

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

NOT TO BE CAUGHT NAPPING

Uncle Tobe Lived Up to His Reputation and the Doctor Lost His Bet.

There lives in a certain Vermont town a quaint old character known as "Uncle Tobe," who is so conservative of action and speech that it is most difficult at times to get anything definite from him. Uncle Tobe, like the Father of His Country, has the reputation of never having told a lie, and in addition he is so cautious of statement that he has never been known to tell an innocent untruth.

On one occasion his doctor, in conversation with friends touching Uncle Tobe's characteristics, ventured to lay a bet of five dollars that he could cause Uncle Tobe to tell what wasn't so. A neighbor promptly took the bet.

The doctor walked into Uncle Tobe's house next morning, and while he was talking with the old man, the neighbor who had taken the bet drove up to the gate. Uncle Tobe went to see what he wanted, and then the doctor, as he had agreed to do, went out the back door and hid in the barn.

"Good morning, Tobe," said the visitor, "is the doctor in your house?" "He was there when I came out," said Uncle Tobe.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

Ammunition Used in War.

How much ammunition does a modern army use? We shall not know until after the war what the German and the allied forces have been expending; but we know what the Germans used in 1870-71. The total for rifles was 30,000,000 cartridges, for field artillery 362,000 rounds. It is worth noting that battles are much less costly in ammunition than sieges. The siege of Strassburg alone cost, weight for weight, three times the amount of ammunition used in all the decisive battles and actions throughout the whole war. Of course these figures are a mere bagatelle compared with its millions of soldiers and its quick-firing guns and its week-long battle—Manchester Guardian.

Wasted Dress.

Clarence—Did you read that the deuced dyes they use to color clothing will no longer be obtainable because of the horrid war?

Raggie—Dear, dear! What's a fellow to do? Dye in black?

Clarence—If we are to dress in black I shall feel almost sorry to have didn't insist upon making me a clergyman, don't you know?—Cleveland Plain Dealer.

It Depends.

"Don't you like a girl of a cheerful disposition? One who always goes singing about her work?"

"No; that is the reason we moved from our last flat."

CONSTRUCTING INEXPENSIVE ICE HOUSE

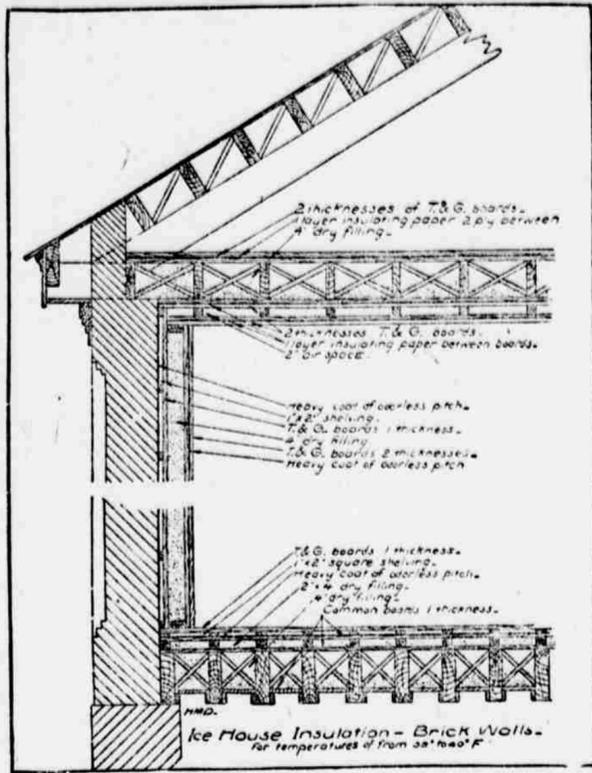


Diagram Showing Insulation of an Ice House for Storing Ice Without Sawdust or Shavings.

(Prepared by the United States Department of Agriculture.)

The length of time ice may be kept depends upon the character of insulation provided. This will naturally vary with the location of the ice house and the method of construction. Another important factor will be the cost of construction.

