

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv. ~

The Hint Sufficient.
"Pa, why do you insist on my singing when Mr. Rimley calls?"
"Well, I don't like the fellow, and yet I hate to come right out and tell him to go."

SKIN-TORTURED BABIES

Sleep, Mothers Rest After Treatment With Cuticura—Trial Free.

Send today for free samples of Cuticura Soap and Ointment and learn how quickly they relieve itching, burning skin troubles, and point to speedy healing of baby rashes, eczema and itchings. Having cleared baby's skin keep it clear by using Cuticura exclusively. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

He Was Overlooked.
He was talking very loudly and boastfully in the railway carriage and compelling everyone to hear him, whether they wanted to or not.

"Talking about Turkey," he belated, "why I've been to Constantinople ten times at least. Funny thing, now, the way the dogs are scavengers there, and eat everything in the streets. Awfully dangerous to touch 'em. They eat up every scrap of rubbish."

A young lady in the corner said, thoughtfully, "I really wonder you got home alive."

And presently a blessed silence reigned in that carriage.

The Modern Law.
"Look here, sheriff," said the irate householder, "this section is filled with second-story men and sneak-thieves. My house has been robbed five times in the three weeks. Do I get any protection from you, or don't I?"
"I have done all I can for you, Mr. Blickensdorf," returned the weary officer. "I warned you after the second robbery to move out of that house, and it isn't my fault if you continue on there knowing that these burglars are after your stuff."

Best He Could Offer.
"Then you think I can't learn to sing?"
"I fear not."
"But, professor, I do so yearn to be musical!"
"Take up yodeling is my advice."

You miss getting many good things by falling to ask for them.



Steady Those Nerves!

If it's caffeine—the drug in coffee—that's causing shaky nerves, the remedy is perfectly plain—

Quit coffee, and for a pleasant, healthful table beverage, use—

POSTUM

Postum is a delicious cereal drink, pure and nourishing and absolutely free from any harmful ingredient.

There's a big army of Postum users who are enjoying better health and comfort since joining the ranks.

"There's a Reason"

SENTIMENT FAVORS GREATER ARMY

STATE'S GUARDSMEN ARE HELD FOR SERVICE

EXPECT WAR DECLARATION

President Urged to Bring Standard Up to Full \$700,000 Regulars—Relief Men in News Quarantine

Western Newspaper Union News Service. Washington.—Plans to forward further preparedness measures for the army have begun to assume definite form. How an increased army force may be promptly secured for the present emergency, as well as universal training as a national policy, was discussed by President Wilson with Senator Chamberlain of Oregon, chairman of the senate military committee. At the same time Secretary Baker and administration leaders in congress considered legislation needed immediately for the military establishment.

Senator Chamberlain told the president he believed the executive now has authority without further action by congress to raise at once an army of more than 700,000 men by increasing the regular army to war strength and calling out all of the national guard, at war strength with co-operation with state executives.

Mustering Out Is Suspended

Washington.—Nearly twenty thousand men have been added to the national guard force available for federal police duty by a war department order suspending the muster out of all guard organizations still in the federal service. With the men called out during the past few days, this gives the government upward of fifty thousand guardsmen for employment in their home states to protect industries and other property. Most of the men affected by the order are at their home mobilization camps preparing to return to civilian life after long stays on the Mexican border. They now will be held at their camps or armories for assignment as conditions require.

In all 22,000 men are retained by the order, but several of the units already had been designated for federal service.

Relief Men in News Quarantine

The Hague.—The Associated Press has been informed from an absolutely authentic source that the German government will ask American officials and relief workers of the American commission for relief in Belgium to submit to a period of "news quarantine," the time not to exceed four weeks, in order to prevent military information from leaking out. The time would count from the day the men lay down their present charges and notify the authorities in Brussels of their readiness to depart.

They will be asked to assemble at some central point, like Liege, or preferably a German city, such as Cologne, Karlsruhe or Munich, which they would not be allowed to leave for the period mentioned.

Navy Recruiting Increasing

Chicago, Ill.—Aside from statements that the war spirit has greatly swelled enlistments both in the regular army and the national guard, figures were withheld for military reasons. Long lines of applicants at the national guard armory in the last few days, however, were pointed to by officers as telling the story. Navy recruiting stations were the scenes of activity unprecedented since the Spanish-American war.

