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Sausage and Potted Meats Just open and serve. Excellent for sandwiches.

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#### Proof Positive.

Gyer-That grocer on the corner is a regular sandbagger.

Myer-How do you know? Gyer-I bough? a 25-pound sack of his sugar the other day.

#### WHY SUFFER SKIN TROUBLES

When a Postcard Will Bring Free Samples of Cuticura?

Which give quick relief for all itching, burning, disfiguring skin troubles. Bathe with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy healment often when all else fails.

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

#### Bane Eternal.

One of the bright young journalists of the city, who has a keen eye for the feibles, follies and sufferings of human nature, remarked confidentially the other day to this column "that the hardest thing in summer time which lovely woman knows is unobtrusively to keep the shine from off her nose."

#### Used Many Deadly Weapons.

She went down into her cellar for a jar of pickled watermelon rind and what should she find-coiled up on the floor and ready to strike but a genuine garter snake of fearsome aspect and most threatening demeanor. She killed it with no other weapon than a mop, a hoe-handle, an old flat-iron, an empty crock and a board from one of the fruit shelves.

#### Wonders of Science.

A camera man working for the educational department of a film company met an old farmer coming out of a house in one of the Middle states, and explained his presence on the place thus:

"I have just been taking some moving pictures of life on your farm." "Did you catch any of my laborers in motion?" asked the old man curiously.

"Sure, I did!" The farmer shook his head reflectively, and then said: "Science is a wonderful thing!"

#### His Inheritance.

Askitt-Did young Dodge inherit anything from his father? Noitt-Yes, I believe he inherited the old man's desire to avoid work

### Grape-Nuts

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavor unknown to foods made from wheat alone.

Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat.

Through long baking, the energy producing starches of the grain are made wonderfully easy of digestion.

A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers everywhere.

## TRAINING TODAY'S

Fighting Instinct Diverted Into Other Channels.

REAL ENEMIES IMPERSONAL

Healthy Group Rivatries and Competitions Will Absorb Energies That Otherwise Are Likely to Be Misdirected.

#### By SIDONIE M. GRUENBERG.

HERE are three possible attifind the rather crude naturalism which assumes that whatever is "natural" must be right; this leads to indifference and indulgence. At the other extreme is the somewhat less crude but equally arbitrary Puritanism which suspects every desire and impulse of being saturic in origin; this leads to suppression and sterility. Then there is the more or less rational eclecticism that chooses to encourage some impulses and to suppress others. When we take into account the teachings of modern psychology and biology we shall make our selections and adapt our methods more effectively. Today we do not simply repress or indulge; we try to utilize the driving forces of the growing child to forward our own idenls of what a child should be. We take the child as we find him, and try to make him a little stronger here and to rub off a little there.

In the matter of fighting it is particularly difficult to form balaned judgments and to develop sane plans. With our usual habit of emphasizing one aspect of a problem to the exclusion of all others, we either fix our attention on the injuries resulting from conflict and become extreme pacifists, or we fix the attention upon the need for resisting aggression, for defending our "rights," and become belligerent. In one case we make fighting an end in itself; in the other case we make the avoidance of fighting the goal of effort. With the child, however, fighting means more than defense, and it need not always mean that; it means something different from the consequences to person and property. It is almost entirely a matter of exertion, of overcoming difficulties, of conquest-or defeat - sometimes, but even then chiefly as incidental to the conflict.

Our problem is therefore to make full use of youth's engerness to exert effort, to sacrifice, to devote itself. But we must guard, on the one hand, against drawing upon the antisocial



With the Child, Fighting Means More Than Defense-It Is a Matter of Overcoming Difficulties.

and inhuman motives, and, on the other hand, against allowing the exertions to result in injuries, whether personal or economical.