The simplest type of ice preservation consists in stacking the cakes in a compact mass on a well-drained site, as well protected as possible by natural or artificial barriers from sun and wind, and covering the mass with sawdust, shavings, fodder, marsh hay, or any other good insulating material. Such a crude method is not to be recommended except as a temporary makeshift for ice which is to be used early in the season.

An Inexpensive Ice House for Northern States.

An inexpensive ice house that will give satisfaction in places where the temperature approximates that of New York City and localities to the north may be constructed as follows: As a site for the structure choose a well-sheltered location convenient to the place where the bulk of the ice will be used during the season. If the area is not well drained naturally, grade the surface so that no surface water can ever flow into or through the building and so that the water from the melting of the ice will be quickly disposed of. In some instances it may be necessary to provide tile drains laid 15 or 18 inches below the surface to care for this water.

Having properly provided against water, both from without and from within the ice house, set a line of squared or flattened poles four feet apart so as to form a square of the dimensions desired. The height of the poles should be the same as the length of the side of the square, if the greatest economy of space and the best keeping conditions for the ice are desired, i. e., a building 14 feet square should be 14 feet high. A house of this size will provide storage for a cube of ice 11x11x11 feet, which, without allowance for voids, is equivalent to about thirty-eight tons. (A cubic foot of ice weighs approximately 58 pounds, and one ton of ice occupies nearly thirty-five cubic feet.) To complete the ice house, cut the posts to a uniform height and nail a double 2x4 inch or 2x6 inch plate on top of them. The sides may be inclosed by boarding both inside and outside with rough lumber. To give a neat outside appearance the outside boards may be planed and ship-lapped, or ship-lap siding may be placed over the rough sheathing. The space between the two board walls may or may not be packed with shavings or sawdust. If packed, the packing material should be perfectly dry. The roof may be either a simple even-span one-third pitch roof, with the gables boarded up, or a hip roof.

In order that the house may be filled without unnecessary labor a continuous door should be provided in the middle of one end. The door should be made in two or three sections, and as the house is filled, loose planks of proper length should be at hand to place across the opening of the door to hold the packing material in place as the heap of ice grows in height.

The ice must be placed on a bed of sawdust, shavings, or other packing material at least 15 inches deep, and the rick of ice should not approach the side walls closer than 15 or 18 inches, the intervening space being filled with packing material and thoroughly rammed.

Masonry Ice Houses.

Instead of the cheap, temporary construction just described, ice houses of a permanent nature can be built from brick, stone or concrete. In these, as in frame-constructed houses, the mass

of ice should approach as closely as possible a cube in form. If the masonry house is to be used in the same manner as the temporary house no inside lining will be necessary. The packing used about the mass of ice may be allowed to come in direct contact with the wall. A 13-inch brick wall or a 12-inch concrete wall will provide the necessary strength. The masonry walls are not as good non-conductors as timber walls. It will therefore be necessary for the protection of the ice to rely on the packing material rather than on the wall itself. If the house is to be used for storing ice without the use of sawdust or shavings the construction indicated in the accompanying figure must be followed. The lining must be as complete on the floor and ceiling as on the side walls in order to provide safe insulation.

Masonry houses may be constructed entirely above ground or partly below the surface, as convenience or necessity may dictate.

MAKE PROFIT WITH GUINEAS

Not Much Attention Paid to Them on Account of Quarrelsome Nature—They Are Wide Rangers.

The reason more guinea fowls are not raised is doubtless because of their quarrelsome nature and harsh cry, which render them objectionable to many persons. However, properly cared for, they can be made a source of profit. They are now selling in the markets of Boston, New York and Philadelphia for \$1.25 to \$1.40 per pair. In Washington, they bring from twenty to thirty cents a pound. Guinea fowls are raised to considerable extent in the South, but northern poultrymen have not paid much attention to them. They are wide rangers, and if raised for profit, should be confined within reasonable bounds. They are hardy and will eat anything that an ordinary chicken will eat.

LIVESTOCK NOTES

Never feed wet alfalfa hay to horses.

It takes good blood as well as a good feeder to make fat cattle.

A blanket of fat on the fall pig is worth bushels of corn in the crib.