Ohio Governor Issues Proclamation

Columbus, O.—Governor James M. Cox has issued a proclamation calling upon the citizens of Ohio to prepare for war.

"It is unnecessary to elaborate upon the turbulent conditions of the world. We are so closely related to them that any surrender to the free and easy idea that things will turn out all right would be plain incompetence," the proclamation reads.

Interned Americans at Brussels

London.—An exchange Telegraph dispatch of recent date from Amsterdam says: "Frontier correspondents from Brussels that the American legation is completely isolated and under a guard of German police. It is rumored that the Germans contemplate taking the minister (Brand Whitlock) and his staff to Germany. The Americans in Brussels have been notified they cannot leave Belgium before three months at the earliest."

Miami, Fla.—William J. Bryan has addressed an appeal to the senate and house of representatives urging that an attempt be made to secure the suspension of Germany's ruthless submarine campaign through the application of the so-called Bryan peace plan which provides for an investigation of all disputes by an international tribunal before resort to war. Mr. Bryan asked that congress also consult the wishes of the people through a referendum if it concludes that nothing but war will satisfy the nation's honor.



CHIME of sweet Saint Charity
Peal soon that Easter morn
When Christ for all shall risen be
And in all hearts new born!
That Pentacost when utterance clear
To all men shall be given,
When all can say My Brother here,
And here My Son in heaven.
—JAMES RUSSELL LOWELL.

EASTER IN GERMANY

Children Have First Place in the Season's Celebrations in Tyrol Region.

THE far-famed region of the Tyrol is one of the most superstitious countries in the war zone. On the evening before Easter companies of musicians in queer garments still go about the country singing Easter hymns, in accompaniment to mellow-voiced guitars. On hearing the music at the door everyone comes out and joins in the chorus, all rejoicing together in the happy day.

In the most remote districts the "Easter riding" is yet customary. The procession starts from the tiny town Easter morning with the people walking behind priests and crossbearers on horseback, and goes cross-country through the fields, begging the blessings of heaven upon the harvests, and finally returns to the little church with the cross above it, for a brief service.

Germany is a Protestant nation, and its Presbyterians and Lutherans do not celebrate Easter in realistic ceremonial as do the Catholic countries, but as the Germans' Christmas celebrations are first in the Christian world because of their close association with children, so on Easter it is the children who have first place in the observances of the resurrection. Innumerable toys and trinkets are sold to friends and relatives of the children. Every old woman in the market place offers for sale all kinds of eggs in all colors, of candy, porcelain, glass, chocolate and even wood.

The German children have never a doubt but that the hares lay the Easter eggs, and they love to hear of the legend which German mothers tell them of the Duchess Rosalinde von Lindenburg, her servants, her family and the Easter eggs. Along the Rhine this pretty tale is as common at Easter as is the story of Kris Kringle at Christmas time.

The duchess, it seems, had to flee with her family and servants, from the family castle, during a cruel war, and they found refuge in a mining village, where the people were very sympathetic, but the fare offered to the high-born family was wretched to the taste. There was never a piece of meat, nor a fish, nor even an egg. There was no poultry in the whole town.

Soon, when the old and trusted servant of the duchess went forth to get news of the master's fate in the war, he was told to get a coop of fowls, for the general good of the village. Such strange birds had never been heard of. He was able to do as she wished, and when a brood of young chicks appeared in a few weeks after his return the village children were greatly excited.

The fair lady now saved up eggs for some time, then invited all the housewives of the village to a feast, when she set before them the eggs cooked in various ways. When Easter approached she was eager to arrange some pleasure for the quaint little children of the town that had sheltered her. As she had not even an apple, a nut or anything that children clamor for, and she did have eggs in abundance, she could only offer them these.

She told them when they came trooping in that "eggs are the first reviving of spring," and since she had colored the eggs with mosses and bright-colored rags of lovely dresses she had once worn, she continued the figurative story-telling by saying that "winter had laid aside its colorless mantle, and was now being decked out in colors of the rainbow."

After the church service all the children, together with the duchess' own, were led into a neighboring wood, where she told them to make nests of moss, and come back to the wood after a dinner at her house. When they did return, to their great joy they found in each nest five beautiful colored eggs, on one of them a rhyme being written.

"How wonderful the hens of the duchess must be to lay such pretty

Easter Gladness

Across the windy slopes sweet bells were ringing;
A skylark's song came downward, clear and gay,
And my full heart broke forth in joy and singing.
This Easter day.

