

THE WHITE PLAGUE

SYSTEMATIC WARFARE WAGED TO WIPE OUT CONSUMPTION.

Warning That Intemperance Increases the Liability to Contract Disease—Neglected Colds a Prolific Source.

Organized effort is now being made throughout the United States to fight consumption. A warning is given against intemperate habits, which increase the liability to consumption...

Take half ounce Virgin Oil of Pine (Pure): two ounces glycerine and half pint good whisky. Shake well and use in teaspoonful doses every four hours.

The ingredients can be secured from any good prescription druggist at small cost, and to avoid substitution should be purchased separately and mixed in your own home.

Virgin Oil of Pine (Pure) is put up in half-ounce vials for dispensing. Each vial is securely sealed in a round wooden case, with engraved wrapper, with the name—Virginia Oil of Pine (Pure), prepared only by Leach Chemical Co., Cincinnati, O.—plainly printed thereon.

Economy as the Boy Saw It. Paul Morton, in a recent address on insurance, said of a certain proposed economy:

"That would not be an economy, but an extravagance, in the long run. It reminds me of the boy and the jam. 'My son,' said this boy's mother, 'isn't it rather an extravagance to eat butter with that superb jam?'"

There is more catarrh in this section of the country than at other districts put together, and until the last few years was supposed to be incurable.

POTENT LIQUOR IS SAKE. Lafayette Hearst's Testimony as to Strength of Japanese Wine.

There is no liquor in the world upon which a man becomes so quickly intoxicated as Japanese sake (rice wine), and yet none of which the effects last so short a time.

There are banquets of many kinds, and the man who is invited to one at which extensive drinking may be expected is careful to start in upon an empty or almost empty stomach.

There are banquets of many kinds, and the man who is invited to one at which extensive drinking may be expected is careful to start in upon an empty or almost empty stomach.

MAY BE COFFEE That Causes all the Trouble. When the house is afire, it's like a body when disease begins to show.

"For a number of years," says a Kansas lady, "I felt sure that coffee was hurting me, and yet, I was so fond of it, I could not give it up."

"Everything I ate distressed me, and I suffered severely almost all the time with palpitation of the heart.

"Two years ago I stopped using the old kind of coffee and began to use Postum Food Coffee, and from the very first I began to improve.

"This," he began inquiringly, "isn't an anniversary of any kind, is it? We were not married or anything on Valentine's day, were we?'"

"If I had to ask such a question as that I'd keep still about it!" announced Mrs. Stacey. Her husband retired behind his paper.



Oh, where are the girls of yester-year The girls with blue eyes shining? The girls who used to cost us dear When we went valentining?



HER VALENTINE BY GRACE DUFFIE BOYLAN

ANNE STACEY sat with her back to the light of her existence and the chandelier.

"We don't know. Jeanne's came with a valentine—poetry, you know."

"Well, of course," said Stacey, "that is harder to bear. Know who wrote it?"

"Mrs. Stacey shook her head. 'No. But it is beautiful. She will always remember it.'"

"Will, eh? Can't get it out of her head, I suppose. Something like that 'Blue-trip-slip-for-an-eight-cent-fare' business."

"Mrs. Stacey gave wifely inattention to his joke. Her mind seemed fixed on other subjects. Finally: 'A woman always remembers such things. And sometimes they make dangerous food for hungry hearts.'"

"The man behind the paper became conscious of a frowning in his wife's face. He looked over the top of the sheet, to see that her gaze was fixed upon a bowl of violets on the stand before the fire. She went on:

"You never sent me a valentine, Dick. But some one else has. I wasn't going to tell you—when you were asleep—"

"Well, I'm glad you didn't then. But what about it now?"

"There isn't anything more about it. At least I only know that I received a valentine and a bunch of flowers, and I don't know who sent them. I wish I did, because I am tired of being left alone and neglected and so there!"

"Why, mamma! Why—?"

"You needn't 'Why' me! The pitcher of patience indeed had been broken at the fountain. Mrs. Stacey was royally angry and in tears.

"What did he say?" he reached down and took her slender hand in his broad palm.

that I'd keep still about it!" announced Mrs. Stacey. Her husband retired behind his paper.

"The girls have each received lovely little bunches of violets."

"Bully for the girls! Who sent 'em?'"

"We don't know. Jeanne's came with a valentine—poetry, you know."

"Well, of course," said Stacey, "that is harder to bear. Know who wrote it?"

"Mrs. Stacey shook her head. 'No. But it is beautiful. She will always remember it.'"

"Will, eh? Can't get it out of her head, I suppose. Something like that 'Blue-trip-slip-for-an-eight-cent-fare' business."

"Mrs. Stacey gave wifely inattention to his joke. Her mind seemed fixed on other subjects. Finally: 'A woman always remembers such things. And sometimes they make dangerous food for hungry hearts.'"

"The man behind the paper became conscious of a frowning in his wife's face. He looked over the top of the sheet, to see that her gaze was fixed upon a bowl of violets on the stand before the fire. She went on:

"You never sent me a valentine, Dick. But some one else has. I wasn't going to tell you—when you were asleep—"

"Well, I'm glad you didn't then. But what about it now?"

"There isn't anything more about it. At least I only know that I received a valentine and a bunch of flowers, and I don't know who sent them. I wish I did, because I am tired of being left alone and neglected and so there!"

"Why, mamma! Why—?"

"You needn't 'Why' me! The pitcher of patience indeed had been broken at the fountain. Mrs. Stacey was royally angry and in tears.

Heart failure and coma failure often go together. FILES CURED IN 4 TO 14 DAYS. And by not getting married some men manage to live happily ever after.

Observe what direction your thoughts and feelings most readily take when you are alone, and you will then form a tolerably correct opinion of yourself.—Bengal.

Important to Mothers. Examined carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and use that it.

Playing at Occultism. There is a danger to-day of psychological research degenerating into a fashionable society amusement without practical aims.

Our mammoth 148-page Seed and Tool Catalog is mailed free to all intending buyers.

Lewis' Single Binder straight St. Many smokers prefer them to 10c cigars. Your dealer or Lewis' Factory, Peoria, Ill.

HURT, BRUISE OR SPRAIN ST. JACOBS OIL THE OLD-MOON-CURE RELIEVES FROM PAIN

THE VALUE OF PERSONAL KNOWLEDGE. Personal knowledge is the winning factor in the calculating contests of this competitive age.

MOTHERHOOD. The first requisite of a good mother is good health, and the experience of maternity should not be approached without careful physical preparation.

Lydia E. Pinkham's Vegetable Compound. The first requisite of a good mother is good health, and the experience of maternity should not be approached without careful physical preparation.

CAPISICUM VASELINE. EXTRACT OF THE CAYENNE PEPPER PLANT. A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN.

THE CANADIAN WEST IS THE BEST WEST. The phenomenal increase in railway mileage makes Canada a more accessible country.

Heart of the Home. Write us freely and frankly, in strict confidence, telling us your troubles and stating your age.

A Little Child carries with it the possibilities of great happiness, into the heart of a childless home. Women who wish for children, should understand that sterility is not so much of a disease.