In childhood, playing soldier means, usually, merely parading or hunting or stalking. Presently, however, the children become interested in each other as members of groups. Because of this interest it becomes possible for us to cultivate an attitude of exclusiveness or antagonism toward all who are not members of the immediate group. In extreme cases this attitude ends in antisocial group action, and at best it ends in a rather narrow kind of nationalism or "patriotism." But it is also possible to make use of the social interests and impulses in cultivating an ever-widening conscientiousness of identity with other people. In the first case we have a perpetual source of antagonism or animosity toward strangers and foreigners. In the latter case there is the opportunity to direct the fighting instinct against the able answer to my question?" enemies of the race, the obstructions to human welfare.

But even before the child becomes interested in team plays or group action of any kind, we utilize essentially the same interest in conflict when we encourage rivalry, whether at home or ald. in school, through prize contests or through invidious praise and blame. We have guessing contests and spelling matches, and in athletics we have races of various kinds. In these the individual is encouraged to put forth his best efforts, not for the purpose of attaining some predetermined standard, not for the purpose of cultivating his own abilities, but for the purpose of excelling some other particular

child. The bread-baking contests and the dressmaking competitions for girls, like the cornraising or shop contests for boys, utilize the same motives of rivalry as we find in the ordinary ath- weapon, calmly, letic contests or street fights. But the form of the conflict and the material consequences are in no way objection-

When the older children are organ-

ized for team play, we begin to get the kinds of sacrifice that the group always demands of the individual, and in many respects the more victorious BOYS AND GIRLS forms of athletic sports are quite the equivalent of good fighting, so far as the participants are concerned. The forms of athletic sports are quite the motives are still those of rivalry, but the prospective gain of victory is now no longer for the individual, but for the group. And when boys all but exhaust themselves for the "glory of the school," the moral results are of the highest kind.

We go a step further when the corn clubs conquer insects and fungi, and centrol the soil and the seasons for the glory of their county or district, for soon the interest may be extended from the mere "beati: ;" of the rivals to the increased contribution to the corn crib at home. The same kinds of results morally are obtained when we utilize the group rivalries in a "Cleanup Contest." The girls will make their tudes toward the instincts of streets and yards and porches as atchildren. At one extreme we tractive as possible, at first for the purpose of making a better showing than those of the next street. Presently, however, the interest may be directed so as to center upon the chas-



Interest May Be Directed So as to Center Upon the Chasing of Dirt as the

ing of dirt as the villain of the drama, Now the older children can be led to abandon the group rivalries as they had already outgrown the individual rivairies, and the object of attack can now be made some impersonal enemy, rather than some particular person or group. There is enough to fight for and to fight against. Boys and girls who have learned to work together in the various kinds of contests need not abandon the fighting motives, and the powerful organizing influences that these motives exert upon our activities. But they must learn to fight real encmies, and for larger and larger groups. Disease still remains to be conquered. and the best physicians and nurses approach their work in the spirit of the soldier. Fire prevention and fire destruction call for as much thought and effort as the best can put forth. The vast engineering and economic and social problems furnish worthy foes for the fighting instincts of our boys and girls.

#### Bibles.

The first Bible printed in America was in an Indian language, translated by John Elliott, pioneer missionary to the Ladians, and published at Cambridge, Mass., the New Testament in 1661, the entire Bible in 1663. In 1663 one William Bradford proposed to print an English Bible by subscription, the price of the book to subscribers being 20 shillings or a pound sterling. In 1777, during the Revolutionary war, there were so few Bibles in the little group of states that congress voted to print 30,000 copies. Even this was found impracticable. Type and paper were wanting, and by way of compromise 20,000 Bibles were then ordered to be imported from Europe by authority of congress, the reason being given that "its use was so universal and its importance so great." But even this could not be done owing to the war embargo. The work was then undertaken in 1782 by Robert Aitken of Philadelphia as a private enterprise. The books were few and very dear.-Christian Herald.

#### He Proved It.

During the recitation of a college class in natural philosophy, the professor observed a tall, lanky youth in a rear seat, his head drooping, his body relaxed, his eyes half closed, and his legs encumbering the adjacent

"Mr. Frazer," said the professor. The freshman opened his eyes slow-

ly, but did not change his pose, "Mr. Frazer, what is work?"

