

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of lime phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of lime-stone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and lime-stone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

Used to Shells and Their Contents.

A stranger became one of a group of listeners to a veteran of many battles, says Postmaster General Burleson. The veteran had about concluded a vividly colored narrative of a furious battle, in which he had taken part.

"Just think of it," exclaimed one of the party, turning to the stranger. "How would you like to stand with shells bursting all around you?"

"I have been there," responded the newcomer.

"What? Have you, too, been a soldier?"

"No," answered the stranger, "I am an actor."—Philadelphia Ledger.

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation Adv.

Extreme Pacifism.

"Soldiers in Europe are fighting with gas bombs and liquid fire."

"What are we coming to?"

"I don't know, but so long as there are places in the world where a man may hide himself, I know I'm not coming to that."

RED, ROUGH, SORE HANDS

May Be Soothed and Healed by Use of Cuticura. Trial Free.

Nothing so soothing and healing for red, rough and irritated hands as Cuticura Soap and Cuticura Ointment. Soak hands on retting in hot Cuticura soapsuds. Dry, and gently anoint hands with Cuticura Ointment. A one-night treatment works wonders.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

The Earlier Opportunity.

"Do you think our friend's peace plans can end the war?"

"I'm afraid not. Anybody smart enough to end the war would have been smart enough to prevent it."

Piles Relieved by First Application. And cured in 4 days by LAXATIVE BROMO QUININE. The universal remedy for all forms of Piles. Druggists refund money if it fails. 50c.

This is the glad season of the year when the plumber gets square with the ice man.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

When a man begins to talk about purifying politics, he wants an office.

ABRAHAM LINCOLN



For he, to whom we had applied Our shopman's test of age and worth, Was elemental when he died, As he was ancient at his birth;

The saddest among kings of earth, Bowed with a galling crown, this man Met rancor with a cryptic mirth, Laconic—and Olympian.

—E. A. Robinson.

LINCOLN, MAN OF THE PEOPLE

Many Reasons Why He Has Justly Been Given the Title of Typical American.

Firm Believer Always in the Conception of Democracy Which is the Foundation of Our Nation—His Many High Qualities Worthy of Emulation.

To save Abraham Lincoln from deathly apotheosis of the steel engraving has been a laudable effort of recent years. Of course he will not prevent the process of legend making which works upon the earthly reality of every great man, and in due time leaves him a deified abstraction existing for the heavy boredom of childhood. Even Lincoln, with his vital, homely outlines, his intimate, endearing faults, and strong flavor of his day, must come to this turn. But the process may be retarded and ought to be as long as we can contrive.

One hundred and seven years ago Lincoln was born. Fifty-one years ago he was shot by John Wilkes Booth, and on the next day he died, the first "martyred president." A great wave of passionate sorrow, gratitude and affection swept the North. The process of apotheosis began. Today it may be observed in the sanctified generalities of Lincoln orations, editorials, poems and articles.

Moved by Flattery. The central idea of the overwhelming majority of these tributes is Lincoln, the man of the people, the typical American. Year after year on February 12 and frequently throughout the year we hear this confident summary and without examining it. In this mental inertia or are we unconsciously moved by the flattery implicit in this idea? An editorial in the New Republic suggests the latter. The real purpose of Lincoln-day speakers is not so much to eulogize Lincoln, this journal declares, as to flatter the audience.

"If Mr. Lincoln was so entirely a man of the people, the people must be very like to Lincoln." New View of Great President. The reproach has more of justice than we like to think. The orator is the courtier of democracy flattering the sovereign citizen as grossly as ever an emperor was flattered. The flattery of indirect praise is unusually