My risen Lord, I felt thy strong protection!
I saw thee stand among the graves today;
"I am the Way, the Life, the Resurrection,"
I heard thee say.

And all the burdens I had carried sadly
Grew light as blossoms on an April spray;
My cross became a staff; I journeyed gladly
This Easter day.

eggs. I wish I might see them," said one child, and another answered, "I think it must have been the little hare that sprang out of the juniper bush when I wanted to build my nest here."
The other children laughed and repeated the saying, and when the duke came back unharmed from the war, and took away his wife and children to their palace on the upper Rhine, his wife set apart a fund to be expended every year in giving the children of the village which had sheltered the royal children during the war a feast of eggs at Easter. The custom was spread in the duchess' own domains, and by degrees it spread over the whole country, the eggs being considered a symbol of deliverance from sin.

HOW UNBELIEVER SAW LIGHT

Recognized Work of God in the Beauty and Fragrance of Flowers in Church.

I once heard a story about a man who was a confirmed unbeliever. His wife, an earnest Christian, tried to get him to attend church services, but he stubbornly refused to enter a religious meeting of any kind. And so it went for many years, until one Easter morning his wife with tears in her eyes begged him to go to church with her.

"Robert," she said, "I know that you do not believe—in anything. I know that you do not want to believe in anything. But won't you come to church this morning—just to give me pleasure?"

And the man promised to go; promised reluctantly, and though he was an unbeliever he did not break promises, so he went.

The church was very beautiful that Easter morning. The air was filled with the perfume of many flowers, and ferns and palms nodded cheerily to each other. A great bouquet of lilies bloomed fragrantly at the man's very elbow, and a jar of golden-hearted daisies smiled up at him. Everywhere he looked there were flowers; simple field flowers, and rarer, cultivated ones. And the man, leaning back in his seat, felt a great peace steal over him.

All through the service he sat there, quiet. And at the closing hymn he took his wife's arm, and guided her gently down the flower-decorated aisle. When they were walking home, alone, under the brightness of the springtime sky, he suddenly spoke:

"My dear," he said, "this Easter morning has done a great thing for me. I have seen the light—I believe!"

His wife cried out in joy, "What was it that made you believe?" she questioned; "was it the music, or the sermon, or—?"

"It was the flowers," said the man softly. "When I saw them, all massed together in their beauty and purity and fragrance, I suddenly knew that only a great and wonderful God could have made them."—Margaret E. Sangster, Jr., in the Christian Herald.

WRIGLEY'S

A New and Tempting Taste:

As toothsome as the name implies.

The third of the WRIGLEY trio of refreshing, long-lasting confections.

Good for teeth, breath, appetite, digestion.

Have it always with you—it's a boon to the parched mouth in hot work or on long auto trips.

The Flavor Lasts!

Chew it after every meal

Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. This special concession is the reduction of one year in the time to complete duties. Two years' residence instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Canadian Government will pay all fare over one cent per mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr.
Canadian Government Agent

Couldn't Suit Her. "Do you guarantee these colors fast?" asked the customer at the hosiery counter.

"Certainly not, madam," replied the new clerk in the fullness of his knowledge. "Black is never considered a fast color, you know. But I can show you something pretty swift in stripes."

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to complete complexion.



Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

If life bands you a lemon adjust your rose colored glasses and start to selling pink lemonade.

If you think you can't it's a cluck you won't.

Hard Luck. "How's the world treating you?"
"Not very often."

A MINISTER'S CONFESSION

Rev. W. H. Warner, Route 2, Myersville, Md., writes: "My trouble was sciatica. My back was affected and took the form of lumbago. I also had neuralgia, cramps in my muscles, pressure or sharp pain on the top of my head, and nervous dizzy spells. I had other symptoms showing my Rev. W. H. Warner kidneys were at fault, so I took Dodd's Kidney Pills. They were the means of saving my life. I write to say that your medicine restored me to perfect health." DODD'S KIDNEY PILLS, 50c box, any store. Dodd's Medicine Co., Buffalo, N. Y.—Adv.

For a practical illustration of economy watch a small boy when he has occasion to use soap.

—but remember there is Only One

"Bromo Quinine"

That is the Original

Laxative Bromo Quinine

This Signature on Every Box

Used the World Over to Cure a Cold in One Day. 25c.