Sheep need some roots at this season of the year and plenty of clean water.

It is neither essential nor is it good economy to feed the horse all of the hay he can eat.

Watch your horses, first in gait, then in strength, then in size and after that in color, style, etc.

As a rule the fact that a horse's genealogy can be traced back to some noted horse adds to his value.

Feeders as well as breeders should visit the leading stock sales and study the form and general make-up of the best animals.

No man deserves sympathy when he is compelled to sell his stock in a half-finished condition because they are not doing well in a muddy feed lot.

It does not make much difference whether horses are watered before or after eating. It is largely a matter of habit, and experiments show that one time is about as good as another.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

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 on each bottle. Adv.

NEW IN NATURAL HISTORY

Donald's Sharp Eyes Had Noticed Animal That None of the Class Recognized.

The class of little people were telling stories in geography recitation. Each one was allowed to describe an animal and the others were to guess the name. Donald anxiously awaited his turn. When it came he began with enthusiasm: "Why, it's a great, big, clumsy animal with a thick hide and a tail like a rope. It has little eyes close together, big, floppy ears, a long trunk—"

Here he was interrupted by many eager to guess.

"An elephant," shouted the first boy permitted to speak.

"No," said Donald, stolidly.

The class searched their brains for other guesses and even the teacher was puzzled. Finally all "gave up," and Donald was asked the name.

"Why, I see pictures of it every day in the paper and so do you. It's a Gop."

CLEAR YOUR SKIN

By Daily Use of Cuticura Soap and Ointment. Trial Free.

You may rely on these fragrant supercreamy emollients to care for your skin, scalp, hair and hands. Nothing better to clear the skin of pimples, blotches, redness and roughness, the scalp of dandruff and itching and the hands of chapping and soreness.

Sample each free by mail with 32-p. Skin Book. Address postcard, Cuticura, Dept. Y, Boston. Sold everywhere. Adv.

Strange Scorpion Found.

A curious, strange specimen of lizard or scorpion was captured by Walter T. Todd, near the trolley station of the Chambersburg, Greencastle & Waynesboro Street Railway company at Highfield, Pa. The reptile, or what not, was about eight inches in length and the color of brick dust. It was found lying on the ground only a few feet from the station and, on account of the rain and cool weather, was unable to use its locomotive powers very actively and was easily captured.

God Keeps His Promises.

IV. And the Lord Raised Up Judges, R. V. vv. 16-19. These were men who felt the bitterness of the distress of their nation. God keeps to the letter his promises, both of blessing and of punishment, but "in wrath he remembers mercy." These judges had higher aspirations than simply to judge, for they "saved" the people. We who live in this present dispensation of grace have one who is now the savior but who shall yet be the judge. That these righteous leaders of the people had a difficult task is suggested by verse 17. The hearts of the people "went a whoring," lusted after the things represented by Baal and Ashtaroth, which history tells us were too vile to be enumerated. The judges secured for the people of Israel their rights according to the mercy of Jehovah. At the same time they were rulers, and as such secured for individuals their rights.

The worship of Jehovah always taught and impressed moral and spiritual truth and required the confessing and forsaking of evil. These judges were God-endowed and did not prostitute their gifts. They were God-led, saw Israel's need and had courage, faith and zeal enough to show Israel that the first thing they needed to do was to forsake the evil and return to a life of obedience to God.

Their equipment was in that "the Lord was with the judge" (v. 18). Notice that God was with those whom he "raised up." Of course not all of the time, nor all of the land at all times was thus torn and being punished as is clearly suggested by the stories of Ruth, Hannah and Samuel. As Jehovah was with the judges, as they were exercising fidelity in their obedience of his word, they brought to the people deliverance as long as they lived (v. 19). The word "repented," which is in verse 18, is one which signifies grief and sorrow.

A married woman says that the perfectly devoted husbands have their habitat in books.

A humbug isn't exactly a person who makes things hum.

Politeness is all right to a certain extent, but some people overdo it.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course.)

LESSON FOR JANUARY 3

GOD'S PATIENCE WITH ISRAEL.