delicate and insidious, and it is well for us to examine it coolly. The New Republic puts it sharply away. "In point of fact Mr. Lincoln was superficially a man of the people, and fundamentally a unique, distinguished and wholly exceptional individual. In certain salient respects he was the least typical of Americans. Americans, particularly those of Lincoln's own generation and neighborhood, were essentially active, aggressive and objective men, whose lives were given over to practical external affairs, who subordinated everything else to the demands of practical achievement, and whose individuality consisted in living ordinary lives in an extraordinarily energetic manner. They were superficial, discursive, easy-going, quarrelsome, and wholly incapable of preparing in advance for any task or responsibility. In all these respects Lincoln differed from his fellow countrymen, and upon these differences his eminence depends. He was not particularly ambitious, aggressive or practical. In spite of his lively social feelings, he lived a contemplative life, in which the intellectual interest obtained full expression and which attained a high degree of internal concentration. He fought hard and well, but he never quarreled. During his formative years he quietly but unostentatiously prepared himself for great enterprises. He trained his mind because he enjoyed hard intellectual exertion. His style shaped itself under the influence of the Bible and Shakespeare. Thus at a period and in a country favorable to the cheap performance and the easy victory, Mr. Lincoln tempered his reason and his spirit for a great performance and a costly victory. Was there anything typically American about that?"

Ideas Worth Consideration. This is refreshing variation from the "canned eloquence" of the Lincoln day utterance, and it will repay consideration and emphasis, since we are

LINCOLN

Out of the shadows we see him rise— Face that is haunting and sorrowful eyes.

Scarred by his burden and bowed 'neath its weight; Slave to a mission and shackled by fate.

Poor was the soil where his schooling began; Rugged the boyhood that molded the man.

Proned with his book by the flickering blaze, What saw he there in the hearth's ruddy blaze?

Slowly he rose while the Fates gave no sign, Fitting himself for that labor divine.

Deep in the shadows we see him again— Savior and martyr and brother of men! —W. R. Rose in Cleveland Plain Dealer.

very like our forbears as to just the defects the New Republic here pungently outlines. If we thought more of Lincoln's extraordinary disinterestedness, of his heroic patience, of his deeply brooding spirit, and less of those qualities with which we establish all too readily a rough resemblance to our daily selves, we might get a whole-ome and much-needed reaction from our rattling, self-satisfied and shallow life without losing our sense of his reality as a human being having human weaknesses. Especially keen is the thrust delivered at our tendency to "the cheap performance and the easy victory" and its contrast with Lincoln's tempting reason and spirit "for a great performance and a costly victory."

No great victory was ever purchased cheaply. It has always been paid for in long and costly, though often unconscious preparation. Our national optimism, our impatience and superficiality obscure that truth.

As Typical American.

But, after all, in the legend we are making of Lincoln as typical American there is an instinct and a truth that are not superficial. All legend making is a profound process of national self-realization, an intuitive incarnation of national ideals, and in the case of Lincoln it is based upon the sincere, the religious democracy of this great man. The high distinction of mind, as shown, for example, in the prose of the Gettysburg oration, the moral nobility, the introspective aloofness which were an essential part of him, only accentuate for us the warm nearness of his nature to the common man and the common life. Lincoln himself held to the mystical conception of democracy which Whitman expressed in his poetry and which is the dream in the heart of Americanism.

The essential brotherhood of man was an intimate and glowing reality to Lincoln, not a lofty abstraction, and though we betray it and misread it we must cling to it if we are to save the national soul.

Identifying ourselves through Lincoln is more than self-flattery. It is a crude but not ignoble effort to express the deepest and most pervasive element of American idealism.

Lincoln's Place in History.

Abraham Lincoln was one of the supremely great men of his day. He grows bigger and bigger all the time, and a thousand years from now his fame will be immensely vaster than it is at the present time. No man in all the tide of time ever filled a more difficult or trying place than he held for four years, and the verdict of history is that he measured squarely up to his tremendous responsibilities. It is doubtful if any other man in the country could have saved the day.

WOULD YOUR SKIN STAND THIS TEST?

The bright lights of an evening gathering show up mercilessly the defects of a poor complexion. But the regular use of Resinol Soap makes it as easy to have a naturally beautiful skin as to cover up a poor one with cosmetics. It lessens the tendency to pimples, redness and roughness, and in a very short time the complexion usually becomes clear, fresh and velvety.