"Everything is work," was the drawling reply. "Sir," exclaimed the professor, "do you mean to tell me that is a reason-

"Yes. sir." "Then I take it that you would like

me and the class to believe that this desk is work?" "Yes, sir," replied the youth wearily;

"it is woodwork."—The Christian Her-

#### Needed.

Senator Kern was talking about a noted foreign statesman.

"The people want to get rid of him," he said, "but I'm afraid they can't do without him. They're like the jealous husband.

"A husband was very jealous of his capable, managing wife. She had got him his job and he owed his various advances to her, but, nevertheless, he got so jealous one night that he pointed a revolver at her head.

"'What are you going to do, Jim,' she asked, staring into the murderous "'I'm going to blow your brains out?"

roared the frenzied husband. "'Jim, don't you do it, she said You need my brains where they are. -Washington Star.

In Four Staples Alone the Farmers of Western Canada Produced 408 Million Dollars in 1915.

The Calgary (Alberta) printers have house organ, called "The Magnet," and in its columns a few weeks ago appeared an article entitled "Who's Got he had any complaints to make, the money?" It was eleverly written, and but for its length, the writer would ing up from his work. 'No. sir; no have been pleased to have copied the article in its entirety. The purpose for they keep on making you keep on." which this article is published, however, that of letting the readers of the paper know of the great progress that is being made in agriculture in Western Canada, will be served by copying a portion of the article. Many of the renders of this paper doubtless have friends in one of the three provinces-Manitoba, Saskatchewan or Alberta. and they will be interested in feeling that their friends are enjoying a portion of the wealth that has come to Western Canada farmers as a result of careful tilling of a soil prodigal in everything that goes to make good grain, cattle, horses, hogs and sheep.

Reproducing from the article: The Government does not produce money. It can stamp "One Dollar" on a slip of white paper, and we accept it at a dollar's worth, but neither the paper nor the printing are worth a copper. What gives it value is the promise of the people of Canada which stands behind the printed slip, and our faith in that promise.

Now do you know who's got the money?

Let us put it into figures. The farmers of Alberta, Saskatchewan and Manitoba last year raised 342,948,000 bushels of wheat. If we take for an average 85 cents a bushel in Manitoba, 81 cents in Saskatchewan, and 79 cents in Alberta the season's wheat crop was worth \$280,629,000. Add to this an oat crop of 334,840,000 bushels, worth \$95,457,000; a barley crop of 35,-254,200 bushels, worth \$15,871,000, and a flax crop of 10,559,000 bushels worth \$15.843,000, and you find that on these four staples alone the farmers of Western Canada produced a wealth of \$407,800,000.

Please note that this wealth is in money. It is not in real estate at inflated values, industrial stocks that are half water and the rest air, fictitious goodwills or unsaleable merchandise. It is in hard cash, or-which is better -hard wheat.

These figures are only for the staple grain productions. They do not include the millions of dollars represented by the live stock and dairying industries, or the additional millions included in the root, fruit, and garden crops, The creameries of Saskatchewan, for instance produced more buttermilk and ice cream last year than their total production amounted to six years ago. The milk, butter, and cheese production of Alberta for 1915 was valued at over eleven million dollars. The potato crop of the three provinces was worth five millions and a half. Corn and alfalfa-comparatively new crops, charged with tremendous possibilities -amounted to over a round million. Even honey-you didn't know we raised honey (the bee kind) in this country, did you? Manitoba produced 105,000 pounds in 1915, and there isn't a bee in the province that doesn't swear he's a better honey-sorter than anything in California or Washington.

Opium, Morphine nor Mineral

A perfect Remedy for Constip tion, Sour Stomach Diamines
Worms, Feverishness and
LOSS OF SLEEP

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THE CENTAUR COMPANY.

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DOSES - 35 CENTS

trops of Util Dr. SAMIKLATIONER

NOT NARCOTIC.