LESSON TEXT—Judges 2:7-19. GOLDEN TEXT—I will heal their back sliding, I will love them freely.—Hos. 14:4.

This year we again return to the history of the chosen people and follow them through the period of the judges, the days of the monarchy under Saul, David and Solomon, and the divided kingdom in the times of Elijah, Amos, Hosea and Jonah, down to the time of Daniel during the captivity.

I. Another Generation, vv. 7-10. During the days of Joshua Israel served Jehovah, but his influence did not last long after his death. Ever and anon God must needs raise up a Joshua to lead his church. We have another "Joshua"—Jesus—who is ever with his people and we do not need any earthly leader (Ps. 62:5; Phil. 2:12). Still God is working through human agents and in every crisis raises up his spirit-clothed leaders. No doubt this "another generation" honored Joshua as a hero but they did not follow in his obedience to Jehovah. It is easy to dismiss God's mighty deeds among men by calling them myths and traditions, or to deny the "accuracy of the records." Doubtless the Israelites felt their obligations to their neighbors and fellow-tribesmen, but they lost a realizing sense of their obligations to God.

Sin of Idolatry.

II. They forsook the Lord, vv. 11-13. Backsliding Israel is a proverb. Over and again there was a return to true worship and just as often a forsaking. For centuries Jehovah bore with, forgave, restored and punished this "stiff-necked" people, until the final overthrow and captivity burned into their consciousness the sin of idolatry. The reason for this was their disobedience in not putting out of the land "the gods of the peoples that were round about them." Liberality of this sort always results in spiritual ruin. A nation's ideals about God not alone determine its moral status but eventually its physical and temporal welfare as well. Their way was not evil in their own sight and doubtless they were considered very progressive, and their course an evidence of greater wisdom than that of their fathers, but it was "evil in the sight of the Lord." We do not understand that these Israelites took up the worship of Baal, the sun god, with all of its abominations at once, but rather sought a combination, a compromise worship, which of course led to the inevitable forsaking of God. Verse 12 indicates the base ingratitude of such a course for he it was "which brought them out of the land of Egypt" (Titus 2:14; 2 Pet. 2:1).

III. The Anger of the Lord, vv. 14, 15. There is no anger like that of outraged love. We are apt to forget the other attributes of God, those of justice, holiness and purity and that God can not look upon iniquity (Hab. 1:13). The light men enjoy only heightens and makes more black their offenses. God's anger can "wax hot" and here he "delivered them into the hands of the spoilers that spoiled them."

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The Way They Water Their Stocks, It Is No Wonder That So Many Concerns Have to Go Under.

"Do you believe in long engagements?" he asked, after she had consented to be his. "Yes, dearest," she replied. "I have always thought it was such a mistake for two people to rush into matrimony before they learned to really know each other."

"Well, about how long would you wish the engagement to be?" "Let me see. Would you think it was too long if we didn't get married until a week from next Thursday?"

She Kept Her Vow.

"Gladys vowed she would never live to be gray-haired."

"She has kept her oath. I found her in a dyeing condition."

The way they water their stocks, it is no wonder that so many concerns have to go under.

It is impossible to be strong and robust if handicapped by a weak stomach or lazy liver; but you can help Nature conquer them with the assistance of

HOSTETTER'S STOMACH BITTERS



PARKER'S HAIR BALSAM

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.

Quiet Louvain.

I had a look at the now much-talked-of Louvain, quite a pretty old place with its magnificent hotel de ville crowded in by the impressive church in the center of the town, and its innumerable other old gray churches with long sloping roofs—the place a perfect nest of nuns and friars. The streets were lined with the high walls and closed windows of convent after convent, and huge clusters of monasteries were on the hills about the town—many very newly built and modern—and the town was seething with black-robed priests and brown bare-footed monks and nuns. This was the great Roman Catholic center, where some of the monastic orders have their chief establishments. The library of the university, so ruthlessly destroyed, contained a priceless collection of church documents.—"A Glimpse of Belgium Before the War," Isabel Anderson. In National Magazine.

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyle's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

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DEFIANCE STARCH

It is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric. For laundry purposes it has no equal. It is package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska