used in calculating the cost of the feeds fed and in determining the value of the products. The prices of feeds given may be considered average market prices for Wisconsin, and are in accord with the prices assumed for the milk and butter fat produced | Co., Spec, Contagious Diseases, Goshen, Ind. by the herd. The amount of butter has been calculated by adding onesixth to the number of pounds of butter fat and the skim milk by taking 80 per cent, of the number of pounds of milk.

Schedule of Prices of Feeds and Products.

Hay, per 100 pounds ..... Wheat bran, per 100 pounds ... Oats, per 100 pounds..... Corn, per 100 pounds Gluten feed, per 100 pounds... Distillers' grains, per 100 pounds.... 1.30 Dried brewers' grains, per 100

Keep Corn Knife Sharp .- Keep the corn knife sharp and do not try to cut hoe. It takes but a few minutes to

Try Whole Wheat .- If your flock is

Sell the Old Ewes .- Fatten old ewes pounds of hay being the usual pay to winter them, and don't let the sheep remain out in cold rains.

#### **TESTING SEEDS** sin with a piece of clean cloth large enough to dip into the water (c) at BY GERMINATION

Count out 50 or 100 seeds of the kind to be tested, and place them in a plate between two folds of moistened canton flannel or thin blotting paper. On a slip of white paper record the variety, number of seeds, and the date, then place it on the edge of the plate. Cover the whole with another plate or a pane of glass to prevent too rapid evaporation of moisture. Set the plate in a warm room (68 to 86 degrees Fahrenheit), and examine the seeds every 24 hours for six or eight days. If they get too dry add enough water to moisten, not saturate, the cloth or blotting paper. At the end of the test count the sprouted seeds and from them determine what percentage of the whole number of seeds are good. With large seeds no difficulty will be experienced in using the folds of can-

Devices for Seed Testing.

Another seed tester is made by in. each end. Place seeds on the cloth verting a small tin basin (b) in a larger and cover with another cloth, as basin (a) and covering the small ba- shown at d, e.

Willie Wanted to Be Certain His Prayer Had Been Heard.

TO CURE A COUGH

Or Break a Cold in 24 Hours

Mix two ounces of Glycerine and a

half ounce of Virgin Oil of Pine com-

pound pure with a half pint of Straight

Whisky. Shake well and take a tea-

The genuine Virgin Oil of Pine com-

pound pure is prepared only by The

Leach Chemical Co., Cincinnati, Ohio,

and is put up only in half-ounce vials,

each vial securely sealed in a round

wooden case to insure its freshness

HAD ASKED FOR AN ANSWER.

spoonful every four hours.

and purity.

Willie had not been a very good boy that day, and in consequence of certain inexcusable derelictions he had been sent to bed with the sun. After supper his father climbed the stairs to the youngster's room and throwing himself down on the bed alongside of the delinquent, began to talk to him.

"Willie," he said gravely, "did you say your prayers before you went to

"Yessir," said Willie.

"And did you ask the Lord to make you a good boy?" asked the parent. "Yep," said Willie, "and I guess it'll work this time."

"Good," said the father. "I'm glad to hear that."

"Yes," said Willie, "but I don't think we'll know before to-morrow. You've got to give the Lord time, you know." "And what makes you think it will work this time, my son?" queried the anxious father.

"Why, after the amen I put in an R. S. V. P." explained the boy.-Harper's Weekly.

#### INVALID'S SAD PLIGHT.

After Inflammatory Rheumatism, Hair Came Out, Skin Peeled, and Bed Sores Developed-Only Cuticura Proved Successful.

"About four years ago I had a very severe attack of inflammatory rheumatism. My skin peeled, and the high fever played havoc with my hair, which came out in bunches. I also had three large bed sores on my back. I did not gain very rapidly, and my appetite was very poor. I tried many sure cures' but they were of little help, and until I tried Cuticura Resolvent I had had no real relief. Then my complexion cleared and soon I felt better. The bed sores went very soon after a few applications of Cuticura Ointment, and when I used Cuticura Soap and Ointment for my hair it began to regain its former glossy appearance. Mrs. Lavina J. Henderson. 138 Broad St., Stamford, Conn., March 6 and 12, 1907.



church?

"I'm sorry, but something dreadful has happened. I can't go to church "For heaven's sake, what has hap-

pened?" "The cook is wearing one just like

# DISTEMPER

in all its forms among all ages of orses, as well as dogs, cured and others in same stable prevented from having the disease with SPOHN'S DISTEMPER CURE. Every bottle guaranteed. Over 500,000 bottles sold last year, \$.50 and \$1.00. Any good druggist, or send to manufacturers. Agents wanted. Spohn Medical

#### Not She.

would want it.

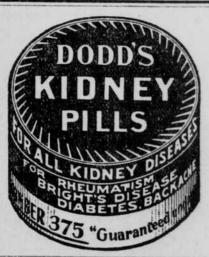
He-If I kissed you, would you give it away to your mother? She-Oh, no. I don't think mamma

ONLY ONE "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for
the signature of E. W. GROVE. Used the World
over to Cure a Cold in One Day. 25c.

He who thinks only of himself hasn't any too much to think about.

Lewis' Single Binder straight 5c. Many smokers prefer them to 10c cigars. Your lealer or Lewis' Factory, Peoria, Ill.

Women are almost as absurd as men are foolish.



YOUNG MANUES

C ALIFORNIA IRRIGATED LANDS, for orange fruit, alfalfa, and garden—10 to 20 acre tracts. Agent wanted. Paul Rossier. 336 Pine St. San Francisco. Cal W. N. U., OMAHA, NO. 51, 1908

> Stop Coughing! Nothing breaks down the health so quickly and positively as a persistent cough. If you have a cough give it attention now. You can relieve it attention now. You can relieve it quickly with PISO'S CURE. Famous for half

as for half a certury as the remedy for cought, colds, sa, bronchitis, asthma and illments. Fine for children.