That's where the money is; in the jeans of our honest friend the farmer, who was too slow to get into the cities when the rest of us saw short-cuts to wealth; who hadn't imagination enough to think a man can make money without earning it, and who was too dull to know that hard work is foolish. Well, he has the laugh now. Likewise the money .- Advertisement.

#### No Complaints.

Secretary Daniels was talking about the splendid morale of the American navy.

"Take the matter of work," he said. The men work like Trojans. Nowhere does such an endless round of work go on as in our navy.

"I asked a boy apprentice once if

"'No, sir,' the boy answered, lookcomplaints. Only it's like this, sir-

#### Wished Him Well.

John G. Zepp of the circuit court, who is known to his friends as "Jack," tells one about a negro funeral oration

which he overheard; "The preacher, who was wearing the conventional silk high hat, white vest and Prince Albert cont, didn't believe in being stingy with his blessings. He began by blessing the corpse, then be blessed the pallbearers, the members of the family of the 'dear departed brother,' the mourners, the neighbors, and everybody, in fact, he could think of, and ended with this exhoration:

"An' good Lord, be merciful and bless Mistah Miller, the undertaker, and may his business eval be prosperous."-St. Louis Gobe Democrat.

#### IF YOU OR ANY FRIEND

Suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheuma-tism—its Cause and Cure. Most wonderful book ever written, it's absolutely FREE. Jesse A. Case, Dept. C. W., Brockton, Mass.—Adv.

#### Overrefinement. William Dean Howells, the novelist,

vas talking about a poet. "His work is overrefined, overdeli-

cate, overnice," he said. "In short, his work reminds me of the young husband who said to his

bride, at the end of the honeymoon: " Darling, I'll have to leave you every morning hereafter to go to business; but, to make the parting less abrupt, I'll no longer take the 8:15 express, as I used to do-I'll take the

Every man believes there is a reward laid up in beaven for him, but he is never in a hurry to claim it.

::20 slow accommodation."



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**NERVOUS TROUBLE** 

Lydia E. Pinkham's Vegeta-

ble Compound Helped Her.

West Danby, N. Y .- "I have had

Lydia E. Pinkham's Vegetable Com-

pound for nerves

and for female trou-

bles and it straight-

ened me out in good

shape. I work nearly

all the time, as we

live on a farm and I

have four girls. I do

all my sewing and

other work with

their help, so it

nervous trouble all my life until I took

shows that I stand it real well. I took

the Compound when my ten year old

daughter came and it helped me a lot.

I have also had my oldest girl take it

and it did her lots of good. I keep it in

the house all the time and recommend

Danby, N. Y.

it."-Mrs. DEWITT SINCEBAUGH, West

Sleeplessness, nervousness, irritabil-

ity, backache, headaches, dragging sen-

sations, all point to female derange-

ments which may be overcome by Lydia

This famous remedy, the medicinal

ingredients of which are derived from

native roots and herbs, has for forty

years proved to be a most valuable tonic

and invigorator of the female organism.

Women everywhere bear willing testi-

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TYPHOID is no more necessary than 8 m a lipox, Army experience has demonstrated the almost miraculous efficiency, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. R is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers.

E. Pinkham's Vegetable Compound.

E. Pinkham's Vegetable Compound.

**Every Woman Wants** ANTISEPTIC POWDER

FOR PERSONAL HYGIENE
Dissolved in water for douches stope
pelvic catarrh, ulceration and inflammation. Recommended by Lydia E.
Pinkham Med. Co, for ten years. A healing wonder for masal catarri sore throat and sore eyes. Economica

Kill All Flies! They Spread

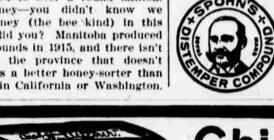


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HORSE SALE DISTEMPER You know that what you sell or buy through the sales has about one chance in fifty to escape SALE STABLE DISTEMPER. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed." to cents and \$1 a bottle; \$5 and \$10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturers. SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.





Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhœa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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