

IN THE MAINTENANCE OF HEALTH

It is highly important that you pay special attention to the stomach, liver and bowels

AT THE FIRST TENDENCY to sluggishness or weakness you should try

HOSTETTER'S Stomach Bitters PATENTS

After a recent Zeppelin raid, when the worst was over, a resident went out into the town to see what damage had been done.

TAKES OFF DANDRUFF, HAIR STOPS FALLING

Save your hair! Get a 25 cent bottle of Danderrine right now—Also stops itching scalp.

WHAT THEY KNEW OF SPORTS

Humorous Ignorance Shown by Men in Their Effort to Boost Their Favorite Cities.

Of all the funny stories I recall at the present moment, I think I can work up the best laugh over the tale of the two Irishmen who were arguing about the relative merits of New York and Chicago.

Improving Washington.

Nearly every president of the United States since the city of Washington was laid out has endeavored better and more beautiful than he found it.

Switzerland has 796,969 cows.

Instead of Worrying

about the high cost of living, just buy a package of Grape-Nuts

—still sold at the same fair price.

Enjoy a morning dish of this delicious food, and smile over the fact that you've had a good breakfast and Saved Money

SURGERY AN ANCIENT CRAFT

Surgery was already an art when medicine was only a phase of superstition, the earliest record of surgery having been found among the Egyptians in a period about 3000 B. C.

Jewish and Greek surgery immediately followed that of the Egyptians, and surgery was held in high esteem among the Indians at a remote age, as proved by their ancient proverb, "A physician who is no surgeon is like a bird with but one wing."

In Greece surgery had attained high proficiency long before the day of Hippocrates, and in one of his works is found a complete treatise on the physician's operating room, surgical instruments and appliances, together with instruction in the correct method of use; on the proper posing of the patient, and the use of water and bandages.

With the development of Roman surgery from the time of Galen, the variety of instruments used increased to the number of 300.

Lesion of the joints, injuries to the spine and various kinds of dislocations are dealt with.

VENTILATION

By DR. SAMUEL G. DIXON, Commissioner of Health of Pennsylvania.

The question of proper ventilation during the winter months is one which it is quite difficult for many people to solve.

It is apparent to almost everybody that the admission of pure air is necessary if efficient work is to be performed in office and school and if re-ventilating sleep is desired by night.

pend upon the temperature and can be supplied by a proper heating and ventilating system.

The opening of windows while it admits the fresh air, often causes drafts which are uncomfortable, not to say injurious.

Ventilators of this sort are so simple that they can be made at small cost anywhere and the covering can be readily replaced.

Ancient Shrine Is Found.

One of the most important archeological discoveries of recent years has just been made at Gonno, near the vale of Tempe in Thessaly.

Swamp and overflow lands in the United States embrace an area greater than that of the Philippines.

A wealthy native of India has given \$5,000 a year for 15 years to aid in suppressing tuberculosis in Bombay.

The United States flag was raised over Porto Rico in token of formal possession October 18, 1898.

A device for coupling ordinary vehicles behind automobiles, so flexible that sharp corners can be turned, is the invention of an eighteen-year-old California boy.

and scissors. For almost a thousand years the treatment of wounds, fractures and dislocations varied by blood-letting, remained unchanged.

Under the Byzantines, medical service, including every appliance for the treatment of disease and wounds, was well organized, cavalry and infantry alike being supplied with a company of surgeons and assistants whose duty it was to bring the wounded out of action.

Strangely enough, surgery, suffering from the general superstitious horror of the knife, save in conflict, which pervaded the early people of all lands, continued for many centuries to be despised by physicians, professional standing being denied to the men who healed wounds and set fractured limbs.

It was not until the sixteenth century that surgery shared in the advance common to every art and science, its practitioners correspondingly improving their social and professional position.

In the eighteenth century London, Edinburgh and Dublin were added to the various centers of surgical learning, while America, leader of all other countries in these days, laid the foundation of her proficiency in the school established by Doctor Shippen at Philadelphia.

Mothers' Cook Book

Just being happy is a fine thing to do; Looking on the bright side; Rather than the blue; Sad or sunny musing; Is largely in the choosing; And just being happy; Is brave work and true.

Good Family Dishes.

Corn meal, if well cooked, makes one of the most nutritious and economical of breakfast dishes and if served with a good baked apple it is a breakfast sufficiently nutritious for a growing child.

Corn Gems.

Beat the yolks of two eggs and add a cupful of milk, a half teaspoonful of salt, a tablespoonful of melted butter and a cupful of corn meal.

Codfish Croquets.

One cupful of raw salt fish, two and a quarter cupfuls of potato cubes, one egg, one tablespoonful of butter and salt and pepper to season.

Wise and Otherwise.

Alas, for the lass who is afflicted with lassitude!

A Little Bit of Everything.

Swamp and overflow lands in the United States embrace an area greater than that of the Philippines.

A Swedish engineer has invented a process for extracting a substance from sulphite lye which, in powdered form, is compressed into bricks for use as fuel.

SOME SMILES

In Doubt. "Do your views on public questions meet with your wife's favor?" "I've never been able to find out," answered Mr. Twobill.

Not Worth Mentioning. "Tommy, you've been fighting again." "I'd hardly call it that, ma."

Tough Luck. "Hiram Shucker says a chap tried to sell him a skyscraper while he was up to the city last week."

Always in Same Place. "Conductor," said the fussy old lady, "are you sure this train will take me to Bunksville?"

A Vicious Jab. "I understand Miss Sereleaf is thinking of getting married."

Progress. "Just out, old pal?" "Yep, I wuz in quad up to a week ago."

Eternal Rest. "Youngie seems to be an indolent fellow."

Speaking Roughly. The Subaltern—Let me introduce my fiancee, old man.

Dinosaur of Ancient Days

Mere Pygmy by Side of the Blue Whale of Modern Times

It has been said that the first duty of a whale is to be large—the blue whale is, then, the most successful whale, for it is the largest creature which has ever existed on the earth or in its waters.

Colonial Cake.

One-half cupful butter, one and a quarter cupfuls granulated sugar, three eggs, half cupful thin cream or rich milk, half even teaspoonful soda, one even teaspoonful cream tartar, two cupfuls of pastry flour, half cupful seeded raisins.

Chocolate Pie.

Four tablespoonfuls cocoa, one pint of water, yolks of two eggs, two tablespoonfuls cornstarch, six tablespoonfuls sugar.

Cornmeal Muffins.

Steamed Suet Pudding.

Ice Cream Coffee.

TAKE OUT GREASE SPOTS

Blemishes That So Greatly Annoy the Housekeeper May Be Effectively Dealt With.

Grease spots may be removed by the application of carbon tetrachloride, according to H. F. Zoller, assistant in chemistry in the Kansas State Agricultural college.

"Removing grease spots with gasoline or benzine is both dangerous and wasteful," said Mr. Zoller.

"Iron rust can be removed by fairly strong oxalic acid solution, if allowed to stand on the goods for a short time, and often when it is exposed to the sunlight the action is a little quicker.

HOUSEHOLD HINTS

To induce a canary to take a bath sprinkle a few seeds upon the water. This added attraction will make the bath become a habit with the little fellow.

To keep flowers fresh, place a pinch of bicarbonate of soda in the water before putting them into a vase.

Corn Chowder.

One can corn, four cupfuls potatoes cut in one-quarter-inch slices, one and one-half-inch cube fat salt pork, one sliced onion, four cupfuls scalded milk, eight common crackers.

Codfish Souffle.

Paré and slice enough potatoes to make one pint, add a pint of codfish, shredded. Place in a saucepan, cover with cold water and bring slowly to the boiling point.

Chocolate Pie.

Four tablespoonfuls cocoa, one pint of water, yolks of two eggs, two tablespoonfuls cornstarch, six tablespoonfuls sugar.

Cornmeal Muffins.

Steamed Suet Pudding.

Ice Cream Coffee.

END STOMACH TROUBLE, GASES OR DYSPEPSIA

"Pape's Diapepsin" makes Sick, Sour, Gassy Stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get blessed relief in five minutes.

Some Comfort. "I hate to wear made-over dresses," sobbed Mary, who was asked to "try on" a dress made out of Ellen's old one.

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine.

Only about one-tenth of the vast amounts of iron mined in Spain annually are utilized at home because of the scarcity of native coal.

Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here's a case to give you. And it's only one of thousands.

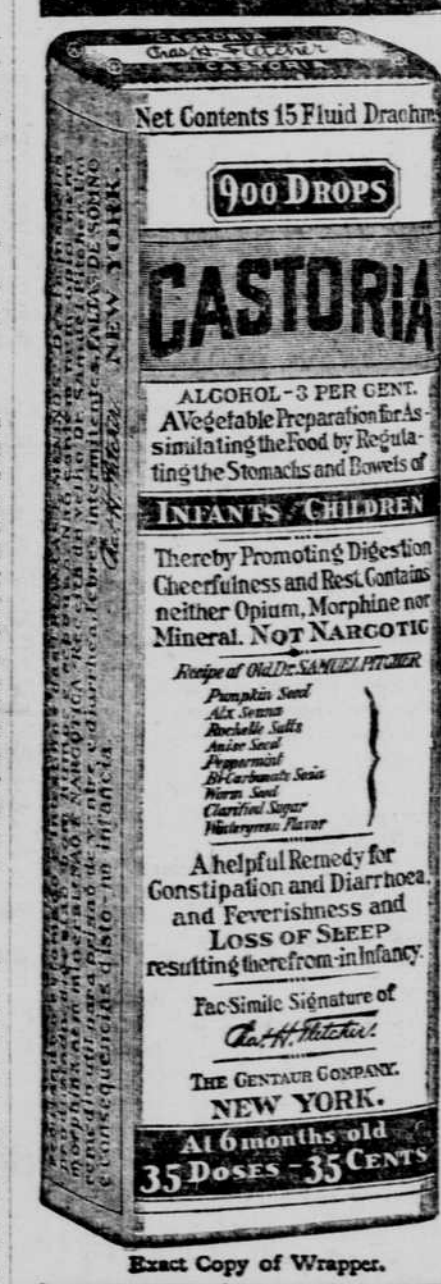
A Nebraska Case

Mrs. H. A. R. R. "My Picture Tells a Story" Stump, McLane and Seventeenth Sts., Falls City, Neb.

Get Rid of Rats

RID-OF-RATS kills them for less than 1 cent per rat

Sample Prices: Box 10c; 1 Doz. Boxes, \$1.10; 3 Doz. Boxes, \$3.00. Prepaid all over U. S.



CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Chat. H. Sutherland. In Use For Over Thirty Years CASTORIA

German iron founders are trying to increase the use of furnace slag in place of gravel and crushed stone in concrete.

FOR ITCHING, BURNING SKINS

Bathe With Cuticura Soap and Apply the Ointment—Trial Free.

Oaks Impoverish Soil.

Latest Improvements.

A Great Discovery

Swollen hands, ankles, feet are due to a dropsical condition, often caused by disordered kidneys.

Effect of Privilege.

Senator Sutherland of Utah was talking about certain "privileged" persons.

No man has any rights that his wife's relatives are bound to respect.

The first sneeze is the danger signal. Time to take—

CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take.

A WOMAN'S BURDEN