In severe or stubborn cases, Resinol Soap should be aided by a little Resinol Ointment. All druggists.—Adv.

Boston's Nocturnal Habits. A wild pigeon that has a haunt somewhere near the old Boston City club has formed a habit of coming down into the street late at night for his supper.

Several nights lately as I have come through Beacon street I have seen the bird having its midnight meal. It strikes me as something unusual for pigeons to do so. Shouldn't self-respecting pigeons be at roost at such an hour?—Boston Post.

In a Different Light. "The boys are throwing stones at a poor peddler." "Outrageous." "That's what I think." "Whose boys are they?" "Yours." "Oh, well, boys will be boys. Let the children play."

Decision Deferred. "How are you going to like your new neighbors?" "Can't tell. I happened to be out when their furniture was moved in."—Judge.

RECIPE FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up for you or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

If a man does nothing he makes a mistake, and if he attempts to do things his mistakes are many.

PREPAREDNESS! To Fortify The System Against Grip When Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S signature on box 50c.

Let's be kind to the beggars. We may want to borrow money of them some day.

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va.



While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

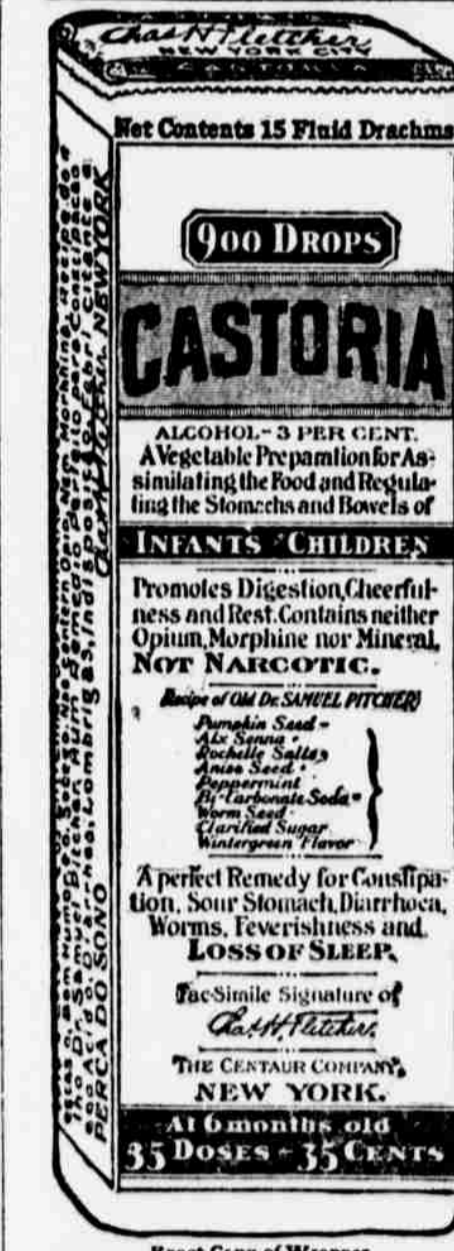
Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.



LOSSES SURELY PREVENTED by Carter's Blacking Pills. Laxative, fresh, reliable; preferred by Western stockmen, because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose pkg., Blacking Pills \$1.00. 50-dose pkg., Blacking Pills \$4.00. The eye doctor, but Carter's test. The superiority of Carter's products is due to over 15 years of specializing in vaccines and serums only. Insist on Carter's. If unsatisfactory, order direct. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.



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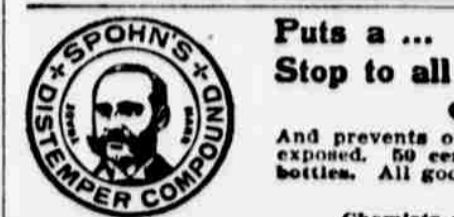
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And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses. SPOHN MEDICAL CO., Chemists and Bacteriologists, Cochen, Ind., U. S. A.

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